07/2022

环球通讯 GLOBAL EXPRESS



Shepherd's Corner

Come... Get Some Rest

Mark 6:31

In this modern day and age, we are feeling even greater pressures and busyness as never before. Many companies and even individuals are fighting to reposition themselves in the "new normal" as we pivot towards a post-pandemic state, hoping to grab the pole-position for themselves as the economy struggles to find its new footing. Many amongst us feel that there is much work waiting to be done, but very often, find ourselves running out of time. Someone was heard heaving a deep sigh, "If only we could have a few more hours for each day!"

The new series "Be an Energetic Workplace Master" was launched last month, and is targetted at helping everyone to maximize his/her benefits from every minute of the day. This programme gives us a better understanding as Elder Elaine Kung shows various practical methods and steps on how one can uplift his/her vigour by way of acknowledging His Call, managing our physical fitness, emotions, thinking as well as will-power. Whether you are in the ranks of senior management in a corporation, a workplace newbie, or an entrepreneur wearing many hats, everybody can find a way to manage his/her vigour that is tailored to meet his/her needs.

Of course, one cannot help feeling curious on how Lord Jesus could maintain a high level of energy as we talk about vigour management. It appears that Jesus has never turned down any request for help from anyone. As we read the bible, we see Jesus withdrawing Himself from the crowds, lay down his tasks at hand and tell His disciples to "get some rest" in the wilderness with Him. This is not to say that He is feeling tired of the work that He has been doing. On the contrary, He treasures spending quiet time with and being alone in the Presence of His Heavenly Father even more. Now, that is where the secret of how Lord Jesus revigorated Himself!

Lord Jesus has been leading us by example along every step of the way. If He, as the Son of Man, needs to have a mode of living and working that puts rest and work together, the need is all the more pressing for ordinary folks like you and me! Even as we learn to manage our vigour, we should also be learning on how to withdraw ourselves from the hubbub of worldly life, shut all unnecessary noises out of our earshot to focus on staying close to God. If we do that, we will be able to experience great changes occurring within our body, mind and spirit.

Let us consciously set up a life that encompasses the twin elements of living and working, let go of unnecessary pressures and maintain our passion for the work that we are called to do! We look forward to hearing your experiences and voices from your hearts.

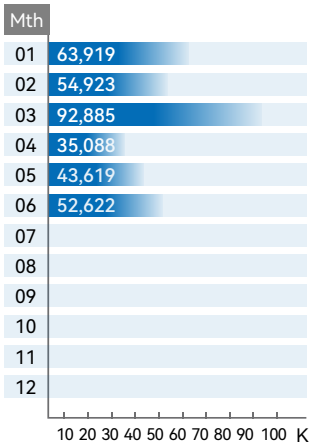
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Hit Rate



Financial Report

June 2022 (SGD)

Income	$	5,764
Expenses	$	13,894
Deficit	$	8,130

Audience Feedback

Truly Happy Families

I watched the programme "Talking about Dad Together" and also the video programme "Happy Family" by Sis. Loh and Dr SOO Lee Chong with my mom. She was deeply touched.

(Ms Lee, Singapore, 30 Jun 2022)

Work-Life Balance

Real difficulties can be overcome; it is only the imaginary ones that are unconquerable.

(Theodore N. Vail, 15 Jun 2022)

Singing Together

I used to draw lots of encouragement from this programme which is, regrettably, no longer available on the Weixin platform.

(Bro. Huang, China, 22 Jun 2022)

NEW E-BOOK



Extraordinary life via Wisdom 1

This book shows you how to let in biblical wisdom to enable the extraordinary side of us to show up as we go about our social, working and daily routines.

Welcome to place your orders at:
https://global-reachout.org/zh-hans/node/4234

PERSONAL E-CARD



Tailor-made e-cards to relay love and greetings to your loved ones across the globe.

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New Programmes

14/07/2022 starts (Thu)

Dancing with Emotions

How much do you know about your own emotions and those of people around you? What should I do when I find myself losing control? Are you having problems handling your anger? Join this weekly talk by Mr Leng Chin Fai.



28/07/2022 starts (Wed)

Oasis of God's Grace

Not only do God's blessings help believers like us stay close to Him as we go about our daily businesses, they motivate us to become good examples to people around us, too. Join BICC Director Dr Johnson Lim in his weekly talks.



28/07/2022 starts (Mon & Thu)

Face To Face With Emotions

What are we to do if emotional problems crop up? What do the terms emotional hurts, emotional blackmail and emotional button refer to? You can benefit from our professional psychiatrist and veteran counsellor.



Home Matters & Intercession

1

Good News on the follow-up from the seminar held on 28 May 2022 at the EnArche Institute, when the participants applauded Dr. Michelle LIEW, Executive Chairman of GLOBAL REACHOUT for the truth, depth and unique insights on workplace Christians in her sharing entitled "Lead on, Steer Ahead!". The accessibility to this video via link https://youtu.be/KeZMPhJF7ck on YouTube is not extended till 30 September 2022. We thank EnArche Institute for providing this link.

2

We give our thanks for the opportunity to hold exchanges and dialogues with members in the Body of Christ! We had an on-line dialogue with the preachers and pastors from China on 14 June. Following that, we had a meaningful communication on matters relating to Christian service with a former senior management personnel from Singapore CPF on 29 June. Two of our directors represented Global REACHOUT at the prayer meeting led by ICM (International Christian Mission) on 30 June, and set up preliminary contacts and understanding with pastoral leaders from this organization.

3

Praise the Lord! GR APP has been launched successfully on Google Play App Store. Users of Android equipment may choose any of these three methods to download the APP:

1) Search for "GR" in the Google Play App Store and download.

2) Tap on the link https://play.google.com/store/apps/details?id=uni.UNI4D8DDBA and download

3) Scan the QR Code below and download

Pray that the GR APP will pass the audit by Apple; meanwhile, be patient!

4

Thank you, Lord for leading us into the second half of 2022! Let us pray for the good health of the mind, body and soul of each and every one of our speakers and co-workers.

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