

MENTAL WELLNESS IN DAILY LIFE



Speaker:
Danny Loke is a registered social service practitioner and certified behavioural consultant with 19 years of experience in the social service sector. He currently serves as the Head of the Community Mental Health Department at Fei Yue Community Services, where he oversees the Community Intervention Team (COMIT) and the Community Outreach Team (CREST). The department delivers mental health services and outreach efforts aimed at early identification, intervention, and support for individuals and caregivers within the community.

**TAKING CARE OF YOUR MIND IS JUST
AS IMPORTANT AS CARING FOR YOUR BODY.
HOW WILL YOU NURTURE YOUR MENTAL WELLNESS TODAY?**



DATE: 23 SEP 2025
TIME: 11.15AM - 12.15PM
LOCATION: GRACE (SCC) CHURCH
[14 QUEEN ST, SINGAPORE 188536]

KINDLY REGISTER WITH JOHN NG, 9684 3916

Senior Pastor:
Rev Chua Yeow San

English Congregational Pastor:
Rev John Loke

EC Ministry Worker (Family Ministry):
Sis Jannie Chiu



Download EC Bulletin



Spiritual Succession

21 September 2025
11:30am

Grace S.C.C. Church
14 QUEEN STREET
SINGAPORE 188536
6337 7144
gracescc@singnet.com.sg
www.gsccc.org.sg

WELCOME to the English Congregation Worship Service!
(Online Streaming: www.youtube.com/c/gracesccchurch)

Family News
Pastoral Prayer
Worship in Praise
Worship in Offering
Children's Message

Scripture Reading
Sermon:
Speaker • Rev Dr Danny Goh

Loneliness: The Secret Pandemic
Matthew 26:36-46
Response Song

Benediction
Silent Meditation
Pastor/ Deacon On Duty • Dn Cheok Ru-Sern
Worship Leader • *Timothy Wong*

Kindly switch all mobile devices to silent mode during service



OUR COMMUNITY

Children Sunday School	Sunday, 11:30am Onsite
Youth Worship (Secondary) (Tertiary)	Sunday, 9:30am Online/ On-site Online/ On-site on some Sundays to be informed by fellowship mentors
Youth Fellowship (Secondary) (Tertiary)	Sunday, 10:45am Online/ On-site Online/ On-site on some Sundays to be informed by fellowship mentors
Cell Groups	Kindly contact EC pastor
Lunch Fellowship	1st Sunday of each month

Please contact the church office or EC Pastor for more information.



CHURCH NEWS

YOUTH WORSHIP

Title: *The Empowerment of God*

Text: Acts 2:1-47 (ESV)

Speaker: Rev Lau Pak Soon

THE EVERGREEN COMMUNITY

23 Sep (Tue) | Rooms 102/107

10am HPB's Resistance Band Exercises – *please register beforehand using activity code B0828*

11:15am *Mental Wellness in Daily Life* – a talk by Mr Danny Loke, head of the Community Mental Health Department of Fei Yue Community Service. The talk is in English. If you would like to attend, please WhatsApp or send a text message (SMS) to brother John via his 96843916.

12:30pm Lunch

1:30 - 3pm Special Interest Activities - crochet, Rummikub, chess and table-tennis

COMBINED EXCO PRAYER MEETING

will be held online **26 Sep** (Fri) at **8pm**, the theme is *"Passing on Truth & Faith"*. All the EXCO members are welcome to attend

AGM COMBINED WORSHIP

28 Sep (Sun) | **9am** | Sanctuary

Guest speaker Rev Cheng Eng Hwa will speak on *"The Mark of the Christian Community"* (Revelation 2:1-7).

There will be NO Saturday Worship on 27 Sep due to the Combined Worship Service.

THE 2025 AGM COMBINED CHILDREN WORSHIP

28 Sep (Sun) | **9-11am**

Venue: Preschool – Rm 407,
Primary School – Rm 103

Theme: *All Together for Church*

The Combined Children's Program is for children aged 3 to 12 and will be conducted in English.

MID-AUTUMN FESTIVAL CONCERT

4 Oct (Sat) | **7pm** | Level 1

The Chinese Friends Ministry will be hosting a Mid-Autumn Festival Concert on 4 Oct at 7:00pm on the first floor of the church. The event will include a variety of activities such

as music, poetry, testimony sharing, and games, along with simultaneous children's programs. Mooncakes and refreshments will be provided. We encourage you to invite your Chinese friends to register and attend, so that more people can come to know Jesus Christ. For registration, you can contact Bro Yu Sudong (98366601). The registration deadline is 1 Oct.

