

iCan Newsletter

MCI: 077/10/2023

Issue 1: Jan 2024—Jun 2024



Gregory Yeo
Manager, Social Services

Its a Wrap! :)

We have dedicated the last two issues of our iCan magazine to discussing the first two parts of our simplified mission statement: ‘Empower. Maximise. Potential.’ In this issue, we will explore the third part, "Potential," to conclude our discussion. We sincerely hope that the content so far has been a worthwhile read, providing insights into why BCS is committed to its mission.

In the previous issue, we delved into ‘Maximise’, emphasising our belief that maximising involves overcoming self-limiting tendencies to realise the potential in every individual. In the most traditional sense, potential refers to the latent or inherent qualities, capabilities and possibilities within an individual, organization or situation that have not yet been fully realised or expressed. It signifies the capacity for growth, development and achievement.

Within the context of an individual, potential may encompass a range of abilities, talents, skills and intellectual capacities that can be developed or enhanced through learning, experience and effort. It is the untapped reservoir of what someone can become or achieve.

So, what exact type of potential does BCS aim to help individuals and families in our community realise?

We believe that each member and family unit in our community has the potential to lead independent, dignified and fulfilling lives. Furthermore, every person has the potential to actively contribute to our close-knit community, and beyond that, contribute to society at large.

How do we assist in realising this potential? We empower individuals and families through various efforts.

- Promoting self-exploration to understand their unique potential
- Encouraging continuous learning and practice to express and harness that uniqueness
- Providing ongoing support to maintain motivation levels
- Creating opportunities for people to be a part of and give back to their community

Recognising the unique capacities and situations of each individual and family, we aim to help them discover their potential while addressing some of their basic needs. Additionally, we seek to connect them with partners who can help them learn new skills and knowledge, fostering ownership of their progress. Throughout this process, we engage and support them, challenging them to seek growth, reaching higher and further. We desire to forge a bond with them along with other members of the community, continually encouraging them to give back to it.

We pray that our sharing has provided you with a deeper understanding of BCS and has shed light on some of the services and initiatives we undertake. While we acknowledge that our vision for the community is ambitious and our impact may seem incremental, we remain committed to doing everything within our means to Empower our community to Maximise their unique and limitless Potential.

EMPOWER. MAXIMISE. POTENTIAL.



Rev Dr Chia Beng Hock
Chairman

Caring 关心, Connecting 联系 and Cheering on 鼓励 Our Seniors

I was chatting with the owner of one of my favourite food stalls at Geylang East Food Centre, and he told me he was closing the stall the next day to join the Bethel Activity Group (BAG) outing to Bird Paradise. He went on to thank BAG for a previous trip to Jewel Changi Airport. His wife chipped in with a bright smile and told me how much they have enjoyed the trip to Jewel. I have been patronising Mr. Ng's stall for more than 30 years, and I was surprised that he and his wife had not visited Jewel. It dawned on me at that moment that we can appreciate our hawkers much more. Many of them have been serving us 24/7 without a weekly break for rest or leisure, much less taking time to visit the beautiful attractions in Singapore.

We initiated BAG to reach out to seniors in our community who are needy, who are lonely, who are sole caregivers, and for seniors like Mr. Ng, who are tied down serving others. To care for them, we open a Traditional Chinese Medicine Clinic to them every Wednesday morning and provide monthly haircut services. Providing connecting opportunities through social activities every first and third Wednesday of each month and at our quarterly outings, we always cheer our seniors up through our activities. In particular, we celebrate their birthdays at our monthly haircut services. I remember when we first celebrated a resident's birthday with a bowl of traditional mee-sua with two hard boiled eggs and a small gift. When the team sang "happy birthday" to him, he wept and said, "No one has celebrated my birthday for a long time."

Dear friends, would you make a conscious effort in 2024 to remember seniors who have contributed to our nation-building, seniors who have served our community and seniors who are your parents. While you have the opportunity to care, connect and cheer them up – just do it!

May God bless you with exuberant happiness and excellent health in 2024!

