

vision 83



CALL TO FAITHFULNESS

Faithfulness To God

VISI விஷன் பத்திரிக்கை 愿景
Official Newsletter of the Seventh-day Adventist Church
(Peninsular Malaysia)

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Vision Statement

To prepare our members for Jesus' soon return & with united spirit and prayer, evangelize the whole of Peninsular Malaysia.

Mission Statement

We, the Seventh-day Adventist Church exist to preach the gospel to prepare the people in Peninsular Malaysia for Jesus Christ's second coming, by ministering to their physical, mental, social and spiritual need through in-reach and outreach programs of the Church.

Values

Productivity	John 15:5
Accountability	Matthew 25:14-30
Transparency	1 Corinthians 4:9
Humility	Philippians 2:5-8

I WILL GO

Mission Objectives
Spiritual Growth Objectives
Leadership Objectives
Holy Spirit Objectives

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The Call to Faithfulness

Faithfulness to God

Tan Meng Cheng,

President, Peninsular Malaysia Mission

Seventh-day Adventists are called to be faithful and loyal, not only to God, but also to His unchanging Word, His Church and His Prophetic Mission. We are entrusted with the responsibility to carry the light at the time of the end to proclaim God's final message according to Revelation 14. We are to depend on the guidance of the Holy Spirit, its empowerment. With united effort through total membership involvement in all aspects of the work, we are assured of the success of this special mission.

Faithfulness to God in the last days is vital and non-negotiable. We are called to faithfulness because the One calling us is faithful (1 Thessalonians 5:24). God will never forsake His people, and He is faithful to His covenant (cf. Heb 10:23). He is our God, and we are His people.

How can we remain faithful to God's calling as a follower of Jesus Christ? There are at least two points that stand out:

1) Trust and Obedience

Faithfulness begins with trusting in God's plan and obeying all His teachings in the Bible. We must be obedient to His commands, living according to biblical principles, and relying on God in all

circumstances, good or bad, knowing that He will be with us always.

2) Consistency in Devotional Life and Worship

Faithfulness to God is reflected in an ongoing personal relationship with God, which is nurtured through consistent daily prayer, regular studying of the Bible and observing the weekly Sabbath worship.

These two aspects cannot be compromised in our spiritual walk with God, and these will support our deep and lasting faithfulness to God.

The Seventh-day Adventist church emphasizes three important aspects of faithfulness to God:

1. Obedience to God's Commandments:

This is the mark of the faithful remnant of God in end time according to Revelation 14. Faithfulness is shown through obedience to the Ten Commandments, especially honoring the seventh day Sabbath as a holy day of rest and worship. The Seventh-day Adventists recognize keeping God's commandments as an expression of

our love and commitment to Jesus (John 14:15).

2. Stewardship:

Faithfulness to God also involves being a responsible steward of the resources He has entrusted to believers, such as time, temple, talent, treasure (finances), trust, theology, testimony. This includes returning faithful tithes and offering for the advancement and expansion of the gospel work.

3. Trust in God's Promises and His Imminent Return:

His soon coming is our greatest hope. Remaining faithful involves living in anticipation of Jesus' second coming, staying vigilant and with the urgency to share the Three Angels' Messages to prepare others for the last days of earth's history.

The above three principles highlight the holistic approach to faithfulness to God in the Adventist teachings. Let us be faithful to God: (1) Be obedient to God's Commandments; (2) Be a faithful steward, and (3) Always anchor our hope in Jesus' soon coming. Yes, Jesus is coming soon!

Panggilan untuk Kesetiaan

Kesetiaan kepada Tuhan

Tan Meng Cheng,

President, Peninsular Malaysia Mission

Umat Masehi Advent Hari Ketujuh dipanggil untuk setia dan taat, bukan sahaja kepada Tuhan, tetapi juga kepada Firman-Nya yang tidak berubah, Gereja-Nya dan Misi nubuatan-Nya. Kita diamanahkan dengan tanggungjawab untuk membawa terang di zaman akhir dengan memberitakan mesej terakhir Tuhan menurut Wahyu 14. Bergantung kepada bimbingan Roh Kudus, pemerksaannya, dan usaha yang bersatu padu melalui penglibatan keseluruhan keanggotaan dalam semua aspek kerja, tentu akan memastikan kejayaan misi istimewa ini.

Kesetiaan kepada Tuhan pada zaman akhir adalah penting dan tidak boleh dirundingkan. Kita dipanggil kepada kesetiaan kerana Dia yang memanggil kita adalah setia (1 Tesalonika 5:24). Tuhan tidak pernah meninggalkan umat-Nya, dan Dia setia kepada perjanjian-Nya (Ibr 10:23). Dia Tuhan kita, dan kita umat-Nya.

Secara am, bagaimanakah kita boleh kekal setia kepada panggilan Tuhan sebagai pengikut Yesus Kristus? Terdapat sekurang-kurangnya dua perkara yang menonjol:

1) Percaya dan Taat

Kesetiaan bermula dengan mempercayai rancangan Tuhan dan mematuhi semua ajaran-Nya dalam Kitab Suci. Kita mesti taat kepada perintah-Nya, hidup menurut prinsip alkitabiah, dan bergantung kepada Tuhan dalam semua keadaan,

sama ada baik atau buruk, kerana mengetahui bahawa Dia akan sentiasa bersama kita.

2) Konsisten dalam ibadat harian dan kebaktian

Kesetiaan kepada Tuhan dicerminkan dalam hubungan peribadi yang berterusan dengan Tuhan, yang dipupuk melalui doa harian yang konsisten, mempelajari Kitab Suci secara tetap dan memelihara kebaktian Sabat mingguan.

Kedua-dua aspek ini, yang tidak boleh dikompromi dalam perjalanan rohani kita dengan Tuhan, akan menyokong kesetiaan yang mendalam dan berkekalan kepada Tuhan.

Sebagai umat Masehi Advent Hari Ketujuh, kesetiaan kepada Tuhan adalah sama penting dan terdapat tiga aspek penting tentang kesetiaan kepada Tuhan yang ditekankan oleh gereja:

1. Ketaatan kepada Perintah Tuhan:

Ini adalah tanda umat sisa setia Tuhan pada zaman akhir menurut Wahyu 14. Kesetiaan ditunjukkan melalui kepatuhan kepada Hukum Sepuluh, terutamanya menghormati Sabat hari ketujuh sebagai hari rehat dan penyembahan yang kudus. Masehi Advent Hari Ketujuh mengiktirafkan kepatuhan kepada perintah Tuhan sebagai ungkapan kasih dan komitmen kita kepada Yesus (Yohanes 14:15).

2. Penatalayanan:

Kesetiaan kepada Tuhan juga melibatkan menjadi penatalayan yang bertanggungjawab terhadap sumber-sumber yang telah diamanahkan oleh Tuhan kepada umat, seperti masa, bakat, harta (kewangan), bait suci, kebenaran dll. Ini termasuk mengembalikan persepuluhan dan persembahan dengan setia untuk kemajuan dan pengembangan pekerjaan Injil.

3. Percaya kepada Janji Tuhan dan Kepulangan-Nya yang Dekat:

Kedatangan-Nya yang tidak lama lagi merupakan harapan terbesar kita. Untuk kekal setia, seharusnya melibatkan hidup yang menantikan kedatangan Yesus yang kedua kali, sentiasa berwaspada dan selalu sedia untuk berkongsi Perkhbaraan Tiga Malaikat untuk mempersiapkan orang lain untuk hari-hari terakhir sejarah bumi.

Tiga prinsip di atas menonjolkan pendekatan holistik terhadap kesetiaan kepada Tuhan dalam ajaran Advent. Marilah kita setia kepada Tuhan: (1) Taat kepada Perintah Tuhan; (2) Jadilah penatalayan yang setia, dan (3) Sentiasa menambat pengharapan kita pada kedatangan Yesus yang tidak lama lagi. Ya, Yesus akan datang tidak lama lagi!

விசுவாசத்திற்கான அழைப்பு

Tan Meng Cheng,

தலைவர் தீபகர்ப மலேசியா மிஷன்

ஏழாம் நாள் அட்வென்டிஸ்டு மக்கள் தேவனுக்கு மட்டுமல்ல, அவருடைய மாறாத வார்த்தைக்கும், அவருடைய திருச்சபைக்கும், அவருடைய தீர்க்கதரிசனப் பணிக்கும் உண்மையுள்ளவர்களாகவும் விசுவாசமுள்ளவர்களாகவும் இருக்க அழைக்கப்படுகிறார்கள்.

வெளிப்படுத்துதல் 14-இன் படி, இறுதி நேரத்தில் தேவனின் இறுதிச் செய்தியை அறிவிக்கும் ஒளியை எடுத்துச் செல்லும் பொறுப்பு நம்மிடம் ஒப்படைக்கப்பட்டுள்ளது. பரிசுத்த ஆவியின் வழிகாட்டுதலைப் பொறுத்து, அதன் அதிகாரமளித்தல் மற்றும் பணியின் அனைத்து அம்சங்களிலும் முழு உறுப்பினர் ஈடுபாட்டின் மூலம் ஒன்றுபட்ட முயற்சி ஆகியவை இந்த சிறப்புப் பணியின் வெற்றியை உறுதி செய்யும்.

கடைசி நாட்களில் தேவனுக்கு உண்மையாக இருப்பது மிகவும் முக்கியம், அதை விட்டுக்கொடுக்க முடியாது. நம்மை அழைத்தவர் உண்மையுள்ளவர் என்பதால் நாம் உண்மையுள்ளவர்களாக இருக்க அழைக்கப்படுகிறோம் (1 தெசலோனிகேயர் 5:24). தேவன் தம் மக்களை ஒருபோதும் கைவிடமாட்டார், மேலும் அவர் தம்முடைய உடன்படிக்கைக்கு உண்மையுள்ளவராக இருக்கின்றார் (cf. எபிரேயர் 10:23). அவர் நம் தேவன், நாம் அவருடைய மக்கள்.

பொதுவாக, இயேசு கிறிஸ்துவின் சீடராக நாம் எவ்வாறு தேவனின் அழைப்பிற்கு உண்மையாக இருக்க முடியும்? குறைந்தது இரண்டு புள்ளிகள் தனித்து நிற்கின்றன:

1. நம்பிக்கை மற்றும் கீழ்ப்படிதல்

விசுவாசம் என்பது தேவனின் திட்டத்தில் நம்பிக்கை வைத்து, வேதத்திலுள்ள அனைத்து போதனைகளுக்கும் கீழ்ப்படிவதிலிருந்து தொடங்குகிறது. நாம் அவருடைய கட்டளைகளுக்குக் கீழ்ப்படிந்து, வேத கொள்கைகளின்படி வாழ்ந்து, எல்லா சூழ்நிலைகளிலும், நல்லது கெட்டது எதுவாக இருந்தாலும், அவர் எப்போதும் நம்முடன் இருப்பார் என்பதை அறிந்து அவரைச் சார்ந்திருக்க வேண்டும்.

2. பக்தியான வாழ்க்கை மற்றும் ஆராதனையில் நிலைத்தன்மை

தேவனுக்கு விசுவாசம் என்பது தொடர்ச்சியான, தனிப்பட்ட உறவில் பிரதிபலிக்க வேண்டும், அதாவது— நிலையான தினசரி ஜெபம், வேதத்தை தவறாமல் படிப்பது மற்றும் வாராந்திர ஓய்வுநாள் ஆராதனையை கடைப்பிடிப்பதின் மூலம் வளர்க்கப்படுகிறது.

தேவனுடனான நமது ஆன்மீக நடைப்பயணத்தில் சமரசம் செய்ய முடியாத இந்த இரண்டு அம்சங்களும் கடவுளுக்கு ஆழமான மற்றும் நீடித்த விசுவாசத்தை ஆதரிக்கும்.

ஏழாம் நாள் அட்வென்டிஸ்டு மக்களுக்கு, தேவனுக்கு உண்மையாக இருப்பதும் சமமாக இன்றியமையாதது, ஆனால் கடவுளுக்கு உண்மையாக இருப்பதன் மூன்று முக்கிய அம்சங்கள் திருச்சபையால் வலியுறுத்தப்படுகின்றன.

1. தேவனின் கட்டளைகளுக்குக் கீழ்ப்படிதல்:

வெளிப்படுத்துதல் 14-ன் படி, இறுதிக் காலத்தில் உண்மையுள்ள மீதமுள்ளவர்களின் அடையாளம் இது. பத்துக் கட்டளைகளுக்குக் கீழ்ப்படிவதன் மூலம் விசுவாசம் காட்டப்படுகிறது, குறிப்பாக ஏழாம் நாள் ஓய்வுநாள்: ஓய்வு மற்றும் ஆராதனைக்கான புனித நாளாகக் கௌரவிப்பதன் மூலம். ஏழாம் நாள் அட்வென்டிஸ்டு மக்கள் கட்டளைகளைக் கடைப்பிடிப்பதை இயேசுவின் மீதான நமது அன்பு மற்றும் அர்ப்பணிப்பின் வெளிப்பாடாக அங்கீகரிக்கின்றனர் (யோவான் 14:15).

