



WALK FOR RICE EVENT

When the word charity is used in scripture, it usually means love, and it also means giving; to help the needy, an act of kindness and generosity to others. Charity doesn't have to be in terms of money. It can be giving whatever you have. Christians are to be charitable.

This year, Bethel Community Services collaborated with South East CDC to participate in various charity events and one of the highlighted events was the Walk For Rice (WFR).

WFR @ South East was conceptualised in 2009 under the 5E* approach to encourage the more-able individuals or organisations such as Grassroots Organisations (GROs), schools, Voluntary Welfare Organisations (VWOs) and corporations in the community to participate in a simple activity, such as walking, to raise rice for the needy families in the South East District.

Bethel Community Services organized a family day where we could bring along our loved ones and friends to walk and raise more rice needed for the community. The walk was held at Punggol walk on 6th October. Close to 35 people turned up for the walk. Children as young as six years old walked alongside the elderly. It was so heartwarming to have all of them taking precious time to walk because of the love they have for the needy community.

Matthew 25:35 "I was hungry, and you gave me something to eat. I was thirsty, and you gave me something to drink. I was a stranger, and you took me into your home."

The residents of Block 103 Aljunied Crescent (rental flat) have also done a 5km walk to raise their own rice on 20th October. We had church volunteers who gathered and supported them and they did the walk together.

*5E involves using an Easy and Enjoyable activity that Encourages widespread participation within the community which Earns sponsorships for the needy. In



Jazlyn Chew
Volunteer

doing so, SE CDC also Enlarges the value of the giving and thus enabling us to Enhance the community ownership and spirit.

Walk For Rice helps to strengthen the social infrastructure by encouraging the community to participate and forge stronger relationships with one another. It promotes Active Citizenry as well as Nurtures Volunteerism by empowering the different community partners with the abilities to customize their walking events and contribute towards this good cause.



A GOOD YEAR AHEAD

Everyone would love to have a good new year in 2019. What must I do to have a good new year?

The year will only be good when all 365 days are filled with goodness. In his book, *The 15 Revolution: Go Ahead Inconvenience Me*, Paul Scanlon asks his readers 'to give 15 minutes a day to be inconvenienced in order to help someone. It is being willing to give 15 minutes a day to be interrupted, distracted, diverted or delayed. 15 minutes to add value to someone else's world.' The good you do is as easy as saying some encouraging words to someone, helping to water your neighbours' plants when they are away, helping a colleague clear some of her work so that she can be home to cook and care of her elderly parents, helping an elderly to cross the road, giving a donation, buying a meal for a poor man who is begging in the food centre, etc.

There are three chemicals in our body – dopamine, serotonin, and oxytocin – that make up the Happiness Trifecta. These chemicals help to boost our happiness, motivation, sleep, digestion, appetite, memory, learning and our blood pressure too. Oxytocin is also anti-inflammatory, reduces pain and enhances wound healing. Our bodies release these chemicals when we give and help others. 'Anytime we step outside of ourselves long enough to help someone else, something wonderful is waiting for us when we return: the Happiness Trifecta neurochemicals are all boosted!'¹

All it takes of you is to find one good thing to do every day for the next 365 days, and you will experience a GOOD GOOD year... Yes, a double GOOD. You will feel GOOD, and the person you help will also experience the GOOD you have done.

Wishing you and your family a GOOD GOOD 2019!

¹ <https://www.psychologytoday.com/us/blog/vitality/201404/the-neuroscience-giving>

¹ 注: <https://www.psychologytoday.com/us/blog/vitality/201404/神经科学捐赠>



Rev Chia Beng Hock
Chairman

一个好年头

每个人都希望在2019年度过一个美好的新年。我该怎样做才能过上一个美好，新的一年？

只有当365天充满了好的时候，这一年才会好。保罗·斯坎伦在他的书“十五革命：前进不便”一书中要求他的读者“每天拨15分钟，以帮助某人。凡愿意每天拨15分钟，分心，转移或延迟。就可以为别人的世界增添价值。”“你做的好事就像给别人说一些令人鼓舞的话语一样简单，帮助外出的邻居为植物浇水；帮助同事清理她的一些工作；这样她就可以回家做饭和照顾年迈的父母；帮助老人过马路、捐款、为在食品中心乞讨的穷人买饭等等。

我们体内有三种化学物质，多巴胺，血清素和催产素构成了幸福三元素。这些化学物质有助于提高我们的快乐，动力，睡眠，消化，食欲，记忆，学习和血压。催产素也是一种抗炎药，可减轻疼痛，促进伤口愈合。当我们给予和帮助他人时，我们的身体释放这些化学物“任何时候我们走出自己的时间来帮助别人，当我们回来时，一些美妙的东西在等着我们：幸福三元素神经化学物质都得到了提升！”¹

