



Walk for Rice 2019



*"Be kind.
We never know what
people are going through.
Give grace and mercy
because one day your
circumstance could change
and you may need it."
- Germany Kent*



What a better way to do good for the community than to do good with your loved ones? This year, BCS collaborated with Bethel Assembly of God and organized a family walk in conjunction with our yearly Walk-For-Rice event, in which 73 passionate volunteers participated for a good cause. This event was held in collaboration with the South East Community Development Council (SECDC).

Walk-For-Rice, as the name suggests, results in rice being raised when participants walk or even run! For every 200m completed by a person, it gets a family a bowl of white rice and a bowl of brown rice. This year, a new incentive was added – at the 400m mark, one will earn a pack of oats for a family. Walk-For-Rice seeks to strengthen the social infrastructure through encouraging community participation and forging stronger relationships with one another, while promoting active citizenry and nurturing volunteerism.

The families gathered together at Punggol Park for the walk. At the end of the event, many felt that it was a fruitful time, doing something for the community while bonding with one another.

"Wah, Papa (Daddy) actually wake up so early with all of us to come here and walk for rice leh!" – A volunteer to her family who attended the programme.

It is truly amazing and heart-warming to witness how the concept of doing something for others motivates others to join in. Amongst the participants, our little loved ones were also found– the students from our centres also walked for rice. Though small, they sure are mighty!

That day, every participant had put in hard work and heart work!



Natasha Cho
BCS Case Coordinator



BLESS, CARE, SHARE

For more than three years, my colleagues and I, together with members of Bethel Assembly of God, have been walking around Aljunied Crescent and visiting the residents. During our walks, we pray that God will make us a blessing to the people we meet. Arising from the walk, we have had many opportunities to bless, care and share with several needy families.

Let me share one of the services we started last year. A couple of my colleagues felt the need to provide free haircut for the elderly who are living alone. They started a free haircut service every last Friday of the month with free breakfast provided. Since then, they have been cutting the hair of 70 to 80 elderly people every month. In November last year, they decided to celebrate the birthdays of these elderly folk with a bowl of mee sua soup, two hard boiled eggs and a small gift.

At the first birthday celebration, Mr Lee a resident from Paya Lebar Way was so surprised when the team sang "Happy Birthday" to him. He asked one of my colleagues, "Why do you do this? No one has celebrated my birthday for a long time!" Since that day, the team has brought so much joy and surprises to these elderly ones every month.

Why are we here in MacPherson? We believe God places us here to bless, care and share – so that together we make MacPherson a lovely home for everyone! God bless.

祝福，关心，分享

三年多来，我和我的同事们以及伯特利神召会的成员一直在阿裕尼附近走访，并探访了居民。在我们行走的过程中，我们向上帝祈祷，让我们成为别人的祝福。通过步行，我们有很多机会祝福，关心和与一些有需要的家庭分享。

让我分享我们去年开始提供的服务之一。我的几个同事认为有必要为独居老人免费理发。他们会在每个月的最后一个星期五开始免费理发服务，并提供免费早餐。从那时起，他们每个月都会为70至80名老人剪头发。去年11月，他们决定用一碗面线汤，两个熟鸡蛋和一个小礼物，为这些老人庆祝生日。

在第一个生日庆典上，来自巴耶利巴的居民---李先生，因团队为他唱“生日快乐”而感到非常惊讶。他问我的一位同事，“你为什么这样做？”从那天开始，团队就每个月为这些老人带来了很多的欢乐和惊喜。

为什么我们会在麦坡申区？我们相信上帝将我们放在这里，以祝福，关心和分享，共同使麦坡申区成为每个人的美好家园！

上帝保佑。

Rev Chia Beng Hock
Chairman



From the ED's desk...

In my current role at Bethel Community Services (BCS), I have grown more aware that God has placed us in this community for a purpose, which is to meet the many needs presented here. Through God's grace, as a social service provider, we hope to meet the needs and to support the needy people in our community. In our iCan magazine, I will occasionally share how we are meeting specific needs. In this issue, I would like to share how we are helping Mr X (not his real name). Mr X was referred to us by Pastor Chia, the Senior Pastor of Bethel AG, in 2018. He had come across Mr X on one of his walks in the community and felt that we could provide him some help. Following this, our case coordinator, Ms Natasha Cho, visited Mr X. She found out that Mr X was suffering from schizophrenia and depression, which required permanent medication. Both his parents had passed away, leaving Mr X with his other siblings. Mr X was staying with his siblings in a flat in the community but was chased out of the flat subsequently.