我正在芽笼东熟食中心与我最喜欢的食品摊位之一的老板聊天，他告诉我他明天将关闭摊位，参加伯特利活动小组（BAG）去飞禽公园。他接着感谢 BAG 之前访问了星耀樟宜，他的妻子带着灿烂的微笑说道，并告诉我他们非常喜欢星耀樟宜。我已经光顾吴先生的摊位三十多年了，令我惊讶的是他和他的妻子却没有来过星耀樟宜。那一刻我突然意识到要更加感激我们的小贩。他们中的许多人已经为我们服务了，每周都没有休息或休闲，或者花时间参观新加坡美丽的景点。

我们发起 BAG 的目的是为了帮助社区中那些有需要的、孤独的、需要独自照顾的老年人以及像吴先生这样忙于为他人服务的老年人。为了照顾他们，我们每周三早上提供中医门诊和每月理发服务。我们还在每个月的第一个和第三个星期三的社交活动以及每季度的郊游中为他们提供联系机会；在我们的所有活动中始终为他们加油，特别是当我们在每月的理发服务中庆祝他们的生日时。我记得当我们第一次庆祝一位居民的生日时，我们吃了一碗传统的面线，里面有两个水煮鸡蛋和一份小礼物。当队员们为他唱“生日快乐”时，他哭着说：“已经很久没有人给我庆祝生日了。”

亲爱的朋友们，你们是否会在2024年有意识地努力记住那些为我们国家建设做出贡献的老年人，那些为我们的社区服务的老年人以及你们的父母的老年人？当你有机会关心、联系和鼓励他们时——就去做吧！

愿上帝保佑您在2024年幸福快乐、身体健康！



Lilian Sze

Outgoing Executive Director

From the ED's desk (Jan 2024)

As we embark on a new year, I am penning my final message as the Executive Director (ED) of Bethel Community Services (BCS). I am proud to introduce our new ED, Ms Grace Low, who assumed the role on 1st January 2024. Ms Low has been serving our centres for over two decades. She possesses extensive experience in BCS operations, and I trust that, together with her team, Ms Low will continue to lead BCS to greater heights in the future.

This transition brings mixed emotions for me. I am happy to announce that I will be enjoying my well-earned retirement, during which I plan to take care of my grandchildren and pursue personal interests. However, I am also saddened to leave behind the work that I have thoroughly enjoyed over the past six years. When I first started, I was new to community work, having spent more than 30 years in the retail sector. Despite the steep learning curve, I found immense fulfilment in my work in BCS. I would especially like to express my gratitude to God for the opportunity, as well as to Rev Dr Chia Beng Hock, Chairman/BCS, for his unwavering support. Additionally, I extend my thanks to the Management Committee/BCS and all BCS and Bethel church staff for their support throughout the years.

As I look toward retirement, this quote comes to mind: "Retirement isn't the end of the road, but just a turn in the road" (unknown). I believe there are exciting opportunities awaiting me around the bend. Contemplating my post-retirement plans, I recall the words of C.S. Lewis: "You are never too old to set a new goal or dream a new dream." I believe God has much more ahead for me, prompting me to dream new dreams and follow the biblical guidance to "not neglect to do good and to share what I have, for such sacrifices are pleasing to Him" (Hebrews 13:16). Looking ahead, those involved in BCS activities are likely to see me around as I continue to contribute to the community through BCS.

As I end, I would like to express my sincere appreciation to the members of Bethel Assembly of God for their support all these years. I believe and pray that they will continue to support BCS. Finally, I wish our readers a blessed 2024 ahead!

我们正处于新的一年的开始，当我写下这篇文章时，这是我最后一次担任伯特利社区服务 (BCS) 执行董事 (ED)，我很自豪地介绍我们的新任执行董事 Grace Low 女士，她将于 2024 年 1 月 1 日起担任。Grace Low 女士为我们的中心服务已有二十多年了。Grace Low 女士在伯特利社区服务运营方面拥有丰富的经验，我相信她和她的团队将在未来继续带领伯特利社区服务走向更高的高峰。

我既高兴又感伤，很高兴地说，我将享受应有的退休生活，除了追求个人利益之外，还能帮助照顾我的孙子。然而，我也很遗憾要离开过去六年来我非常喜欢的工作。当我刚开始工作时，我对社区工作很陌生，因为我在零售行业工作了 30 多年，尽管学习曲线陡峭，但我非常喜欢在伯特利社区服务的工作。我特别要感谢上帝给我这个机会，以及伯特利社区服务主席谢明福牧师的慷慨支持。另外，感谢伯特利社区服务管理委员会以及所有伯特利社区服务和教会工作人员多年来的支持。

