

FOOCHOW METHODIST CHURCH

5 JULY 2026

基督至上 福灵一家 ONE FAMILY IN CHRIST

主里成长 | 活出主爱 | 遵主使命
GROWING | GLOWING | GOING

英语 ENGLISH
8:00AM, 9:45AM & 4:00PM

华语 MANDARIN
9:30AM

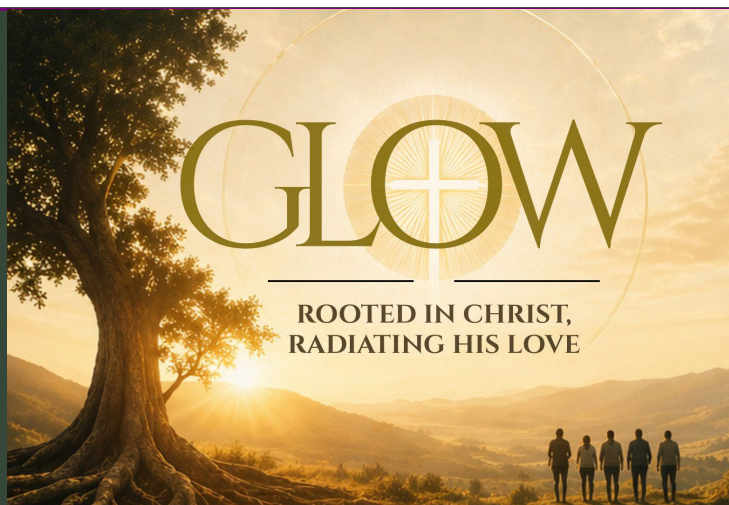
榕语 FOOCHOW
11:15AM

தமிழ் ஆராதனை
淡米尔语 TAMIL
7:00PM



卫理公会福灵堂 FOOCHOW METHODIST CHURCH
90 Race Course Road, Singapore 218577
Tel: 6293 8757 | Fax: 6291 1412 |
admin@foochowmc.org.sg | www.foochowmc.org.sg

ENGLISH HOLY COMMUNION WORSHIP



ENTRANCE

- Welcome
- Call to Worship
- Praise
- Pastoral Prayer

PROCLAMATION

- Children's Story Time: Mark Hii (9:45am only)
- Scripture: Matthew 5:3-12
- Sermon: Blessed Life of the Upside-Down Kingdom
- Preacher: Rev Dr Niam Kai Huey

RESPONSE

- Song of Response
- Greetings & Family News
- Tithes & Offerings
- Doxology
- Thanksgiving and Communion

SENDING FORTH

- Benediction

NEXT WEEK'S SERMON

Youth Sunday

- Topic: The Character and Witness of Kingdom People
- Scripture: Matthew 5:13-16
- Preacher: Mr Chin Kheng Boon

PRAISE LEADER

- 8:00 & 9:45am - Jonathan Ong
- 4:00pm - Julian Lim

SCRIPTURE READING

- 8:00am - Sarah Lau
- 9:45am - Intergeneration
- 4:00pm - Alice Tang

ARE YOU NEW?

Scan the QR code to
connect with us.



<https://tinyurl.com/fmc-connect>

FOOCHOW METHODIST CHURCH VISION

ONE FAMILY IN CHRIST

GROWING IN CHRIST | GLOWING IN LOVE FOR OTHERS | GOING OUT TO MAKE DISCIPLES FOR CHRIST

FAMILY NEWS

PRAYER CARE

MINISTRY FOCUS FOR TODAY







Singaporean to be resilient amidst AI Disruption

NEXT PRAYER MEETING (ONLINE)

- Date: 8 July 2026
- ZOOM Link: <https://tinyurl.com/fmc-english-prayer-meeting>
- Meeting ID: 852 8365 7963
- Password: fmc12345

NO MATTER HOW YOUNG OR OLD YOU ARE

WE HAVE A PLACE FOR YOU

NEWBORN TO 2 YEARS	CRÈCHE MINISTRY 	SUNDAY 10:15AM – 11:15AM CRECHE ROOM, LEVEL 3	ANG SEE NGENE
3-6 YEARS N-K2	NURSERY AND KINDY	SUNDAY 10:00-11:00AM ROOM 207 	CHUA HOCK LYE
7-12 YEARS	PRIMARY 1-6	SUNDAY 9:45AM – 11:00AM ROOM 309 	ZHOU ZI
13-16 YEARS SECONDARY	TEENS 	SUNDAY 9:45AM – 11:30AM ROOM 402	CLARA TAN
17-18 YEARS	PATHFINDERS		DANIEL LING
18-25 YEARS	THE BRIDGE CONNECTION	SATURDAY 3:45PM – 6:00PM ROOM 401 	PS ALVIN ONG
23-35 YEARS	YOUNG ADULTS SMALL GROUPS	THURSDAY/FRIDAY 8:00PM ROOM 401 	ISABELLE YEOW