Mr X has a chequered history; he was incarcerated for drug-related and fighting offences and was only released from prison in the recent years. When Mr X has a problem, he turns to smoking and drinking. His siblings could not cope with his coping habits, and as such, Mr X was chased out of the flat.

Towards the end of July 2019, we spotted Mr X in the community and he looked frail. We found out that he had neither eaten nor returned home for days, and thus we started providing packed lunch for him to take away daily from our centre's kitchen. Given Mr X's condition, we tried to persuade his siblings to take him home but they were not keen due to his coping habits. They only allow him to return home to bathe when they are at home. In view of Mr X's mental condition, there are challenges in finding him a shelter. Despite this, we are continuing to work with Mr X and provide him whatever support or help we can.

In our community, Mr X's case is just one of many and BCS will do whatever we can to help. There are challenges we face in terms of resources and funds to do more; however, as the Bible says, when we entertain strangers, we could be entertaining angels without knowing it (Hebrews 13:2) and Jesus in the Bible also encourages us to feed the hungry, entertain strangers, clothed the naked, care for the sick and visit those in prison (Matthew 25:35-40). We are just following Jesus' command in taking care of Mr X or those who could be in the same circumstances as him. So let us do our part to do good together.

Lilian Sze
Executive Director



目前，在伯特利社区服务中心 (BCS) 担任的职务中，我更加意识到上帝将我们安置在这个社区中，是为了满足这里的许多需求。我们希望通过神的恩典，作为社会服务提供者，满足需求并支持社区中有需要的人们。在我们的《iCan》杂志中，我偶尔会分享我们如何帮助某人或满足我们社区的需求。在本期中，我想分享我们如何帮助一位男士-X先生（不是他的真实姓名）。X先生于2018年由伯特利神召会的主任牧师谢牧师介绍给我们。谢牧师是在社区中的一个活动中遇到了X先生，他认为我们可以为他提供一些帮助。此后，我们的协调员Natasha拜访了X先生。她发现X先生患有精神分裂症和抑郁症，需要长期服药。他的父母都去世了，只剩下X先生和他的兄弟姐妹。X先生和他的兄弟姐妹住在社区的一个公寓里，但随后被赶出了公寓。

X先生因涉毒和斗殴罪而被监禁，最近几年才被释放出狱。X先生遇到问题时，他转向吸烟和饮酒。他的兄弟姐妹无法应付他的习惯，因此X先生被赶出公寓。

2019年7月下旬，我们在社区中发现了X先生，他看上去很虚弱。我们发现他已经好几天没吃饭也没有回家了，因此我们开始为他提供外带午餐，让他每天从我们中心的厨房带走。考虑到X先生的病情，我们试图劝说他的兄弟姐妹将他带回家，但由于无法应对他的习惯，他们并不热衷。他们只允许他回家洗澡。鉴于X先生的精神状况，为他寻找庇护所，存在挑战。尽管如此，我们仍将继续与X先生合作，并向他提供我们所能提供的一切支持或帮助。

在我们社区中，X先生的情况只是其中之一，BCS会竭尽所能帮助这些人。在资源和资金方面，我们面临着更多的挑战。但是，正如圣经所说，当我们招待陌生人时，我们可能会在不知道的情况下招待天使（希伯来书13:2），而圣经中的耶稣也鼓励我们喂养饥饿的人，招待陌生人，给赤裸的衣服，照顾病人和拜访那些在监狱中的人（马太福音25:35-40）。我们只是遵循耶稣的命令照顾X先生，或可能与他处于相同情况的人。因此，让我们尽自己的一份力量共同努力。

BCDC & BK K2 ANNUAL GRADUATION & CONCERT 2019



It was an immensely proud moment for both the families and the school, as we watched our Kindergarten 2 graduands from BETHEL CHILD DEVELOPMENT CENTRE (BCDC) and BETHEL KINDERLITES (BK) march down the aisle wearing their graduation gowns and academic caps. This is their first academic milestone before entering the formal schooling years. Onstage, they moved us with the first item, 'Apple of God's Heart'. The lyrics were simple and heartfelt. It was a song of gratitude expressed through a lifetime of honour and relationship with God.



