



NEW LIFE

BIBLE-PRESBYTERIAN CHURCH

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"For the Word of God and for the testimony of Jesus Christ" (Rev 1:9)

Vol. 11 No. 25

LORD'S DAY 17 JUNE 2007

My dear readers,

COPING WITH THE STRESSES OF FATHERHOOD

On this Father's Day, we want to encourage all fathers to keep fulfilling their important role of fatherhood. According to a recent article in *Time* magazine, Asian fathers are shouldering more responsibilities than ever before. *"Every day, pleading overwork, millions of men cancel millions of promises made to millions of children. Dads cannot read bedtime stories or go to the park. Dads are in their offices, or on the road, or on conference calls.... Spurred by the fear that their incomes will dry up or their jobs will be cut, many men work longer hours in a bid to prove their indispensability."*

A complaint that is often heard when fathers share their woes with each other is, *"I am really stressed up now, doing the work of 2 or 3 people in my office."* A recruiting firm survey that was done last month revealed that Singapore is now second only to China in work-related stress. While 53 % of employees in China reported that they were stressed at work, Singaporeans are behind them by only 1 %!

Stress is not necessarily bad. It is quite normal and can actually help a person to concentrate, focus, and perform. It often helps us to reach our peak efficiency. In fact many people achieve their best work when they are under stress. The biblical expression, *"Gird up thy loins"* (e.g. Jeremiah 1:17) was used to exhort or command people to get themselves physically and mentally prepared to undertake a stressful task or face a stressful challenge.

What helps us to deal with this positive stress is that most of the time, there is a period of rest and relaxation after the task is accomplished or the challenge has been met. This gives our minds and bodies time to be refreshed and recharged before the next task or challenge comes.

The problem arises when you don't relax, or you can't relax when a challenge comes along. If you have no time to rest, the unending stress that this puts on your mind and body will take its toll. Constant stress is linked with many physical ailments – from tension headaches, and stomach ulcers, to hypertension and heart attacks.

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One of the main causes of constant stress is our technologically advanced environment. Although it is supposed to save us much time and labour and free us to pursue more important things in life, we seem to be working even harder and having much less time than we had before! Why is this so? It is because expectations have increased. The increased speed and efficiency that technology brings fosters a desire to take on additional responsibilities and activities.

The reasoning goes like this: Things that could not be done before can now be done. And since they can be done, they must be done! This gives rise to longer work hours, overtime work, work on weekends, at home and during vacation. Video-conferencing makes it difficult to escape from meetings and work obligations through the night!

Perhaps it is time for us to evaluate the choices we make instead of just following the trends and pressures of the world. In a book entitled, *The Husband Book*, Dean Merrill wrote: *"Our jobs are somewhat like the proverbial camel asking to warm its nose inside the Arab's tent. There's nothing wrong with being nice to camels, but they don't make good house guests. A job that is allowed to take over the entire life of a family is a job out of control. And it eventually wrecks the tent, everybody's out in the cold, including the camel. What has been gained? Many of us have known super-achievers on the job whose personal lives were in such shambles that eventually even their careers were destroyed."*

We who are fathers may do well to heed the advice given to Moses by his wise father-in-law, Jethro: *"The thing that thou doest is not good. Thou wilt surely wear away, both thou, and this people that is with thee: for this thing is too heavy for thee; thou art not able to perform it thyself alone."* (Exodus 18:17,18) Let us be realistic about how much we can really bear. Perhaps we should cut down our workload to a more manageable level. Each of us has personal limitations. It would be foolish to deny this. In fact a refusal to be realistic about our own capacity may cause us to strive unknowingly after omnipotence and omniscience which are God's alone!

Another major cause of stress is the inability to handle failure and frustration well. We Singaporeans have grown up in an achievement-oriented environment where failure is frowned upon. We are told that we can achieve anything if only we work hard enough. We are pressured to meet shorter deadlines and comply with ever increasing standards of productivity and efficiency (Don't we foster the same stress in our children when we expect nothing less than 80% for each test or exam?).

If we are able to meet these expectations, then well and good. But not everyone is able to do that. And not everyone who is able to do that can keep on meeting those expectations forever. As age catches up with us, and as more people perform better than us, there comes the inevitable sense of failure and frustration. The tremendous stress this creates can drive a person to total despair and even suicide!

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Such thoughts were echoed to God by Moses when he was burdened with the needs of 2 million people in the wilderness: *"Whence should I have flesh to give unto all this people? for they weep unto me, saying, Give us flesh, that we may eat. I am not able to bear all this people alone, because it is too heavy for me. And if thou deal thus with me, kill me, I pray thee, out of hand, if I have found favour in thy sight; and let me not see my wretchedness."* (Numbers 11:13-15)

How should we deal with failure and frustration? By learning to accept the things we cannot change, and acting upon those things that we can change. Look at your failures as opportunities for learning. The Bible records the failures of men whom the grace of God enabled to rise out of their failures. Your failures and frustrations serve a very useful function in revealing your finiteness. They teach you where your limitations are – limitations that you must now accept. They can also teach you to depend more on God and less on self (cf. Philippians 4:13).

