

# friendship LINK

MAR 2024 • 2024年三月

Living  
Sanctuary  
BRETHREN CHURCH  
圣殿福音教会



*Pursued By*  
**Love**

**Come and hear about the Father who sees you,  
knows you, and loves you.**

**31 Mar 2024 (Sun)**

9am to 10.30am

11.15am to 12.45pm\*

Alpha L2 Auditorium

\*Concurrent Children's Programme available only at 11.15am

Look inside for more details

**free**  
ADMISSION

# 祂 复活了!

谁复活了? 祂是何方神圣? 给我带来什么好处?  
您是否相信祂的复活能带来医治的能力, 生命的盼望和内心的平安?

若您身心灵有病痛创伤, 当天将有医治祷告!

**3月31日 (星期日)**

上午9.00至10.30

上午11.15至12.45\*

**4月3日 (星期三)**

下午1.30至2.45

**入场免费**

**圣殿福音教会 | 1楼礼堂**

\*上午11.15有儿童节目

# Did You Know?



L4 AUDITORIUM  
LIVING SANCTUARY  
BRETHREN CHURCH

SATURDAY  
**MARCH**  
**30** 4PM TO 6PM

Do you know the answer to  
the ultimate question?

Test your knowledge, earn points,  
and advance to win exciting prizes!

For youths aged 12 to 20 years old. Free admission.  
[yeopohcher@lsbc.org.sg](mailto:yeopohcher@lsbc.org.sg)