2

2. உக்கிராணத்துவம்

தேவனுக்கு உண்மையாக இருப்பது என்பது, விசுவாசிகளிடம் அவர் ஒப்படைத்துள்ள வளங்களான நேரம், திறமைகள், பொக்கிஷம் (நிதி), ஆலயம், சக்தியம் போன்றவற்றைப் பொறுப்புடன் நடத்துபவராக இருப்பதையும் உள்ளடக்கியது. இதில் உண்மையுள்ள தசமபாகங்களைத் திருப்பித் தருவதும், சுவீசேஷப் பணியின் முன்னேற்றம் மற்றும் காணிக்கை செலுத்துவதும் அடங்கும்.

3. தேவனின் வாக்குறுதிகளிலும் அவரது சீக்கிர வருகையிலும் நம்பிக்கை வையுங்கள்:

அவருடைய சீக்கிர வருகையே நமது மிகப்பெரிய நம்பிக்கை. உண்மையாக இருப்பது என்பது இயேசுவின் இரண்டாம் வருகையை எதிர்பார்த்து² வாழ்வதும், விழிப்புடன் இருப்பதும், பூமியின் வரலாற்றின் கடைசி நாட்களுக்கு மற்றவர்களைத் தயார்படுத்த முத்தூதின் செய்திகளைப் பகிர்ந்து கொள்ளும் அவசியத்தை உள்ளடக்கியது.

மேலே உள்ள மூன்று கொள்கைகள் அட்வென்டிஸ்ட் போதனைகளில் தேவனுக்கு உண்மையாக இருப்பதற்கு முழுமையான அணுகுமுறையை எடுத்துக்காட்டுகின்றன. தேவனுக்கு உண்மையாக இருப்போம்: (1) தேவனின் கட்டளைகளுக்குக் கீழ்ப்படிந்து இருங்கள்; (2) உண்மையுள்ள ஒரு உக்கிராணக்காரராக இருங்கள், மற்றும் (3) இயேசுவின் சீக்கிர வருகையில் எப்போதும் நம் நம்பிக்கையை நிலைநிறுத்துங்கள். ஆம், இயேசு சீக்கிரம் வருகிறார்!

忠诚的呼召 对上帝的忠诚

陈明祯，
马来西亚半岛区会长

基督复临安息日会被呼召要成为信实和忠诚的信徒，不仅要忠于上帝，还要忠于祂不变的圣言、祂的教会和祂所预言的使命。我们被委托要在末时担负起擎光者的责任，传扬上帝在启示录14章的最后信息。藉着圣灵的指引，其所赋予的能力以及全民总动员的团结努力，将确保成功完成这特殊的使命。

对上帝的忠诚，在这末世里是至关重要且不可商榷的。我们被呼召要忠诚，因为那呼召我们的是忠诚的（帖撒罗尼迦前书 5:24）。上帝永远不会抛弃祂的子民，而且祂也会忠于祂的誓约（参见希伯来书 10:23）。祂是我们的上帝，我们是祂的子民。

一般来说，作为耶稣基督的追随者，我们如何才能忠于上帝的呼召呢？至少有两点是显着的：

1. 相信和顺服

忠诚始于相信上帝的计划并顺服圣

经中所有的教义。我们必须服从祂的命令，按照圣经原则生活。在任何情况下，无论好坏，都要依靠上帝，知道祂会永远与我们同在。

2. 持续性的灵修生活和敬拜

对上帝的忠诚体现在与上帝持续的个人关系中。这种关系是要透过坚持不懈的每日祷告、定期的研读圣经和遵守每周的安息日崇拜来培养的。

在我们与上帝同行的属灵生命中，这两个方面是不可妥协的。这将会支撑我们对上帝那深刻而持久的忠诚。

作为基督复临安息日会信徒，对上帝的忠诚同样重要。教会强调对上帝的忠诚的三个重要方面：

1. 遵守上帝的诫命：

根据启示录 14 章，这是末世上帝忠实余民的标志。忠诚是通过遵守十诫来体现，特别是遵守第七日安息日作为休息和敬拜的圣日。基督复

临安息日会信徒认为遵守上帝的诫命是我们对耶稣的爱和承诺的表达（约翰福音 14:15）。

2. 管家的职责：

对上帝的忠诚也意味着成为一位负责任的管家。管理所委托给信徒的资源，例如时间、才能、财富（财务）、圣殿、真理等。这其中包括忠心归还什一和奉献，以促进并扩展福音的工作。

3. 相信上帝的应许和祂即将归来：

祂即将归来是我们最大的希望。保持忠诚就是要期待耶稣的第二次降临，保持警惕，并迫切地分享三天使的信息，为地球历史的末时做好准备。

上述三个原则强调了基督复临安息日会教义中对忠于上帝的整体方法。让我们忠于上帝：（1）顺服上帝的诫命；（2）做一个忠诚的管家，（3）时刻把我们的希望寄托在耶稣的即将复临。是的，耶稣很快就要来了！

The Footmen Vs the Horses

Corina Ling,
Editorial Board

When a young man had to choose between fulfilling his lust or obedience to God, he choose God and was thrown into prison.

When 3 friends had to choose between worshipping the idol or face the fiery furnace they choose the fiery furnace.

When a highly educated, promising, religious leader had to choose between his career or follow an uneducated Nazarite, he chose the latter.

In the lives of these people, even through their trials, God proved His faithfulness to them.

How about you and I? Have we *tasted* God's goodness? Do we realize God's faithfulness towards us? As you read V 83, you must admit, we are living in relatively peaceful times.

And during these peaceful times, are we building our faith through the hearing of the word (Romans 10:17)? Are we perfecting our faith as we go through various trials (James 1:2-4).

Jeremiah 12:5 says, "If you have run with the footmen, and they have wearied you, Then how can you contend with horses? And *if* in the land of peace, *In* which you trusted, *they wearied you*, Then how will you do in the floodplain of the Jordan?"

We are a people called to be faithful to God by being faithful to our calling. *Now*, when we are contending with footmen and in the land of peace, is the time we ought to build our faith.

Let us *gird our loins* before we have to contend with the horses in *rushing currents of the deep waters*.





CALL TO FAITHFULNESS

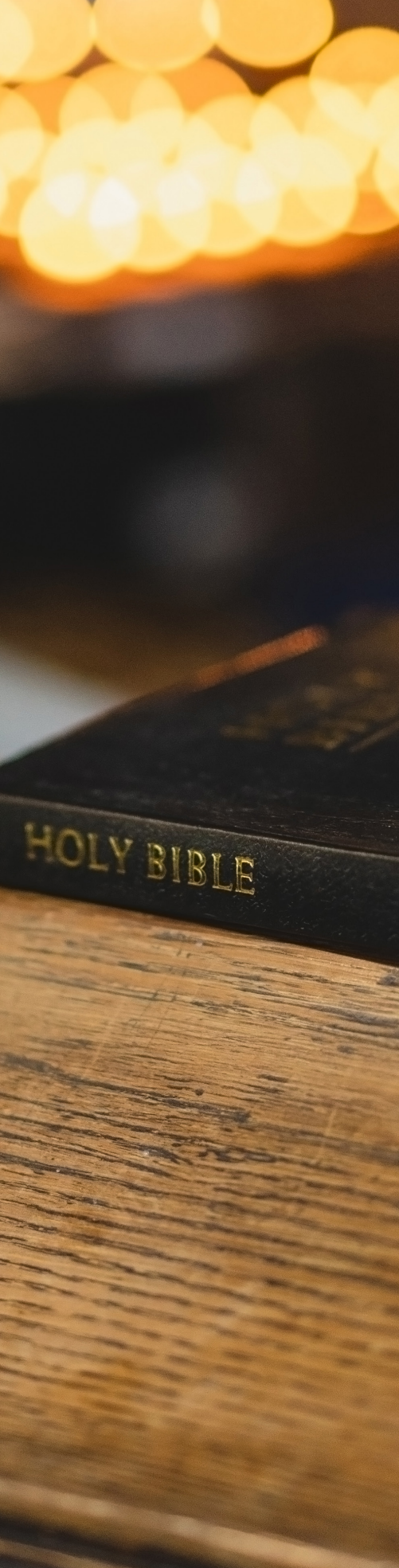
Faithfulness to God

Renie Ubara,

Ministerial Association & Field Secretary

God's faithfulness to humanity is rooted in His character, covenant promises, and eternal purpose. His faithfulness demonstrates His unchanging nature, love, and commitment to His creation. The Bible provides numerous examples and explanations for why God is faithful to humanity. As we work in Christ's mission, it is very comforting to know that His faithfulness is with us. The pen of inspiration explains:

To the consecrated worker... His (Jesus) own example is an assurance that earnest, persevering supplication to God in faith—faith that leads to entire dependence upon God, and unreserved consecration to His work—will avail to bring to men the Holy Spirit's aid in the battle against sin. (White, 1911).



God's faithfulness is redemptive, missional and relational to us all. Let's learn what the Bible original language teaches about faithfulness. Faithfulness in both Hebrew and Greek is a rich concept that encompasses ideas of reliability, trustworthiness, steadfastness, and loyalty. While the terms are used in different contexts, they often describe God's character, human relationships, and spiritual commitment. Let's explore the meanings in Hebrew and Greek, along with examples, as follows.

Faithfulness in Hebrew

The Hebrew word for faithfulness is אֱמוּנָה (*emunah*). It is derived from the root אָמַן (*aman*), which means "to support, confirm, or make firm." *Emunah* conveys the idea of steadfastness, dependability, and trustworthiness. The key characteristics of *emunah*, first, steadfastness and reliability. Faithfulness as something firm and dependable, like a rock or foundation.

Secondly, trustworthiness. It implies acting in a way that is true and consistent with promises or commitments. Faith and faithfulness always begins with God. Therefore, the biblical examples of *emunah*, first, God's faithfulness. In Deuteronomy 7:9, it says, "Know therefore that the LORD your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments." Here, God's *emunah* highlights His unwavering reliability in keeping His promises.

Empowered by God's faithfulness, we are blessed with human faithfulness. In Habakkuk 2:4 states, "The righteous will live by his faithfulness (*emunah*)." This refers to a steadfast trust in God and a life lived in loyalty to His ways. (Unger & White, 1996).

Faithfulness in Greek

The Greek word for faithfulness is πίστις (*pistis*), which is often translated as "faith" or "faithfulness." *Pistis* carries a sense of trust, belief, and fidelity. It emphasizes the relational aspect of faithfulness, particularly as it pertains to a commitment or trust between parties. The key characteristics of *pistis*, first, trust and belief. Often associated with faith in God or the truth of the gospel.

Secondly, fidelity and loyalty. Highlights steadfastness and reliability in relationships or commitments. The biblical examples of *pistis*, first, God's faithfulness. In 1 Corinthians 1:9 states, "God is faithful, who has called you into fellowship with his Son, Jesus Christ our Lord." This verse emphasizes God's reliability in fulfilling His promises to believers. Again, reflecting God's faithfulness, is human faithfulness. In Galatians 5:22-23 lists faithfulness (*pistis*) as a fruit of the Spirit, implying that it is a quality believers exhibit through the Holy Spirit's work in their lives. (Unger & White, 1996).

Emunah and Pistis Biblical Highlights

First, the covenantal nature. In Hebrew thought, *emunah* often relates to covenantal loyalty, where God's faithfulness ensures the fulfilment of His promises. In Greek, *pistis* reflects both belief and the loyalty that stems from such trust.

Second, the relationship between God and humanity. In both languages, faithfulness is not only an attribute of God but also a characteristic expected of His people in their relationship with Him and others. Biblically, we can understand faithfulness through examples in action: A faithful God keeps His promises (Hebrew: *emunah*, Greek: *pistis*), and faithful followers trust in His word and demonstrate loyalty to Him (Unger & White, 1996). These terms remind us that faithfulness is both a divine attribute and a call to live in consistent, trusting obedience to God, including His call to mission (Professor, 1972).

The Bible and God's Faithfulness

The faithfulness of God can be seen in several biblical ways. First, the unchanging character of God. Faithfulness is intrinsic to who God is. He cannot deny Himself or fail to fulfil His promises. In Malachi 3:6: "I the LORD do not change. So you, the descendants of Jacob, are not destroyed." God's unchanging nature ensures His reliability and faithfulness.

Second, His covenant promises. God is faithful because He has entered into covenants with humanity, such as the covenant with Noah, Abraham, Israel, and the New Covenant through Christ. His faithfulness ensures these promises are fulfilled. Deuteronomy 7:9 explains, "Know therefore that the LORD your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments."

