

friendship LINK

DEC 2024 • 2024年十二月

Living
Sanctuary
BRETHREN CHURCH
圣殿福音教会

CHRISTMAS AT KOVAN 2024

圣诞在高文

A LIGHT AT KOVAN 照亮高文

14 DEC 2024 (SAT) 12月14日(星期六)
晚上6.00PM - 8.30PM

KOVAN HUB 高文汇
BLK 206 HOUGANG ST 21 S (530206)

FREE
ADMISSION
入场免费

JOINING US 参与嘉宾

MR ALEX YEO SHENG CHYE • 楊陞才先生

Adviser to Aljunied GRC Grassroots Organisations (Paya Lebar)
阿裕尼集选区基层组织顾问 (巴耶利峇)

GAMES, PHOTO BOOTH, CANDY FLOSS, ICE CREAM, GIFTS AND MORE!

游戏、拍照亭、棉花糖、冰淇淋、礼物，还有更多惊喜！

While stocks last 送完为止

Jointly organised by

Living
Sanctuary
BRETHREN CHURCH
圣殿福音教会



Racial & Religious
HARMONY
CIRCLE
www.harmony.gov.sg

Supported by



Paya Lebar CCC


A Light

IN THE  DARKNESS

22 DEC (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



Come and listen to one man's
journey of healing and
reconciliation with his father.

Free Admission

最棒的礼物

一件礼物可以增进人与人之间的友谊、
可以向对方传递一份关爱。
让我们在这圣诞佳节献上一份为您
而准备的礼物。

12月22日 (星期日)

上午9.00至10.30 | 上午11.15至中午12.45

12月25日 (星期三)

下午1.30至2.45

圣殿福音教会 | 阿拉法1楼礼堂
入场免费

A YOUTH CHRISTMAS PRODUCTION

THE TABLE OF GRACE

God is with us - in the big, life-changing moments and the small unseen ones. Will you come to the table?

FOR YOUTHS AGED 12 TO 20 YEARS OLD.
FREE ADMISSION



21 DEC (SAT)
4.00pm to 5.30pm
Alpha L2 Auditorium

Living Sanctuary Brethren Church
📍 2 Hougang St 22 S(538728) 📞 6284 2000

意想不到的礼物：
圣诞音乐剧

AN UNEXPECTED GIFT

A CHRISTMAS MUSICAL



Sammie was searching for happiness until she discovered an unexpected gift. Come witness a heartwarming tale this Christmas season!

Sammie 在寻找快乐中发现了一份意想不到的礼物。
在这圣诞佳节, 来与她一起来经历一个温馨的故事。

22 DEC (SUN)

11.15am to 12.45pm

Omega L2 MPH

12月22日 (星期日)

上午11.15至下午12.45

俄梅戛2楼礼堂

For children aged 4-11 | 4-11 岁儿童 | FREE ADMISSION 入场免费

Christmas Focaccia

圣诞意式佛卡夏面包



Step 1 步骤 1

Combine lukewarm water, yeast and sugar, cover and let sit for about 10 minutes until it becomes bubbly. In another bowl, whisk flours and salt, then combine with the bubbly yeast, kneading into a dough.

将温水、酵母和糖混合，盖上静置约10分钟，直到起泡。在另一个碗里，将面粉和盐混合，然后加入起泡的酵母液，揉成面团。

Step 2 步骤 2

Knead the dough on a floured surface. Grease it with a tablespoon of olive oil. Place it in an oiled bowl (olive oil) to rest for 2 hours.

在撒了面粉的表面上揉面团，用一汤匙橄榄油抹在面团上。把面团放入抹了橄榄油的碗中，静置2小时。

Step 3 步骤 3

Grease a lined 9 x 13 inch baking tray with 1-2 tablespoons of olive oil. Place the dough on the baking tray and pat it evenly until it covers the tray. Cover again and let rest for 1-2 hours.