CHILDREN'S EASTER PROGRAMME

儿童复活节节目

游戏重启

FREE  
ADMISSION  
入场免费

PRESS  
RESTART

POV: YOU ARE ON YOUR WAY TO FIGHT THE FINAL BOSS,  
AND THE OBSTACLES ARE PLENTY. WILL IT BE **GAME OVER?**

想像：你正前往去挑战游戏的终极关主，而一路上困难重重。这将会是**游戏结束**吗？

DATE AND TIME

31 MARCH 2024 (SUNDAY)  
11.15AM TO 12.45PM

3月31日2024年（星期天）  
上午11:15至下午12:45

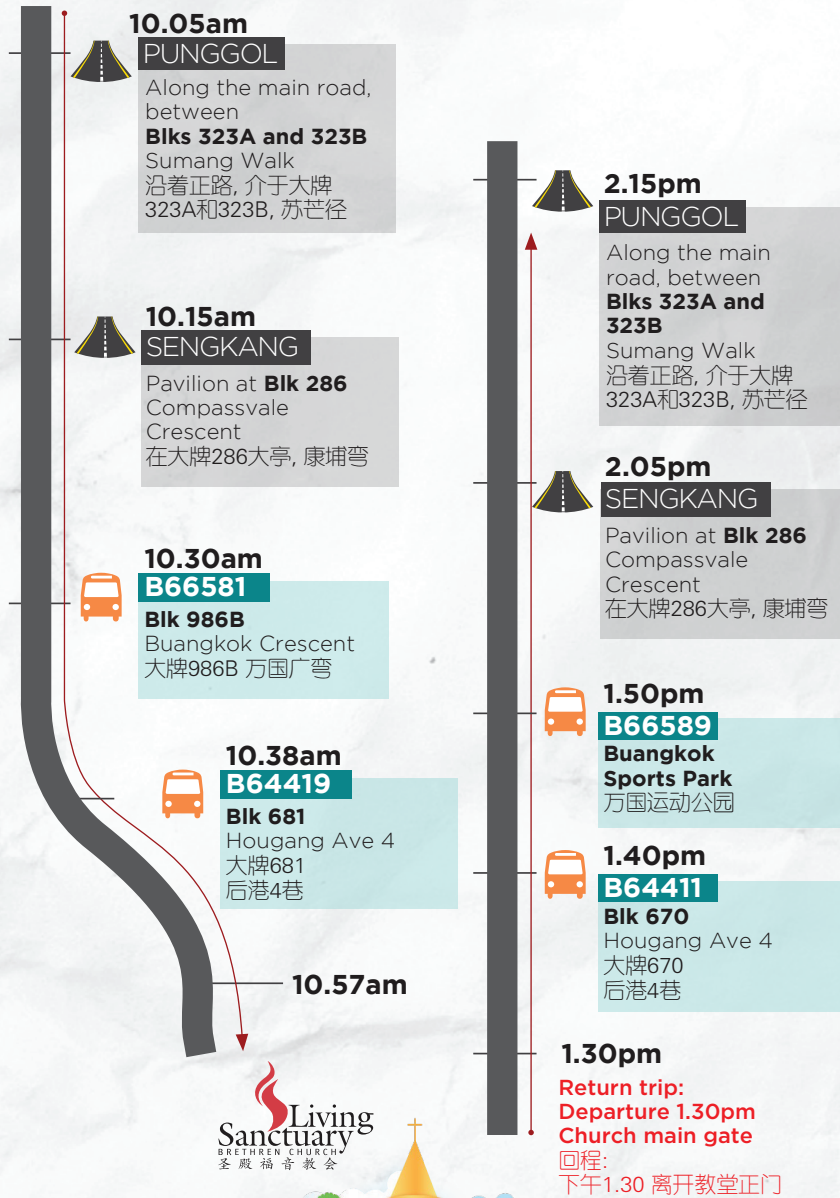


FOR CHILDREN AGED 4-11  
开放给4-11岁儿童参加





**Courtesy Bus Schedule  
for 11.15am Service  
to and from  
Living Sanctuary Brethren Church**  
星期天上午11.15崇拜会免费巴士服务  
来回圣殿福音教会



Road/路



Bus Stop/车站编号

# BCARE Programmes

## JOY CONNECTION STUDENT CARE CENTRE 喜乐学生培育中心

Joy Connection provides a safe and nurturing environment that supports your child's holistic growth and development.

- Daily supervision of school homework and preparation of spelling tests
- Tuition by ex-MOE teachers and experienced tutors
- Phonics reading
- Character building activities
- Fun and meaningful holiday programmes

喜乐学生培育中心致力于提供一个安全和培育的环境, 有利於您孩子全面成长和发育。

- 日常监督学校作业和准备听写测验
- 由前任教育部和经验丰富老师提供补习
- 语音阅读
- 品格教学
- 好玩又有意义的假期活动

**FEE 收费: \$420 per month/每月**



### To register 有意报名:

☎ 6315 4276 / 8533 6386

✉ joy\_admin@bcare.org.sg

📍 958 Hougang St 91 #01-268, S(530958)  
Beside Hougang 1 Mall

### Follow us 关注我们:

📘 joy connection student care centre

📷 joyconnection.scc

## SUBSIDISED READING PROGRAMME 低收费儿童阅读节目

"Read to Exceed" is a reading programme specially designed for children aged 5 to 7. The programme focuses on building a strong English foundation in children so that they are better prepared for primary school education.

Through the learning of phonics and educational games, the weekly programme also aims to cultivate an interest in the English language.

### Testimonial from parent:

My son was initially very weak in expressing himself as well as in reading simple words. After attending the programme, he started to enjoy reading a lot more. He has improved in how he expresses himself, which has enabled me to understand him better.

"以阅读来超越" 是专为5-7岁的儿童所主办的阅读节目。目的是为孩子们打好英语基础, 让他们进入小学做好充分的准备。

我们将用一系列的英文阅读教材, 通过语音阅读和教育游戏来促进孩子们对阅读和学习英文的兴趣。

### 家长的感言:

起初, 我儿子的自我表达和阅读简单词语能力很弱。参加阅读节目后, 他开始喜欢阅读。他的表达能力也有所提高, 这让我能够更好地理解他。

**FEE 收费: \$10 per month/每月**



### Eligibility criteria:

Household income < \$3,000 monthly or  
Per capita income < \$1,000

### 符合条件:

家庭总收入 < \$3,000 或 人均收入 < \$1,000

### Venue of classes 补习地点

- 242 Hougang Street 22 S(530242)
- 958 Hougang Street 91 S(530958)
- 287A Compassvale Crescent S(541287)

**Every Saturday, 10.30am to 12.00pm  
星期六, 上午10.30至下午12.00**

### To register 有意报名:

☎ 6340 4161

✉ admin@bcare.org.sg

Join us **TO FOSTER COMMUNITIES OF CARE!**

欢迎您来与我们促进关爱社会精神!