Third, God's love and mercy. God's faithfulness flows from His steadfast love, which is unwavering and compassionate. The Bible says in Lamentations 3:22-23, "Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."

Fourth, God's sovereign plan. God's faithfulness ensures the fulfilment of His redemptive plan for humanity through Jesus Christ. He remains committed to restoring creation and reconciling humanity to Himself as mentioned in Philippians 1:6: "He who began a good work in you will carry it on to completion until the day of Christ Jesus."

There are many biblical examples of God's faithfulness. Such as Noah and the flood, Genesis 9:13, God's faithfulness to Abraham, Genesis 21:1-2, deliverance of Israel from Egypt, Exodus 34:6, the coming of Jesus Christ, Luke 1:68-73, God's sustaining grace, 1 John 1:9, and many more! In other words, God love saving souls, He desired all to be saved.

Faithfulness In Mission

Mission is the church life. It begins in the homes, in our daily family devotional. We pray for mission, daily. It goes along with us in our daily life, interacting with people. As Samuel writes, To live and love like Christ is to "Reach the World" for Him. As Christians, this is our ultimate reason for being. It won't be easy, but His commands always have a promise: He will "not forsake His faithful ones" (Ps. 37:28); He will "prolong your life many years and bring you prosperity" (Prov. 3:2); He will be with us "even to the end of the age" (Matt. 28:20). (Samuel, 2020).

Conclusion

God is forever faithful to us and He is calling us to be faithful to Him. His promises are sure, and His love is eternal. His faithfulness is a constant source of hope and encouragement, reminding humanity that He will never abandon His people or fail to accomplish His purposes. As Paul declared in 2 Timothy 2:13, "If we are faithless. He remains faithful, for He cannot deny Himself." How marvellous His faithfulness to all of us. Remember, in doing God's mission, he is faithful to the very end of the age. (Moris, Hucks, (2015).

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CALL TO FAITHFULNESS:

Faithfulness To God

Dennis Ng,
Executive Secretary

In our December 2024 cover story, we dwelt on our Church's history and humble beginnings and were challenged to preserve the "6Ms" of the Church-- Mission, Message, Ministry, Method, Members, and Movement. As we touch on a new theme for Vision this year, this call to faithfulness must naturally include faithfulness to the "6Ms" as well.

Faithfulness is a characteristic of God Himself. We are told that even--

"If we are faithless, **He remains faithful**, for He cannot deny Himself." 2 Tim. 2:13 Berean Standard Bible (BSB)

God shows a strong commitment to His people and desires us to be committed to Him. In the Bible, faithfulness means being loyal, trustworthy, and obedient to God's commandments and teachings.

Old Testament

In the Old Testament, faithfulness is shown through the promise between God and His chosen people, Israel. To Abraham, He said,

"I will establish My covenant as an everlasting covenant between Me and you and your descendants after you, to be your God and the God of your descendants after you." Gen. 17:7 BSB

Moses urged the Israelites to honor their covenant with God and to be faithful.

"Know therefore that the LORD your God is God, the **faithful God** who keeps His covenant of loving devotion for a thousand generations of those who love Him and keep His commandments." Deut. 7:9 BSB

Long after Abraham, Isaac, and Jacob were gone, Jeremiah still affirms the faithfulness of God--

"The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; **great is your faithfulness.**" Lam. 3:22-23 ESV

New Testament

In the New Testament, the concept of faithfulness is explained through the teachings of Jesus and the apostles. Jesus is the embodiment and perfect example of faithfulness; He fulfilled the will of the Father, even when it led to His death--

"And being found in appearance as a man, He humbled Himself and became obedient to death— even death on a cross." Phil. 2:8 BSB

Knowing that "no servant is greater than his Master" (John 13:16), Paul exhorts the believers to remain faithful amid trials and temptations as Christ was faithful.

"No temptation has overtaken you that is not common to man. **God is faithful**, and he will not let you be tempted beyond your ability, but with the temptation, he will also provide a way of escape that you may be able to endure." 1 Cor. 10:13 ESV

Paul further reminded--

"But the Lord is faithful. He will establish you and guard you against the evil one." 2 Thes. 3:3 ESV

John, the beloved disciple, assures us that--

"If we confess our sins, **he is faithful** and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9 ESV

End Time Concept

The call to be faithful encourages believers to stay true to their faith until the end of life's journey.

"Do not fear what you are about to suffer. Look, the devil is about to throw some of you into prison to test you, and you will suffer tribulation for ten days. **Be faithful even unto death**, and I will give you the crown of life." Rev. 2:10 BSB

Aid of the Holy Spirit

The Holy Spirit helps believers live faithfully. Galatians 5:22-23 shows that faithfulness is a fruit of the Spirit. The Spirit works in a believer's life to develop this quality. The Holy Spirit guides, convicts, and strengthens Christians, helping them stay true to their calling and continue in their faith. Without the aid of the Holy Spirit, staying faithful is an impossibility.

In 1555, as part of her campaign to re-establish the Catholic Church in England, Queen Mary, also known as Bloody Mary,

arranged for John Philpot, one of the leading Protestant ministers of the day, to be burned at the stake. When his death sentence was pronounced, Philpot said, "I am ready; God grant me strength and a joyful resurrection." Philpot walked to the place of execution on his own rather than having to be dragged to it, and when he reached it, he knelt and kissed the stake at which he would be burned. (Foxe's Book of Martyrs)

The call to personal faithfulness urges believers to live lives marked by loyalty, obedience, and trust in God. **It is a call to reflect God's faithfulness in every aspect of life, standing firm in the hope and promises of the gospel and persevering in the face of challenges and temptations.**

The message of the Bible is clear: God has first shown Himself faithful. Am I faithful? Are we faithful in times of relative peace? Will we be found faithful when trouble comes?

"Let us hold resolutely to the hope we profess, for He who promised is faithful. And let us consider how to spur one another on to love and good deeds. Let us not neglect meeting together, as some have made a habit, but let us encourage one another, and all the more as you see the Day approaching." Heb. 10:23-25 BSB



Weight and Sleep

A close-up photograph of a person's hand holding a green, egg-shaped alarm clock. The clock face is visible, showing the time as approximately 10:10. The hand is resting on a bed with a checkered blanket in shades of brown, pink, and white. The background is softly blurred, showing more of the bed and a person's arm.

Dr Dicky Ng Teik Kee,
Penang Adventist Hospital

The relationship between poor sleep and overweight has been the subject of extensive research, revealing several interconnected mechanisms that explain how inadequate sleep can contribute to weight gain and obesity.

Disruption of body clock: Sleep deprivation can disrupt the body's circadian rhythms, which regulate various metabolic processes. This disruption can lead to alterations in energy expenditure and appetite regulation, promoting weight gain over time.

Hormonal imbalance: Poor sleep disrupts the balance of hormones that regulate hunger and satiety. Specifically, it decreases levels of leptin (a hormone that signals fullness) and increases levels of ghrelin (a hormone that stimulates appetite). This imbalance leads to increased hunger and cravings for high-calorie foods.

Metabolic Impact: Inadequate sleep can impair glucose metabolism and insulin sensitivity, both of which are crucial for maintaining a healthy weight. Poor sleep can also elevate cortisol levels, a stress hormone that promotes fat storage, particularly in the abdominal area.

Behavioral Factors: Lack of sleep often leads to excessive tiredness, which contributes to reduction in physical activity. Poor sleep also impairs decision-making which causes consumption of unhealthy foods, further contributing to weight gain.



Everyone, should make sleep a priority because sleep is a biological necessity. We are designed this way!

NEWSTART health principles are well known to most if not all of us in the church. One of the key elements is REST. The most important activity of rest in our life is actually, sleep.

However, whether you are a working adult or a student, the pace of modern life barely gives us time to stop and rest. A good night's sleep is often more like a dream than an achievable goal.

But sleep is vital to a wholistic health as nutrition, exercise, water, temperance. Good rest, including sleep, improves your brain performance and mood, and thus enhances our overall health.

Frequent Sleep deficit raises the risk of physical disorder, including heart disease and stroke to obesity and dementia.

Good sleep encompasses three major areas: namely quantity, quality and consistency.

Quality of Sleep: High-quality sleep is essential for the body's restorative processes. Good sleep quality means that a person cycles through all the necessary stages of sleep, including deep

sleep and REM sleep, which are vital for physical repair, memory consolidation, and cognitive function. Poor sleep quality, characterized by frequent awakenings or an inability to enter deep sleep, can lead to a host of problems, including impaired cognitive function, weakened immune response, and increased risk of chronic conditions like heart disease and diabetes.

Quantity of Sleep: Adequate sleep duration is critical for health. The recommended amount of sleep varies by age, with adults generally needing 7-9 hours per night. Insufficient sleep can lead to immediate effects like decreased alertness, impaired memory, and mood disturbances. Chronic sleep deprivation is linked to more serious health issues, including obesity, hypertension, and decreased life expectancy. Studies show that consistently getting less than the recommended amount of sleep increases the risk of developing various chronic conditions

Consistency of Sleep: Maintaining a consistent sleep schedule is crucial for regulating the body's internal clock, or circadian rhythm. Going to bed and waking up at the same times every day helps synchronize various bodily functions, including hormone release, metabolism, and body temperature regulation. Irregular sleep patterns can disrupt circadian rhythms, leading to sleep disorders and other health issues. Consistent sleep routines are associated with better sleep quality, improved mood, and enhanced overall health.

How to Sleep Better

Here is a self-help list from Ucheepines Institute: <https://www.ucheepines.org/counseling-sheets/sleep-1>

For a good YouTube Talk to improve sleep quality, go to <https://youtu.be/fzCODic-fKA?si=7xiqutEo9-fmO3q>. Dr Roger Seheult will help us understand deeper how managing exposure to light improves our day time alertness, and our night sleep.

In conclusion, everyone, should make sleep a priority because sleep is a biological necessity. We are designed this way.

Harvest 2024 & Moving Forward

Renie Ubara,

Ministerial Association & Field Secretary

Peninsular Malaysia is a melting pot of cultures. Unity or collaboration in mission is powerful. With such context, it makes the challenges in mission even more fun and exciting! Understanding cultures and mission is vitally important in the Great Commission. And this is what we've experienced in Harvest 2024 as we endeavor to follow Christ's method of evangelism in bringing the Father's love to others. The pen of inspiration explains:

The people of every country have their own peculiar, distinctive characteristics, and it is necessary that men should be wise in order that they may know how to adapt themselves to the peculiar ideas of the people and so introduce the truth that they may do them good." Ellen G. White, Testimonies to Ministers (Mountain View, Calif.: Pacific Press Pub. Assn., 1923).

The worker in foreign fields will come in contact with all classes of people and all varieties of minds, and he will find that different methods of labour are required to meet the needs of the people. A sense of his own inefficiency will drive him to God and to the Bible for light and strength and knowledge. The methods and means by which we reach certain ends are not always the same. The missionary must



Sabbath worship at the Central Region

use reason and judgment. Experience will indicate the wisest course to follow under existing circumstances. It is often the case that the customs and climate of a country make a condition of things that would not be tolerated in another country. Changes for the better must be made, but it is best not to be too abrupt.” Ellen White, Gospel Workers (Washington, D.C.: Review and Herald Pub. Assn., 1915), p. 468.

As a multicultural church, we are thankful to the writing of the pen of inspiration that has guided us to improve in our collaboration in cross-cultural mission. NDR-IEL is committed in the Training and Equipping of members in contextualization of mission. Therefore, we praise the Lord for the 162 souls baptized in 2024! We see encouraging improvement from the earlier four years number of baptism, 70 in 2020, 104 in 2021, 125 in 2022, and 113 in 2023. (PEM Secretariat, 2024) What is needed to encourage missional spirit moving forward? Based on 2024, missiologically, we have learned the following:

1. Unity and oneness in the Holy Spirit
2. Collaboration between Mission and local churches
3. Collaboration between Departments and Ministries
4. Collaboration among local churches
5. Local church having high missional spirit
6. Local church missional small group ministries
7. Local church missional community services
8. Cross-cultural mission
9. Pastors and church leaders united in mission refocus

10. Missional prayers
11. Missional lifestyle
12. Missional family

Mission is a learning process for all of us, individually and collectively. How fast we learned from it is crucial because time is limited. Otherwise we will continue, year upon year, doing the same things or using our limited resources in ineffective outreach endeavours. We’ve learned that local churches that are intentional, creative, and united in mission, are blessed with great results! Local churches that focus on relational witnessing through small group ministry, friendship ministry, personal ministry, visitations, and community services, are bearing great fruits. Local churches that are united are having better focus on mission.

