

26 APRIL 2020

LAP BULLETIN

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TUNE IN

Facebook LAP Live Stream @ 9.30am

Sermon: When All Hope Was Lost by bro Ernest Lau

HYMNS FOR TODAY

Ladies' Corner

HOW TO KEEP CALM & CARRY ON IN COVID-19 TIMES

by sis Eunice Chua

NEWS & UPDATES

WE ARE HERE FOR YOU

Elders

Bro Jimmy Lau
Bro Michael Yeo

Deacons

Bro Jerry Cheong
Bro Benjamin Tan

Preacher

Bro Ernest Lau

Administrator

Sis Ser Ern

Holy, Holy, Holy!

12 12 12 10

Reginald Heber, 1826

Alt., *Hymn Tune & Service Book*, 1879

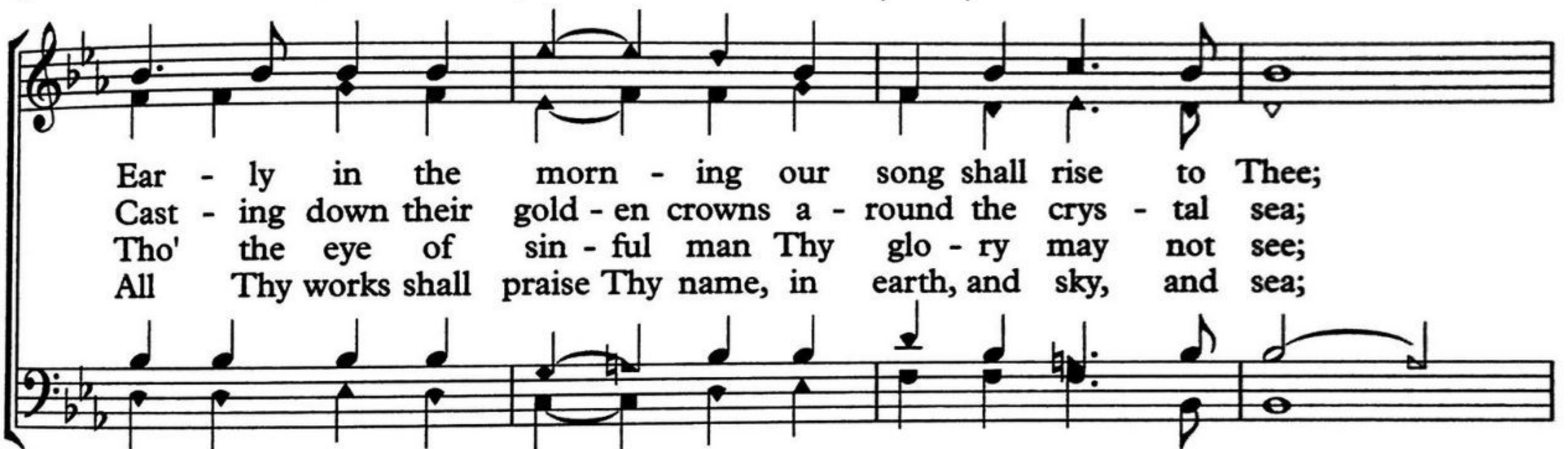
59

NICAEA

John B. Dykes, 1861



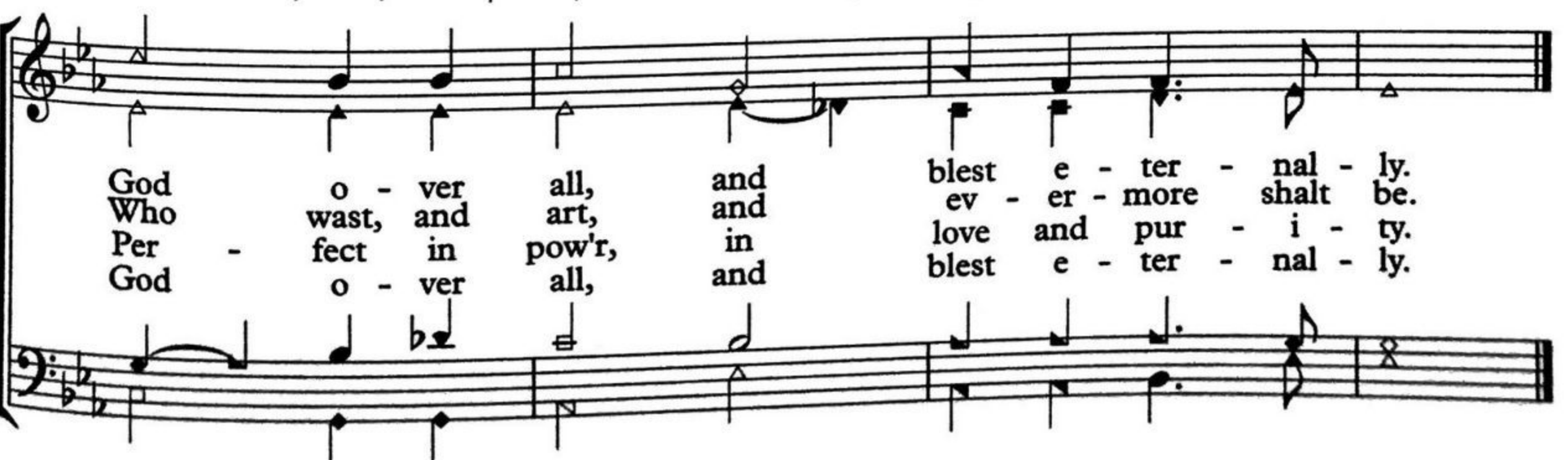
1. Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!
 2. Ho - ly, ho - ly, ho - ly! All the saints a - dore Thee,
 3. Ho - ly, ho - ly, ho - ly! Tho' the dark-ness hide Thee,
 4. Ho - ly, ho - ly, ho - ly! Lord God Al - might - y!



Ear - ly in the morn - ing our song shall rise to Thee;
 Cast - ing down their gold - en crowns a - round the crys - tal sea;
 Tho' the eye of sin - ful man Thy glo - ry may not see;
 All Thy works shall praise Thy name, in earth, and sky, and sea;



Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y!
 Cher - u - bim and ser - a - phim Fall - ing down be - fore Thee,
 On - ly Thou art ho - ly! There is none be - side Thee,
 Ho - ly, ho - ly, ho - ly! Mer - ci - ful and might - y!



God Who o - ver all, and blest e - ter - nal - ly.
 Per - fect in pow'r, and in love and pur - i - ty.
 God o - ver all, and blest e - ter - nal - ly.

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Whispering Hope

Septimus Winner, 1868

Septimus Winner, 1868
Arr., Michael R. Greene, 1990

1. Soft as the voice of an an - gel, Breath - ing a les - son un - heard,