Amidst the tight schedule of our Guest of Honor, Ms Tin Pei Lin, Member of Parliament in Macpherson, she schedules time to grace our annual concerts and delivers a speech in both English and Mandarin without fail. Her presence speaks of her commitment to the welfare of the youngest to the oldest in our community.

Our Chairman, Reverend Chia, also gave a speech to honour our staff and teachers from BCDC and BK for their accomplishments and all their dedication in showcasing the children's creative work at the Project Exhibition this year.

Months of practices had led to this eventful day of delightful performances with the theme of God's 'Beautiful Creation', put up by our hardworking children. The beaming faces of family and friends in the audiences was a gift of encouragement to our little ones.

The opening dance by our BSCC children, choreographed by Teacher Su Ru was spectacular! It was a dance of volcanic proportion which depicted the beginning of God's 7 days of creation. To our excellent team of AV & Sound staff, volunteers and teachers who tirelessly coordinated, planned and led the children in endless practices behind the scenes – great job! The seeds you have sown in sweat and tears have borne good fruits. Your joy; no one can steal, your happiness; no money can buy. This proud moment clearly belongs to you!

As privileged overseers shaping the developing minds of our young charges, let us be inspired and challenged by our role as parents and teachers to guide and learn alongside the next generation; God's 'Beautiful Creation'. The word of God says in Matthew 19:14 (NLT)

But Jesus said, "Let the children come to me. Don't stop them! For the Kingdom of Heaven belongs to those who are like these children."

Finally, to put everything in perspective, all praise to our Almighty Father for blessing the event. For every accomplishment and milestone we have achieved collectively as a school and as a social organization thus far, glory to God alone.



Michelle Ding
Cluster Principal

沙滩清洁日

(Start Small Dream Big-SSDB)

2019年8月24日-星期六,一个阳光灿烂的早晨,我们伯特利儿童发展中心k1k2的幼儿和家长们齐聚在东海岸公园开展义务捡拾垃圾活动。这次活动是为了配合我们第三学期“海洋的保护者”方案教学而举办的。家长们积极配合,兄弟姐妹也来参与这项活动,他们自己带来了手套、夹子和塑料袋,每个家庭边走边清理并收集了好几公斤的垃圾,其中塑料垃圾最多。采访一些家长,他们纷纷认为减少废弃物是一项艰巨的任务,要学会再循环使用,减少垃圾,不乱扔垃圾,减少海洋污染,保护海洋环境。

这个活动即促进了亲子关系,又能为社会做一些贡献。真是一个有意义的活动!

Bai Liping
Teacher



Singapore Kindness Movement Puppet Show - A Collaboration with Little Wonders Montessori, Bukit Panjang

We had the pleasure to collaborate with Little Wonders Montessori for the Singapore Kindness Movement - Kindsville Puppet Show, which was held in the Sanctuary on 22 October 2019. We welcomed 37 children, parents and teachers from Little Wonders who made the long journey by bus from the Bukit Panjang to our location and arrived safely at 10am. They were gradually joined by our BK who arrived shortly after.



Michelle Ding
Cluster Principal

It was an entertaining and comical performance put up by the group of puppeteers from Mascots & Puppets Specialists. Laughter and shouts of glee could be heard ringing through the auditorium, as the group brought Kindsville Cubbies; Singa, Kalle, Tomeo, Sher and Tosh to life! True to the title, the 35-minute skit brought the message of kindness, tolerance and reflectiveness, appealing to our younger and older audiences alike.