Regional Harvest Sabbath 2024

Northern Region (Penang)

- Date: 16-17, 24-26 October 2024
- Venue: 16-17, 24-25 October 2024, Penang Seventh-day Adventist Church, and 26 October 2024, Berjaya Hotel.
- Speakers: 16-17 October 2024, Pr. Rayne Clement, PEM, and 24-26 October 2024, Dr. Abner Dizon, SSD.
- Nightly attendance: 90
- Final day attendance: 400
- Baptism: 4



Northern Region



Central Region

Southern Region

- Date: 11-15 November 2024
- Venue: 11-13 November 2024, Megah Ria Church, and 14-16 November 2024, Johor Bahru BM Church.
- Speaker: Pr. Renie Ubara, PEM.
- Nightly attendance: 60
- Final day attendance: 120
- Baptism: 7

Central Region

- Date: 25-30 November 2024
- Venue: 25-26 November 2024, Petaling Jaya Chinese Church, 27-29 November 2024, Kuala Lumpur English Church, and 30 November 2024, His Sanctuary of Glory Kuala Lumpur.
- Speaker: Pr. James Tham, Chinese Union Mission.
- Nightly attendance: 100
- Final day attendance: 400
- Baptism: 9

Together, we give all glory and honour to our God for His leading and guidance, for every missional achievement in 2024. We appreciate the missional works of our beloved local church pastors and leaders. Again, this mission works belongs to the Lord. Therefore, God is ready to equip us with divine power to finish this work. We are His instruments (workers) in His hands, and we need more workers to join into the plentiful harvest. We trust fully in the power of God's leading in reaching the unreached peoples in PEM. The Holy Spirit is calling us daily into the harvest. Friends, let's be faithful workers, and work unitedly with God in Harvest 2025 moving forward until He comes.

Resources

White, Gould, Ellen. (1915). *Gospel Workers 1915*. Mountain View, CA: Pacific Press Publishing Association. Page. 468.

White, Gould, Ellen. (1923). *Testimonies to Ministers and Gospel Workers*. Mountain View, CA: Pacific Press Publishing Association. Page. 212.



Central Region



Northern Region



Southern Region

PEM LE Gathering

by **Jasnah Makirim,**
Publishing Ministries

The PEM Literature Evangelist gathering was held in a very nice homestay at Taman Connaught, Kuala Lumpur. The program started from evening 9th to 10th November 2024 with a total of 35 attendees, consisting of Literature Evangelists and their family.

Special thanks to Pastor Jim Gabu, the MAUM Publishing Director, and Pastor Dennis Ng, the PEM Executive Secretary, who gave the devotional message and the words of encouragement to the literature evangelist during the program. It was a great blessing to have the leadership support for the literature evangelists.

The team worked together to prepare steamboat dinner after Sabbath. While cutting and washing the vegetables, the team joked and spoke with each other enjoying the fellowship dinner, as a family.

After dinner, the team gathered in the living room for team building games while the children were enjoying their time together. It is my hope to see these children taking up the call to be literature evangelists or missionaries in the future.



Literature Evangelist sightseeing in G2G Animal Garden



Group photo

MAUM Chaplaincy Convention 2024 - “Journey to Wholeness”

by Sunny Tan,
PAH Chaplaincy Ministry

The Malaysia Union Mission Chaplaincy Department organized the first-ever Chaplaincy Convention with Penang Adventist Hospital as the host on 26-28 September 2024. Chaplains are typically members of the clergy attached to an institution. Their purpose is to provide spiritual care for individuals in a non-religious organization. Thus, attendees for this convention were from the education line, medical institutions and some field pastors. The theme “Journey to Wholeness” intended to explore effective strategies for offering emotional and spiritual support to families and church members.

The speakers included, Pastor Rudi Situmorang, SSD Ministerial Secretary and Chaplaincy Director, Pastor Reynaldo G. Salo, Executive Director of Clinical Pastoral Education & Care at Manila Adventist College, and Ms Annie Wong, President of the Asia Pacific Council for Pastoral Supervision and Psychotherapy, and Pastor Francis Amer, MAUM Chaplaincy Director. They shared insightful presentations, and their presence enriched team dynamics together with the workshops, communal singing, and fellowship dinner. These activities fostered unity and deepened our understanding of holistic care, creating an atmosphere of learning, collaboration, and spiritual renewal. This convention not only strengthened our commitment to chaplaincy but also set the stage for future growth in our mission to support individuals on their journey to wholeness.



Participants of the MAUM Chaplaincy Convention 2024



Pastor Rudy Situmorang (SSD Chaplaincy Director)



Brother Joshua Chee (MAUM Treasurer)



Chaplaincy Team from Sarawak Mission



PEM Workers and Spouses



Ms Annie Wong (MICPE & AAICPSP Director)



Pastor Francis Amer (Chaplaincy Director, MAUM)

PESTA PUJIAN KRISMAS KLUANG 2024

by Suzana Ojudah,
Kluang BM

Krismas dirayakan di seluruh dunia untuk mengingati kelahiran Yesus. Untuk penganut-penganut Kristian, inilah sumber kegembiraan mereka. Mereka menerima anugerah unik, pemberian Tuhan kepada mereka. Seperti dalam Lukas 2:11, “Hari ini telah lahir bagimu Juruselamat, yaitu Kristus, Tuhan, di kota Daud.”

Dalam pada itu, ramai orang yang mengambil kesempatan ini sebagai acara menyeronokkan diri akhirnya makan dan berbelanja secara berlebihan. Tidak ramai yang mengingati apa yang telah Tuhan lakukan untuk mereka. Dalam kebijaksanaan-Nya yang sangat besar, Tuhan tidak mendedahkan tarikh sebenar kelahiran Kristus. Sebaliknya,

Dia meninggalkan sesuatu yang lebih baik demi membantu kita mengingati kasih-Nya yang tidak terhingga.

Kita biasanya suka memberi hadiah antara satu sama lain dalam tempoh ini sebagai tanda sayang dan penghargaan. Alangkah indahnya jika kita menggunakan peluang ini untuk mempersembahkan pemberian terbaik kita kepada Tuhan semasa kita melayani orang miskin dan yang menderita!

Maka, Gereja Kluang BM bersama Kluang Chinese telah menyambut Pesta Pujian Krismas pada 7 Disember 2024 di Gelanggang Bola Keranjang Yap Tau Sah, Kluang,



Program dirasmikan oleh ahli Majlis Perbandaran Kluang Zon, En Yap Tau Sah



Lagu istimewa oleh JBBM



Pengacara Majlis, Grace (Chinese) dan Ermyza (BM)



Persembahan dari Kluang BM

Johor. Penganjuran program ini disokong penuh oleh ahli Majlis Perbandaran Kluang Zon, Yap Tau Sah, iaitu Tuan Warren Yap Zhi Peng, serta Rukun Tetangga dari Kampung Yap Tau Sah dan Kampung Chong Hwa.

Pesta ini turut dihadiri oleh jemaat advent dari Gereja JBBM dan Gereja Megah Ria. Pesta pujian ini turut dihadiri oleh anggota dari gereja JB English serta Kluang Chinese di bawah pimpinan Pendeta Ben Foo.

Paling manis, Kluang BM turut mengadakan khidmat masyarakat dengan memberikan bantuan makanan kepada 50 orang penerima daripada golongan yang

berpendapatan rendah di Kampung Yap Tau Sah dan Kampung Chong Hwa di samping mempersembahkan lagu-lagu pujian Krismas serta lakonan real life story. Saudara Eddy Wong dari Jabatan Pelayanan Kesihatan, PEM juga turut hadir memberikan perkhidmatan saringan kesihatan percuma kepada semua yang hadir.

Semoga program ini membawa kasih Yesus lebih dekat kepada jiwa yang serba kekurangan dan sedang mencari kebenaran dan ingin diselamatkan.



Lagu Istimewa si celik comel, Kluang BM dan Kluang Chinese



Saringan kesihatan oleh Brother Eddy Wong



Lagu istimewa dari gereja Megah Ria



Bantuan ACS kepada komuniti Kg. Yap Tau Sah dan Kg. Chong Hwa

“MIND Maze”: An Immersive Journey into Mental Health

by Cheong Yok Yee,
Penang Adventist Hospital



Opening Gimmick with VIPs



MIND Maze - Panel Discussion

Your mind is like a maze; there is always a way out.”

This powerful message captured the essence of “MIND Maze,” a mental health awareness event organised by Penang Adventist Hospital (PAH). Held from 3rd to 13th October 2024 at Gurney Plaza, Penang, this event was a meaningful contribution to World Mental Health Day. Its goal was to enhance public understanding and provide individuals with practical skills to navigate their own mental well-being.

The exhibition’s central theme, “MIND Maze,” was inspired by the intricate, maze-like structure of the brain and the complexities of mental health. For those who often feel “stuck in their heads” or “lost in thought,” the event sought to deliver a reassuring message: no matter how complex the mind’s maze may be, there is always hope, and there is always a way forward.



MIND Maze - VIP Tour

“MIND Maze”: Opening Ceremony

The event’s opening ceremony took place on 6th October at Gurney Plaza, from 11:00 am to 5:30 pm, marking the start of the immersive exhibition.

The ceremony’s highlight was a mental health panel discussion themed “A Wholistic Perspective: Mental Health in Different Professions.” Esteemed panellists from psychology and mental health shared their experiences and insights with attendees. We were honoured to welcome Dr Lynne Yong Ee Lin, Consultant Clinical Psychologist at PAH; Dr Laavanya a/p Vijaya Kumar, Visiting Consultant Psychiatrist at PAH; Ms Justine Ng, Senior Lecturer and

Program Leader at SEGi College's Faculty of Education, Languages, Psychology, and Music; and Mr Andrew Tan, former chairman and EXCO member of Befrienders Penang. The audience engaged enthusiastically in the Q&A session, reflecting the deep interest and thoughtful conversations sparked by the panel.

The day continued with a series of interactive workshops and open booths, offering activities such as body balance exercises, flower arranging, tile painting, bath-bomb making, and complimentary mental health screenings. The overarching theme of self-care was brought to life, showing that mental well-being can be nurtured through physical activity, creativity, and relaxation. Participants enjoyed the freedom to explore activities that resonated with them, celebrating a variety of ways to practise self-care.

YB Lim Siew Khim, Penang State EXCO for Social Development, Welfare, and Non-Islamic Religious Affairs, attended the opening ceremony as a VIP and supporting our cause. Other supporters were our gold sponsor, Viatrix Health Malaysia; silver sponsor, SEGi College; venue sponsor, Gurney Plaza; as well as the Penang State Government, Jabatan Kesihatan Negeri, Befrienders Penang, and our workshop and booth sponsors—LUSH Malaysia, S'perience, PEAK Fitness, and Zenhana Florist and Ikebana—for their invaluable contributions to this successful event.

“MIND Maze”: The Mental Health Exhibition

The “MIND Maze” exhibition was the centrepiece of the 10-day event, drawing in visitors from all walks of life. The maze featured interactive activities and educational installations designed to deepen understanding of mental health. Participants, from families with children to teenagers, adults, and the elderly, moved at their own pace through the exhibits, guided by trained staff and volunteers who provided insights and assistance.

Inside the maze, attendees left heartfelt notes about their feelings and their strengths on a communal message board, participated in stretching and breathing exercises in a “quiet room,” and used 3D glasses to experience the effects of seeing the world through positive or negative lenses. To encourage engagement and reflection, participants were invited to take a quiz at the end, with the chance to win a “Just-in-Case” mental health kit for those achieving full marks.

Over the course of the exhibition, 405 people checked into the maze, with 274 completing the quiz. Impressively, 44 participants achieved full scores and received a “Just-in-Case” mental health kit. We are thrilled by the public’s enthusiastic response, as well as the opportunity to promote a deeper understanding of mental health through this interactive experience.

“MIND Maze”: Moving Forward

The “MIND Maze” event reached a broad and engaged audience, fostering positive perceptions of mental health and reducing stigma around the subject. We are immensely grateful for the opportunity to host this event, and we look forward to future initiatives that will spark conversations, inspire hope, and expand mental health knowledge in our community.



VIP - YB Lim Siew Khim Speech



Mental Health Screening Booth by Befrienders Penang

Women Giving Up Their Bronze Mirrors: The Meaning of Giving It All

by **Chai Mien Seng,**
Stewardship Ministries

Tell the people of Israel to bring me their sacred offerings. Accept the contributions from all whose hearts are moved to offer them (Exodus 25:2)

Who funded the building of the bronze laver

At the entrance of the sanctuary, between the altar and the holy place, there was a laver, built of bronze, where the priests were to wash before entering the inner sanctuary (Exodus 30:17–21). This laver was not made with the general offerings of the people, but with a particular offering from women: “He made the laver of bronze and its base of bronze, from the bronze mirrors of the serving women who assembled at the door of the tabernacle of meeting” (Exodus 38:8). The verse is brief, but full of relevant information:

The laver was made of bronze

- It was built with the mirrors that belonged to the women
- These women “assembled at the door of the tabernacle”

The essential point is that the bronze laver was made with resources acquired in a special offering to God, by a special group of people with a specific function. Let God bless us in discovering why the laver was built with a private offering and why God wanted that offering to be provided precisely by women.

