

# ANNOUNCEMENTS For more information, please approach Gladys or Priscilla.

## 1. Inter-generation Service

Date : Sunday 29 November 2009  
 Time : 10am  
 Venue : Suntec City Convention Centre

## 2. Sawang DaenDin Mission Team

Upcoming Camp in October 2009. Camp Venue @ Sung Dao.

*If you are Interested, please approach Hui Ling/Janice for more information.*

## 3. Centenary Prayer Guide (Diocese of Singapore)

The Prayer Guide is available at the admin counter. It is free of charge, but free-will contributions are encouraged.

## 4. Anglican Schools Concert

As part of the Diocesan Centenary celebrations, our 9 Anglican schools are putting up an Anglican Schools Concert. There will be 2 identical performances held on the same day.

Date : Saturday 27 June 2009  
 Venue : SAJC Cultural Centre  
 Cost per ticket : S\$30.00 (or free will donation)

*All donations will go towards our Anglican schools. Please purchase the tickets at the Admin counter.*

# CALENDAR OF EVENTS

June	14	(Sun)	Confirmation Class #7
	16 - 19	(Tue - Fri)	Family Camp
	26	(Fri)	Corporate Prayer Meeting
	28	(Sun)	Council Meeting
			Confirmation Class #8

Any announcements, articles or testimonies to share? Email Gladys @ [wacoffice@livingstreams.org.sg](mailto:wacoffice@livingstreams.org.sg)

**SHUTTLE BUS SERVICE**  
 9.10AM BOON LAY WAY - BOON LAY MRT (BUS STOP)  
 9.15AM JURONG WEST ST 51 BLK 511 CARPARK  
 9.30AM CLEMENTI MRT - BUS STOP TOWARDS CITY



# WESTSIDE ANGLICAN CHURCH

STRENGTHENING FAMILIES. IMPACTING COMMUNITY

BISHOP: The Most Revd Dr John Chew  
 DEAN & VICAR: The Very Revd Kuan Kim Seng

ASSOCIATE VICAR: The Revd Canon Dr Louis Tay  
 PRIEST-IN-CHARGE: Revd Timothy Chow

14 June 2009

## FINDING TIME TO BE ALONE WITH GOD IS ESSENTIAL TO OUR SPIRITUAL HEALTH AND IS REJUVENATING TO OUR MIND IN TIMES OF STRESS.

Read Matthew 14:3-23. John the Baptist had been beheaded. When Jesus heard the news he "withdrew by boat privately to a solitary place (Matt. 14:13)." When his boat arrived at the shore, the crowds were already there ahead of him. With great compassion for the people, Jesus set aside his own grief and proceeded to heal the sick and feed the multitude. At the end of the day, however, Jesus sent away the crowd and the disciples so he could go up to the mountainside by himself to pray.

Time alone with God spiritually renews our strength. Solitude gives us a chance to immerse ourselves in God's Word, pray, and find healing in his presence. We come to our Abba Father, Daddy God, and lay all of our worries at his feet. He reminds us of his great love for us and reassures us that we are his own. He renews our strength so that we can soar above the problems of the world, like an eagle soars above the earth. We worship him in spirit and in truth and are brought back to the place where our heart trusts in him completely, casting aside the cares of the world. We seek his wisdom, and he gives it as he promises. We are then equipped to meet life's challenges and struggles.

- Upon hearing about John the Baptist's death, why was the immediate response of Jesus to withdraw to a solitary place? Why do you think Jesus chose to pray alone, instead of with the crowd or with the disciples? Why is spending time alone with God essential? How does it help you in times of stress? How does time alone with God differ from corporate worship? Why are both important?
- Once we have spent time alone with God, we need to allow ourselves diversions from the stress. Our physical bodies need time to rest, and our minds need time to recover and relax. What happens when we do not take time to rest? What do you do to relax during stressful times?
- In her stress management seminars, Charlotte Sutton suggests prioritizing activities into categories of critical, important, and unimportant to help with time management. How could prioritizing help us find time for solitude and rest? What would be on your critical list? What do you consider unimportant? What would you say are the priorities of Jesus? What should our priorities be?

**West Coast Recreation Centre**  
 No. 12 West Coast Walk

### Sunday Services

10am - 12pm  
 English Service @ Auditorium  
 10am - 12pm  
 Mandarin Service @ Thanksgiving  
 10am - 12pm  
 Children in Action @ Honor

### Saturday

3.30pm - 6.30pm  
 Destiny Impact (Youth) @ Honor

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**EVERY MEMBER A FRUIT BEARING DISCIPLE**

Are you managing stress or is stress managing you? God wants all His disciples to be spiritually healthy and refreshed daily. If we are feeling “worned-out” then it is “withdraw” to a lonely place with God! I am afraid there is no other tried and tested “method”! This generation is frequently searching for quick solutions and short-cuts! In our spiritual journey there is only one way - the way of discipline that will yield tangible results over time, not instantly!

*27-31 Why would you ever complain, O Jacob, or, whine, Israel, saying, "God has lost track of me. He doesn't care what happens to me"? Don't you know anything? Haven't you been listening? God doesn't come and go. God lasts. He's Creator of all you can see or imagine. He doesn't get tired out, doesn't pause to catch his breath. And he knows everything, inside and out. He energizes those who get tired, gives fresh strength to dropouts. For even young people tire and drop out, young folk in their prime stumble and fall. But those who wait upon God get fresh strength. They spread their wings and soar like eagles, They run and don't get tired, they walk and don't lag behind.*  
**Isaiah 40:29-31 (The Message)**

Whether we are young, or older, we need to give priority to the special time before the presence of the Almighty! If anyone says he is too busy to find this time then he is certainly “too” busy!



## DUTY SCHEDULE

	Today 14 <sup>th</sup> June (H.C.)	Next Week 21 <sup>st</sup> June
Chairperson	Raymond Ang	Pang Kwee Hoon
Speaker	Revd Timothy Chow	Pastor Raymond Ang
Worship Leader	Eddy John Sng Jimmy, Tony, James, Carolyn, Adrian, KahMun, Jonathan Kee	C.IA  Denny, Jakob, Matthew
Music Team	Michelle	Elissa, Rachel
Projectionist	Eric Matthew Sng	Carol Elizabeth
Soundworks	Raymond, Tony, Kevin	-
H.C. Server	Eric Matthew Sng	Eddy John Sng
Intercessory Prayer	Annie Kat	Selena Tay
Scripture Reader		

## WISE DISCIPLINE SHIP TRAINING

DATE	PROGRAM
19 June	No WDT
26 June	Corporate Prayer Meeting
03 July	WDT

\*Cell groups are suspended till further notice due to WDT. For further enquiries, you may contact the Office at 63376104 ext 188/189 or email [wacoffice@livingstreams.org.sg](mailto:wacoffice@livingstreams.org.sg)\*

## MISSIONS

<b>MISSIONS FUNDS NEEDED IN 2009</b>	<b>:</b>	<b>\$\$\$20,000</b>
<b>AMOUNT PLEDGED TO DATE</b>	<b>:</b>	<b>\$\$\$11,010.50</b>
<b>AMOUNT COLLECTED TO DATE</b>	<b>:</b>	<b>\$\$\$9,298.50</b>

**PRAY FOR CHRIST CHURCH SAWANG DAENDIN:**  
 Upcoming camp in October. Camp Venue @ Sung Dao.  
 Targeted number of people: 50 adults and 20 youth.

