

66

I am the *Bread of Life*

35 Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.

47 Truly, truly, I say to you, whoever believes has eternal life. 48 I am the bread of life. 51 I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. And the bread that I will give for the life of the world is my flesh."

John 6:35 47,48, & 51 ESV



Today's Question

How has the reflection challenged you today?

REFLECTION

Scripture OT: 2 Samuel 18:5-9, 15, 31-33 Psalm 130 Ephesians 4:25-5:2 Gospel: John 6:35, 41-51

CAN WE RECOGNIZE HIS PRESENCE?

By Henri Nouwen
henrinouwen.org

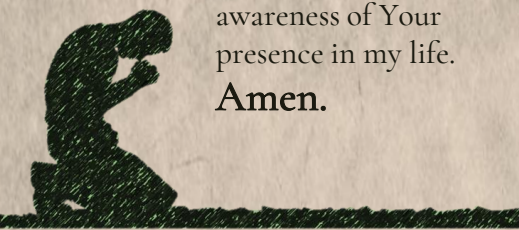
PRAYER of the week

Lord,
Thank You for Your great love and promise that You are always with us, even to the end of the age. Please teach me how to cultivate the awareness of Your presence in my life.
Amen.

The world in which we live today and about whose suffering we know so much seems more than ever a world from which Christ has withdrawn himself. How can I believe that in this world we are constantly being prepared to receive the Spirit?

Still, I think that this is exactly the message of hope. God has not withdrawn himself. He sent his Son to share our human condition and the Son sent us his Spirit to lead us into the intimacy of his divine life. It is in the midst of the chaotic suffering of humanity that the Holy Spirit, the Spirit of Love, makes himself visible. But can we recognize his presence?

“How can I believe that in this world we are constantly being prepared to receive the Spirit?”...





"I BELIEVE
IN THE
COMMUNION
OF SAINTS."

(The Apostle's Creed)

By Rev. Thomas Low

We live in a world where the individual is central, where each individual sees himself as the point of reference for almost all experiences. When the individual is being detached from Community, it will slowly lean towards an isolated perception of the 'self'. The Scripture often reminds us of the necessary balance of the individual and the Community – both are necessary. Dietrich Bonhoeffer expressed this crucial balance most succinctly,

"Let him who cannot be alone beware of community...
Let him who is not in community beware of being alone...
Each by itself has profound pitfalls and perils.
One who wants fellowship without solitude
plunges into the void of words and feelings,
and one who seeks solitude without fellowship
perishes in the abyss of
vanity, self-infatuation, and despair."

The 'Communion of saints' is both an overarching idea that brings all believers, past, present and future together as the Bride of Christ but this would not be possible without genuine authentic relationships between individuals.

Genuine authentic relationships between individuals entails a certain level of commitment and solidarity. Joining a church as a member is not merely an administrative matter but more importantly, it is an external decision that expresses an internal commitment to Community – a commitment to live together with each other in particular in the presence of God.



“I BELIEVE
IN THE
COMMUNION
OF SAINTS.”
(The Apostle's Creed)

By Rev. Thomas Low



Jesus gave us only one new commandment, “to love one another as I have loved you.” That commandment can only be fulfilled in Community. It is not an abstract idea as in, ‘I love humankind,’ but in loving a real person as who he is and being loved in return as who I am. The reason for this commandment? “So that the world may know that you are my disciples.” In other words, we don't just tell the world about Christ, we show them who Christ is in Community.

23 Let us hold fast the confession of our hope without wavering, for he who promised is faithful. 24 And let us consider how to stir up one another to love and good works, 25 not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. (Hebrews 10)

We welcomed *Anne Fowles*, *Calvin Woo* and *Melanie Yong* formally into our Community in Bangsar Lutheran Church on 1st August 2021. They have already been part of our Community for the past many years and their formal admission into our congregation is but a public affirmation of their commitment to the Community in BLC.



From L to R : Anne Fowles, Calvin Woo & Melanie (New addition to the BLC Family!)