The Biblical account makes it clear that God’s plan was for the sanctuary to be built with the freewill offerings given by the people. “From everyone who gives it willingly with his heart you shall take My offering (Exodus 25:2)

If the women donated for the construction of the tabernacle that indicates that the tabernacle was not yet built. And if there was no tabernacle, where did the women who donated for its construction minister? The fact is that we can say with some certainty that there were women in the sanctuary who performed a service at the door, and that getting rid of their mirrors was the key step for the construction of the bronze laver. Now let us know the meaning of the bronze laver to understand the message of the sanctuary.

Why the bronze laver

The laver was placed at the entrance of the holy place. God instructs the priests, “When they go into the tabernacle of meeting, or when they come near the altar to minister, to burn an offering made by fire to the Lord, they shall wash with water, lest they die” (Exodus 30:20). That is to say, one could not enter the presence of God without having been washed. So, as in the sanctuary, before enjoying the presence of God in Sinai, the people had to wash themselves with the waters of the brook that flowed from the “rock in Horeb.”

Just as the washing in the sanctuary was a substitute and extension of the people’s experience of washing with these miraculous waters on Mount Sinai, we too, as we approach the sanctuary, must receive the spiritual washing that cleanses our consciences. “Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus . . . let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water” (Hebrews 10:19, 22).

Washing involves the abandonment of false gods. When Jacob invited his family to wash, that preparation included the abandonment of idolatry. “Get rid of the foreign gods you have with you, and, purify yourselves and change your clothes” (Genesis 35:2, NIV). Everyone who wants to have an encounter with God needs to be washed of his vanities and his self-centred attitude.

At a time when the selfie is the most frequent photo, the mirror is the best symbol of our idolatry. We live in a time where people don’t want to be transformed for a higher ideal but reaffirmed in their own attitude. When the supreme value is “to love oneself,” the “this is who I am” constitutes a moral maxim and spirituality is nothing more than a feeling of well-being, the sacraments are a ritual mirror where we find the god of our day, the image of oneself. The message of the laver reminds us that if we want to be washed and transformed, we have to build the laver with our own mirrors. We must abandon the obsession with “I” to have an encounter with the glory of the transcendent God who awaits us in the sanctuary.

The location of the bronze laver

The placement of the laver in the sanctuary also served as a reminder to Israel that God has control of the “sea.” When the pillar of God’s presence led the people at the crossing of the Red Sea (Exodus 14:19–21) this was also seen as part of God’s sovereignty over “the sea” (Psalm 74:12–15; Isaiah 51:9; Ezekiel 32:2). “The Lord sat enthroned at the Flood, and the Lord sits as King forever” (Psalm 29:10). The Lord reigns, He is clothed with majesty; the Lord is clothed, He has girded Himself with strength. Surely the world is established, so that it cannot be moved.

God has His throne over the sea; God is more powerful than the enemy forces. Just as the people experienced the victory over the sea before meeting God at Sinai, likewise the laver placed before the entrance to the holy place was a reminder to the priests that the God whom they would meet in the sanctuary had triumphed over His enemies.

When the Apostle Paul says that the believers of the new covenant look “with unveiled face beholding as in a mirror the glory of the Lord” (2 Corinthians 3:18), he is echoing the biblical meaning of the water (sea) in the laver and the mirrors that served as material in its construction.

The liberation of Israel was an impressive show of light and reflections. Imagine the glory of God as a pillar of fire over the sea turning it into a glass mirror! The laver made from the women’s mirrors was intended to perpetuate that experience in the lives of the Israelites who visited the sanctuary.

In Israel, the glory of God was over the tabernacle (Leviticus 9:23; Numbers 20:6). When someone looked into the laver, he did not see his image in the water, but the glory of God reflected in it. Spiritual renewal is not achieved by looking at our own, but it is “with unveiled face beholding as in a mirror the glory of the Lord” that we are “being transformed into the same image from glory to glory” (2 Corinthians 3:18).

The firmament in Ezekiel and the sea of glass of Revelation are representations of the source of water, then, the women are fulfilling a function of “cherubim,” guarding and protecting the sanctuary of God.

Let us remember that Adam’s duty was also to “keep” the sanctuary of Eden (Genesis 2:15). When man failed in his task because of his sin, God set up cherubim “to guard the way to the tree of life” (Genesis 3:24). In Eden, the Lord placed cherubim to do what a man should do; and in the sanctuary, He placed women to replace the cherubim of Eden. God is reversing in the sanctuary the story of Eden. Eden could not be “kept” by Adam, because the serpent used a woman to achieve his plans (Genesis 3:12, 13). Now it would be up to the women to “guard” the sanctuary. Their weapons would not be on them, but in the mirrors and the water, which show that God has triumphed over every evil force and that He alone reigns supreme. They are part of an “army” and its chief is “the Lord of hosts”.

At the beginning of our reflection, we left a question to be solved. If the women donated their mirrors for the construction of the sanctuary laver, this means that the tabernacle was not built when they made their donation. So why are they described as “those who assemble in the tabernacle”? The answer to this question is simpler than we thought. The Biblical author is describing the ministry of women retrospectively. It’s as if he were saying, “The fountain was made (in the past) with the mirrors of the women who (in the present) assemble in the sanctuary.” If this is the case, then the women not only donated the mirrors before there was sanctuary, but before God assigned them a ministry in the sanctuary. We can say that, by donating their mirrors, they created the basis of their ministry. Generosity and total devotion are the foundation of ministry. Because some donate their mirrors, others can be washed in the laver. The women never imagined that those mirrors they used to contemplate their own beauty, placed at the service of the sanctuary, would be a source of salvation for many, and would proclaim God’s victory and reflect His glory. One day those same women will be on another sea, the “sea of glass mingled with fire,” the water reflecting the glory of God (Revelation 15:2) and singing the song of redemption (Revelation 15:3) they will know deep inside that it was worth giving up everything.



NEWS UPDATE

Penang Adventist Hospital Newsletter:

Celebrating World Breastfeeding Week 2024

by Corrine J,
Penang Adventist Hospital



PAH organizing team with student nurses of ACNHS

Penang Adventist Hospital recently celebrated World Breastfeeding Week 2024 on 4th August 2024, with a lively and impactful event themed “Closing the Gap: Breastfeeding Support for All.” Held at Gurney Plaza in George Town, this venue provided a unique opportunity to engage a broader and more involved audience. Our primary aim was to enhance public awareness of breastfeeding, focusing on its importance for families, women, and the community at large.

Engaging Activities for All

The day was filled with a variety of activities designed to foster community involvement and support. A key highlight was the awarding of breastfeeding certifications to mothers currently nursing and those who have successfully breastfed in the past. This recognition honored their dedication and commitment to promoting breastfeeding.

In celebration of Penang Adventist Hospital’s 100th anniversary, a memorable 100-second simultaneous breastfeeding session was organized in hope to symbolize unity and collective support for breastfeeding mothers.

A delightful costume fashion show competition for children aged 3 to 7 added to the festivities with each child showcasing his or her unique and imaginative costumes, reflecting their creativity and talent. The enthusiastic performances and vibrant outfits truly made this part of the event a joyous celebration of artistic expression.

Strong Community Support

Approximately 500 people attended the event from 11:00 AM to 5:00 PM, and we were thrilled by the overwhelming support from families, friends, and the public for this important cause.

We were honored to have Puan Lim Siew Khim, member of the Penang State Executive Council, to officiate the 20th anniversary celebration of the Kangaroo Club Breastfeeding Support Group. She was joined by distinguished guests, including Dato Ong Bee Leng, CEO of the Penang Women’s Development Corporation, Dr. Thomas Tean, Vice President of Medical Admin of Penang Adventist Hospital, Mr. Caleb Lim, Director of Marketing of Penang Adventist Hospital and Miss Lew Ya Hui, Wellness and Community Health Manager of

Penang Adventist Hospital.

Gratitude to Our Partners

Sponsors and partners, whose support was instrumental in the event's success included the Penang Women's Development Corporation, Gurney Plaza, RCSI & UCD Malaysia Campus (RUMC), Prudential One Empire Agency Penang, and the Adventist College of Nursing and Health Sciences (ACNHS). Special recognition was also given to the talented dancers from M.I.A Nursery and Preschool from Sg Ara, Jelutong, and Bayan Lepas, along with Ashlyn Dance Studio, for their captivating performances.

A big thank you to our booth organizers from RUMC, Amazing Baby, Sebamed, M&B Marketing, Curiouser, Colorys Wellness, Black Sugar Dynasty, Cucciolo, Sand Art, Face Painting, and Balloon Clown, whose contributions created an engaging and informative atmosphere throughout the day.

Looking Ahead

The successful hosting of World Breastfeeding Week 2024 allowed organizers to engage with a significant number of mothers and families, spreading awareness about the benefits of breastfeeding. This event hopes to inspire ongoing support and advocate breastfeeding, highlighting the critical need for greater collaboration and resources to address inequalities in breastfeeding support.



Mothers with their kids during 100-seconds simultaneous breastfeeding session



Kangaroo Club Breastfeeding Support Group 20th Anniversary Opening Ceremony.



The sponsors for the event receiving token of appreciation



Breastfeeding mothers receiving certificate of recognition for their dedication and commitment in supporting breastfeeding

Youth as Present Leaders: Building God's Kingdom Together

by **Tan Weoi Siong,**
Youth Ministries

What image of God does secular young people in the city have? Are we embracing those who need restoration?

It's time to have more and more young people in our church to get involved in reaching out to the secular young people in the city. The world church emphasizes on global total members involvement including both the youth and young adults in our local church. We always have many youth and young adults attending church on sabbath day and it's high time for us to do more for God in the year of 2025 and beyond.

The Seventh-Day Adventist church always had a purpose to reach out more people especially in the city. According to the teaching of Ellen G White, "The church is God's appointed means for the salvation of men. It was organized to serve, and its mission is to proclaim the Gospel to the world." – Acts of the Apostles, p.9.

Often, when we think of the church, we do so abstractly. Many times, we perceive it as vague intangible concept rather than as something tangible and specific. Sometimes we think of the local church like the building, the organization and a denomination.

Many secular people see all these images of the church but from a negative point of view, they might see and think of hierarchy, oppression, abuse of power, injustice, and coldness. This will hinder the outreach ministries of the church to the world.

What can we do to as the true remnant church to give them a different point of view or vision? Vision of salvation, service and good news.

In the context of youth ministry, thinking of the church concretely rather than abstractly can transform how we lead and inspire young people. Here's how this shift applies to your ministry:

1. Youth as Integral Members, Not Just Attendees

When we think abstractly, youth are often seen as "future leaders" rather than vital, active members of the church today. To think concretely, we leaders start recognizing their current contribution to the church's mission. For instance, their involvement and leadership in Pathfinders, Adventurers, and youth care groups. Churches who have youth involvement are empowering the youth to be active participants and leaders in ministry, not sidelined observers.



2. Focus on Community over Structure

Instead of seeing the church merely as a hierarchy or institution, emphasize on relationships. Through initiatives like Voice of Youth events and youth care groups, we are cultivating meaningful connections between youth and their local churches. This ensures they see the church as a supportive family they belong to, not just a distant entity with programs and rules.

3. Active Participation in the Mission

Abstract thinking might lead youth to view the church's mission as something handled by pastors or administrators. However, the Adventist Youth practical programs initiative, show them how they can personally participate in evangelism, service, and leadership. By emphasizing their role in God's mission, the church's purpose is brought to life.

4. Practical Expressions of Faith

Encourage youth to live out their faith through tangible acts like literature distribution, community outreach, and Pathfindering life skills honors. This counters the abstract idea of faith as merely personal belief and highlights how faith is demonstrated in service and action.

5. Addressing Real-World Needs

When the church meets the practical needs of the young people, such as offering financial support for care groups, providing mentorship, or designing programs to deepen their spiritual walk, it shows the youth that the church is not just about lofty ideals but also concerned about their day to day life.

By framing the church as a living, active community where everyone has a role, youth are inspired as they see themselves as a vital part of God's mission.

"You are our epistle written in our hearts, known and read by all men; clearly you are an epistle of Christ, ministered by us, written not with ink but by the Spirit of the living God, not on tablets of stone but on tablets of flesh, that is, of the heart" - 2 Corinthians 3:2-3.

We are God's letters of introduction to society. We are the Bible that secular people will read. Our actions will be the pages they see before they begin to discover Jesus, and they see Jesus in the church.

Conclusion

The book of 1 Corinthians 3:16 written, "Do you not know that you are the temple of God and that the Spirit of God dwells in you?".

It's time to stop thinking of the church as an abstract concept and start living as a tangible expression of God's love and purpose. As the temple of God, filled with His Spirit, we are called to embody the Gospel in everything we do. The world may see the church as a place of rules, hierarchy, or judgment, but through our actions, acts of kindness, service, and genuine relationships, we can rewrite that narrative.