2. If in the dusk of the twi - light, Dim be the re - gion a - far,
3. Hope, as an an - chor so stead - fast, Rends the dark veil for the soul,

Hope with a gen - tle per - sua - sion Whis - pers her com - fort - ing word:
Will not the deep - en - ing dark - ness Bright - en the glim - mer - ing star?
Whith - er the Mas - ter has en - tered, Rob - bing the grave of its goal;

Wait till the dark - ness is o - ver, Wait till the tem - pest is done,
Then when the night is up - on us, Why should the heart sink a - way?
Come then, O come, glad fru - i - tion, Come to my sad, wea - ry heart;

Hope for the sun - shine to - mor - row, Af - ter the show - er is gone.
When the dark mid - night is o - ver, Watch for the break - ing of day.
Come, O Thou blest hope of glo - ry, Nev - er, O nev - er de - part.

CHORUS

Whis - per - ing Hope, O how wel - come Thy
Whis - per - ing Hope, whis - per - ing Hope, Wel - come Thy voice, O how

HYMN #2

voice,
wel - come Thy voice,
in its sor - row,
in its sor - row,

Mak - ing my heart
Mak - ing my heart,
its sor - row, its sor - row,

ing my heart
mak - ing my heart
re - joice.
re - joice.

The musical score consists of two systems. Each system has a vocal line (treble clef) and a piano accompaniment line (bass clef). The key signature is three flats (B-flat, E-flat, A-flat). The first system contains the lyrics: 'voice, wel - come Thy voice, Mak - ing my heart, Mak - ing my heart, mak - ing my heart'. The second system contains the lyrics: 'in its sor - row, re - joice. in its sor - row, its sor - row, re - joice.' The piano accompaniment features a steady bass line with chords and some melodic movement in the right hand.

Will Your Anchor Hold?