As author of Hebrews says, let us consider how we can “stir up one another to love and good works,” all the more in these times of mandatory self-isolation. Being deprived of meeting physically every Sabbath, let us “not neglect to meet together” online and nurture that coming-together as part of our Spiritual Discipline of encouraging one another in prayer and worship. Let our unity of faith be expressed authentically in solidarity as a Community of faith in BLC to love one another as Christ has loved us.

GETTING TO KNOW YOU



During last Sunday's Service, 1st August 2021, it was with great joy, we formally welcomed 3 new members - Anne, Melanie and Calvin - into BLC Family. They had been worshipping together and actively participating in the community for a few years. So we threw them the gauntlet and gave them some questions to help us get to know them better. They responded with gusto!

Ann Fowles



What do you do for a living?

Until recently I was head of an international school in Kuala Lumpur



What's the first thing you do when you wake up?

When I lived in KL, I always had a swim when I first got up in the morning, now I am in a quarantine hotel so I pull back the curtains and look at the view and see what kind of day it will be



What do you do during your free time?

Pray for home-based schooling, for teachers and families with young children at home. For those with health challenges and their caregivers.



Any favourite movies?

I don't see too many movies

Favourite actor/actress

I don't really have a favourite actor/actress but I like movies with Denzel Washington in them

What kind of music do you like?

A wide range of music depending on what I am doing and the time of day, it could be Classical music, Christian music, Chris Rea, Eric Clapton, a real mix.



My husband Peter and youngest daughter Rewa waiting for me at our home near Kaeo



Shooters Hill park London with Justin and family (first outing after home isolation when I arrived in London)

Favourite Quotes

"What is the most important thing of all?...it is *people*, it is *people*, it is *people*."
(Māori) "He aha te mea nui o te ao? Te tangata, te tangata, te tangata"

GETTING TO KNOW YOU



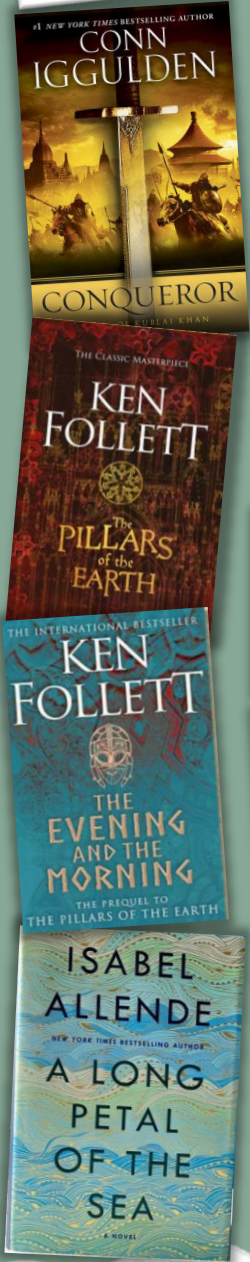
Ann Fowles



The exercise area and view from my window.



With grandsons Oliver and Ethan at Bristol Marina.



Inspiring books you've read that has inspired you?

I like the *Pillars of the Earth* series by Ken Follett and the *Khan* series by Conn Iggulden, several of the Wilbur Smith series and Isabel Allende books - her recent book '*A long Petal of the Sea*' is inspirational because of the incredible resilience and fortitude of the main characters and their commitment to give back to humanity and uphold their principles despite huge adversity.

Favourite foods and drinks?

Italian, Malaysian, & New Zealand food. I like most food. My favourite is probably something with seafood and a salad.

Any favourite quotes?

An old Māori quote, I will give you the English version: "What is the most important thing of all?...it is *people*, it is *people*, it is *people*."

What is one experience you had with the Lord that inspired you?

I have many experiences with the Lord that has inspired me. Mostly when he talks personally and gives very clear messages and then you see the message come to reality.. over and over again. He has made the impossible become possible many, many times.



Anne & puppy Bruce (video-conferencing)

Life Quotes

Life is a journey. You can't do everything at once, probably things won't happen in the order that you would like them to, but you can have an overall plan of the most important things and ask the Lord to guide you as to when, where and how. Listen to Him.

GETTING TO KNOW YOU



What do you do for a living?