Our churches should reflect Christ: whereby young people are not just the future but the present; our churches should embrace restoration, serve with humility, and shine with the light of hope in each city we are present.

In 2025 and beyond, let us commit to total involvement. Let us build communities where every youth, every adult, and every church member is empowered to serve, lead, and proclaim the good news of salvation. Together, we can show the world a new vision of the church not as an institution but as a family, a mission, and a living witness of God's grace.

The time is now. The mission is ours. Let's step boldly into God's purpose and be His letters of love to a world in need.



从捆绑到自由： 巴生中文堂VOY, 见证上帝的作为

萧晶蔚,
巴生中文堂



巴生平安堂VOY 2024 《自由》团体照

3天2夜, 42位年轻人, 42颗被上帝的爱触动的心。巴生中文堂青年之声《自由》营会不仅是一场活动, 更是一个生命得以更新的旅程。在这短短的三天时间里, 我们见证了上帝如何带领一群互不相识的年轻人, 从陌生到彼此熟悉, 从沉默到敞开心房, 最终领悟并拥抱加拉太书5章中所描述的真正自由。

第一天: 陌生与探索

营会的第一天, 带着不同背景和故事的营员们陆续到来。其中, 超过30位是从未接触过教会的学生。起初, 大家显得拘谨, 有些人甚至连目光接触都显得不自在。然而, 破冰活动和小组互动逐渐拉近了彼此的距离。我们鼓励他们用心去认识彼此, 用耳倾听别人的故事。

晚上的分享环节, 我们谈到了自由的真义。很多人认为自由是想做什么就做什么, 但我们通过圣经中的教导揭示: 过度的自由会变成放纵, 放纵反而会让人被捆绑。这个新的视角让营员们开始思考自己的生活方式与内心状态。

第二天: 突破与敞开

第二天的活动设计注重合作与反思。白天的团队挑战游戏需要大家同心协力, 渐渐打破了初见时的隔阂。傍晚的小组讨论则是深入的分享时间, 许多营员开始提到自己生活中的挣扎: 学业的压力、家庭的矛盾、自我价值

的迷茫……这些声音从未在他们的日常生活中被认真倾听过。

晚上的特别分享会以“释放捆绑”为主题。每位营员被邀请写下内心的重担或无形的枷锁, 比如恐惧、自卑、愤怒或习惯性的放纵行为。大家把这些纸条交到十字架下, 象征将这些重担交托给上帝。随后, 我们集体点燃这些纸条, 火光中映照每一张带着泪水与笑容的面庞, 那一刻, 每个人都感受到了前所未有的轻松与释放。

就在这温暖的氛围中, 许多营员也敞开了心扉, 主动分享这几天的感受与改变。一位从未接触过教会的学生感慨地说: “我以为自由就是想做什么就做什么, 但原来真正的自由是能放下那些让我痛苦的东西。我想学习这种自由。”

第三天: 敞开的心与真自由

第三天的清晨, 我们举行了一场特别的祷告会和诗歌敬拜。一首《静享主爱》在阳光中回荡, 大家的声音从微弱到洪亮, 直至最后全体营员同声高唱, 仿佛天使也在与我们一同赞美。这不仅是歌声的融合, 更是心灵的连结。

虽然营会的时间在下午就结束了, 但每个人都感到意犹未尽。许多营员在临别时都表示, 3天的时间实在

太短，他们已经深深怀念在营会中的时光——那份真实、自由和温暖的关系，以及共同寻求真理的感动。这种情感也成为我们继续牧养和陪伴他们的重要动力。

营会的延续：信仰与群体

营会结束后，我们成立了一个新的青年小组，邀请营员们继续参与我们的青年活动。这个小组旨在建立关系、支持成长，并分享福音，让营员们能够在信仰的旅程中持续前行。

我们深知，改变不可能一蹴而就，但愿意迈出第一步的人，已在路上。感谢母堂八打灵中文堂的支持，让我们能够在十年后再次主办营会，并从中学习如何培育新一代的年轻人，就如当初母堂培育我们一样。

总结：一代传承一代的使命

这次营会是一个开始，但更重要的是，它见证了信仰与爱的传承。从母堂到我们，从我们到营员们，上帝的福音与真理正在一代一代地传递下去。我们相信，通过这些年轻人的生命改变，上帝的国度将在他们的家庭、学校和社会中扩展。

愿上帝继续使用我们，将加拉太书五章中那真正的自由带给更多的人。愿每一位参与者都成为一个自由的见证人，带着这份从上帝而来的爱与恩典，继续走在生命的旅程中，荣神益人。

“你们得以自由，是要叫人得自由。”（加拉太书 5:1）



营长杨辰震正在给大家分享关于《自由》的信息



闯关游戏环节：踩气球；剩余最多气球的组别为胜



闯关游戏环节：团体竞速障碍赛



营员们争取在每个环节努力抢答，为自己的组争取分数

「舍己的爱」——小剧场

黄琳胜教士，
吉隆坡中文堂

一切荣耀归于上帝。吉隆坡中文堂在12月15日举办一场「舍己的爱」——小剧场。教友们热情邀请家人和朋友参与，最终吸引了超过40位来宾朋友出席，场面温馨热闹，洋溢着欢乐的氛围。

「舍己的爱」——小剧场的重头戏包括：儿童班与诗歌班的诗歌呈现、小提琴演奏、话剧表演，以及「舍己的爱」信息分享。这些环节深深触动了在场每一位来宾。

为了这场「舍己的爱」活动，诗歌班成员和小朋友们连续四个月坚持每周六下午排练，用心为主献上最美的呈现。从最小的4岁孩童到70岁的表演者，大家都全力以赴。不仅如此，布置工作也倾注了大量心血，精心设计每一个细节。这一切让我深受感动。

当晚的美妙诗歌到信息分享都在围绕着耶稣。从荣耀的宝座降卑至尘世，从君王的冠冕换上羞辱的荆棘冠冕，耶稣走上了一条舍己的道路。「爱」是一场「舍己」的冒险！祂的

牺牲是何等的伟大，即便祂并不知道是否有人会接受祂、相信祂，但祂依然毫无保留地将自己完全献上。哪怕只有一个人愿意回应祂的爱，祂也甘之如饴。

因为真正的「舍己」与「爱」从来都不是廉价的，它总伴随着深刻的牺牲与代价。圣经说：“祂诚然担当我们的忧患，背负我们的痛苦，我们却以为祂受责罚，被上帝击打苦待了。哪知祂为我们的过犯受害，为我们的罪孽压伤。因祂受的刑罚，我们得平安；因祂受的鞭伤，我们得医治。我们都如羊走迷；各人偏行己路；耶和華使我们众人的罪孽都归在祂身上。”（以赛亚书53: 4-6）

在这次的活动中，教友们彼此配搭，同心协力，各尽其职。无论在哪个岗位服事都表现出高度的热情与投入。这次活动的成功，我们不是单凭个人的能力，而是依靠整个团队的默契与合一。每一位参与服侍的兄弟姐妹都与上帝的使命有份。我们要与上帝同心、与上帝同行、与上帝同工，携手并肩，完成使命。阿们！



诗歌班用音乐述说耶稣的故事



精心准备给来宾的圣诞礼物



孩童也歌颂耶稣为我们诞生的好消息



圣诞大餐是吸引人的好方法，也是进一步认识联谊的好机会

儿童亲子 崇拜

黄琳胜教士,
吉隆坡中文堂



三个小女孩携家长一同唱诗赞美敬拜



全体儿童班成员的献唱 - 保护我的是耶和华



靖恬小朋友带来崇拜的属灵信息

赞美不仅是成年信徒的特权，圣经显明一切受造之物都应向造物主发出赞美，包括婴孩与儿童。在主的眼中，孩童的赞美是纯真、宝贵的，也是主所看重的。

怀着这样的信念，吉隆坡中文堂萌生了首次举办儿童崇拜的念头。经过一段时间的筹备，这场儿童崇拜终于在2024年10月的一个安息日圆满落幕。我们深感感恩，教会中十位孩子与四个家庭同心协力，成就了这一美好的事工。

这次儿童亲子崇拜的主题是：“先求祂的国和义”。由于参与的孩子年龄较小，因此特别邀请了他们的父母共同参与崇拜的服侍，希望通过家长们的榜样带领，让孩子们感受到信仰的力量。整个崇拜流程由年龄介于三岁到十二岁的孩子们完成，虽然挑战重重，却充满了感动与恩典。

三岁苡庭的妈妈首次主持崇拜，致欢迎词并为奉献祷告。八岁祖语的爸爸则带领女儿和其他两位小女孩进行领唱。当屏幕播放孩子们分享赞美理由的视频时，赞美诗歌随之响起，温暖的旋律充满整个殿堂，既温馨又庄严。十二岁的女孩带领会众一起跪祷，献上牧养祷告。从她淳朴的祷告词中，可以听见孩子最单纯的赞美与感恩。

崇拜中还特别安排了由全体儿童呈现的两首诗歌：中文歌曲《保护我的是耶和华》和英文诗歌《Liken the Scripture》。孩子们身穿整齐的蓝色服装，天真无邪的笑容与悦耳动听的歌声，成为对上帝最纯洁的赞美。正如主所说：“让小孩子到我这里来，不要禁止他们，因为在天国的，正是这样的人。”（太19:14）

随后，七岁微恬的妈妈和十一岁乐谦的妈妈，一同向会众间收捐款。他们微笑致谢的举动，拉近了与会众的距离，也让孩子们首次接触到教会大家庭中这么多熟悉又陌生的面孔。最后，由十一岁的靖恬和他的爸爸一起分享信息“先求祂的国和义”，从孩子的视角到大人的理解，提醒我们以祂为首，领受恩典与祝福。也借此勉励我们回到孩子的样式（太18:3），学习他们的单纯与天真，用心灵和诚实赞美神，并将“先求祂的国和义”放在生命首位。

崇拜在一首诗歌中圆满落幕。看着孩子们带着喜乐与满足完成所有的崇拜环节，令人心中泛起涟漪。真好！上帝真好！这一看似不可能的任务竟然完成得如此出色！孩子们，真棒！愿一切荣耀都归给至高的阿爸父！

Christian Parenting Tips:

Tan Thiam Yun,
Children Ministries



Limit Your Child's Screen Time

“When it comes to screen time, we must guide our child when building “walls” or boundaries to manage the use of technology.”

Limiting technology in today's interconnected world is impossible. Smartphones simplify communication and learning but also offer games to unwind after a taxing school day.

What Does the Bible Say About Screen Time?

Modern technology has transformed how we communicate, think, and live. While the Bible doesn't mention screen time, it emphasizes self-discipline. Proverbs 25:28 warns, “A man without self-control is like a city broken into and left with no walls.” Parents must help children build boundaries around technology use.

As protectors, parents should heed 1 Peter 5:8: “Be alert and of sober mind. Your enemy, the devil, prowls like a roaring lion looking for someone to devour.” Take action to shield your child from the risks of excessive screen time.



The Effects of Too Much Screen Time

Excessive screen time is linked to several physical and mental health issues.

1. Irregular Sleep

Excessive screen time can disrupt melatonin production, making it harder for your child to sleep. Poor sleep quality may lead to increased appetite and fatigue.

2. Behavioural Problems

Video games can affect your child's attention, emotions, frustration tolerance, and impulse control. Relying on social media for interaction may also leave them feeling lonelier than face-to-face playtime.

3. Less Playtime

Excessive screen time reduces outdoor play, promotes sedentary habits, and increases the risk of obesity.

4. Difficulty in Concentration

Prolonged screen exposure can harm focus and reduce motivation for homework.

5. Eye Problems

Excessive screen time can cause computer vision syndrome, leading to blurred vision, dry eyes, and neck and shoulder pain.

Christian Parenting Strategies for Limiting Children's Screen Time

Explore these tips for Christian parents designed to cultivate healthier technology usage in our child.

1. Follow the Recommended Screen Time

Managing screen time requires time management, and busy parents can't monitor their child 24/7. Keep these screen time guidelines in mind:

- No screen time for kids under 2
- One hour per day maximum for kids ages two to 12
- Two hours maximum for teenagers and adults

TV time counts as screen time but can enrich family bonds. While circumstances may vary, the guidelines are helpful benchmarks.

2. Reading Time

Balancing work and family make quality time with your child challenging, but daily engagement is essential. Teach them about God through Bible reading, even if they don't fully understand. Early practice helps them learn the importance of dedicating time to God. After each session, give them space to respond and guide their understanding.



3. Talk About the Dangers of Too Much Use of Gadgets

Your child should understand the risks of excessive screen time to help them follow the rules. When discussing issues like cyberbullying, be mindful of their emotional capacity and address these dangers carefully.