当我展望未来和我的退休生活时，我脑海中浮现出这样一句话：“退休不是道路的尽头，而只是道路上的一个转折点”（未知），所以我相信在道路转折点上会有令人兴奋的事情为我而来。当我思考除了当祖父母的职责之外还能做什么时，我想起了著名作家 C S 刘易斯的这句话：“设定新目标或梦想新梦想永远不会太老”；因此，我相信上帝还有更多的事情等着我去做，他希望我有新的梦想，而不是“忘记了行善，分享我所有的，因为这样的牺牲是他所喜悦的”（希伯来书13:16）。因此，展望未来，当我继续帮助伯特利社区服务在社区中做好事时，参与我们伯特利社区服务活动的一些人可能会看到我。

最后，我谨向伯特利神召会信徒多年来的支持表示诚挚的谢意。我相信并祈祷他们将继续支持伯特利社区服务。最后，我也祝愿我们的读者2024年万事如意！



Grace Low
Executive Director

An Exciting Year 2024

My warmest greetings to you as we enter Year 2024 with great expectancy and excitement. It is with much joy, honour and privilege that I embark on this new journey in Bethel Community Services (BCS) as the Executive Director.

Allow me to share a bit about myself. I have been with BCS for the past 2 decades, and indeed, every day brings about a different experience. During my initial years in the organisation, I had the opportunity to walk the ground and meet with different individuals and families, getting to know them and journeying with them through their challenges. Through that, many friendships were forged and trust was built. Following that, I had the honour to take on another role as a student care supervisor. Being in this role for many years, I could really see the positive impact that Bethel Community Services has on these children. We have the privilege of guiding, nurturing and growing them holistically from the time they enter primary school till they graduate and move towards their next milestone in their secondary school life. Other than being in the student care, I also had an opportunity where I found myself gaining hands-on experiences in our infant care and child care centre. Indeed, children are the future of the nation, and we are here to teach, guide and nurture them.

As the Executive Director, it is my goal to build upon the foundation laid and continue to be a blessing, both to the families as well as to individuals in our community. Bethel Community Services is here to bless and to build relationships with people who cross our path, and I am truly excited about the opportunities that lie ahead. I believe, with the work that we are doing and the relationships that we will be building, it will create a lasting impact in this community that we are serving. I am confident that our efforts to serve this community will bring about a happier and healthier you.

我们满怀期待和兴奋地进入 2024 年之际，我向您致以最热诚的问候。当我作为执行董事踏上伯特利社区服务（BCS）的新旅程时，我感到非常高兴和荣幸。

请允许我介绍一下自己。我在伯特利社区服务工作了 20 年，确实每天都有不同的经历。在我加入该组织的最初几年里，我有机会走遍各地，与不同的个人和家庭会面，了解他们并与他们一起经历挑战，通过这些，我建立了许多友谊并建立了信任。之后，我很荣幸地担任了学生托管督导员的职务，在这个岗位上工作了很多年，我确实看到了伯特利社区服务对这些孩子们产生的积极影响。我们有幸从他们进入小学直至毕业并进入中学生生活的另一个里程碑，对他们进行全面指导、培养和成长。除了在学生托管中心工作之外，我还有机会在我们的育婴中心和儿童托管中心获得实践经验。确实，儿童是国家的未来，我们在这里教育、引导和培养他们。

作为执行董事，我的目标是在所奠定的基础上再接再厉，并继续为我们社区的家庭和个人带来祝福。伯特利社区服务来这里是为了祝福那些遇到我们的人并与他们建立关系，我对未来的机会感到非常兴奋。我相信，通过我们正在做的工作和我们将要建立的关系，它将对我们所服务的这个社区产生持久的影响，我相信我们为这个社区服务的努力将带来一个更快乐、更健康的社区。



Angeline Loh
Senior English Teacher

Shine High and Bright for God is Good!

“God is Good” was the theme for our Bethel Child Development Centre Annual Graduation Concert! 2023 marked the long-awaited return of our physical graduation concert that involved all levels—Playgroup, Nursery 1 and 2, Kindergarten 1 and 2—where we could finally resume our yearly concert after the COVID-19 pandemic that broke out in 2020. It was a great event with all the children coming together to present their dance item. A Big Thank You to those who supported us in one way or another.