在铺了烘焙纸的9 x 13英寸烤盘上抹1-2汤匙橄榄油。将面团放在烤盘上，均匀按压至覆盖整个烤盘。再次盖上，静置1-2小时。

Step 4 步骤 4

Preheat the oven for ½ hour at 210°C. Rub 2 tablespoons of olive oil evenly on the dough and, using all of your fingers, press down to create dimples. Decorate with rosemary and cherry tomatoes to create a Christmas tree. Sprinkle it with flaky salt and bake for 25~30 minutes until the underside is golden. Let it cool for 10 minutes before cutting and serving.

预热烤箱至210°C，预热半小时。在面团上均匀抹2汤匙橄榄油，用所有手指按压，形成凹陷。用迷迭香和樱桃番茄装饰，摆出圣诞树形状。撒上海盐碎，烘烤25~30分钟，直到底部呈金黄色。冷却10分钟后，切块食用。

References 参考资料:

[1] Gandara, S. (2023, December 14). *Christmas focaccia*. Sunny Gandara. <https://sunnygandara.com/christmas-focaccia/>

FOCACCIA INGREDIENTS

佛卡夏面包配料:

- 500ml of Lukewarm water
- 7g of Instant yeast
- 12.5g of Sugar
- 250g of Bread flour
- 250g of Plain flour
- 8g of Flaky sea salt
- 6~7 tablespoons of Extra virgin olive oil

- 500毫升 温水
- 7克 速溶酵母
- 12.5克 糖
- 250克 面包粉
- 250克 普通面粉
- 8克 海盐碎
- 6~7汤匙 特级初榨橄榄油

Garnish 装饰:

- 3-5 Rosemary sprigs (or desired amount)
- 8~10 Cherry truss tomatoes on the vine (or desired amount)
- 3-5根 迷迭香(或适量)
- 8~10颗 带枝樱桃番茄(或适量)



Try it out and share your creation by tagging @lsbc_cp on Instagram!

不妨试试，然后在Instagram社交媒体，分享您的创作，并附上@lsbc_cp!

PEARL CARE CENTRE 珍珠学生托管中心

Pearl Care Centre provides a safe and nurturing environment that supports your child's holistic development.

珍珠学生托管中心为您的孩子提供一个安全和温馨的环境, 有助于他们的全面发展。

- Supervision of school homework 监督学校作业
- Character education 品格教学
- Engaging indoor and outdoor activities 有趣的室内和户外活动
- Fun and meaningful school holiday programme 好玩又有意义的假期节目

To register 有意报名:

☎ 6343 8737

✉ support@pearlcarecentre.org

📍 Block 162 Punggol Central, #01-01 S(820162)

PEARL
Care Centre



BCARE Programme

SENIOR CONNECT @ 574

574 乐龄连线

Visit our newly renovated centre! Start your mornings with friends and laughter! Grow your friendship over coffee and tea as well as fun activities.

来参观我们新装修的中心! 和朋友在欢笑声中一起度过您的早晨! 喝杯咖啡, 玩些游戏, 让友情更坚固。

Activities 活动:

- Exercises 运动
- Arts and Crafts 手工艺
- Games 游戏
- and more! 以及更多!

Join Us! 欢迎您来参与!

Monday to Friday, 8.30am - 5.30pm
星期一至五, 上午8.30至下午5.30

☎ 6387 0686

✉ 574_admin@bcare.org.sg

📍 Blk 574 Hougang St 51, #01-09
S(530574)



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!

Be the extension of our hearts and hands to bring cheer to our beneficiaries including children, youths, seniors and persons with mental health conditions.

延伸我们的爱心, 为我们的受益人, 包括儿童, 青少年, 乐龄人士和有心理健康困扰的人士, 带来欢乐。

For more information 任何查询:

🌐 bcare.org.sg/volunteer or giving.sg/bcare

✉ florencekang@bcare.org.sg (Florence Kang)

☎ 6039 1169

DONATION 捐款

December is the season of giving! Share the spirit of joy with those who are less privileged.

十二月份是献给的季节! 与有需要帮助者分享这份喜乐。

Visit bcare.org.sg/donate or giving.sg/bcare



UEN S96SS0198KD01

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

For tax deduction, please email your name (as per NRIC), NRIC or FIN no. and contact no. to finance@bcare.org.sg.

