

WELCOME

WE ARE SO GLAD THAT YOU ARE HERE. THANKS FOR TAKING THE TIME TO BE WITH US. HAVE AN AWESOME SERVICE.

We hope that you will enjoy today's message and our praise and worship. If you would like to know more about our church or the different programs we have during the week, please approach our staff at the Admin Counter.

ANNOUNCEMENTS

1

10TH ANNIVERSARY LUNCH

02 May @ West Coast Seafood Restaurant
Purchase tickets at the Admin Counter today!
Cost: \$20/pax, \$10/pax (16 years & below)

WACKY TALENT CONTEST

Sign up for the talent contest today! *See insert for more details.

2

FAMILY CAMP 2010

Our long awaited family camp is here!
20 - 23 June @ Equatorial Hotel, Melaka
See brochure for more info! Sign up TODAY!

3

CONFIRMATION CLASS

Those who would like to be confirmed, please sign up at the Admin Counter.
Classes will start on 09 May 2010. (6 classes)
Confirmation Service: 11 July 2010

COMING EVENTS

APRIL

28
wed

WDT - 18
DI - HOUR OF POWER

12
wed

DI - HOUR OF POWER
CORPORATE PRAYER MEETING

16
sun

CONFIRMATION CLASS

19
wed

DI - HOUR OF POWER
WDT - MID YEAR EXAM

23
sun

COUNCIL MEETING
CONFIRMATION CLASS
GLOBAL DAY OF PRAYER

MAY

02
sun

10TH YEAR ANNIVERSARY LUNCH

05
wed

WDT - STUDY BREAK
DI - HOUR OF POWER

09
sun

CONFIRMATION CLASS

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

WORSHIP LOCATION

WEST COAST RECREATION CENTRE
NO. 12 WEST COAST WALK

WESTSIDE ANGLICAN CHURCH OFFICE

ADDRESS: 11 ST. ANDREW'S ROAD
SINGAPORE 178959
TEL: (65) 6337-6104 FAX: (65) 6339-1197
EMAIL: WACOFFICE@LIVINGSTREAMS.ORG.SG
WEBSITE: WWW.LIVINGSTREAMS.ORG.SG/WAC

25 APR 2010

WESTSIDE ANGLICAN CHURCH

STRENGTHENING FAMILIES. IMPACTING COMMUNITY
an extension of st. andrew's cathedral

HOW DO YOU GET OVER BEING OFFENDED?

- PASTOR TIMOTHY CHOW -



When you are offended by something someone said or did, a natural reaction is to lash back out of your pain. One principle I've learned is that before you confront someone, you will handle things better if you get over the offense before you talk to them. You will be calmer if you have worked through some of your anger and frustration and they will be more likely to receive what you have to say.

TIPS ON HOW TO GET OVER THE OFFENSE:

#1 Take some time out to think by yourself. Find a time and place to process things. It can even be while you do other chores but take some focused time to think.

#2 Do a little self evaluation. Why did what they said or did bother you so much? What is the reason behind your anger? Was it an attack on your value or worth? Was it their lack of consideration of your needs? Was it their irresponsibility? What is the core issue for you?

#3 Ask yourself some questions. Is there any truth in what they said? What part of it is something you can change and what part of it is their issue?

#4 Ask God for wisdom to help you understand yourself and the other person. If you are having a hard time sorting it through, talk to a trusted friend or write out your thoughts & feelings.

#5 Make a decision to forgive the person and extend grace to them. We all make mistakes, even harmful ones. Forgiveness helps us to get rid of the anger. If you are having trouble forgiving, ask God to help you and to give you what you need to forgive. A mindset of forgiveness will help you address the person in a more honouring way.

#6 Plan out the points you want to make before you talk to them. This will help you be clearer and more focused in the discussion.

It's usually scary to confront someone who has offended you. It's easier to withdraw but that won't solve any problems. Worse, it leaves you at risk for resentment. These tips will help you press past the fear and have the needed courage to resolve the problem.

EPHESIANS 4:26
"IN YOUR ANGER DO NOT SIN":
DO NOT LET THE SUN GO DOWN
WHILE YOU ARE STILL ANGRY.

ds



DUTY SCHEDULE

	Today 25 th April (H.C.)	Next Week 02 nd May
Chairperson	Raymond Ang	Pang Kwee Hoon
Speaker	Revd Timothy Chow	Revd Timothy Chow
Worship Leader	Joanie Ng	Liow Zhong Fa
Music Team	Elissa, Astrid, Andy, Matthew, Sean	Janice, Eunice, Jun Hoong, Le Fa
Projectionist	Violet Leong	Priscilla, Joyee
Soundworks	Carol Elizabeth Wee	Eric, Chong Hui
H.C. Server	Raymond, Tony, Kevin	-
Intercessory Prayer	Joyce Chow	Joanie Ng
Scripture Reader	Anita Tay	Eunice Ng

RAIN OF GOD'S GRACE

A Joyful'toon by Mike Waters



They do not say to themselves, 'Let us fear the LORD our God, who gives autumn and spring rains in season, who assures us of the regular weeks of harvest.' Your wrongdoings have kept these away; your sins have deprived you of good.

— JEREMIAH 5:24–25 NIV

em doodles by Chns Hambrecht



www.emdoodle.com

02/1 2006