As the K2 main teacher, I was proud to see the K2 children overcoming their shyness and fear onstage. It is my desire to prepare them to face the different challenges they might encounter in primary school, a new environment. Hence, I selected the song “You Make Me Brave”. In unison, they danced and sang the lyrics of the song with their flags raised high as a declaration of bravery. Furthermore, we were also proud to have the K2s present their Chinese dance item “来欢呼来赞美 (Let Us Shout!)”.

We would like to congratulate our 15 K2 graduates who received their graduation certificates from Guest-of-Honour Miss Tin Pei Ling. The K2 parents watched in pride, and they were their biggest supporters, giving their children the biggest round of applause.

Our little adorable Playgroup children jumped to the song “Jump into The Light”, while our bubbly Nursery 1s put forward an item “赞美的孩子最喜乐 (When I Praise You, I Am Filled with Joy)” in Mandarin. It was a joyous moment as we watched them dance to the song. The K1 class presented 2 songs, namely, “Every Move I Make” and “认识你真好” (It’s Good to Know You). Our Nursery 2 children presented an action dance, “Grow, Grow, Grow!”

Last but not least, we ended with a finale song proclaiming, “God Is Good, All The Time!” Truly, God is Good to us all the time. As the song states, He will keep us safe and sound. He has promised to never leave us or forsake us, and His word is true.

A BIG shout out to every member of the team. This event was made possible because of the hard work of all the teachers and staff. Praise be to God!



Teacher Wah
BCDC Language Teacher

老师的感触

我在伯特利幼稚园 (Bethel Kinderlites) 担任幼教老师八年，那里的学习环境，同事们的尽心，孩子们的积极学习，是我向前的驱动力，也为生活增添了许许多多的欢笑和喜乐。

第九年，依依不舍地转移阵地，到伯特利发展中心 (Bethel Child Development Centre) - 一个全新，迥然不同的环境，继续担任幼教老师。

在中心，孩子们一天的时间都在幼儿园里，学习时间也变的多了，但没那么紧凑。我也努力地在适应这里的学习和生活环境和方式。

孩子们的纯真，给我的拥抱和亲切，再次激励我勇往向前。

每天早上九点，是中心设定的早课 (assembly) 时间。因有好多豆豆班的孩子 (年龄未满三岁) 参与，领诗时，因为孩子刚进入学校，孩子们总是自由走动，甚至碰撞。我一面领诗，一面要留意孩子的安全，非常影响我的情绪，有一回，我甚至想停下来，不再继续。



但理智告诉我，给孩子们一些时间，而我，必须更努力地去了解孩子们，建立我和他们的关系，才能用歌曲和故事带动他们。今天，孩子们不但会唱，还会点歌，说：“我们要啦啦啦。”这是一首诗歌《赞美的孩子最喜乐》里的一句歌词。哇！唱得好棒啊！这，就是天父透过孩子们，赏给我领诗的动力。





Teacher Linda
BTC Educarer

Thematic Learning - Transportation 🥰

Thematic learning on themes such as transportation is an excellent way for children to explore the world around them and expose our children to experiences, they have yet to encounter. Through the learning, they explore various modes of transportation that help move people and goods from one place to another using different methods and learnt that transportation is crucial as it facilitates exchange and travel, preventing isolation among people from different regions. Following the transportation thematic learning, our BTC children engaged in activities like helping their teachers craft paper airplanes, constructing cardboard vehicles, and explore pictures and sounds related to the theme. Additionally, they get to practice their sensory-motor skills through actions like stamping and touching various textures and materials during these craftworks.



Our children had a bunch of fun crafting and playing with different 3D models of trains, police cars, fire engines and bicycles that were made with recycled materials such as cardboard and plastics. The interesting structures captured the children's attention and curiosity, and through observing and interactions with their teachers, they expanded their language skills. The cardboard vehicles were also used during the children pretend play and storytelling sessions and gave our children something to observe for during their outdoor activities. Using the thematic learning model has helped our children strengthen various developmental areas and moreover, helped them explore their imagination promoting creative thinking. I really encourage parents to adopt various elements of thematic learning, select your own interesting themes, using everyday items to craft models together with your children and continue playing with your children with them. It is fantastic family bonding activity on an interesting topic and potentially easy on your wallet by saving on toys!