我们所需要的就是在接下来的365天里，每天都做一件好事，你将体验到美好的一年...是的，双倍的好。你会感觉很好，你帮助过的人，也会体验到你所做的好事。

祝你和您的家人2019年有个好的开始！

For the past one year, in my role in Bethel Community Services (BCS), I realised that there are so many families in need in our Aljunied community. These families need our help, and BCS is blessed to be given the opportunity to do so. We can make a difference in the lives of these needy families and individuals, bringing hope and love that they could be lacking and longing for.

As the Bible says in Micah 6:8 "... And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God". To serve in BCS has indeed taught me to walk humbly before God and to depend on Him. Working in BCS has also taught me to learn to appreciate the little things in life and not to take the blessings that we have for granted.

Through our various centres and programmes, we want to make an impact and to serve the needs of our community. Interacting with the infants, children and students in our Tots Centre, Childcare, Kindergarten and Student Care Centre brings me much joy. I hope to continue to be able to do so. In addition, in 2019, we hope to bring in more value-added and innovative programmes to them.

In 2018, we were involved in various programmes to benefit our community such as health talks, health screening and the "Walk for Rice" programme. In "Walk for Rice", we encouraged our church members, friends and the community to be engaged in a healthy activity for a good cause. For every 200 metres walked, one bowl of brown rice and one bowl of white rice were given to a needy family in our community. This programme was supported by NTUC Fairprice.

Looking at the year ahead, we hope to continue reaching out and empowering the community through holistic community based services and programmes, to support these individuals in our community in attaining a better life.

Wishing everyone a blessed New Year!

Lilian Sze
Executive Director



在我担任伯特利社区服务(BCS)的过去一年中，我意识到我们的阿裕尼社区有太多需要帮助的家庭。伯特利社区服务有幸，有机会为这些家庭给予帮助。我们可以在这些贫困家庭和个人生活中发挥作用，将希望和爱带入他们可能缺乏和渴望的生活中。

正如圣经在弥迦书6:8中所说“.....耶和华对你有什么要求呢？要公正地行事，爱怜悯，谦卑地与你的上帝同行”。在伯特利社区服务，确实教会我谦卑地走在上帝面前，并依靠他。在伯特利社区服务工作，也教会我，学会欣赏生活中的小事，而不是把祝福当为是理所当然的。

通过我们的各种中心和计划，我们希望能影响，并满足社区的需求。在我们的育婴中心，托儿所，幼儿园和学生托管中心能与婴儿，儿童和学生互动带给我很多快乐。我希望能够继续与这些婴儿，儿童和学生互动。此外，在2019年，我们希望为他们带来更多的增值和创新计划。

在2018年，我们参与了各种有益于我们社区的计划，如健康讲座，健康检查和“Walk for Rice”计划。对于这项计划，我们鼓励我们的教会成员，朋友和社区进行这健康的活动，凡完成200米的步行者，可取得一碗糙米和一碗白米饭，给予我们社区中有需要的家庭。该计划得到了新加坡职工总会平价合作社的支持。

展望未来一年，我们希望通过全面的社区服务和计划，继续为社区提供支持，让社区中的个人过上更好的生活。

祝大家新年蒙福！



ANNUAL GRADUATION CONCERT cum CARNIVAL 2018

Graduations are special, because they are both an end and a beginning. It is a time of thoughtful reflection, of celebrating the small accomplishments we have achieved the past year and to see how time has made all things beautiful. In just a few moments, these little toddlers that we played with, laughed with, got upset with and patiently sat with, are now ready for primary school.

Welcome to Bethel Child Development Centre and Bethel Kinderlites 2018 Concert. Hosted by our Director, Ms Lillian Sze, the theme of this year's concert was "Power to LOVE". Colossians 3:14 says: "And above all these, put on love, which binds everything together in perfect harmony."

The stage was beautifully decorated with gold and white balloons. Two little angels were spotted pouring out glittery hearts onto the stage that were lined with books across the horizon. The metaphorical representation is this: we as teachers are constantly sowing the little we have, into the endless "Sea of knowledge" that children hold. Using the power to love that we possess, we hope that one day, these children will grow up to be wonderful God-fearing individuals that influence others in the right way. We had the honour to invite Mr Eddie Woon to grace our ceremony.