Volunteer with Us! 加入我们的义工团队!

Bring cheer to our beneficiaries including children, youths, seniors and persons with mental health conditions.  
为我们的受益人，包括儿童、青少年、乐龄人士和有心理健康问题的人带来欢乐。

For more information 任何查询:

🌐 [bcare.org.sg/volunteer](http://bcare.org.sg/volunteer)

✉ [florencekang@bcare.org.sg](mailto:florencekang@bcare.org.sg) (Florence Kang)

☎ 6340 4157

## DONATION

### 捐款

Visit [bcare.org.sg/donate](http://bcare.org.sg/donate) or [giving.sg/bcare](http://giving.sg/bcare)



UEN S96SS0198KD01

BCARE is an approved IPC (Institution of Public Character). Your donations are eligible for 250% tax deduction.

溢恩社会服务是一家经批准的公益机构。您的捐款可享受250%的税收减免。

For tax deduction matters, please email your name (as per NRIC), NRIC or FIN no. and contact no. to [colingoh@lsbc.org.sg](mailto:colingoh@lsbc.org.sg).

如要享受税收减免，请通过电子邮件发送您的姓名（根据身份证）、身份证或 FIN 号码。以及联络号码至 [colingoh@lsbc.org.sg](mailto:colingoh@lsbc.org.sg)。



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@ [bcaresg](#)



# THE POWER OF GREEN! 家庭园艺

Home gardening or horticulture is a therapeutic activity that channels calm from daily stresses. It is also a fun bonding activity to engage as a family as we disconnect to connect!

在家进行园艺是一项治疗性的活动，能够从日常压力中获得宁静。这也是一项有趣的亲子活动，让我们与外界的联系暂时隔离，来加强家庭的关系！

## Benefits of home gardening: 家庭园艺的好处:

- Increases level of physical activity and improves flexibility of joints
- Improves mood attributed to the rewarding experience of harvesting
- Encourages healthy eating
- Increases in knowledge about the environment and sustainability
- Develops motor skills in growing children
- 增加身体活动水平并改善关节灵活性
- 因体验收割的乐趣而带动情绪的改善
- 鼓励健康饮食
- 增加对环境和可持续性的了解
- 培养儿童成长中的运动技能



## Here are a few veggies and herbs you can try growing at home!

Most veggies contain a good amount of vitamins and minerals; let's explore the unique health benefits of the plants listed below:

### 以下是您可以在家中尝试种植的一些蔬菜和草药!

大多数蔬菜含有丰富的维生素和矿物质；让我们探索以下植物的独特健康益处：

Try out this activity with your loved ones!  
The best way to round up the fun is to cook and savour what you harvest!  
与您的家人一起进行这项活动吧！最佳的乐趣是烹饪并品尝您的收获！

### Kangkong 空心菜



#### Unique Health Benefits:

- Reduces blood pressure
- Increases immunity to fight against cancer
- Improves vision
- Protects the liver from toxins
- Treats skin diseases

#### 独特的健康益处:

- 降低血压
- 增强对癌症的免疫力
- 改善视力
- 保护肝脏免受毒素侵害
- 治疗皮肤病



Full sun  
充足的阳光



Once daily  
每天一次



1~2 months  
1~2个月





### Okra 秋葵 (Lady's Finger 羊角豆)



- Has anticancer properties
- Promotes brain health by protecting against inflammation in the brain
- Improves heart health by reducing cholesterol and blood sugar
- Promotes bone health due to the presence of vitamin K and calcium
- Promotes gastrointestinal health
- 具有抗癌特性
- 通过保护大脑免受炎症影响，促进大脑健康
- 通过降低胆固醇和血糖，改善心脏健康
- 因维生素K和钙的存在，促进骨骼健康
- 促进肠胃健康