AGE 50+

SMALL GROUP MINISTRY FOR ADULTS

PENTECOST FELLOWSHIP

MANDARIN | CANTONESE | HOKKIEN

1st, 2nd and 3rd Tuesdays, 10am @ Level 3 Sanctuary

SENIORS CITIZENS

ENGLISH | CHINESE | FOOCHOW

2nd & 4th Saturdays, 5th Saturday (English only) 3pm @ Social Hall & Room 104

FAMILY NEWS

BEREAVEMENT

Mr Wong Tuck Choy, father of Wong Pei Yoke, father-in-law of Khew Chee Keong (Mandarin Congregation) was called home to the Lord on 30 June 2026.

Our condolences and prayers be with the family during this time of loss



NEW STAFF

We warmly welcome Mr Malcolm Chow onboard as Ministry Assistant (Youth) (LMS), effective 1 July 2026.

Malcolm will be serving in the English Youth Ministry, and we are excited to have him join the team.

Please keep him in your prayers as he continues to serve the Church.

BREAKFAST CORNER

Breakfast corner will resume on 5 July 2026.



五旬节团契

PENTECOST FELLOWSHIP

- 时间: 上午10点 • Time: 10am
- 地点: 三楼圣殿 • Venue: Level 3 Sanctuary

敬拜, 信息, 体操 & 共用午餐
Worship, message, exercise & lunch

一个向长辈分享福音, 让长辈更知救恩宝贵的聚会。
REACHING OUT TO ELDERLY WITH THE GLORIOUS GOSPEL!

欢迎大家踊跃参加! ALL ARE WELCOME!

七月 JULY 2026

07

华语 MANDARIN

曾秀霞传道 PS RUTH ZENG

14

广东 CANTONESE

温健文长老 ELDER KEITH WAN

21

福建 HOKKIEN

谢文颂传道 PS JAMES CHEE

FAMILY NEWS

EVERYDAY CONVERSATIONS IN COMMUNITY WALK (BILINGUAL)

Have you thought of joining community walk but felt that talking to new people is not for you?

Do you shy away from joining community walks because you feel inadequate or feel you're not the "outgoing kind"?

Do you yearn to love our neighbours in community walks but don't really know how?

Join us for a short equipping session where we brainstorm, practice and discuss practical handles, tips, possible questions, Q&A so that we can have a relaxed gentle conversations with our neighbours like we do in our own friends!

- Date: Sunday, 12 July 2026
- Time: 11:30am - 12:30pm
- Venue: FMC, 3rd Floor Sanctuary
- Trainer: James Lau



COMMUNITY *Walk*



Please sign up through your cell group leaders or click on the sign up link below.



- DATE: 19 JULY 2026
- TIME: 11:15AM
- BRIEFING VENUE: ROOM 104

LUNCH WILL BE PROVIDED AFTER THE WALK

<https://tinyurl.com/community-walker-registration>

Registration Closing Date: 15 July 2026






Is God calling me? 是我吗?

{ Come and explore the pastoral ministry!
一起来探索牧职事奉! }

 **29/08/2026**
2pm

 **Telok Ayer Chinese Methodist Church**
卫理公会直落亚逸堂
235 Telok Ayer St,
068656

Scan to register:
扫码报名:



2026 PRAYER 101 WORKSHOP

MOVING BEYOND "I CAN'T"


DATE: 15 August 2026, Saturday
TIME: 2:00pm - 5:00pm
VENUE: Foochow Methodist Church, Level 3 Sanctuary

"I know I should pray, but I can't. I have heard a lot about the power of prayer and great men of God who moved mountains. But I still can't pray; why?" If you have ever thought these exact words, you are not alone.

It's time to break through the prayer paralysis. Join us for "Prayer 101", a gentle, practical, and refreshing 3-hour workshop designed to demystify prayer. The workshop will help you dismantle the internal barriers of comparison, anxiety, and guilt. You will discover simple, sustainable biblical frameworks—like the 'R.E.S.T.' strategy and the power of "micro-prayers"—to build a deeply authentic, daily connection with a loving Father. Come as you are.

