

# FBC Today



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**MAIN SERVICE**  
[Physical & Youtube]  
Sundays 8:45am / 11:15am

**YOUTH SERVICE**  
[Physical]  
Sundays 9:00am

**SUNDAY SCHOOL**  
For Ages 3 to 12  
(Preschool to std 6)  
Physical Classes  
8:45am / 11:15am

U N L E A S H I N G   T H E   G O S P E L   **ENGAGE | ENCOURAGE | EDIFY**

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# Table Tennis Ministry Testimony

One of the Table Tennis (TT) members, Christina Leong writes: "In the height of the lockdown fatigue between the years of 2020- 2021, I was looking for an outdoor exercise avenue.

Towards the end trail of the pandemic, I stumbled upon the FBC TT Fellowship – what a welcome from a bunch of friendly, sweaty, enthusiastic players!

From a beginner hitting the ball everywhere, I now hold a game better and thoroughly enjoy the aerobic stimulus of the game. This is thanks to the sporting and generous spirit of players who took the time to help beginners improve!



**NEXT  
WEEK'S  
SERMON**

April 28, 2024

Church

Discipline  
1 Corinthians 5

Preacher  
Dr. Peter Ng

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I look forward to the twice-a-week sessions, the exercise, and the friendship connections spurred on by the great camaraderie around the group.

Did you know that playing table tennis has great health benefits and is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination?

Come & join the folks in The FBC TT Fellowship!"



A brief history of how the TT fellowship started somewhere around 2015 August. With only 2 tables initially we play in the Garden Cafe, moving tables and chairs each time we have sessions on. Then in 2016, the Special Teens Ministry joined us on Thursday. The Special Teen ministry has stopped TT and moved on to other activities.

We expanded to 4 tables through generous sponsors. Then the Covid pandemic came in and we shut down for 2 years from late 2019 to 2022. Then reopen for fellowship and we now have 7 tables. We play in the basement one car park space every Tuesday and Thursday from 7- 9.30 pm.



**Submitted by Kiang Teck Hoe**  
Teck Hoe heads the Table Tennis Ministry





# Caregivers

I confess that in Your unsearchable wisdom and our lacking, You have graced us as caregivers, for You are a merciful God, ever loving and never abandons. Strengthen the caregivers - physically, emotionally, and spiritually.

I pray for their silence, suffering and the burdens they carry alone will be made known to You. Let them not lose their hearts and be weary O God. Help them to persevere through the many unique challenges they face and to know the joys of care-giving in what you have called them to do in the season of their life.

We often forget that You are our Father who is and still is our ultimate caregiver. May they feel your presence with them, who is their constant source of comfort and assurance. Remind them that their efforts are meaningful and help them to reflect Your love to those they care. In Jesus name I ask and pray. Amen