Full sun  
充足的阳光



Once or twice a week  
每周1~2次



2~4 months  
2~4个月

### Rosemary 迷迭香



- Increases immunity to fight against cancer
- Blocks formation of tumours
- Pain-relieving
- Neuroprotective and improves brain ageing
- 增强对癌症的免疫力
- 阻止肿瘤形成
- 缓解疼痛
- 保护神经系统，改善大脑老化



Full sun  
充足的阳光



Twice a week  
每周两次



2~2.5 months  
2~2.5个月

### Lemongrass 香茅



- Natural remedy for digestive issues such as bloating
- Lowers cholesterol and blood pressure
- Prevents infection
- Antibacterial and antifungal
- Increases immunity to fight against cancer
- Anti-inflammatory
- 对消化问题如胀气具有天然疗效
- 降低胆固醇和血压
- 预防感染
- 抗菌和抗真菌作用
- 增强对癌症的免疫力
- 抗炎



Full sun  
充足的阳光



Every 1~2 days  
每1~2天



2.5~3 months  
2.5~3个月

### Bok Choy 小白菜



- Increases immunity to fight against cancer
- Supports thyroid function
- Boosts brain health
- Promotes heart health by regulating blood pressure
- Promotes bone health
- 增强对癌症的免疫力
- 支持甲状腺功能
- 支持大脑健康
- 通过调节血压，促进心脏健康
- 促进骨骼健康



Full sun  
充足的阳光



Once or twice a week  
每周1~2次



1~1.5 months  
1~1.5个月

**Places to get seeds: Supermarkets, nurseries or online stores.**  
**获取种子的地方: 超市、苗圃或网上商店。**

#### References 参考资料:

- [1] Edible plants. (n.d.). Retrieved from <https://gardeningsg.nparks.gov.sg/page-index/edible-plants/>
- [2] MedicalNewsToday <https://www.medicalnewstoday.com>
- [3] WebMD <https://www.webmd.com>

Experience the  
healing power  
of **JESUS** in *Healing* rooms  
**圣殿医治室**

**We pray for people who are unwell such as:**  
heart disease, diabetes, high blood pressure, cancer, depression,  
addictions, insomnia, children with autism  
and learning difficulties, and COVID-positive cases.

**HEALING ROOMS IS FREE OF CHARGE!**

\* It is for anyone of any age or religious background.

\* Every Tuesday (except Public Holidays)  
8pm to 9pm, Alpha Level 2 Room 207

**Pre-registration is REQUIRED.**

**我们为有病痛的人祷告, 如列下:**

心脏病, 糖尿病, 高血压, 癌症, 忧郁症, 瘾症, 失眠症,  
患有自闭症和有学习障碍的孩子, 确诊新冠肺炎。

**医治室祷告是免费的!**

\* 我们欢迎任何人, 任何年龄和任何宗教背景。

\* 每个星期二 (除了公共假期)

晚上8.00至9.00, 阿拉法 2楼207室

**须预先报名。**

**CALL TO PRE-REGISTER 预先报名:**

📞 **9437 5689**

**Tue to Sat, 9am to 6pm**

**星期二至星期六, 上午9.00至傍晚6.00**

## WORSHIP SERVICES

Join us on-site or online!

SUNDAY:

**English Services**

9am to 10.30am, 11.15am to 12.45pm

**Chinese Services**

9am to 10.30am, 11.15am to 12.45pm

**Children's Church**

11.15am to 12.45pm

SATURDAY:

**Youth Ablaze**

4pm to 5.30pm

WEDNESDAY:

**Chinese Service**

1.30pm to 3.00pm

📍 2 Hougang Street 22, S(538728) 🌐 [www.lsbcsingapore.org](http://www.lsbcsingapore.org)

☎ 6284 2000 ✉ [admin@lsbc.org.sg](mailto:admin@lsbc.org.sg)

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