CORRECTION NOTICE: PAPER ELECTION FORM FOR DEACONS ELECTION

Due to an error in the previous paper election form, where candidate numbers were duplicated, the church had issued a corrected green election form. Members voting via paper form are kindly requested to use the new form for voting. Members voting electronically via ElectionBuddy are not affected. The Election Committee sincerely apologises for this oversight.

Deacons cum Church Leaders Committee meeting will be held on 30 Sep. All outgoing and incoming deacons, including new reserve deacons and pastors, are to attend the meeting punctually. The respective deacon portfolios will be deliberated on. Further, all meeting attendees and office staff are jointly invited to a thanksgiving dinner prior to the meeting at 6:30pm at Rooms 106-109.

2025 ANNUAL GENERAL MEETING (AGM) AND ELECTION OF DEACONS 2025-2027

Please refer to attachment on the last page.

MEMBERSHIP TRANSFER-OUT

Sis Lam Kar Yan Karen (from CC) had transferred out her membership on 7 Jun. Please pray for her spiritual journey in her new church community.

Staff Movement

Sis Yan Mi (Part-time Secretary to Senior Pastor) has tendered her resignation to the Deacon Board. Her last day of service was 19 Sept. The Deacon Board would like to convey our heartfelt thanks to her for her faithful ministry in our church.

DB Chairperson Deacon Chong Fui Kim is on overseas trip from 16-26 Sep. During his

absence, Dn Javier Kong (DB Vice-Chairperson) will cover the Chairperson duties.

MODES OF OFFERING:

a) **PayNow** (is now available to **ALL** funds) **UEN S61SS0111H** or QR code.

Please refer to the Church Website for the bank references.



b) **Mail crossed cheque to church**

- Envelope with prepaid postage will be available upon request.
- Please call Finance Executive at 6332 6836.

c) **Online Banking**

THE GRACE (S'PORE CHINESE CHRISTIAN) CHURCH
DBS Bank A/C No.: **033-022323-4**

RECRUITMENT NOTICE

- **English Congregation Pastor**
- **Children Ministry Pastor**
- **Part-time HR Executive**

Please refer to the Church website for details. Interested applicants may email their resumes with any required information to: hr@gsgccc.org.sg

MISSION NEWS

UPDATE OF MISSION PARTNER

Sis Erica has resigned from Mercy Teams International Ltd (MTI) and her last day with the agency was 9 Sep. The church will cease her support end of Sep. We pray that God continue to bless her and her ministry in Thailand.

TURKIYE MEMBER CARE TRIP

Song Ai fellowship from Cantonese congregation will be travelling to Turkiye from 3 to 14 Oct. They will be extending member care to church-supported missionaries, Edwin Koh & Mary (OM), as well as to understand their ministry, needs and challenges so as to support them effectively. Do pray for opportunities to

reach out to the locals who will be open to receive Christ, good health and safe journey for the 6 trippers – Lawrence Lo, Wong Chee San, Grace Tang, Lau Wei Yin, Ratsey Ching and Betty Tse. A commissioning prayer will be held on 28 Sep at the AGM combined worship service.

MISSION PRAYER NEWS – PUBLISHED ON 21 SEP

The latest mission prayer news will be disseminated through CG leaders. For those yet to join CG, you may ask for the mission prayer news from respective MCR or MDR: Sis Christine Ng, Sis Dessy Pello

Prayer content is strictly confidential. Please handle with sensitivity. Do not post or forward. Note: For members and regular attendees who have registered with church only

EC NEWS

LUNCH FELLOWSHIP CUM EC PRAYER

5 Oct (Sun) | **1pm** | Rooms 407-8

Registration for the next lunch fellowship via QR code is now open. The deadline is 28 Sep. Corporate prayer will follow after lunch. Here is the QR code and the link for registration:



<https://forms.gle/nf28RzuozuVJe5TP8>

Rev John Loke is on leave from 15 -27 Sep.

