

# F+BC TODAY

UNLEASHING THE GOSPEL

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## F+BC

FIRST BAPTIST CHURCH  
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### MAIN SERVICE

| Physical & Youtube |

Sundays 8:45am / 11:15am

### YOUTH SERVICE

| Physical |

Sundays 8:45am

### SUNDAY SCHOOL

For Ages 3 to 12

(Preschool to std 6)

Physical Classes  
8:45am / 11:15am



# Reflections from the Women's Retreat

For the very first time, the FBC Women Ministry organized a retreat for the ladies of the 2 Life Groups namely Women of God and Sisters in Christ. The objectives were to get away from distractions of our daily life, to spend time alone with God, be still to hear His voice, read & meditate on His Word, worship, read scripture, share, pray and fellowship together – ultimately to be transformed and have a closer walk with Jesus. Indeed, God provided a secluded hideout at the Lutheran Mission Bungalow in Cameron

Highlands from 1-4 August 2022 with the following program.

- Getting to know One Another – Describe one aspect of our life that defines who we are today
- Alone with God (reading from Colossians 3) journaling our experience and sharing what we hear from Him
- Reflections of our individual spiritual journey – sharing of personal testimonies
- The Spiritual Legacy that we would like to leave behind



### Pulpit Program

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*We praise and thank our Almighty God for making it possible for 17 of us to attend this retreat. We were blessed with lovely weather despite the forecast of thunderstorms for the whole week. All of us enjoyed the amazing presence of our loving Heavenly Father. It was an awesome experience of our time alone with God, many for the first time; powerful and authentic sharing by all, and an indescribable sense of unity and fellowship of sisters in Christ. All praise and glory to our Abba Father. Let us continue to spend more quiet time with our Faithful God and experience His goodness and look to Him for strength to remain steadfast*

**Pearly Yeoh & Grace Yap**

*It was such a pleasant encounter with God in silence. We are all drawn closer to one another by the Almighty Father because only He can do that!*

**Felicia Loh**

*I give all glory and praise to our Almighty God for making this retreat a success. I am amazed how God had brought the 17 of us together to this secluded bungalow – to get away from the distractions of daily life and to spend time alone with Him, learning to be still and hear His voice*

**Yap Soh Khen**

*To God be the glory, great things He has done. I thank all the sisters for the wonderful time together. I feel refreshed and looking forward to having a more prayerful journey with God. Thank you to all the sisters for all the encouraging words. Besides a closer walk, I will learn to accept all kinds of people, not to be judgmental, show more concern, love and be patient with all*

**Lynn Chan**

*What a beautiful, beautiful encounter with our Living God. What a wonderful experience to sit at His feet and be still. Indeed an experience of a lifetime. To Grace and Pearly, thank you for the months of prayerful planning with the ultimate goal of Encountering God*

**Corinne Chia**

*I am so thankful for the opportunity to meet and get to know so many daughters of God. Grace and Pearly, thank you for being His instruments in reminding us of the importance of time spent alone with Him and learning to be still to listen to what He has to say to us*

**Clementine Liew**

*I thank the Lord for bringing me to the retreat and the Organising Committee for their labor and prayers in seeking the Lord to help us have this meaningful time together with the rest of the sisters. I have learned that everyone has her story and heartaches. It is by the grace of God that He enabled each of us to walk through the valley of darkness even though we questioned and complained and even got angry with Him but He loves us so much and He gave us strength to go through the setback in life. As I meditated on Colossians 3, I was reminded to live a holy life pleasing to Him whether at home, work, or interacting with others. As I heard the others' sharing about leaving a legacy, there are many areas I can emulate, learn and work on to aspire to bring glory to God*

**Lily Ng**





*It was a truly relaxing and refreshing time for me – to be able to stay away from family responsibilities for the 4 days and focus on God and fellowship with all sisters. It was such a joy to worship and read scripture together. The time that we prayed and cried together was truly encouraging. I have learned so much from the sharing of the one-hour Alone with God session. It was indeed a joy to lift up our praise dance to the Heavenly Father early in the morning. The retreat has shaped my character to be more patient, bearing with one another as Christ has done for us*

