



# Covenant

*DNA of Christ's Disciple*



9 Feb 2020

# Times

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## The Ministry of Spiritual Grandparenting

*Grandchildren are the crowning glory of the aged;  
parents are the pride of their children. – Proverbs 17:6*

I have noticed that there have been an increasing number of Grandparents in CPC. Praise God indeed! And just as most of our Grandparents have been the 1<sup>st</sup> Gen Christians, then they became the 1<sup>st</sup> Gen Married Couples, then 1<sup>st</sup> Gen Parents, now, they are 1<sup>st</sup> Gen Grandparents! With all the joy of yet another new generation by the grace of God, it also comes with all the responsibilities of Grandparenting.

*“How precious is the family as the privileged place for transmitting the faith. How important grandparents are for family life, for passing on the human and religious heritage which is so essential for each and every society!” (Angelus, 26 July 2013, quoted on p. vii.)*

Not everyone has this privilege but I do believe every mature Christian can spiritual parent and grandparent, inside or outside the family line.

As a young Grandparent, you will obviously be asking, “How do I become a Rocking, Superb Grandparent to my grandchildren?” It’s the same question we would ask and prep ourselves to be a godly spouse, a godly parent, and a godly in-law. “How can I be a great blessing to yet another generation?” I am glad you asked!

This 2020, CPC will run our 1<sup>st</sup> ever **Grandparents Retreat! It’s about Generations. It’s about Legacy...so**

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*Welcome!*

*God’s blessings be upon you as you join us for a time of worship and fellowship here at Covenant. If you’re a visitor, please refer to the back page for some helpful information that will enrich your time with us. We trust that you will be refreshed as you encounter Christ anew.*

*To be a God-fearing, Christ-centred, Spirit-led community, touching and transforming lives through holistic worship, healthy body life and passionate outreach.*

**Psalm 27**



*~ Ps Lai Mui Fong ~*

**Hello and Welcome to CPC  
1st Grandparents Retreat!**

**Venue: Changi Cove**

**Date: 1 - 2 May 2020**

**2D1N includes 2xLunches, 1xDinner, 1xBreakfast**

**Cost: \$190/pax, \$380/couple (for Twin Sharing & Members)**

***Registration Begins NOW!***

**Register with Mui Fong @ 8183 3394**

Speakers Address:

1. Evelyn Khong (Family Life Educator) – How can you be the super nice Ah Kong and Ah Ma without spoiling your grandchildren? Do you know your boundaries? Do you know the difference between Parenting and Grandparenting?
2. Isaac Chng (Founder of Social Enterprise ProAge) – How can I be physically fit & fruitful in my senior years? Physical frailty is a major contributor to falls and disability. We can reverse these declines and maintain independence throughout life by healthy ageing exercises for Frailty Reversal.
3. Benjamin Chan (ED of Empower Ageing Limited) – Building/Rebuilding Intergenerational Relationships, Generational Blessings.
4. Desiree Tan (ALPHA Coordinator) – Sharpen your Grandparenting Skill sets.

# ANNOUNCEMENTS

- ✝ **Happy Workout & Dance Fellowship** - both are suspended for the month of Feb due to the concerns of the Novel Coronavirus. We will review the situation and inform all if these 2 activities will start again in the subsequent months.
- ✝ The bringing of food & snacks on Sunday mornings (part of the 2 Fish & 5 Loaves initiative) to share with our fellow Covenantors at the refreshment corner - **In view of the current Novel Coronavirus outbreak in Singapore, we will temporary suspend this practice until further notice.**
- ✝ **Fresh Fire** - this Fri, 14 Feb @ 7.30pm Level 2. Let's come together for a time of prayer and encountering the Lord!
- ✝ **Social Media Awareness & Managing Tech Device Addiction.** Speaker: Ms Desiree Tan  
Sat, 15 Feb, 3 - 5pm @ CPC Level 2.  
To register please whatsapp to Ivy Tan @ 9222 8023
- ✝ **Are you ready for the World Christian Movement?** EPMC is organising this course, 8 Sat afternoons from 3 - 6pm & 1 Sat on 9 May from 9-5pm:  
Dates: Mar 7,14,21,28; Apr 4,18,25; May 2, 9  
Venue: All Saints Presbyterian Church #01-01 Bible House, 7 Armenian St, S(179932)  
Fees: \$70. Register by 26 Feb 2020  
Enrol at: [www.epmc.org.sg/kairos](http://www.epmc.org.sg/kairos)



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Website: <http://cplink.org.sg>

Church Manager : Hazel Lau  
Admin/Accts.Ex: Salinas J. Hope

## Pastoral Staff

Rev Keith Lai	8298 2171
Rev Abel Lee	9678 3205
Rev Henry Wong	9680 0679
Rev Christina Ong	9697 3911
Ps Lai Mui Fong	8183 3394
Pr Chin Yoke Fen	9247 9377
Pr Lionel Neo	9736 5245
Pr Keith Wong	9295 2452
Ps Susantha	8397 6351

## Sri Lankan Service

Rev Christina Ong	9697 3911
Ps Susantha	8397 6351

## Chinese Service

Rev Abel Lee	9678 3205
Pr Chin Yoke Fen	9247 9377

## CareWorks Community Services

Rev Abel Lee	9678 3205
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## Gladiolus Place

Michelle Tan	6348 5674
<i>Head Of Home</i>	

## Ministry Team Leaders

### Missions

Ho Chung Tat	9736 2690
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### Creche

Kong Soh Lian	9179 0263
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### Children

Jeremy Png	9006 4264
Andrew Lim	9737 7303
Zheng Shao Kai	9109 3835

### GB / BB

Pr Neo Shi Wei	9736 5245
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### Hospitality

Jenny Ho	9789 4895
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### Youth and Young Adult (YaYA)

Pr Keith Wong	9295 2452
Audrey Wong	9126 5329

### Freedom & Wholeness

Alfred & Jenny Koay	9856 8733
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### Worship

Ryan Kong	9752 9260
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### Chinese Seniors Alpha Course

Pr Chin Yoke Fen	9247 9377
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### Day Alone with the Lord

Ps Lai Mui Fong	8183 3394
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## **Worship Time**

English Services	9am & 11am
Chinese Service	9.30am
Chinese Saturday Service	10am
Sri Lankan Service	2pm
Discovery Group (English)	9.30am - 11am
Sunday School for K1 to P6	11am - 12.30pm
Crèche for Nursery & below	11am - 12.30pm
Youth & Young Adult Fellowship	11.30am - 1.30pm