I'm now working as the Senior Trade Manager at the British High Commission.



British High Commission
Kuala Lumpur



Calvin Woo

What's the first thing you do when you wake up?

Brush my teeth and drink a glass of water. And I would spend 10 minutes to meditate and set my intention for the day. .

What do you do during your free time?

A relaxing day or time for me involves hiking in the woods alone/ with friends; spending afternoon with a book and a nice pot of Oolong. I would journal my thoughts while listening to my favourite music or having a deep and meaningful conversation. Recently I found cooking to be especially therapeutic and still expanding my repertoire!



Any favourite movies?

Grease; Iron Man; Dangal

Favourite actor/actress



What kind of music do you like?

Aside from Christian music, you will find classic and contemporary jazz; country; folk; bossa nova; reggae; pop; R&B; Hip Hop; 90s; Frank Sinatra, Beatles, Backstreet Boys (my guilty pleasure!) and more on my playlist.



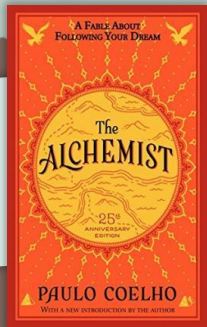
Life Quotes

Anchor the centre of everything that you do or say to God. The pursuit of our brief life on earth is not for self-fulfilment but the fulfilment of His higher purpose that He has placed in each of us. Trust in the journey that God has designed for us!

GETTING TO KNOW YOU



Inspiring books you've read that has inspired you?
Alchemist by Paulo Coelho



Calvin Woo

Favourite foods & drinks?

This list is non-exhaustive! Nasi Lemak with Rendang or Fried Chicken; Char Siew, Siew Yoke and Roast Duck; Muar Otak-otak; Lontong (Johor version with Kuah Kacang); Asam Pedas; Paper Masala Dosa; Haleem; Nirhari; Biryani (Karachi/Hyderabad version or anything spicy); Banana Leaf Rice...
Drinks: I'm an avid tea collector and drinker, particularly fond of Oolong, Pu-Erh and Doodh Patti Masala Chai. Occasionally, I do enjoy a good cocktail, IPA or craft beer, and wine to pair with my food.



What is one experience you had with the Lord that inspired you?

There was a time in my life when I was consumed by anxiety, fears and insecurities. God rebuked my heart-to be still, whilst I was sitting by a creek, on my hike in the woods alone. Tears rolled down on my cheek, and an overwhelming peace encamped around me. At that moment, I learnt to surrender and rest in Him and I am still learning every day. .



“There was a time in my life when I was consumed by anxiety, fears and insecurities. God rebuked my heart-to be still, whilst I was sitting by a creek... ”

GETTING TO KNOW YOU



What do you do for a living?
I build relationships and equip churches towards community involvement & advocacy at Malaysian CARE.

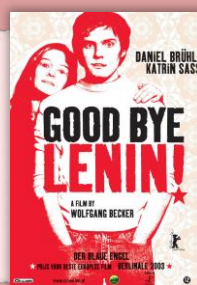


Melanie Yong



Any favourite movies?

Movies I've cried to: *Infernal Affairs*, *Marley & Me* (I'm not even a dog person). I sometimes switch up by watching a non Hollywood movie, so far *Goodbye Lenin* a German tragicomedy reigns high as both politically intriguing and funny.



What kind of music do you like?

Funk Rock

FUNK
ROCK

What do you do during your free time?

Meditate on the magnificence of cats



Favourite foods and drinks?

I can't eat the same food 3 times a row so thank God for Malaysia 🙏 Whenever I'm not bounded by my family's preference I'll choose Malay, Arab and Mexican food.

Favourite Quotes

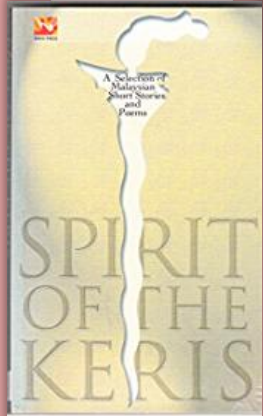
“Do not be dismayed by the brokenness of the world. All things break. And all things can be mended. Not with time, as they say, but with intention. So go. Love intentionally, extravagantly, unconditionally. The broken world waits in darkness for the light that is you.”