4. Encourage Outdoor Activities -source

Since 1995, children have played less, partly due to technology. As a parent, encourage outdoor play, sports, and socializing with friends. Include your child in worship services to deepen their understanding of God. Above all, let them have fun without gadgets.

5. Engage in Community Service

Involve your child in helping others, teaching them the importance of “loving others as much as you love yourself.” Community projects like donation drives suit all ages. Engage in advocacy for a cause your family cares about, showing your child that their voice can make a difference.

6. Create Tech-Free Zones at Home

Create phone-free family moments, like dinner, where everyone shares stories. Prioritize bedtime, as blue light from smartphones disrupts sleep and energy. Introduce new bedtime activities, such as reading Bible stories or playing board games.

7. Model Healthy Screen Time Usage

Lead by example before applying these Christian parenting tips. During meals, avoid checking emails or social media, and focus on engaging with your child in the present moment.

Technology plays a significant role in your child’s life, but as a parent, it’s important to limit screen time with care, love, and prayer. Use these tips to create a nurturing environment for your child.

Reference:

<https://practicalchristianhelp.com/uk/screen-time-for-kids/>

Northern Region Harvest Evangelism 2024

by Joshua Gan,
Penang English

An evangelistic series titled “Life Changing Secrets” was recently held across four nights; 16, 17, 24, and 25 October 2024, at Penang English Seventh Day Adventist Church (PESDAC), Penang.

An average of 140 participants consisting of members of the public and church members attended the nightly meetings. The main speakers of this evangelistic meeting were Pastor Abner Dizon, Director of SSD Interfaith Services, and Pastor Rayne Clement, Pastor at Penang English who gave evangelistic seminars each night, covering the topics of prophecy and its relevance in our time and sharing hope in our unchanging God.

In addition to that, prior to the evangelistic seminars, Dr. Joseph Tean, a young dentist, Dr. Dicky Ng, Occupational Health Doctor / Lifestyle Medicine Doctor, Dr. Wilson Liew, Consultant General Surgeon and Ms Debbie Maklin, a dietitian, were also invited to give health talks every night, each sharing topics according to their respective specialist areas.

Giving awareness to health areas considered to be “mundane” by many, Dr. Joseph Tean stressed on the importance of proper care for teeth, along with practical tips on maintaining them. Dr. Dicky Ng shared about the occurrences of “sudden death”; a very relatable topic among the elderly who were present during the meetings. He expanded upon the health implications which causes it, and prevention strategies that everyone could apply. Dr. Wilson Liew spoke specifically on rectal bleeding and shared

his knowledge to the public, acknowledging that while it is a common disease, ignorance of it would often be its cause. Ms Debbie Maklin spoke on a healthy eating, specifically about unlocking the power of a whole grain diet. She emphasized that prevention is always better than cure, wrapping up the health messages that were shared across the 4 nights.

On the 26th of October, we had our Sabbath morning services in Berjaya Hotel to conclude the evangelistic series with talks titled “Hope for a Hopeless World” and “The Letter from Heaven”, both topics highly relevant to a generation that hungers for truth and hope in this world that is on a course for war and destruction. The surrounding churches attended the combined worship, namely, Penang English, Sungai Ara Adventist Fellowship, Penang Indian, Kulim Indian, Bukit Mertajam & Midlands.

Following that, a baptismal ceremony was held in the main church, where four precious souls who were convicted through study and guidance of the Holy Spirit, were baptized by Pastor Abel Bana, Malaysian Union Mission President.

We praise God for the opportunity to share the gospel through the health messages and evangelistic meetings. All heaven rejoices at the souls won for Christ and we pray that those He has touched would be drawn closer to Him in His time.



Health talk before the gospel message



Song service on one of the Evenings

青年之声之 | 暂停

彭业盛弟兄,
吉隆坡中文堂

“你们要休息，要知道我是上帝！我必在外邦中被尊崇，在遍地上也被尊崇。”（诗篇46: 10）

无论是成年人或青少年的生活里，匆忙的脚步，瞬息的改变，高压的环境，已成了大家离不开的生活习惯。在忙碌的人生中，暂停休息变成了一个奢侈的愿望，也因此时常忽略了与上帝的联系与沟通，进而影响了与圣灵的结合，影响属灵状况。

有鉴于此，吉隆坡中文堂青年团特意主办了名为“暂停”的青年营。为的是要让大家调转脚步，放下生活中的重担，好好休息。此次活动虽然只有两天一夜，活动安排虽然紧凑，但却在这短短的时间内，让大家得到充电的机会，也让大家重新审视自己与上帝的关系。

营会以两项破冰游戏开始，分别是保龄球活动和分组采购食材。此次营会分为四组，组内由不同年龄，不同职业，不同性别的青年人组成。旨在让大家能透过组别活动发挥团队精神。保龄球活动讲究团结得分，组内虽然有不同能力的组员，但却能互相鼓励和辅助。采购晚餐食材部分，讲究分工合作，不同的食材分布在市场不同角落，考验的是组员的合作精神，如何在最短的时间内采购完成并前往住宿的地方。



采购食材的游戏最终成果享受

晚餐后，进入正式分享的环节。青年团团长沙彭业盛作为分享者，以考验观察力的小游戏开始。从分享中能了解到，当我们生活节奏很快的时候，往往最容易忘记的就是上帝。想想在一天的行程里，到底有多少时间是留给上帝的呢？大家是否都把自己的活动塞得满满的，但却连简单的灵修或祷告都觉得没时间？暂停自己的脚步，重新审视自己生活的优先次序，是非常重要的。连耶稣都需要退到旷野祷告；连摩西都暂停了生活40年，更何况是我们呢？但是，暂停休息的是自己那忙碌不堪的生活，并不是暂停基督内的聚会。圣经希伯来书10：25这样说到：“你们不可停止聚会，好像那些停止惯了的人，倒要彼此劝勉。既知道那日子临近，就更当如此”。

第二天的早晨，由陈俞介姐妹带领灵修，她分享到如何能在忙碌中寻求从上帝而来的平安。无论在任何状态，都应该向上帝寻求平安。接下来的分享是由魏凯婷姐妹带领。她让我们知道，每个人都有内耗的时候，或多或少都会在意从别人口中的评价。但是我们更应该定睛仰望耶稣。停下脚步，放下焦虑，拒绝内耗，透过读经祷告，让自己的生活重新出发。张翊婷姐妹则藉着游戏让我们互相认识，互相认可，透过写出彼此的优点，从而让大家更了解彼此。

此次的营会虽短但却是一个很好的充电时刻，也再一次增进了年轻人之间的感情。透过彼此的分享中提到，忙碌的课业与工作，有时真的会压垮自己，导致没时间读经祷告。希望透过这次的营会，能让我们再一次回到上帝的身边。

愿我们彼此劝勉，互相鼓励，把上帝放在我们生命中的首位，以祂做我们的根基。这样我们才不会偏离脚步。适当的休息和暂停，让我们更亲近上帝，更专心仰望祂。愿上帝赐福大家。



以圣经信息彼此勉励花时间给我们的天父



放慢脚步花时间联谊，拉近彼此的情谊



其中一组采购组完成任务



体力考验的游戏让我们学习坚持

见证

尽头之外遇见神

苏佳庆,
双溪大年中文堂

新型冠状病毒在2022年横行起，政府就大力呼吁人们开始接种疫苗，先从医护人员和风险高的老年人，再儿童都鼓励务必要去打这新冠病毒的疫苗。就这样，从第一支疫苗去到要打第三支疫苗，每个人都胆战心惊，怕打了之后有什么副作用和后遗症。所以，在政府要求打第三支疫苗的时候，很多人都放弃不打了，也包括了我和我太太。

几个月之后，我太太郭丽芳在某私人医院做身体检查的时候，验出她得了乳癌，所以我们就从私人医院转去政府医院就医。治疗包括切除乳房、电疗、化疗、服用药物，全部疗程都不见效，此时，我和家人都非常的担心。最终，我们决定只好再到私人医院咨询试试。就这样，我们来到了檳城的檳安医院来跟进病情。檳安医院的医生说我太太目前患的是很罕见的皮肤癌。当时，医生用了最先进的新药物。但是一直到2024年4、5月，仍然无法压制我太太的癌细胞，医生对我太太的病也束手无策。从那时起，医生就告诉我们，他们已经尽力了，该用的最好最贵的药物也已经用上了。医生问我太太说：你相信主耶稣吗？或者你可以向上帝祷告。现在，除了神迹，无能为力了。这消息对我们一家人来说是多么大的失望和打击，就如宣判我们只有接受等待死亡即将的来临。

我们夫妻俩在双溪大年一直以来都有去过佛堂，偶尔去教会。一些庆祝的大日子如九皇爷，我们都有参加。在家，我太太也有读一些佛书、念经等等。经一位家里人说，经别念得太深，要不然撒旦会一直跟着她，从那一刻起，我太太就放弃不再看了。

就在此时，太太突然想起她小的时候有跟过姐姐去过教堂，之前的种种回忆就浮现脑海之中了。不久之后，在某一个早晨，不知道是否是上帝的安排还是巧合，我们竟然遇到了我太太小时候的符梅爱同学。久别重逢的她们滔滔不绝，相见甚欢。我太太就在此时和梅爱分享说要去教会的事宜。梅爱就热烈的欢迎和邀请我太太去她的教会。就因这样的巧合相遇，我们和梅爱在星期六来到了双溪大年方舟教会。

第一次踏进方舟教会的时候，见到几位陌生人，他们都很亲切，很热诚的欢迎我俩，我们对这里充满了惊奇和喜悦。教堂里面的布置很壮观，先进和美丽。我俩一来就感觉非常的喜欢和平安。

经过几个月参加此聚会之后，我们夫妻开始了查经。由梁辉牧师夫妇带领，再到素美姐妹细心的讲解圣经、分享耶稣的历史、基督教的来源等等。让我们对圣经有了见解和认可。主耶稣对这世间的爱和关怀，我们还有什么值得怀疑的呢？就这些种种的原因，我和我太太愿意接受主成为基督徒，信奉基督教。最终，我们俩在2024年12月14日受洗，接受主耶稣基督成为我们个人的救主了。

虽然病情还在，但是我们内心有着不一样的平安了。我们现在选择凡事交托，一切都交在上帝的双手。感谢赞美主，让我们在人的尽头的时候遇见祂。



苏佳庆（左），郭丽芳（中）和符梅爱同学（右）



吴麗麗（左1），郭丽芳（左2），苏佳庆（中），周选佳（右2），王育杰（右1）

神啊，我愿一生跟从祢

王育杰，
双溪大年方舟中文堂



王育杰（右）和父母



王育杰和胡森生教士（查经老师）



黄马强长老（左），王育杰（中），梁辉牧师（右）

我叫王育杰，今年23岁，来自吉打州。从小我便生活在一个基督教家庭，耳濡目染地接触圣经和信仰。然而那时的我对信仰仅停留在表面，从未深入体会过它的真实与力量。

直到后来在大学期间，我受邀参加基督复临安息日会的聚会。一开始，我只是抱着试试看的态度前往，却在每次聚会中感受到浓厚的爱与真诚的关怀。他们的生活方式让我印象深刻：无论是在言谈举止还是待人处事上，都流露出一种与众不同的平和与喜乐。

有一次，在小组聚会中，一位成员分享了彼得的故事。彼得曾因害怕而三次不认主，但后来因耶稣的宽恕与爱，他得以重新振作，成为坚定的信仰见证者。这段分享深深触动了我。我从小在基督教家庭长大，自以为对信仰已经足够了解，但彼得的故事让我意识到，信仰并不在于完美无缺，而是在失败与软弱中倚靠上帝的恩典，建立与祂之间真实而亲密的关系。这让我重新思考自己的信仰旅程，也渴望拥有像彼得那样的生命转变。

通过胡森生教士的引导下，我开始进行圣经学习课程，并逐渐认识到安息日的重要性。我发现，遵守安息日不仅仅是一个形式上的礼仪，而是与上帝建立关系、与祂同享平安的一个特别时刻。圣经中说：“当纪念安息日，守为圣日”（出埃及记20:8）。这让我明白安息日是上帝赐给人类的福气，是祂特别为我们预备的一份礼物。

在学习过程中，我的内心也经历了许多挣扎。我曾担心受洗后自己是否能真正过好信仰的生活，也曾害怕面对外界的质疑与挑战。但朋友们的鼓励和圣经的应许让我坚定了信心。腓立比书4:13告诉我们：“我靠着那加给我力量的，凡事都能做”。这让我明白，信仰的路并非依靠自己的能力，而是完全倚靠上帝的带领。

经过一段时间的祷告与思考，我决定将生命交托给主，并用行动回应祂的呼召。在2024年12月14日，我在教会的见证下受洗，正式成为复临基督安息日会的一员。这一刻，我感受到从未有过的平安与满足。我知道，从今以后，我的人生不再孤单，因为有了耶稣同行。

