

FOCUS

For the Week of 2nd August 2009



From our Minister:

Let Us All Keep
the Church Clean,
Hygienic and
free from H1N1

As a few members at PP have tested positive for the H1N1 virus, it is so important that when we come together at PP, that these two things are in place.

1. PP provides a Clean and Hygienic environment

- a. The facilities are clean and hygienic
- b. Regular fogging is conducted
- c. Masks are readily available when needed
- d. A laser thermometer is ready for use

2. Members practise Good Hygiene and be Socially Responsible

- a. Stay at home for a week if you have the flu
- b. When recovering, wear a mask at worship - our ushers will provide you with one
- c. It may be better to attend the evening worship - as it is less crowded
- d. Let the church know so that we can be aware and cover you with prayer.

In this issue of Focus, we have included basic health tips on keeping the H1N1 virus at bay. You may want to keep this issue handy and refer to it when necessary.

Keeping the church clean and free from H1N1 virus is the responsibility of every member.



Please get a Mask from our Ushers if you are sneezing, coughing or have a temperature

Help fight the spread of the H1N1 Virus! Be Socially Responsible: If you are not feeling well and have flu-like symptoms, please seek medical help and rest at home.

What You Can Do:

- Maintain a healthy lifestyle
- Keep a high standard of personal hygiene
 - Wash your hands frequently
- Use a handkerchief or tissue when you cough and sneeze
 - Stay at home if you are unwell

Symptoms:

- Temperature > 38° C
 - Cough
 - Sore Throat
 - Runny nose
 - Breathlessness

NOTE: May not always be evident!
Seek medical help when in doubt!



PP FAMILY NEWS

Regular visitor Lester was baptized yesterday morning. He is a friend of brother Derek Sin. Brother Lester will leave for further studies in Boston, USA in August.

Elder Winston Chong will speak on Romans 13:11-14 at our morning worships today. Come back at 6pm to hear **brother Charles Cook** speak on "Do We Want to Make a Difference?"

Join us at 1:30pm for a **cappella singing** with Daniel Ng and his team. If you ordered lunch last week, pick it up from sister Betty at the lobby.

Join us **this Wednesday at 10am** for SIBI's Open Bible Study with brother Charles. **At 7:30pm** brother Cher Yam will continue on the parables of Jesus at the auditorium.

A few of our members have tested positive for **the H1N1 virus**. Members are asked to be socially responsible in the wake of this epidemic.

Missions trip to HZ: A team consisting brother Vincent Lim and his wife, Doreen together with sister Alice Tan will leave from 8-18 August. Please uphold them in your prayers.

We include a recent writeup on **brother Chew Chong Lin** in our supplement. Brother Chew will be preaching at the end of this month. 1 Corinthians 12:26: *And whether one member suffer, all the members suffer with it; or one member be honoured, all the members rejoice with it."*

The new **Foundation class** opened to a full house last Sunday. It is great to see the good interest.

The church is still looking for **good used computer notebooks** for our Bible classrooms. Please see our staff if you can donate one.

It was a real blessing to get to know **the Edwin Myers**. We thank God for the time they spent at SIBI and with the congregation during the past weeks.

We are looking for a Care team who will coordinate and promote the use of the LST and Sycamore materials. Please see either brothers Henry or Patrick if you are interested.

Worship Service	Today (2 August)	Next Week
8am Scripture Text:	Psalm 96:4-6	Psalm 98:1-3
11am Call to Worship: SR/OP: S. Leader: Communion: Preacher: Shepherd's Prayer:	Henry Kong John Ong Shawn Li Paul Quek Elder Winston Chong Elder Beng Chuan	Elder Adrian Teo Kenneth Koh Kuek Lee Hock Michael Yam Lim Cher Yam Elder Winston Chong
Ushers Balcony	Johnsten Wee HI Team	Andy Wee HI Team
6pm Call to Worship Scripture Text: SR/Prayer: S. Leader: Communion: Preacher: Closing Prayer:	Henry Kong Psalm 96:7-9 Ban Haw Leong Jason Ng Deacon Li Chhoan Charles Cook Elder Beng Chuan	Elder Adrian Teo Psalm 99:1-3 Patrick Ong Deacon Paul Lim Elder Simon Goh Henry Kong Elder Winston Chong

CALENDAR of events

Sunday, 2nd August 2009

- 7:30am Shuttle Bus Service
- 8:00am First Morning Worship
Speaker: Elder Winston

- 9:30am Bible Classes for all ages

- 11am Second Morning Worship

- 1:30pm A cappella Singing

- 3:30pm SIBI weekend course on minor prophets with Brother Edwin Myers

- 6pm Evening Worship
Speaker: Brother Cook



Wednesday, 5th August 2009

- 10am SIBI Open Bible Study on the book of Romans with brother Charles Cook

- 7:30pm SPC new series on the parables of Jesus with brother Cher Yam at the auditorium

FAMILY CONCERNS

Please pray for:

The well being and health of my mother, particularly in her right foot - Ron Tong
 My family in India - Immanuel
 My family and my work. The brethren in India and PP members to think of the gospel work - David Dass
 My driving theory test and my family - Kumar
 Rahim, our visitor, as he grieves over the recent loss of his father, that God will provide a way for him to return to visit his family at this time of bereavement - Jenny Kwa
 My dizziness and sleeplessness - William Chong
 Me that God iron my heart with His word to make it fine - Maribel
 Guidance and salvation of my family in Philippines. My faith to be more active - Amparo
 Me to reflect my spiritual life - Soo Lang
 Kim Teo's brother who has stomach cancer - Richard Wee
 Lord to guide me especially my daily work, give me strength to care for the two children. Bless them with health and good studies - Mercy
 Me to strengthen my faith and light up my way through Him. Keep my family, loveones and friends safe and healthy - Lorene Paulo (visitor)
 Travel mercy for my parents overseas coming back on Monday. Guidance in my time management in studies and against temptations - Jeremy Tng
 My brother, Simon who is suffering numbness on the left face - Patrick

Thank God for:

Elder William's sermon - William Chong, Linda Kho, Maribel, Fook Weng, Chern Woons, Soo Lang
 Deacon Swee Aun's sermon - Henry and Nat
 The blessings in my life - Amparo
 All the blessings and grace that You have given me especially for my family and friends - Amelyn
 Everything - Mercy
 Blessing Amanda with a job and passing her LaSalle exam - Geoffrey Kiangs
 All who prayed for me when I was sick - Precious

FACTS & FIGURES

8am Worship	123
11am Worship	250
6pm Worship	<u>49</u>
Total:	<u>422</u>
Morning Giving	\$12,298
Evening Giving	\$ <u>770</u>
Total Contribution	<u>\$13,068</u>



Receipt No. Donor Amount

3RsF 1288	Anonymous	\$300
3RsF 1289	Anonymous	\$50
3RsF 1290	Chew Chong Lins	\$1000
3RsF 1291	Chinese Congregation	\$700
3RsF 1292	Anonymous	\$50
3RsF 1293	Anonymous	\$300
MF 0750	Fred Yus (China)	\$600
MF 0751	Anonymous (China)	\$50
MF 0752	Ng Ee Kais (China/Myanmar)	\$1000



Sneezing or Coughing?
Use a tissue if possible
and throw it away.
No Tissue?
Cough into your sleeves;
not into your hands.



What precautions should my family and I take?

Be Socially Responsible: If you are not feeling well and have flu-like symptoms, please seek medical help and rest at home.

1. Cover your nose and mouth with a tissue when coughing or sneezing.
2. Maintain the good habit of washing your hands frequently with soap and water.
3. Avoid going to work, school or any social gathering when unwell. Consult a medical doctor.
4. Ensure good indoor ventilation.
5. Monitor body temperature regularly.
6. When sharing food from a common plate, use a serving spoon.
7. Remind one another on the practice of good hygiene.



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from our Ushers
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or have a temperature



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July 23, 2009

'Outstanding mentor'

National awards given to best clinical, scientific and academic talent

By Grace Chua



Prof Chew (left) was named National Outstanding Clinician Mentor in this year's National Medical Excellence Awards. -- PHOTO: SAMUEL HE

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DENTIST and university don Chew Chong Lin once threw out a pair of dentures made by a young dental student, right in front of the patient. 'If this is the standard you're showing me, I don't know what you'll ever achieve,' he lambasted his student, Wong Keng Mun.

Driven to succeed after the tongue-lashing, Dr Wong, now 37, went on to win the Best Clinical Student Award when he graduated from dentistry in 1997. He now runs his own practice in Camden Medical Centre.

When not dressing down dental students at the National University of Singapore (NUS), the 63-year-old Professor Chew, who began lecturing in 1974, also established a specialist register listing dentists' specialisations, and introduced continuing dental education in 2007.

Prior to this, dentistry, unlike other professional bodies such as medicine and engineering, had no continuing education requirements here.

In a ceremony on Wednesday, Prof Chew was named National Outstanding Clinician Mentor in this year's National Medical Excellence Awards,

for his no-nonsense teaching, high standards and contribution to the dental profession. The annual awards honour doctors and medical researchers who have made significant contributions to clinical work, medical research and academic medicine.

Health Minister Khaw Boon Wan said at the ceremony: 'They epitomise the very best clinical, scientific and academic talent that Singapore hopes to see more and more of.'

Besides Prof Chew, two other clinicians also received the National Outstanding Clinician Mentor Award for their efforts in training young doctors and scientists.

They are National University Hospital (NUH) paediatric neurologist Low Poh Sim and Singapore General Hospital gastroenterologist Ng Han Seong.

The National Outstanding Clinician Award went to Prof John Wong, dean of the NUS Yong Loo Lin School of Medicine and director of the National University Cancer Institute, Singapore, who contributed to the expansion of oncology in NUH.

And the National Outstanding Clinician Scientist Award, for a clinical and translational researcher, went to cognitive neuroscientist Michael Chee of the Duke-NUS Graduate Medical School.

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PREVENT THE FLU FROM SPREADING

1

PRACTISE GOOD PERSONAL HYGIENE

- Wash your hands thoroughly and often with soap and water.
- Cover your mouth and nose with a tissue when coughing or sneezing.

2

BE RESPONSIBLE

- Wear a mask when you have the flu or common cold.
- Never spit in public places.
- When sharing food at mealtimes, use a serving spoon.

3

LEAD A HEALTHY LIFESTYLE

- Eat a balanced diet with plenty of fruit and vegetables.
- Do 30 minutes of physical activity at least 5 days a week.
- Keep stress levels low.
- Do not smoke.