The array of songs was meticulously selected to represent LOVE. LOVE is happiness "幸福的脸". LOVE is caring for others: 'Called to love', LOVE is joy: 'Old Church Choir' and LOVE is promise: "彩虹的约定". What could be more appropriate than the opening piece by our dear graduands "God of Love" by Jana Alyra. With beautiful heartfelt lyrics and simple sign language, the graduands

expressed the simple gratitude we all held in our hearts towards our LORD, for watching over these precious ones that grow.

Thus, the concert was set in motion. Some highlights included the comedic and lively "小猪变干净了" speech and drama, or the 'shake-your-pompoms' adorable display of our youngest ones (耶稣的爱真奇妙), their arms set into a heart that completely melted ours instead (L-O-V-E). Unlike previous years, this year's concert included two performances by our Bethel Student Care children: 'A gift to you' and 'Every move I make'. We hope to see more of them in the future.

The concert rose to a climax with the K2's African-inspired tribal dance: "Baba Yetu". A rhythmic rhapsody, this performance embodied fluid body motions contrasted with sharp precise actions, fully expressing: 'Love is worship'. What a thrilling performance that left me in awe.

The concert finale: "How deep how wide" brought a dramatic finish to such an electrifying day. We want to thank all of Bethel's childcare, kindergarten and student care's staff, volunteers and participants that made this performance such a success. We send off our graduands with tears of joy and with these words of Christ: 1 John 4:7 "Let us love one another, for love is from God, whoever loves has been born of God and knows God."



Christabel Tan
BCDC Teacher

快快乐乐过中秋

八月十五月正圆，中秋月饼香又甜。一年一度的中秋佳节来临之即，为欢庆这个传统的佳节，加强对幼儿的传统文化教育，我们中心开展了各种各样的庆祝活动。

活动中，各班老师利用音乐欣赏、图片展示、中秋故事、视频、手工制作、猜谜等多种形式的活动，为幼儿介绍中秋节的来历和习俗，让幼儿对中秋节有了进一步的认识：豆豆班的徐老师帮助豆豆班的幼儿们制作小动物灯笼，可爱的小动物灯笼深受豆豆班小朋友的喜爱。幼儿班一年级的小朋友在张老师的带领下，学习制作冰皮月饼，让幼儿在丰富知识的同时又锻炼了动手操作能力。白老师给幼儿班二年级的小朋友讲中秋故事，让小朋友们对中秋节有了进一步的认识。除了一起学唱儿歌《爷爷为我打月饼》，还一起制作了荷花灯笼，每个孩子们都积极参与，学得非常开心。幼稚班一年级的程老师组织幼儿品尝月饼和水果柚子，让幼儿品尝着美味，享受着同伴的祝福，分享着节日的快乐。再教幼儿一起制作飞机灯笼。薛老师给幼稚班二年级小朋友们观看有关中秋节传说和制作月饼的视频，让幼儿不仅了解中秋节的习俗，也增加了对传统文化的兴趣。薛老师也指导他们一起制作了飞机灯笼，并与幼稚班一年级的小朋友一起去社区公园进行提灯笼的活动。家长们带着孩子一起进行猜谜是最受欢迎的活动，父母们把猜出谜语所得的礼物送给孩子们，孩子们不但高兴也觉得自己的父母了不起。这样的活动促进亲子交流，增进幼儿与父母之间的感情，还能让小朋友体验中秋的快乐。

此次活动不仅让孩子们了解到中秋节的许多习俗，也提高了孩子们对传统文化的兴趣，更体验到幼儿园大家庭团圆与分享的快乐。



Bai Liping
Language Teacher



Children's Pajamas Party & Carnival Game at BCDC

It was that time of the year again, Children's Day in Bethel Child Development Centre! A team of teachers planned a pajamas party cum carnival for the children and involved our parents who took leave to volunteer for the event. This was something different from our usual celebrations. There were many carnival game stations like fishing, rice play, shoot the hoops and many more managed by parents from the various classes.

Each class got to move together to different classes to try out the different carnival games. The kids had a blast! The atmosphere was great, with the children and parents having an enjoyable and fun time in the centre along with many different games. It was also a time of bonding between the parents, children and teachers during lunch time. Parents had the opportunity to observe how their children were in class and had lunch together with their children's classmates.

All in all, it was a great success for our very first themed event. Everyone had such a great time! Thank you for giving your best! We look forward to bringing more of such events your way!



Ng Boon Kei
Teacher

Children's Day

Agnes Fam
Teacher



On 4th October 2018, Bethel Kinderlites' students came in their colourful clothing in celebration of Children's Day.