原生园户外捞鱼活动

二零一九年八月二十三日，带着期待的心情，我们抵达了座落在义顺的一原生园。兴奋的孩子，在老师们带领和家长的陪同下，领取了捞鱼的用具，纷纷踏入浅水池塘，展开捞鱼活动。

年纪小小的小朋友，平日看来弱不禁风，眼前，他们心灵手巧，勇敢地追捕鱼儿，果然振奋人心，家长们也忙得不亦乐乎！

这里的场地宽广，四周景色宜人，空气清新，大班的孩子们在老师的引导下，参观了周围的景物，真是心旷神怡。

再看看孩子们的捞鱼收获，不错哦！都各有所得，有些还满载而归。看到孩子们脸上展现胜利的笑容，令人欣慰。

归途中，孩子们已疲惫得昏昏欲睡，大半数也已进入梦乡。



Ayrene Lim
Language Teacher



Bethel Kinderlites teachers teamed up to convert the church car park into a road safety park. Teachers spent time building bridges and gantries using colourful blocks. The K2 children participated by assuming roles like being traffic police, pedestrians and even parking wardens. They took turns playing different roles. This allowed them to enhance their learning on road safety.

The K1 children, on the other hand, visited the wet market together with their teachers. They experienced first-hand what going into the market was like; stepping on the damp floor, touching the vegetables, smelling the aromas and odours of the market.

Lastly, the Pre-Nursery and Nursery children had fun in the garden where they got to play with water. They experienced pouring water into a funnel and watched the water flow from one funnel to another. They also got different types of water play toys to fill with water and observed how much water each toy could contain.

All these activities were published in the Beanstalk magazine.



Agnes Fam
Teacher

A "Historical" Experience Through The Bicentennial Experience

Many of our young students in Bethel Student Care Centre have little or no knowledge about Singapore's history. One great opportunity to expose them to our nation's history was the Learning Journey on 10 December 2019 to the Singapore Bicentennial Experience at Fort Canning.

The showcase tells of 700 years of Singapore history through sets, live performances and multimedia. There were 5 Acts depicting different eras dating from 1299 to 2019. The students were ushered from room to room to watch the respective acts, and they learnt about significant events that took place in Singapore's history. The dynamic period of early Singapura in Act 1 (1299 to 1613) with the arrival of Sang Nila Utama was eye opening and our students were enthralled by the multimedia projections coupled with live performers.



Mei Chia
Teacher



时光流逝，不知不觉已到第四学期。伯特利婴儿中心除了给婴幼儿提供日常常规保育活动来促进婴幼儿发展的机会，还会为婴幼儿设置适当的学习环境和课程计划。

老师们通过每日故事，诗歌，手偶游戏，看图说话等来丰富婴幼儿的语言经验。老师们利用婴幼儿的好奇心，提供一系列的恰当材料来支持婴幼儿的全面发展和愉悦感。让孩子们自由发挥，展开想象，让孩子们去主导这些材料原来也可以这样玩，享受玩中学的乐趣。



伯特利婴儿中心10月份特意请了专业的摄影师为这些纯真无邪的小天使们拍下最美好的画面。11月份家长会时，家长对孩子们在中心里的学习进展感到十分满意。

今年的教师节，老师们感到特别荣幸。因为中心所有的家长给老师们送来最真诚的祝福，感谢老师们对孩子的细心照顾和关爱！



May Xiong
Teacher

Functional and Mobility Health Screening 2019

Natasha Cho
Case Coordinator



Prevention is always better than cure. In line with Singapore's healthcare approach, the functional and mobility health screening for seniors in the community on 26 October 2019 was introduced.

South East Community Development Council (SECDC) collaborated with Bethel Community Services (BCS), Tan Tock Seng Hospital (TTSH), and the Agency for Integrated Care (AIC) to provide the screening. Over 70 seniors turned up for the event, and they were provided with light refreshments. They even had the opportunity to participate in a lucky draw! Every senior had an opportunity to win something for themselves, and prizes included 3M products that were raised by BCS during the 3M Step-up Challenge organised by SECDC earlier this year.

After the screening, seniors who are assessed to have health issues pertaining to their mobility were referred over to Geylang East Home for the Aged (GEHA) for further intervention or follow-up health advice. When community partners work together, assistance to the seniors can be rendered in a more effective way.



We would like to thank SECDC, TTSH and AIC for reaching out to the seniors in the community while providing affordable health screening for them.



"ROLLING" ACTIVITY

Students of Bethel Student Care Centre attended a fun, interesting and artistic session on quilling by a group of volunteers from St. Anthony's Canossian Secondary School led by their teacher, Madam Xie.