776

WE HAVE AN ANCHOR
Priscilla J. Owens, 1874

William J. Kirkpatrick, 1882

1. Will your an - chor hold in the storms of life, When the clouds un -
2. It is safe - ly moored, 'twill the storm with - stand, For 'tis well se -
3. It will firm - ly hold in the straits of fear, When the break - ers have
4. It will sure - ly hold in the floods of death, When the wa - ters
5. When our eyes be - hold thro' the gath - 'ring night The cit - y of

fold their wings of strife? When the strong tides lift, and the ca - bles strain,
cured by the Sav - ior's hand; And the ca - bles passed from His heart to mine,
told the reef is near, Tho' the tem - pests rave and the wild winds blow,
cold chill our lat - est breath, On the ris - ing tide it can nev - er fail,
gold, our har - bor bright, We shall an - chor fast by the heav'n - ly shore,

REFRAIN

Will your an - chor drift, or firm re - main?
Can de - fy the blast, thro' strength di - vine.
Not an an - gry wave shall our bark o'er - flow. We have an an - chor that
While our hopes a - bide with - in the veil.
With the storms all past for ev - er - more.

keeps the soul Stead - fast and sure while the bil - lows roll, Fas - tened to the

Rock which can not move, Ground - ed firm and deep in the Sav - ior's love.



LADIES' CORNER

HOW TO KEEP CALM & CARRY ON IN COVID-19 TIMES

BY SIS EUNICE CHUA

Some of you may be familiar with the phrase “Keep Calm and Carry On” which was part of 3 posters designed by the British government in 1939 in preparation for World War II. Although we are not going through a physical war with any other country at present, at times it really does feel as though we are with the circuit

breaker measures. Just like a war, lives are also being lost and people are going through considerable suffering, some more than others. How can we as Christians maintain our sense of calm and peace during this period?

1. Trust that God is in control

Before the COVID-19 pandemic, death was not often on our minds. Nowadays, it is everywhere as the newspapers report on the daily death toll and the strain on healthcare systems around the world.

The threat of financial ruin was also not something we usually considered, but now global economies are reporting losses and closure of industries. It is natural to feel anxious because these are things beyond our control.

However, we must remember that our God is the Creator of the Heavens and the Earth (Genesis 1:1) and with God all things are possible (Matt 19:26). We must also trust God that whatever suffering He has allowed for us to experience, we will be able to bear it (1 Cor 10:13) and that as long as we seek to obey Him, all things will turn out for good (Rom 8:28).

2. Pray to God

Prayer is an often under-utilised tool in the Christian's armamentarium. It is through prayer that we have direct access to God, the Mighty Creator and we as His children, have the ability to petition and make our requests to Him. As Christians, we ought to have confidence that God will hear our prayers (1 John 5:14) and keep praying all the time (Eph 6:18)! It is also through prayer that we can unload our fears to God and He will comfort us (Psalms 4:1).



**HEAR ME
WHEN I CALL,
O GOD OF MY
RIGHTEOUSNESS:
THOU HAST
ENLARGED ME
WHEN I WAS IN
DISTRESS;
HAVE MERCY
UPON ME, AND
HEAR MY PRAYER.
(PSALM 4:1)**

**3. Get comfort from God's Word**

God's Word is a rich repository of examples that remind us of God's faithfulness and love for His people. It is through His Word that we can get encouragement and hope in the midst of our suffering (Rom 15:4). When I was feeling particularly worried about the pandemic, I came across an article that led me to read 2 Kings 19 and 2 Chronicles 32 where we see King Hezekiah petition God to save Israel from the large invading Assyrian army. With the prayers of Isaiah and King Hezekiah, we see God's power in soundly wiping out the Assyrian army overnight. This reassured me that even when we are at our wit's end and the game seems almost up, God is able to deliver us from our troubles, so long as we trust in Him.