The children were encouraged to bring some snacks to share with their classmates. That day, the program ran for 2 hours.

After the usual assembly session, the celebration began with the person in-charge, Miss Amy Soh of the Nursery class, introducing the program item by item.

The program included the following; Krish from Pre-Nursery played a song on the xylophone, an Indian dance performed by Zobia and a song item sung by the Nursery children. Lastly, there was a competition in which the children were asked to dress their respective teachers as any character with the different materials given. After which, the teachers did a "catwalk" parade.

Next, the children went back to their respective classes to enjoy their snacks. Both the teachers and students enjoyed themselves and had great fun that day.



实地考察

Ayrene Lim
Language Teacher



二零一八年十月二十四日，在校长的带领下，我们幼儿园的小朋友、老师、和部分家长，前往樟宜机场，参观第一与第二机场大厦。

孩子们体验了乘搭轻轨列车的乐趣，老师们也讲解了如何自印登机卡，出境和入境的程序，并引导孩子们查询班机抵达和出境的时间表。接着，大伙一起到观景廊看看飞机起飞和降落的情景。

离开机场前，孩子们到绘画中心，发挥“板印画”的才能，最后，到游戏场活动活动，然后尽兴而归。



Bethel Student Care Centre is very honoured and blessed to have many volunteers and sponsors who actively commit their time and resources to bless the students in our centre. Under the sponsorship of DBS Bank Ltd, our students had the opportunity to lunch at Eighteen Chefs during the September school holidays.

They also had a hands-on experience of being junior chefs of the day, whipping up red velvet cupcakes and shepherd's pie during the baking session @ ToTTs in Tampines. To celebrate Children's Day, the students were also treated to a session where they could create their own stationery holder using cement, fully sponsored by G&L Surgical Clinic Pte Ltd. We would like to thank all our sponsors for their time, effort and generosity.



Grace Tan
Supervisor

BETHEL TOTS CENTRE was renovated in September 2018 to provide a more conducive environment for the infants in our centre. The renovation included painting, the replacement of vinyl flooring, ceiling boards, ceiling fans, changing all lights to LED lightings and customised anti-slip mats in the toddler toilet. Bethel Tots Centre is definitely the place for your infant.



In celebration of Singapore's National Day, Bethel Community Services together with Dr Ganesh Ramalingam and his G&L Surgical team, provided social services to 50 low-income families and elderly to improve their physical and emotional lives. It was a fulfilling day for all the BCS staff and volunteers at G&L Surgical as well as for the people we visited.

The purpose of this National Day drive was to collect, pack, prepare and deliver food and necessity items such as rice, oil, cereal, canned food and NTUC vouchers to needy individuals and families with financial difficulties who live in single room flats. Even in today's society, there are still many families and individuals who need basic provisions which we often take for granted. It was an absolutely amazing feeling to share in their lives and their stories and be able to experience their sincere gratitude and joy!

We strongly believe that nothing matters more than touching the hearts of these residents, as that will make a difference in their lives. This National Day, Bethel Community Services and G&L Surgical took the opportunity to give back to society and play a small role in providing Singaporeans with basic necessities and rations.



Jazlyn Chew
Volunteer

THANK YOU



毕承明中医博士

亲爱的社区朋友们大家好，毕承明医师在此向大家问安，也敬谢这么多年来（约十二年）对我们伯特利社区服务

中医诊所的支持与爱戴，在过去的2018年里大有6800左右的人次来光顾我们中医的服务，内中有癌症、痹症、郁症、中风、头疼、失眠等等的各类病患，其中绝大部分的患者都已经痊愈，恢复正常的生活，到现在我还清楚的记得有一位患者的右手一直疼痛抬举不得（五十肩），已经两年余，当天来的我们诊所时还是痛的很辛苦，这位患者过去看了很多西医，中医还是不得见效，还记得当时我给患者针灸、推拿，过后给他做一些物理治疗，接下来很奇妙的事情就发生了，患者的右手可以马上抬举起来，也不再疼痛了，这对我们来说是非常开心满足的事。

我们的服务不分种族或宗教，完全以博爱的精神服务社区大众，我们这里的义工们也都凭着博爱的精神付出他们宝贵的时间，风雨不改的来为社区有需要的患者献出爱心的行动。日后如果您在健康方面需要中医的治疗，我在此谨代表伯特利社区服务中医诊所诚心的欢迎您来我们中心接受治疗，最后我们希望社区朋友们能够继续多多支持爱戴我们的伯特利社区服中医诊所，若有任何询问，欢迎您拨电询问，最后祝福大家身心灵健康，好事连连来。