Teacher Liu
BTC Educarer

“或许想象力就是智力中的乐趣。”

社会与戏剧扮演：

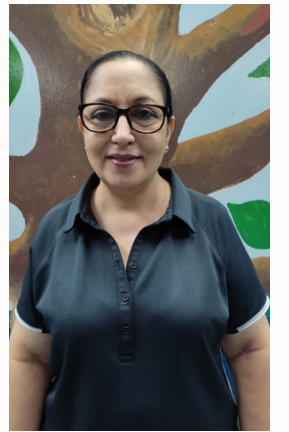
戏剧扮演能够帮助幼儿了解自己与周围世界的关系。当幼儿进行戏剧扮演或想象游戏时，他们会学到如何协调不同的情景和角色，表达自己的感受和想法，促进友谊，进行创造性思考，问题解决，大小肌肉的发展及口语沟通练习。

学步儿只能把表演建立在他们熟悉的和有意义的经验里。他们常常模仿成人的行为，使用真实或现实的物体来进行，如：“烹饪和喂食”。然而，随着年纪的增长，他们获得了符号表征的思维能力，他们也越来越熟练的用语语言和动作来替代真实物体。

通过布置场地和提供道具，让婴幼儿能够自发的进行游戏。如：娃娃、车模、电话、衣服、镜子、炉子、家具等等。定期更换玩具能够持续的维持和刺激婴幼儿的兴趣。

培育师坚守专业要求和道德规范以及各种反思与实践，并以专业的行为致力支持和促进婴幼儿最大的利益！



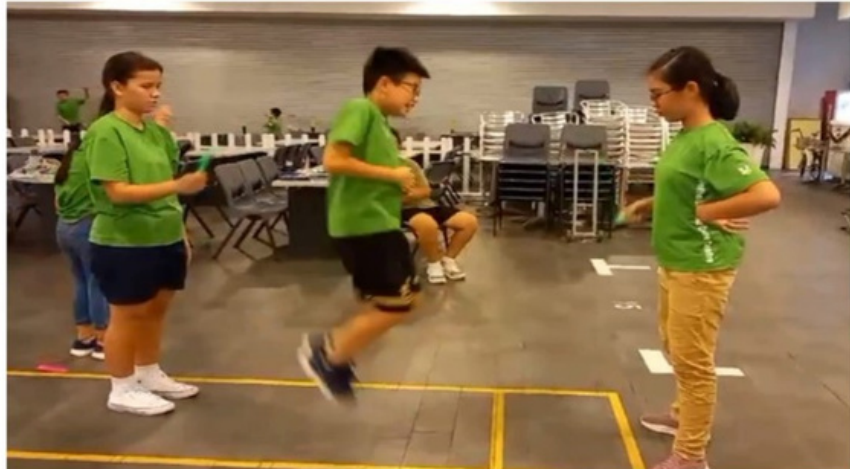


Teacher Inderjeet
BSCC Teacher

Hooray! It's the Holidays!!!!

Cheers to all the students and memories of 2023!

The year-end holiday is one of the most long-awaited seasons for students. With all the examinations over, students get to be away from their school books, having abundant time to relax, explore and engage in new activities. They embark on new hobbies such as craft-making, sports, cooking, etc.



Let's get Sporty!

Despite the rainy weather, the teachers did not let it stop them from pursuing the planned activities for the students, which were conducted in the school hall instead.

Playing badminton and skipping rope aims to develop students' reflexes, motor coordination, speed and balance. Participating in physical activities not only helps them to be physically active but also improves brain health. Additionally, playing sports develops a sense of healthy competitiveness in students.

Through sports, the older students had an opportunity to guide and share their knowledge about badminton with the younger ones. This inculcates leadership and a sense of responsibility in them.

Pizza toast for everyone...

This pizza-making activity helps the students acquire knowledge, life skills and independence. These are essential and beneficial for them as they embark on their life journey.

Pizza making involves following a step-by-step process but, at the same time, does not limit the children's creativity. They design their pizzas and select the ingredients based on their preferences.



Quiz time!

Teachers planned and executed a fun and interactive quiz game with the students. Strategically using different questioning techniques to promote participation and stimulate critical thinking, they enhanced the children's knowledge.

Questions focused primarily on general knowledge. When the students answered the questions correctly, they received a small token of appreciation from their teachers.

Cheers to all the students and memories of 2023!

At Bethel Student Care Center, we make school holidays more pleasurable and memorable for the students. Teachers tailor exciting and meaningful activities suitable for children of different ages, aiming to enhance their skills, support their holistic development and guide them to discover the world. It's a wrap for 2023!