["Quilling, or paper filigree, is the art of rolling and shaping thin strips of paper, gluing them together to create decorative designs such as leaves, flowers..."]

The students were taught how to roll the strips of papers and paste them accordingly onto the picture template. Besides having fun, the students learnt about patience and teamwork as it takes time to roll the strips into smaller sizes and paste them onto the template. The students enjoyed the session thoroughly as they experienced the "art of rolling".



Mei Chia
Teacher



Getting to know our New Staff



Jocelyn Tay
BCDC Assistant Teacher



Wong Yoke Teng
BCDC Assistant Teacher



Rohana Binte Ariffin
BK Admin



Daisy Tay
BCDC Assistant Cook

MANAGEMENT COMMITTEE (2019-2021)

Chairman:	Rev Chia Beng Hock
Vice Chairman:	Rev Dr Moses Pi
Hon Secretary:	Mr Philip Teo
Hon Treasurer:	Pastor Slow Soon Chew
Members:	Dr Ong Pui Sim Mr Chia Eng Giap Mr Steven Foo Dr Tan Eng Chun Mr Thomas Foo Mr Tay Soon Khuan

Need someone to listen to you
in a non-judgemental way.
Free confidential counselling
sessions are available for you.

Call
6744 7422
to make an
appointment.



Tuition is available for needy students, please call:
伯特利社服班，予低收入家庭的学生：

6744 7422



INFANT CARE

- Infant Care (2 mths - 18 mths)
- Opening Hours:**
- Mon - Fri : 7am - 7pm
- Closed on Sat, Sun & Public Holidays

Bethel Tots Centre

Blk 100 Aljunied Crescent
#01-369
T: 6841 8762

CHILDCARE

- Playgroup (18 mths - 30 mths)
- Nursery 1 (30 mths - 3 yrs)
- Nursery 2 (3 yrs - 4 yrs)
- Kindergarten 1 (4 - 5 yrs)
- Kindergarten 2 (5 - 6 yrs)

Opening Hours:

- Mon - Fri : 7am - 7pm
- Sat : 7am - 2pm
- Closed on Sun & Public Holidays

Bethel Child Development Centre

Blk 111 Aljunied Crescent
#01-110
T: 6846 9287 F: 6844 4915

KINDERGARTEN

Opening Hours:

- AM Session
8.30am - 12.30pm

Bethel Kinderlites

Blk 114 Aljunied Ave 2 #03-75
T: 6744 5860

TUITION SERVICE

Blk 114 Aljunied Ave 2
#03-75
T: 6744 7422

Opening Hours:

- Tue & Wed
7.30pm - 9.00pm

STUDENT CARE

Opening Hours:

- Mon - Fri :
1.30pm - 7pm
7am - 7pm (school holidays)
- Closed on Sat, Sun & Public Holidays

Bethel Student Care Centre

Blk 114 Aljunied Ave 2 #03-75
T: 6744 4243 F: 6744 5859

SOCIAL SERVICE & COUNSELLING

Blk 114 Aljunied Ave 2 #03-75
T: 6744 7422

TRADITIONAL CHINESE MEDICINE (TCM) CLINIC

Blk 81 Aljunied Ave 2
T: 6744 7422

Opening Hours:

- Wed & Fri
8.30am - 1.00pm

Note: The above Services are only available for families and individuals residing in Aljunied Ave, Aljunied Crescent, Circuit Rd, Pipit Rd, Sims Drive, Geylang East, Balam Rd & Paya Lebar Way.

注：
以上中医服务只限于指定地点

伯特利医务合作社区福利
BETHEL

PARTNERSHIP SERVICES
Medical & Dental Clinic Services 医疗与牙医诊所服务

Student Crisis Financial Assistance 学生援助金

For more information, please call 6744 7422. 以上咨服，6744 7422

Our website: www.bethelcs.org.sg

Bethel Community Services (BCS) was registered with the Registrar of Societies in August 2004. It became a charity under the Charities Act in September 2004. BCS was admitted as a member of the National Council of Social Service in July 2007 and granted the Institution of a Public Character Status. Donors can give to Bethel Community Services and receive tax deduction for their donations.