4. Practice discernment in our use of social media and consumption of news

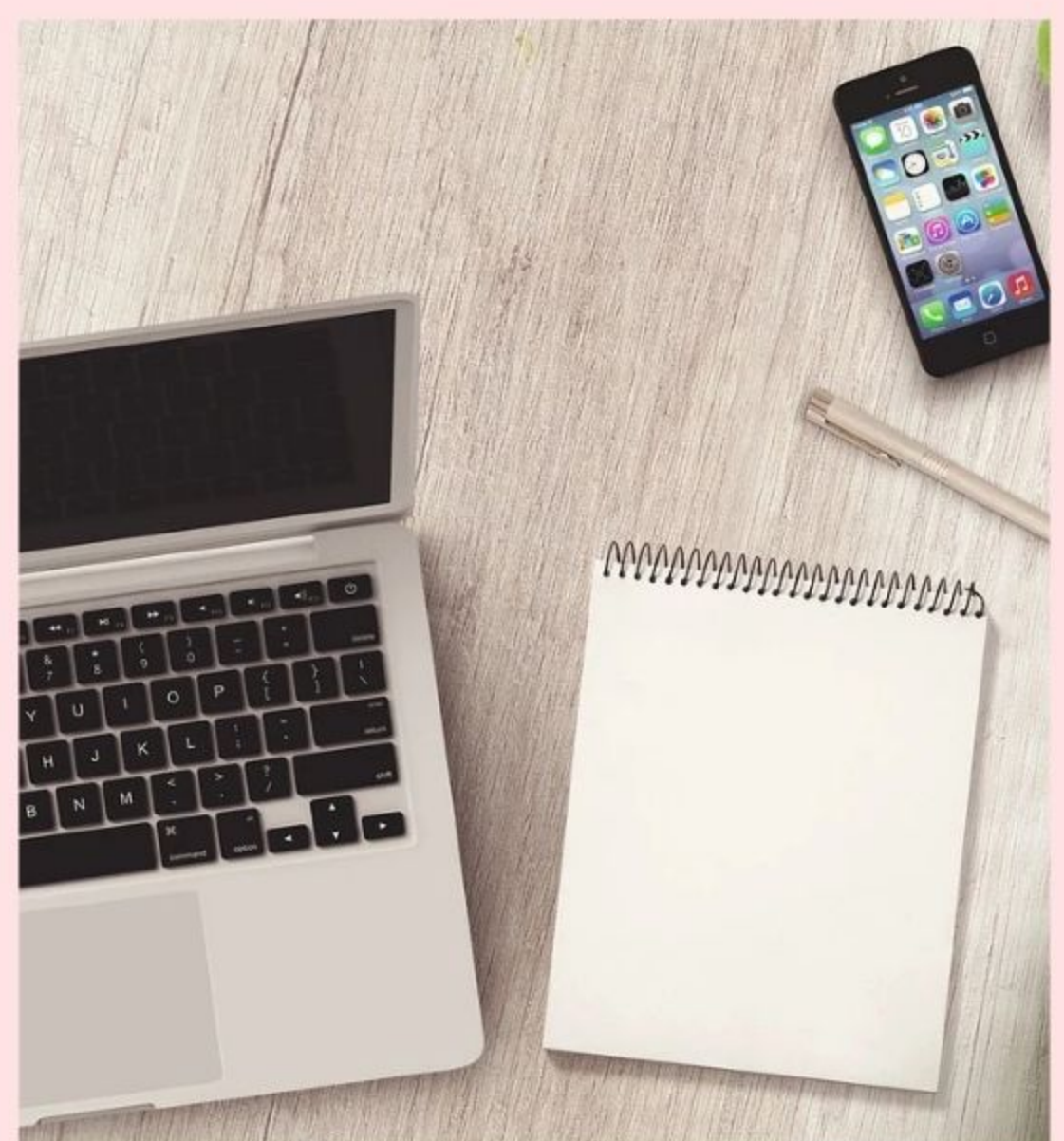
Although technology has proven to be a real asset during this circuit breaker, there are also downsides to too much technology usage. News articles and opinion papers abound on different perspectives on the pandemic.

I am not suggesting that we deliberately ignore what's going on in the world, but rather to be intentional in our consumption of news in order not to add on to our anxiety. If you find yourself fretting too much about what's going on, give yourself some time away from social media and take a break from the news. We also must be careful not to fall prey to fake news, which usually aims to stir up anger and divisive feelings, but rather to read news from reliable sources. I've also observed a growing number of "experts" on COVID-19 who share various personal non-scientific ideas on how to combat the virus. Some may be common sense advice, but others may be downright dangerous. Before posting or sharing any article, ask yourself why you are posting the article and whether it is necessary as you may be feeding someone else's anxiety by posting it. Drawing from Philippians 4:8, consider if what you are posting or sharing is true / honest / just / pure / lovely / of good report.

5. Keep in touch with fellow Christians

I am thankful that my parents (whom I'm living with) are Christians and can worship

together with me on Sundays. Recently as I was working on Sunday, I had the experience of worshipping alone in my room after I returned from work. It was hard to churn up the spirit of togetherness when I was physically worshipping alone. I can only imagine how tough it must be for those who are the only Christians in their household. It is even more difficult for those whose family members may not support them in their faith or even ridicule them for worshipping God. It is also challenging for our brethren who live alone as well as our brethren who reside in nursing facilities who have been barred from attending services since early February. We need to remember to keep in touch with each other, in order to encourage and pray for



each other. Although we may not be able to meet physically, look beyond the one-liner whatsapp message and consider having a proper phone call or an online meeting instead. The good ol'fashioned handwritten letter can also be a special way to keep in touch and bring a smile to a struggling brother/sister-in-Christ.