溢恩社会服务是一所受批准的公益机构。您的捐款可享有250%的税收减免。

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), 身份证号码或国外身份证号码, 及联络电话至finance@bcare.org.sg。



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加入我们的社交媒体!

📷 in 🎵 bcaresg

📺 bethesdacare

MAKING A DIFFERENCE THROUGH CURRICULUM

通过教学课程, 做出改变

Living Sanctuary Preschool offers a curriculum designed to meet the needs of its children, covering essential learning areas such as Language and Literacy, Numeracy, Motor Skills Development, Discovery of the World, Aesthetics and Creative Expression. Beyond academics, children develop resilience and social-emotional competencies daily through problem-solving, learning values, role-play, and outdoor activities that promote learning beyond the classroom.

The preschool features a large dramatic play area with a miniature neighbourhood setup, including a clinic, supermarket, florist, salon, home corner, café, and ice cream parlour, where children engage in imaginative role-play, enhancing communication and decision-making skills. Additionally, the Science Centre allows children to practise science process skills like prediction and observation through hands-on experiments, encouraging creativity and exploration with their peers.

圣殿托儿所提供了一个符合儿童需求的课程, 涵盖了语言与识字, 数学, 运动技能发展, 探索世界, 以及美学和创意表达等重要学习的领域。除了学术, 孩子们每天通过解决问题, 学习价值观, 角色扮演和户外活动, 培养他们的抗挫能力及社会情感能力, 促进课堂以外的学习。

托儿所设有一个大型的戏剧区, 内有一个迷你社区场景, 包括诊所, 超市, 花店, 发廊, 家居角, 咖啡馆和冰淇淋店。孩子们可以在这里进行想象力丰富的角色扮演, 提升沟通和决策能力。此外, 科学中心让孩子们通过动手实验, 练习预测和观察等科学过程技能, 与同伴合作来激发创造力和探索精神。

LIVING SANCTUARY



CHILDCARE
圣殿托儿所

Age group: 0-6 years old

Session Timings

Every Monday to Friday
(except Public Holidays), 7am to 7pm

年龄: 0至6岁

上课时间: 每星期一至星期五

(公众假期除外), 上午7.00至傍晚7.00



LIVING SANCTUARY



PRESCHOOL

REGISTER

for a campus tour now!

现在就来注册

游览校园吧!

Call or email us to arrange for a no-obligation visit for you and your child to find out more about our centre.

请致电给我们, 以便为您和孩子安排一次无条件性的访问和了解更多关于我们的中心。

For enquiries 若有讯问:

Living Sanctuary Preschool
圣殿托儿所

☎ 6283 3373 / 6214 0078

✉ lscadmin@lsbc.org.sg

Monday to Friday,

9am to 4pm

星期一至星期五,

上午9.00至下午4.00



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, pains, allergies as well as for children
with autism and learning difficulties.

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, 如下:

心脏病, 糖尿病, 高血压, 癌症, 忧郁症, 痲症, 失眠症,
患有自闭症和有学习障碍的孩子。

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

When the struggles of life get to you,
or if you know someone who could use some support:

Samaritans of Singapore (SOS):

1767 (24-Hour Hotline)

9151 1767 (24-Hour CareText)

You can choose to remain anonymous.

All information shared with SOS remains confidential.

WORSHIP SERVICES

Join us on-site or online!

SUNDAY:

English Services

9am to 10.30am, 11.15am to 12.45pm

周日崇拜会:

上午9.00至10.30,

上午11.15至下午12.45

Children's Church (Aged 4-11)

11.15am to 12.45pm

SATURDAY:

Youth Ablaze

(Aged 12-20)

4pm to 5.30pm

周三崇拜会:

下午1.30至3.00

📍 2 Hougang Street 22, S(538728) 🌐 www.lsbc.org.sg

☎ 6284 2000 ✉ admin@lsbc.org.sg

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▶ [@lsbcLivestream6204](https://www.youtube.com/watch?v=lsbcLivestream6204)