回顾我的信仰旅程，我深深感恩上帝的引领与恩典。祂通过朋友邀请我去教会让我重新认识祂；通过祂的话语让我找到人生的方向。正如圣经所说：“所以，若有人在基督里，他就是新造的人，旧事已过，都变成新的了”（哥林多后书5:17）。我相信未来的道路虽有挑战，但我可以凭着信心迈步，因为我已找到生命的真正依靠。

最后，我想用一句话与大家共勉：耶稣是道路、真理、生命，靠着祂，我们必能活出丰盛的生命。愿我的见证能够激励更多的人认识祂、接受祂。愿荣耀归于神。

重新跟随祢，永不再离开

吴丽丽，
双溪大年中文堂

我姓吴名丽丽，1965年出生，我非常喜欢绘画，也很喜欢花。曾经教过画画，目前是一位花艺师。

我来自一个大家庭，家里有很多大人和小孩。每天家里都是吵吵闹闹，哭声比笑声来得多。我除了上学，每天必须要帮忙做家务和照顾弟弟。

小时候我常给堂姐堂弟们欺负，但我不可以和伯父一家人投诉。若有一点小差错，我就会挨祖母的鞭打。家里给我一种非常害怕的感觉。我常问妈妈，为何祖母那么的讨厌我？无论我做对了什么，都得不到她的疼爱。在我不断的追问之下，妈妈终于告诉我，原来我是祖母眼中所谓的“扫把星”。因为在我出生的时候刚好家里伯父和马来人发生了口角打架的事情，所以祖母就认定我是个不吉利的孩子，硬要把我转送给他人收养。但是经过父亲的坚持，我才最终被保留了下来。

小时候在被祖母的打骂和冷暴力之下，我更喜欢呆在学校，不想回家。记得小学五年级，有一位邻家小姐姐非常疼爱我。她得知我的状况后，就开始传福音给我。记得她曾经对我说：别怕！有一位真神上帝非常爱你，祂知道你的难处，祂会帮你，祂会照顾你。就这样我常常和小姐姐一起读圣经，学习祷告。我当时非常的开心，终于感觉到被爱了。

直到上了中学，家人知道我要信主，极力反对。为了不让我母亲被祖母恶骂，我在不得已的情况之下，放弃跟随上帝。

在求学的时候常常看到同学们去学画画，钢琴和插花。我却只能羡慕，不能学，因为环境不允许。所以我就自己不断的自我学习。毕业后，我靠教画画为生。

非常的感谢上帝，我女儿在读大学的时候成了基督徒。2017年我们去台湾旅行的时候，她带我去参加一所教会。当时我非常开心，我和上帝说：谢谢祢，让我女儿再次的把我带回到祢身边。

在那教会里听到牧师说：You are fearfully and wonderfully made！上帝创造我们，恩赐我们拥有最棒的自己。我们每一个人，在上帝的眼里都是与众不同的，是最特别的。“我要称谢祢，因我受造，奇妙可畏；祢的作为奇妙，这是我心深知道的”。诗篇139:14

回来马来西亚后，我从新开始学着祷告，一心的想要跟随上帝。我不停的求上帝指点我，赐给我智慧，给我信心。“只要凭着信心求，一点不疑惑”（雅1:6）。

我相信上帝一定会让我学会我所不会的。慢慢的我从不



黄马强长老(左1)，吴丽丽和梁辉牧师



谭曼莲师母(左1)，吴丽丽和梁辉牧师(右1)

Healthy Recipe



Banana-Dates Cookies Healthy Snacks

Ingredients:

A	3 medium	<u>Banana</u>
	$\frac{3}{4}$ C	<u>Dates</u> , chopped
	$\frac{1}{2}$ C	Walnuts, chopped
	2C	Rollled oats
	$\frac{1}{2}$ C	Coconut flakes
	1t	Vanilla
	$\frac{1}{2}$ t	Salt

Method:

- 1** Mashed bananas and add all ingredients. Let stand for few minutes for oats to absorb moisture.
- 2** Drop from ice-cream scoop on to a non stick cookies sheet.
- 3** Heat oven to 170C degree and bake for 30 mins or until nicely browned.

Nutritional Fact

Healthy delicious cookies with no sugar added. Sugar leads to many dental and health problems. Six teaspoons of sugar can decrease the white blood cells to destroy bacteria by 25%. One can of soft drink has 6-10 teaspoons of sugar.

Recipe courtesy of:
Aeon Health Care

会画人像直到会画人像了。虽然不是完美的，但是至少我知道如何的作画，在花艺方面我也进步了。这种奇妙的感觉无时无刻的发生在我身上。感谢上帝，我知道祂时时刻刻的在陪着我，并教导我。祂不但是真神，也是我最棒的老师。

那时候，我开始不停的寻找教会。在一个偶然的会里我认识了素美姐妹，她带领我走进了基督复临安息日教会。在那里有温馨的感觉，有欢乐的笑声，我感觉回家了。非常好！

现在我在“画与花”的生活中，上帝给予我信心和智慧。在生活里我得到更多的关心和爱，我也学会了不怕失败，谦卑和更努力。2024年12月14日 我接受了耶稣基督的救恩，我成为了基督复临安息日会教友。

我永远记得第一次祢的爱，我要跟随主耶稣基督，不再离开，谢谢上帝。



吴麗麗和许素美姐妹 (查经老师)

UPCOMING EVENTS

2025 April

04-05	SS/PM	MAUM-PEM Bible Webinar	Online
04-06	HM	Health Age Plus Training	Northern
05	Ministerial	Day of Prayer & Fasting	PEM
11-12	CHM	CHM Leadership Certification Level 2	Online
12	Ministerial	GDME Seminar & Training	Central
12-14	PUB	LMS Training	PEM
19	Ministerial	GDME Seminar & Training	Central
26	Ministerial	GDME Seminar & Training	Northern
27	Admin	Executive Committee Meeting (2-Ye Mar 2025)	Online

2025 May

01-04	ASI	MAUM-ASI Annual Convention 2025	Sabah
03	Ministerial	GDME Seminar & Training	Southern
04	FM	Balancing the Use of Gadgets during Family Time	Kinta Valley
09-12	AY	7th PEM Pathfinder Camporee	PEM
10	Ministerial	GDME Seminar & Training	Kinta Valley
13-23	PUB	Big Week & LE Group Canvassing Program	PEM
16-17	WM	WM Leadership Certification Level 2 - Part 2	Online
17	AY	PEM World Adventurer Day Celebration	PEM
18	CHM	Ministry to Refugee Children	Central
24	Ministerial	GDME Seminar & Training	Central
24	CHM	World Day of Prayer for Children at Risk	PEM
24-25	WM	My Sister, My Friend-Young Girls Ministry	Southern
	SS/PM	PEM Bible Study Training & Graduation	PEM
30-01	WM	Young Women Evangelism Camp	Northern

2025 June

01-30	CHM	Bible Verse Marathan	PEM
05-08	Admin	AOY Conference	Northern
05-06	HM	Grace of Aging Camp	PEM
13-16	Admin	BM Camp	Central
13	FM	How to Reach Gospel to Non-Believers	Online
14	Ministerial	GDME Seminar & Training	Southern
14	WM	Women's Ministries Emphasis Day	PEM
21	Admin	AOY SALT Graduation	Central
28	Ministerial	GDME Seminar & Training	Northern
28	WM	Prayer Marathon + Journaling	Online
28	HM	Regeneration	Central

vision Article Submission Guide

You are welcome to write for the edification of our members. Share with us your experience with Christ. What's the latest with your local church?

We welcome scripts from all local church members of sister-institutions of Seventh-day Adventists in areas of:

News and Testimonies (800 to 1,600 words) , Evangelistic program and activities (400 to 800 words)

We reserve the right to edit / delete / reject all scripts to ensure that it is for the purpose of edifying our members.

Please note that unsolicited manuscripts will be subjected to the discretion of the Editorial Board.

Deadline:

-15th Jan (for Mar Issue)

-15th Jul (for Sep Issue)

-15th Apr (for Jun Issue)

-15th Oct (for Dec Issue)



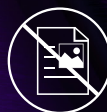
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Indicate name / pseudonym, church / organization



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BOOK PROMOTION

Buku pertama saya tentang kesihatan

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Cover: hard cover and colourful.

Buku ini adalah khas untuk kanak-kanak yang berumur 0-4 tahun. Ianya berkulit tebal dan setiap halaman buku ini juga tidak mudah dikoyakkan. Kandungan buku ini adalah mengenai lapan rahsia kesihatan yang kita kenali dengan singkatan NEWSTART.

Penyampaian buku ini mudah difahami kanak-kanak agar mereka dapat memahami konsep penjagaan kesihatan dan dapat mempraktikkannya bermula dari kecil lagi.



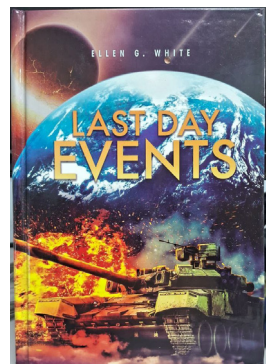
Last day Events (Ellen White)

Price: RM 65

Product from: Philippines Publishing House

Cover: Hard cover and colourful

This wonderful book by Ellen White will help you to discern the times we are living in. It will inspire you to know how to keep your faith in earth's darkest hour; how to watch and pray and not fall to deadly spiritual sleep. The future has arrived. Soon prophecy will have nothing left to fulfil. Read this book and be blessed.



VISION360°

Testimonies of the Church Video Series

NEW

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Episode 09 “Empowering Youth for God’s Mission” Pandamaran BM



“If not now, when else?” A youth asked herself this question, as she contemplated her role in God’s work. At Pandamaran BM Church, their youth ministry aims to instil each young person with this sense of service and empower them to serve NOW...giving the Lord the strength of their youth.



Watch and see how they are mobilising the youth to shine God’s light in this sin-darkened world.

Episode 10 “Building Character for Now & Eternity” Nibong Tebal Indian



Children fill the room, awaiting their next fascinating nature lesson. Using God’s wonderful creations as lessons for building character, the children are able to learn valuable lessons for life. The program aims to mould them to be faithful, firm and strong on principles. They soon become curious about the One who created nature and want to learn more about the Creator.



Watch and see how Nibong Tebal Indian Church is building characters for eternity.

Episode 11 “From Fellowship to Fruits” Sungai Petani Chinese



A warm, home-like atmosphere welcomes everyone as they arrive at the Ark Chapel on Sabbath morning for their weekly “care and chat” and prayer sessions. Through these sessions and fellowship groups, the church builds relationships and trains members to work together in outreach. As they experience God’s love in these family-like small groups, they are bringing in new souls to join them.



Watch and see how Sungai Petani Chinese Church is working as a family to advance the Lord’s work.



www.youtube.com/c/SDAPEM

Communication Department

The 7th PEM Adventurer & Pathfinder Camporee

"Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me", Mark 8:34



9th to 12th
May 2025

Canaan Valley
Heritage Park,
Serendah, Selangor

GROW IN MISSION 7th PEM Pathfinder Camporee

All fees include

- 8 Vegetarian Meals
- 1 Camporee T-Shirt
- 1 Camporee Patch
- 1 Set of Camporee Lanyard & ID
- 2-4 Adventurer Award Patches (2-4 Award Class)
- 2 Pathfinder Honor Patches (2 Honor Class)
- 4D3N Lodging
- Basic Insurance (On Camporee Ground Only)

Please contact local church club director/leader for registration.

Please contact Pr Weoi Siong Tan at 016-5213353 for more information.

Early Bird Fees/PEM Clubs Only (Registration Dat : 4th Jan to 14th Feb 2025)

Note: 250 slots available to choose for PEM territory clubs.

Age Range: 4yr to 12yr

- Camping Tent share bathroom: RM180 (Own Tent)
- Dormitory Room shared bathroom: RM200
- Quad Room attached bathroom: RM250
- Twin Room attached bathroom: RM360

Age Range: 13yr to 95yr

- Camping Tent shared bathroom: RM210 (Own Tent)
- Dormitory Room shared bathroom: RM250
- Quad Room attached bathroom: RM280
- Twin Room attached bathroom: RM380
- Single Room attached bathroom: RM840

Late Turtle Fees/Nor-PEM Clubs (Registration Dat: 15th Feb to 31st Mar 2025)

Note: Whatever slots are available only.

Age Range: 4yrs to 12yr

- Camping Tent: RM210 (Own Tent)
- Dormitory Room shared bathroom: RM230
- Quad Room attached bathroom: RM280
- Twin Room attached bathroom: RM390

Age Range: 13yr to 95yr

- Camping Tent: RM240 (Own Tent)
- Dormitory Room shared bathroom: RM280
- Quad Room attached bathroom: RM310
- Twin Room attached bathroom: RM410
- Single Room attached bathroom: RM870