Health Screening for Seniors (22 December 2018)

On 23 December 2018, Southeast Community Development Council (SECDC) collaborated with Bethel Church, Bethel Community Services (BCS), and various health organisations – Ministry of Health (MoH), Temasek Foundation Cares (which initiated Project Silver Screen) and Alexandra Health, to provide health screening for Singaporean Seniors residing in the community. Alexandra Health provides chronic screening for residents aged 40 and above, and Project Silver Screen provides functional screening for eyesight, hearing and oral health for seniors aged 60 and above. Seniors who present their Pioneer Generation (PG) card enjoy free health screening. Seniors who are CHAS cardholders pay \$2 while other seniors pay \$5.

A total of 57 seniors turned up for the health screening and they were provided with light refreshments such as coffee, Milo, and biscuits (sponsored by SECDC). With affordable health screening conducted conveniently near their homes, it is helpful and useful for some seniors who may not be able to go for health screenings in polyclinics or hospitals. A senior lady who did not have her health screened previously showed signs of high blood pressure, which required medical attention. The health screening was beneficial to the seniors, as there were a number of seniors who required follow-ups on their health condition.

We would like to thank SECDC, Project Silver Screen, Alexandra Health and Bethel Church for reaching out to the senior residents in our community and providing them with affordable health screening.

Natasha Cho
Case Coordinator



Natasha Cho
Case Coordinator

SHOP & DONATE

In 2018, Bethel Community Services (BCS) has partnered with NTUC FairPrice for the Shop & Donate! Programme. Shop and Donate is an online giving platform hosted on NTUC FairPrice on its website, whereby charitable organisations may provide their wish list for members of the public to support. BCS has customized a grocery wish list by choosing items that are listed on the FairPrice website: <https://www.fairprice.com.sg/DonatetoSSOrg#bethelCommunityServices>

Getting to know
our New Staff**Hou Wenya**
BTC Teacher**Siti Aidah Binte Mokhirimi**
BTC Cleaner**Natasha Cho**
BCS Case Coordinator**Esther Chan**
BCDC Assistant Teacher**Jamie Dolores**
BCDC Teacher**Doris Teo**
BCDC Language Teacher**MANAGEMENT COMMITTEE
(2017 - 2019)**

- Chairman:** Rev Chia Beng Hock
Vice Chairman: Rev Dr Moses Pi
Hon Secretary: Mr Philip Teo
Hon Treasurer: Pastor Siow Soon Chew
Members: Dr Ong Pui Sim
 Mr Daniel Ho
 Mr Chia Eng Giap
 Dr Tan Eng Chun
 Mr Thomas Foo

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.

B 伯特利医务合作社福利 BETHEL PARTNERSHIP SERVICES Medical & Dental Clinic Services 医疗与牙医诊所服务

The medical clinic provides general practitioner consultation and medication for the management of common colds and flu, fever, diarrhea and constipation, and other acute illnesses, as well as the prevention/management of diabetes, hypertension, high cholesterol, and other chronic illnesses.

The dental clinic provides basic dental services of routine scaling and polishing, filing and extraction.

For more information, please call 6744 7422. 以上咨询服务，请电 6744 7422

B 伯特利中医服务 BETHEL TRADITIONAL CHINESE MEDICINE (TCM)

- TCM medical consultation, massage, traumatology, acupuncture and cupping.
- Held twice weekly:
Every Wednesday and Friday morning

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.

备注：以上中医服务只限于指定地点

Student Crisis Financial Assistance 学生援助金

Supports needy students from low-income families who find themselves in difficult situations, as a result of recent death, a sudden illness or accident in the family, resulting in a loss of income.

For more information, please call 6744 7422.
以上咨询服务，请电 6744 7422

Tuition is available for needy students, please call:
请电伯特利社区服务补习班，给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
伯特利婴儿中心

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
伯特利儿童发展中心

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

KINDERGARTEN**Opening Hours:**

- AM Session
8.30am - 12.30pm

Bethel Kinderlites

伯特利幼稚园
Blk 114 Aljunied Ave 2 #03-75
T: 6744 5860

TUITION SERVICE**伯特利补习服务**

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
伯特利学生托管中心

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

SOCIAL SERVICE & COUNSELLING

伯特利社区福利
Blk 114 Aljunied Ave 2 #03-75
T: 6744 7422

TRADITIONAL CHINESE MEDICINE (TCM) CLINIC**伯特利中医服务**

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.

备注：

以上中医服务只限于指定地点

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.