Fathers, if you feel frustrated at your inability to provide as much as you want for your wife and children, take this as your cue to trust in your heavenly Father's sufficient provision for them (Matthew 6:30-32). If you ever feel burdened with a sense of failure because you have been retrenched from your job through no fault of your own, take this as a new adventure of faith to discover how God will work in answer to your family's prayer. How blessed and privileged you are! The precious lessons of faith you will learn will also enable you to empathise with and minister to those in similar straits later on.

And if your heart is heavy because of a child who has become rebellious and gone wayward despite all the faithful efforts, love, parental discipline and prayer that you and your spouse have put in to bring him up in the nurture and admonition of the Lord don't sink in despair. It does not mean you have failed as a father, for even Adam and Eve rebelled against God despite the best provisions He had made for them in the garden of Eden. A father must provide the best for his child, but if the child fails, he is ultimately responsible for it, not his father.

And yet there is still hope available to the wayward child: There is forgiveness, cleansing, and strength to change. These are always available to the child that goes astray. The best you can do then as a father is to pray and wait patiently for his return, and be ever ready to receive and restore him. The day may come when, like the father of the Prodigal Son (Luke 15:20), you will have the inexpressible joy of seeing him returning home in repentance!

The stresses that we Christian fathers face in this present age are indeed beyond our capacity to cope with. But with God's help and guidance we can and must press onward to be the fathers He wants us to be – fathers through whom God's blessings are poured forth upon their children!

Rev Charles Seet
(adapted from Life B-P Church's bulletin dated 17 June 2007)

Greetings from abroad for the 11th Anniversary of New Life Bible-Presbyterian Church, London

Dear Rev Lim Chee Boon , Pr Mok Chee Cheong, Task Force members and congregation of New Life BP Church, London,

Ebenezer BP Church congratulates you on your 11th Anniversary on 17 June 2007. New Life London is strategically located near Queens Park station where there is an endless stream of people passing by the Church. You are like a “Kelong” that will funnel people to the gospel and to meet with Jesus Christ. Additionally London is the capital city of the world so that travellers may find sanctuary and a place of worship when they pass through that great city. Please consider every visitor that drops in as a ministry and an occasion to share Jesus Christ. Hold lofty the name of Jesus our soon coming King.

Ebenezer BPC thanks the brethren in New Life London for your support for us in the purchase of our Church property in Kilsyth. We praise the Lord for your kindred spirit for the teaching ministry and your faithfulness in the gospel. We would like to invite you to visit us when you have an Australian tour. Please join us in our 8th Anniversary celebration on Sept 23, 2007, the first time on the lovely sanctuary at the foot of Mt Dandenong.

1 Cor 1:23,24
God bless you

Dr & Mrs Patrick Tan
On behalf of Protem Committee and congregation of Ebenezer BP Church

11 Jun 2007

Pr Mok Chee Cheong
New Life BPC
44 Salusbury Rd, NW6 6NN
London ,UK

Dear Pr Mok, Protem Committee members and members of New Life BPC,

Greetings in the name of our risen Lord and Saviour Jesus Christ. The session and members of Maranatha BPC rejoices with you and your members on this blessed commemoration of your church thanksgiving Anniversary.

This year is the 70th anniversary of the BP movement worldwide since it was inaugurated on 4 Jun 1937 by Dr Carl McIntire (who went home to glory in Mar 2002 and some others) at St James Hotel in Philadelphia, Pennsylvania with the Westminster Confession of Faith (1643-47) as our historic reformed creed for the propagation of the pure and unadulterated gospel and in the defence of the most holy faith in the midst of mounting modernism and liberalism of the early 20th century. Over the past 70 years, the Lord have blessed the BP movement with outreaches into more than 20 countries with the initiative of the Singaporean BPCs especially, the latest being a gospel beachhead into the great continent of India in Bangalore with the setting up of Covenant BPCI in May 2005.

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In 1991, a vital and needful ministry was sovereignly incepted in Europe with New Life BPC (London) during the sabbatical of Rev Eric Kwan of New Life BPC (Singapore) and we thank God for the opportunity to minister the Word to that congregation of about twenty in Jun 1992. In the fullness of time, using the instrument of both New Life and Calvary Pandan churches, the Lord had bountifully supplied this historic church building in 1996 as a tangible witness of His covenant mercies and grace to us all. The church under your faithful stewardship and leadership over the recent years have been providing edifying services to local residents and foreign students to the strengthening of the saints in the Word of God in the heart of London as well to the different ethnic communities in the vicinity. We were blessed by your zeal and warm fellowship during the recent Easter camp, seminars and services in New Life BPC in the study of Jonah and other themes. Of late, we are encouraged by your increased ardour in both local and foreign gospel missions and outreach to the saving of souls and partnership with Maranatha BPC in the extension of God's kingdom in these last perilous days. The growing zest and faithful service of the young people is also to be commended and encouraged to the strengthening of the church and its ministries.