6. Look after our bodies

While most of Singapore stays at home, it is easy to lapse into idleness - both physical and mental. In order to better cope with this stressful period, it is important to eat wisely and get sufficient rest.

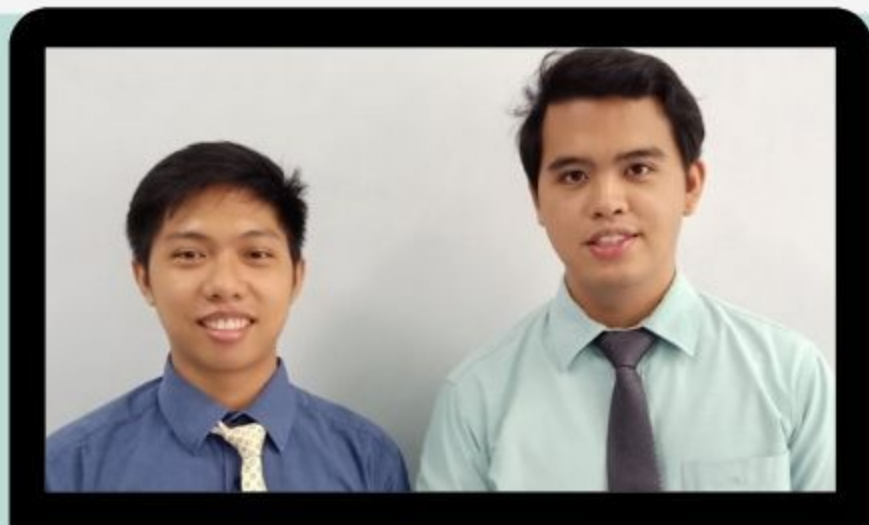
While you may wish to support your favourite local hawkers, do be mindful about eating well and avoid excesses of food that is high in sugar, salt and fat.

Keeping physically active may be challenging with the social distancing but there are many online workout videos that you may choose to do in the comfort of your home. Avoid watching drama series or doing work late into the night as chronic sleep deprivation can make your immune system more susceptible to infections.

7. Count your blessings

When you find yourself with too much time on your hands, consider writing down a list of all that you are thankful for. Showing gratitude regularly has long-lasting positive effects on our mental health and may even improve performance in our prefrontal cortex, the area of our brain that controls learning and decision-making. This season has been full of challenges but at the same time, it has made me acutely aware of things we have always taken for granted, as well as blessings that God has richly given to us. I am thankful for our country's good governance, the servant-leadership examples I have seen from my seniors at work, the dedication and sacrifice of many of my healthcare colleagues, the tenacity and creativity of the teachers who tirelessly conduct the online learning for the students, the perseverance and hard work of the essential service workers, the generosity and care that volunteers have in helping those who are struggling. All these are things to be thankful for,

PRAISE GOD!



FAREWELL

Bro James Mira and Bro Dave Tapiro (graduates of the Class of 2019) will be finishing their studies (wrap-around) at Four Seas College and are scheduled to leave for home on 2 May, Sat. We thank them for their service with LAP and wish them Godspeed in their future endeavours for the Lord. Please keep them in your prayers as we bid farewell to them.

BIRTH OF BABY JAMES!

Our heartiest congratulations to **bro Isaac and sis Wenyu** on the delivery of baby James Chua on 24 April 2020. Both mother and child are doing fine and we thank God for his blessings for the safe delivery. Please continue to pray for the health of both mother and child.



OVERSEAS

- Bro Kenneth Liong & sis Iris in San Francisco
- Sis Shuan Kwee in Hong Kong



HEALTH

- Sis Baby's, sis Yeoh's, sis Rosalind's, sis Swee Inn's & bro Winston's health
- Sis Suan Kiang's & sis Linda's health
- Bro Soo Ping's recovery from his spine surgery
- Sis Jasmine Lim's mother's recovery from fractured ankle

PREGNANCY

- Sis Cynthia Lee (Jun)
- Sis Melissa (Aug)



NSF

- Bro Titus
- Bro Shawn
- Bro Zachary
- Bro Wei Xiang



THIS WEEK

27 Apr (Mon)

- Jaslyn

29 Apr (Wed)

- Susan Goh

NEXT WEEK

8 May (Fri)

- Timothy