Clarissa

Programme Coordinator

伯特利社区服务义工感谢聚会 2023

在伯特利社区服务工作岗位上担任活动协调员一职的我，经常和义工有着密切的接触。对与我来说，义工们在我们的社区扮演着举足轻重的角色。例如，学生义工们经常想出新鲜的活动来给我们伯特利学生托管中心的孩子们学习新的知识。不止是学生们，我们也有许多年长的义工们呢！他们帮忙与邻里社区的居民交朋友与和整理日常用品给有需要的居民们；把我们将与邻里的关系拉的更紧密。



我们许多社区服务计划可顺利的进行与取得成功，多亏有了这群义工们的默默付出与给予。为了答谢他们，我们在十二月二日，举办了一场义工感谢聚会。我们提供了美味的自助餐，也从中在晚餐的时间更加了解了我们的一些义工伙伴们。答谢会最后也在大家都期待的 BINGO项目后，圆满落幕。答谢会虽然圆满落幕了，但对与伯特利社区服务或者是其他社区服务机构来说，如何应付我们机构对义工的需求，却是个仍在持续的挑战。在我们步伐快速的城市生活中，成为一名义工，似乎成了一种奢侈的选择。对大多数而言，这分选择往往伴随着某方面的牺牲，可能是在金钱，时间，休息，对家人的陪伴，上等等。然而，“所谓施比受更有福”，对另一些人而言，身为一名义工是回馈社会的一种方式，也因此从中收获了无数的快乐与满足。



你又是如何看待成为一名义工的呢？

如果正在阅读的你已是一名义工，我们要献上我们最深的感谢与敬佩！

但如果你还不是或还在考虑成为一名义工，我们要借此鼓励你勇敢的踏出这一步，来体验看看，或许你会有意想不到的收获。

iCan Newsletter

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Getting to Know Our New Staff



Mdm Lai Ying
BCDC Assistant
Cook cum
Cleaner



Ms Fazillah
BTC Teacher
Assistant



Mdm Inderjeet
Kaur
BSCC Teacher

Management Committee (2023 - 2025)

Chairman:	Rev Dr. Chia Beng Hock
Vice Chairman:	Sr. Pastor Wong Yew Keong
Hon Secretary:	Mr. Phillip Teo
Hon Treasurer:	Mr. Thomas Foo
Members:	Dr. Ong Pui Sim
	Mr. Chia Eng Giap
	Mr. Steven Foo
	Dr. Tan Eng Chun
	Rev Dr. Moses Pi

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OUR WEBSITE : WWW.BETHELCS.ORG.SG

Bethel Tots Centre

(2 mths - 18 mths)

Address:

Blk 100, Aljunied Crescent,
#01-369 Singapore 380100

Tel: **6841 8762**

Bethel Child Development Centre

(18 months to 6 years)

Address:

Blk 111, Aljunied Crescent,
#01-110, Singapore 380111

Tel: **68469287**

Bethel Student Care Centre

(Primary school)

Address:

Blk 114, Aljunied Ave 2,
#03-75 Singapore 380114

Tel: **6744 4243**

Bethel Study Hall

(Primary School)

Address:

Blk 114, Aljunied Ave 2,
#03-75 Singapore 380114

Tel: **6744 7422**

Social Services

Bethel Activity Group

(Seniors)

Every first and third Wednesday of the month
10.00 am to 12.30pm

Traditional Chinese Medical Clinic

(Seniors)

Every Wednesday Morning
9.30 am to 11.30 am

Student Crisis Financial Assistance

(Community)

Partnership and Referral Services
(Community)

Monthly Haircut cum Birthday Celebration

(Seniors)

Every last Friday of the month
8.30 am to 11.30am

Functional Fitness Exercise

(Seniors)

Every Thursday Morning
9.30 am - 10.30 am

Journeys by Night

(Children)

Every Thursday Evening
6.00 pm to 9.00 pm

Bethel Community Services (BCS) was registered with the Registrar of Societies in August 2004. It became a charity under the Charities Act in September 2004. BCS was admitted as a member of the National Council of Social Service in July 2007 and granted the Institution of a Public Character status. Donors can give to Bethel Community Services and receive tax deduction for their donations.

EMPOWER. MAXIMISE. POTENTIAL.