It is our sincere prayer that you and the committee and members will be vigilant and alert against the subtle wiles of the evil one and continue steadfast to defend the faith once delivered to the saints and press on with the faithful teaching and preaching of the inerrant and sufficient Word of God, incessant prayer, gospel outreaches in the midst of spiritual confusion and indifference and ecclesiastical declension around us. By the Lord's enablement, let us forge ahead in greater consecration to Christ and strive to grow in spirit and in numbers and be an effectual and vibrant gospel lighthouse in London, UK, and beyond. Let us look up expectantly to our soon coming King and Great Saviour, Jesus Christ and be challenged to persevere on to honour and serve Him faithfully till He comes.

Kindly convey our sincere felicitations to your congregation on this God honouring occasion.

Rev Jack Sin
Pastor
On behalf of session of Maranatha BPC

WELCOME TO NEW LIFE B-P CHURCH LONDON

CHURCH THEME: WALK IN THE NEWNESS OF LIFE (Romans 6:4)

Our **worship services** begin promptly at **11.00 am and 4.00 pm**.

Please stay back for Bible Study and fellowship lunch after the morning worship and for tea after the evening service. Do invite your friends to come to Church.

Worship Services			WELCOME
Morning	<i>Today: 17/06/2007</i>	<i>Next Week: 24/06/2007</i>	We extend a warm welcome to all worshippers this Lord's Day.
<i>Chairman:</i>	Jonathan Kim	John Poh	
<i>Preacher:</i>	Rev Lim Chee Boon	Pr Mok Chee Cheong	
<i>Message:</i>	A Good Name	The Awesome Privilege of Serving in Christ's Kingdom	NEWS/ANNOUNCEMENTS
<i>Text:</i>	Ecclesiastes 7:1-15	Hebrews 12:28, 29	<ul style="list-style-type: none"> • Family Worship for the month of Jun 07 will be held on 27 Jun 07 (Wed) in Sis Yetta's home at 7 PM. For further details, please see Pr Mok. • Prayer Requests: (1) Pray for the students as they prepare for their coming examinations. (2) Pray for those suffering physical ailments: Elder Ford (knee pains), Barbara Tibby (early stages of Alzheimer), Susan Teoh (abdominal pain – awaiting scan results). • Those serving on the Lord's Day: Please gather behind the pulpit area at 10.30am for prayer. • Gentle Reminder: Please switch off your mobile phone or put it in silent mode during worship services. To keep the sanctity of worship, please refrain from bring food and beverages into the sanctuary. • School of Theology at Metropolitan Tabernacle: The theme for this year programme is "The Glory of Christ in the Working Church". It will be held from 3rd – 5th Jul 2007. For further details, please help yourself to the application form available at the Book Table. • Carry-In Lunch: Thank you to those who have contributed to the carry-in lunch today. • Happy Father's Day: We would like to wish all fathers a Happy Father's Day.
<i>Organist:</i>	Yanning	Anthony	
Evening			
<i>Chairman:</i>	Pr Mok Chee Cheong	Seetoh Yoong Chiang	
<i>Preacher:</i>	Rev Lim Chee Boon	Pr Mok Chee Cheong	
<i>Message:</i>	Why Know God?	I See What He Means	
<i>Text:</i>	Jeremiah 9:12-26	Romans 12:7	
<i>Pianist:</i>	Feng Qian	Joy	
Other Duties			
	<i>Today: 17/06/2007</i>	<i>Next Week: 24/06/2007</i>	
<i>Ushers</i>	Chin Kiong/Daniel	Jee/Evelyn	
<i>Sunday Sch:</i>	Yanning	Carol	
<i>Lunch:</i>	Carry-In Lunch	Magdalene	
<i>Washing-up:</i>	Volunteers	Volunteers	
<i>Bible Study:</i>	No BBK	BBK	
Appointments of the Week			
Fri 22 Jun	7:30 pm	Young Adults Fellowship: Led by: Pr Mok	
Sat 23 Jun	4.00 pm	Prayer Meeting & Bible Study: Spkr: Pr Mok	
Last Week's Worship Service Collections			
Offering:	£819.66	Lunch: £41.30	
YAF:	£32.00		
Memory Verse			
<i>Previous Week (June 07 Wk 2): 1 Peter 2:21</i>			
<p>²¹ For even hereunto were ye called: because Christ also suffered for us, leaving us an example, that ye should follow his steps.</p>			
<i>This Week (June 07 Wk 3): Ecclesiastes 7:1</i>			
<p>A good name <i>is</i> better than precious ointment; and the day of death than the day of one's birth.</p>			