OUR FAITHFULNESS (14 Sep 2025)

On-site attendance (incl. service crew):146
No. of livestream worship units (max): 20
EC Offering (Overall): \$8,375

MEETINGS

DB Meeting

24 Sep (Wed) | 7:30pm | Online

LONELINESS: THE SECRET PANDEMIC

Matthew 26:36-46, Grace CCC, Sep 21, 2025

Introduction

- Biblical examples: Job, Elijah, Jeremiah, Moses
- David (Ps 102:7): *"I am like a desert owl, like an owl among the ruins. I lie awake; I have become like a bird alone on a roof."*

A. Christ's Example of Loneliness at Gethsemane

Three possible reasons why Gethsemane was a place of dread

1. *The anticipation of the extremity of the physical suffering*
2. *The loathsome reality of the presence and power of Satan*
3. *The expected alienation or abandonment from God, his Father*

B. Causes & Contributions to Loneliness

1. Circumstantial/Developmental
 - *Betrayal, rejection, abandonment*
 - *Death (expected or sudden) and losses*
 - *Aging, illnesses and retirement, mid-life, empty nest*
2. Social/Interpersonal
 - *Divorce, single parenting*
 - *Lack of social skills, low EQ*
 - *Technology, social media*
3. Personal/Psychological
 - *Personality disorders and dysfunctions*
4. Spiritual/Existential
 - *Spiritual vacuum and sin*

Understanding Loneliness:

- *Without company or companionship, destitute of friendly relationships.*
- *A painful awareness that we lack meaningful contact with others. It involves the feelings of inner emptiness which can be accompanied by sadness, discouragement, a sense of intense desire to be wanted and needed by someone.*
- *The emotional response a person has to perceived discrepancy between the expected and achieved levels of social contact.*

C. Contending & Coping with Loneliness

1. Connecting with God
 - *Solitude, prayer, meditation*
 - *God as center and focus of our lives*
2. Connecting with Self
 - *Value: Solitude for growth, creativity and emotional well-being*
 - *Embracing positive and negative aspects of self*
3. Connecting with Others
 - *Longevity and a 2nd family (moai)*
 - *Friending and building community*

Conclusion

- Inter-relationship between knowing God, knowing self and knowing others
- "We love because He first loved us" (1 John 4:7)

2025 Annual General Meeting (AGM) and Election of Deacons 2025-2027

1. **2025 Annual General Meeting (AGM) and Election of Deacons 2025-2027 (two-year term)** will be held on **28 September 2025 (Sunday)**. Please be reminded that participation at AGM and Election of Deacons is a membership obligation.
2. According to the Church Constitution, there should be no more than 15 deacons in the Deacon Board. The number of nominees for the coming Election will be 9, of which 6 will be elected. Together with the 9 deacons of the current term, there will be a total of 15 members in the new Deacon Board 2025/2026. A deacon's term of office shall be two years.

Nominees:

CC: Alex Law Cham Leung, Andrew Mak Sum Shing, Huang Xuhua, Taky Young Tak Yue

MC: Koh Kin Teng, Mervin Ng Sheng Tong, Sean Ng Wee Hua

EC: Cheok Ru-Sern, Terence Tan Chye Leng

Incumbent Deacons:

CC: Wendy Chu Hiu Wen, Javier Kong Wai Meng, Eric Chu Ming Cheung, Henry Poon Pui Him

MC: Ronald Tsui Chi Hin, Sunny Chui Kuk Sun

EC: Wong Yan Seng, Lin Yin Peng, Tse Man Yiu

3. At the AGM, members will be electing two internal auditors. The requirements are as follows:
 - i. Being a member of Grace (SCC) Church for 3 years and above;
 - ii. In compliance with the auditor's code of confidentiality;
 - iii. Processing a minimum 3 years of accounting and/or auditing experience; LCC Higher of Certificate (or equivalent) or higher.

4. The agenda for AGM is as follows:

1. Opening Prayer and Thanksgiving by Rev See Choo Har
2. To Confirm the Minutes of Annual General Meeting 2024
3. To Accept the Annual Report and Financial Report for the Period 1 July 2024 to 30 June 2025
4. To Confirm the Appointment of the Trustees 2025/2026
5. To Approve the Appointment of Two Internal Auditors for the Financial Period from 1 October 2025 to 30 September 2026
6. To Approve the Appointment of the External Auditor for the Financial Year 2025/2026
7. To Approve the Grace Church Office Renovation Budget
8. Annual Election of Deacons 2025 (2-year term)
9. Church future development
10. Any Other Matters
11. Closing Prayer by Rev John Loke

	28 September 2025
	AGM COMBINED WORSHIP