**Caroline Yeok**

*I confessed that I agreed to join the retreat without looking at the program because if I did I don't think I would have gone as I wasn't sure I could survive the 4 days – but God knows me better! To my amazement, I discovered that I could sit still for one hour and be alone with God and it even seemed too short! I feel closer to Him after that and I am learning to be obedient and patient – He gave me love and patience for it took me 40 years to accept Him. We also got to know and understand each other better with bonding and sisterly love. All glory to God*

**Heaney Ong**

*My reflections? Be still and wait on God. Reflect on my spiritual journey – how my Lord and Saviour Jesus has walked with me to this day. Looking forward to 'walking the talk' moving forward. The Lord told me that this retreat is "Good for my Soul". He made it possible for me to fly from Singapore in time for the retreat – all by His grace*

**Liana Lo**

*Feelings of gratefulness and humbleness flooded my thoughts as I reflect on the retreat. Time is not on our side as our Heavenly Father reminded us – we must and should intentionally make an effort to design, plan, prepare and execute our desired spiritual legacy right now – trusting Him to be there to guide us. I treasure the sisterly bonding time too*

**Cindy Han**

*My takeaway? Great bonding and fellowship with all my sisters. Learned to be still and listen to God for His guidance. Make prayer an integral part of my daily life – to read and meditate on His words and to "walk the talk" when I go back. It is a most meaningful retreat for me*

**Bridget Kum**

*This retreat is so timely for me because I have been hibernating since the pandemic and was so scared to step out of my gate but I had the desire to join although I was still gripped with the fear of the endemic. My desire to know the sisters in SIC better was fulfilled – they are so full of warmth and caring, full of love for one another! The topics for sharing were so amazing – it made me reflect on my life journey, so practical as I go step by step; for the aspect of my past, I discovered more of myself and sought God for His direction to lead me to fulfill the purpose of my life. Overall, the retreat has impacted me to get more connected, I know I have support, I have gained more confidence and deeper knowledge, and am encouraged in my walk with Christ. Praise the Lord and may God build us to be stronger women like Debora*

**Margarette Choy**



*When I reached home to my grandkids, we hugged and I told them I would want to spend more quiet time with the Lord Almighty and also grandma and grandkids must spend more time committing to God and praying together. They must be wondering what happened to their grandma who was just away for 4 days! I paused and realized what I was lacking. May God watch over me with my doing. May God remind me from time to time to be prayerful, and patient, and to be more caring and loving*

**Tan Sze Foon**

*This retreat was definitely timely for me. Our God is so personal and knows every desire of our hearts. I needed time away from the hustle and bustle of my life to encounter Him and draw nearer to Him. So thankful for the wonderful fellowship, prayer, worship, and makan together with my tai ka chehs (older sisters) of FBC. My favorite activity was being Alone with God and He spoke loud and clear to me! This is so difficult to do when we are back to our daily routine but I am reminded to make this a priority. Overall this retreat will be a part of my spiritual journey that will not be forgotten, ever*

**Genevieve Chia**

*The session of an hour meditating on God's word and being silent to hear His voice was a true experience of Encountering God. My personal quiet time was always not that long but through this session, I have learned to be still before God and enjoy Him....let the peace of Christ rule in your heart (Col 3:15) led me to be thankful for His blessings and to commit everything unto His hands. Also to pray continuously for our loved ones for their salvation and patiently wait upon God's timing*

**Jacie Leong**



**By Pearly Yeoh and Grace Yap**

Pearly and Grace are co-leaders of the Sisters-In Christ Life Group

## PrayerSpotlight

### Prayer for Church Ministry Teams

1. **Wisdom** - would be instructed by God on how to carry out their duties in a Godly manner, with wisdom and discernment.
2. **Humility** - for openness to what the Lord and others are saying, protection from the schemes of the enemy and that they would offer their hearts to God, daily.
3. **Boldness** - would have the hearts of lions, to speak truth and be filled with boldness to seek out opportunities in ministry.
4. **Love of God** - Pray that teams would be surrounded by the love of God, that those who struggle with believing in God's love for them would receive a revelation of God's everlasting love. They would grow in God's love and would love their families as well as the church the way Jesus does.