Trainer:
Rev Dr Niam Kai Huey



SCAN QR CODE TO REGISTER | **REGISTRATION DEADLINE:**
10 AUGUST 2026

<https://tinyurl.com/fmc-prayer-101-workshop-2026>

FAMILY NEWS

IS THERE MORE TO LIFE THAN THIS?**HAVE YOU EVER ASKED QUESTIONS LIKE THESE?**

- IS THERE MORE TO LIFE THAN THIS?
- WHAT'S THE MEANING OF LIFE?
- IS THERE A GOD?
- WHAT AM I DOING HERE?
- DO I HAVE A PURPOSE?

Come and join as we explore the big questions of life,
and discover if there is more to life than this!



衛理公會福靈堂
FOOCHOW METHODIST CHURCH

Alpha



Every Thursday from 13 August to 15 October 2026

Time: 7:00pm to 9:30pm

Venue: Foochow Methodist Church

Tel: (65) 6293 8757

Registration: <https://tinyurl.com/fmc-alpha>



(65) 6293 8757



admin@foochowmc.org.sg



<https://linktr.ee/foochowmethodistchurch>



FOOCHOW METHODIST CHURCH

90 RACE COURSE ROAD S218577

CALLING ALL K1 - P6

SHINING A LIGHT ON
WHO JESUS REALLY IS

ILLUMINATION STATION

JOHN 8:12

VACATION BIBLE SCHOOL 2026

26 - 27 NOV • 9AM - 6PM

28 NOV • 9AM - 2PM

EARLY BIRD TILL 31 AUG @ \$70

01 SEP ONWARDS @ \$90

LIMITED VACANCIES - REGISTER NOW!

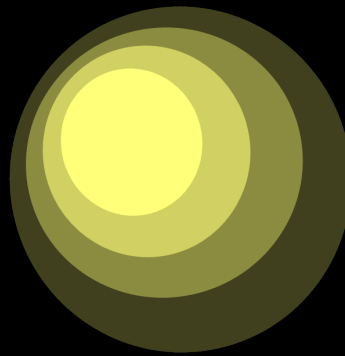
REGISTRATION LINK: [HTTPS://BIT.LY/FMCVBS2026](https://bit.ly/fmcvbs2026)



FAMILY NEWS

Are you seeking to understand how faith connects with life?

Do you want to better understand the complex and apparently conflicting issues we face as Christians?



ILLUMINE

Christian Worldview Curriculum

Do you want to see how the world and culture influences your faith in ways that you may not even know?

Do you want to appreciate and love God through the world He created and which He continues to shape?

MODULE 1:

INTRODUCTION TO WORLDVIEWS

- An overview that introduces **key concepts** about Worldviews and what they are
- How Worldviews influence our thoughts and actions, often subconsciously
- Attendance of **Module 1 is required** before participation in Modules 2 - 6
- The curriculum is designed by CAC and addresses our **local (Singaporean) context**.

Module 1 Course details

- 6 sessions , each session about 2 hours
- **Starting 1 October, every week thereafter**
- 8pm to 10pm
- In-person in church
- Limited to 15 participants
- Cost \$10 per pax

Contact Facilitators for info

- Edwin FOO
- CHENG Li Chang

FAMILY NEWS

THE BRIDGE CONNECTION

Saturdays 3:45 PM - 6:00 PM @ #401

Contact Ps Alvin (93253189)

11 Mid-Year Reflections(AGM)

25 YED TALKS
AMA featuring Ps Boon Hwa

Dinner
fellowship

18 Accountability Group Time

“BRIDGE”: Building Relationships
Intentionally as Disciples in God’s Ecclesia

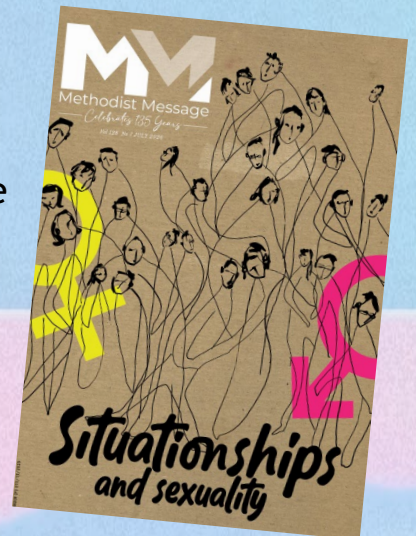
A new command I give you: Love one another. As I have loved you, so you must love one another.
By this everyone will know that you are my disciples, if you love one another. (John 13:34-35)

JULY

THE JULY 2026 ISSUE OF METHODIST MESSAGE IS OUT!

IN THIS ISSUE

- **FEATURE** | Situationships and dating
- **SOUNDINGS** | Sexual fluidity: The biblical response to abosexuality
- **FEATURE** | Christ in pop culture: A Christian’s guide
- **THINK** | Should Christians practise martial arts?



**SITUATIONSHIPS
&
SEXUALITY**

<https://foochowmc.org.sg/methodist-message/>

WEEKLY STATISTICS

28 JUNE 2026

	ATTENDANCE		OFFERING	
	ONSITE WORSHIP	ONLINE WORSHIP	ONSITE	ONLINE
English - 8:00am	103	20	\$100.00	\$28,101.73
English - 9:45am	167		\$300.00	
English - 4:00pm	25		\$454.00	
Mandarin	214	42	\$930.00	
Foochow	55	5	\$825.00	
Tamil	78	9	\$344.00	
Sunday School	44		\$42.00	
Creche				
English Youth (Sat)	27			
Others			\$60.00	
TOTAL	713	76	\$31,156.73	

	Church Mission	Church Preschool
Budget (1 Jan 2026 - 31 Dec 2026)	\$235,200.00	\$90,000.00
Consolidated Fund B/F (Unaudited)	\$11,923.10	\$5,001.88
Funds Collected to-date	\$102,958.67	\$27,830.00
Collection	\$3,560.00	\$600.00
Balance to meet Budget	-\$116,758.23	-\$56,568.12

QR CODE FOR FMC OFFERINGS IS ON THE RIGHT

Receipt Issuance

As part of the efforts to go Green, except for "Sunday offerings", e-receipts would be sent to your email or mobile phone registered with our church unless otherwise advised. No receipt would be issued for offerings indicated as "Sunday offerings" or collections that have no specific indication.

e-Receipts will be sent to you via the Church WhatsApp number. We assure members that such e-receipts are **NOT** sent as broadcast messages to the whole church.



SERMON NOTES

Scripture: Matthew 5:3-12

Small Group Reflection, Application and Accountability***'The Blessed Life of the Upside-Down Kingdom'***
(Matthew 5:1-12)

1. **Honest Reflection** (*opens the heart*)
Which Beatitude unsettled you most – and what does your discomfort reveal about where you are building your life?
2. **Specific Application** (*moves from concept to context*)
 - Where are you still trying to win the world's way? Name one specific situation where you are tempted to rely on performance or self-management instead of humble dependence on God.
 - Find one person you trust – a friend, a parent, a cell group leader – and tell them one real thing you are struggling with. Not a highlight. A crack. And watch what God does with that honesty.
3. **Invitation to Action & Accountability** (*the commitment step*)
What is one concrete step you will take this week to live out one Beatitude – and who will hold you accountable?

FIND OUT MORE ABOUT US**教牧同工****Pastoral Team & Staff****主理 PASTOR-IN-CHARGE**刘昌耀牧师 Rev Lau Chong Yaw
9145 7511**年会传道 CONFERENCE PREACHER**谭永正传道 Pr Tham Yong Zheng
9797 2763**重聘退休牧师****RE-ENGAGED PART TIME PASTOR**严家慧牧师 Rev Dr Niam Kai Huey
9639 6431**事工同工 MINISTRY STAFF**多马传道 Ps Raja Thomas
9483 7725李文花传道 Ps Lee Boon Hwa
9637 3677曾秀霞传道 Ps Ruth Zeng
9835 3097王裕凯传道 Ps Alvin Ong
9325 3189熊志辉传道 Ps Alex Yong
8431 6960周圣安弟兄 Mr Malcolm Chow
9233 6340◆张钦政弟兄 Mr John Chong
9115 5665**事工助理 MINISTRY ASSISTANT**◆杨静霞姐妹 Ms Jaffrine Yeo
8128 0051**行政经理 ADMIN MANAGER**洪敏珠姐妹 Ms Wendy Hoon
9092 2902**行政同工 ADMIN STAFF**刘雪梅姐妹 Ms Rachel Law
8437 5297刘民忠弟兄 Mr Lau Meng Choong
8876 2275◆陈伟敏姐妹 Ms Evon Tan
9072 0515◆ **部分时间 Part-time**