— L.R. Knost

GETTING TO KNOW YOU

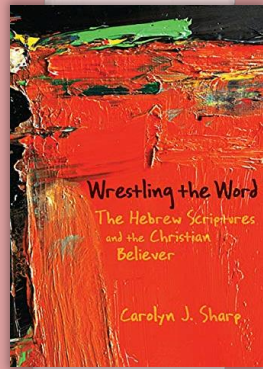


Melanie Yong



Inspiring books you've read that has inspired you?

Not so much inspiration but books help me live through life's beauty and a reimagination of reality. I studied Form 6 literature and was particularly taken by *Spirit of the Keris*. It speaks to the Postcolonial identity Malaysia experienced and I feel like I've been given a chance to live in that nostalgia. If I have the time I would really want to spend more time reading Malaysian authors such as Salleh Ben Joned. Malaysian book club anyone? 😊



Theological books: *Wrestling the Word* by Carolyn J. Sharp, any church history book.

Salleh Ben Joned's poem in Bahasa Malaysia (Malay)



Literacy icon : the Late Salleh Ben Joned

What is one experience you had with the Lord that inspired you?

Meeting my Palestinian friend, Yasmina at the World Student Christian Federation conference in 2014. She puts me to shame at the amount of books she reads and the sheer motivation she has to live despite living through the Israel-Palestine conflict each day. Before I met her I didn't know that there were Palestinian Christians. Whenever I hear people wanting to see the "glory of Israel restored" and shunning the Palestinians I wish they could know Yasmina. .



Melanie with Yasmina (in white) in front of the Rover Jordan church.

[Translation] Poem by Salleh Ben Joned

Freedom to me, Is only a burden
 What the leaders say, I follow
 The God given brain, doesn't need to be used- except to find food

Doubts and the callings of my soul (if any)
 I run with it
 From the house to the office
 From the office to the house
 Until it fades, whatever notions of it
 In the loud sounds of the television
 Every week night
 My mouth gapes as I watch the TV
 I lick my fingers
 -How yummy is KFC
 And I am all the more ignorant.
 I want to live like this for a thousand years

Life Quotes

"Do not get lost in a sea of despair. Be hopeful, be optimistic...make some noise and get in good trouble, necessary trouble."

John Lewis, Civil Rights Leader



“And if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.”

2 Chron. 7:14 ESV

Church (Body of Christ)

- a) Pray for the Church to continue to be relevant and practical in helping those in need. For God's protection for the nation, and an outpouring of the Holy Spirit.
- b) That during this difficult season, believers will learn to be still before the Lord, and have a fresh encounter of God's love that supports our growth in love for others (Pray Eph. 3:14-21)
- c) Pray that as parents, pastors, teachers and leaders in our respective capacities, we will draw near to God to hear Him clearly so we can lead those entrusted to our care with clarity in following Christ.

Nation

- a) For wisdom for authorities as they continue to relax the SOPs across the nation as some states start to enter the National Recovery Phase (NRP).
- b) Pray for the leadership to prioritize the well-being of all, to be proactive to stop corruption, to put an end to all forms of racism.
- c) For accountability and good governance. Pray for a transformation of the ethical values and culture of our nation.

Orang Asli & Orang Asal

- a) Pray that the children of Orang Asli and Orang Asal will receive the same rights as other Malaysians and will not be exploited in the labour market and be exposed to all kinds of unnecessary risks.
- b) For Orang Asli and Orang Asal who are experiencing enforced dislocation due to various uncontrolled reasons, that they will find good and balanced ways to settle themselves to earn enough to provide for their households.

Kaizen Home

We thank BLC for your prayers. Most of the staff and children have recovered, except for the 3 younger children - Li Yee, Chee Seng and Chee Loon who are still under quarantine at our home. Online school resumed on 3rd Aug. Four out of our 6 computers are out of order and sent for repair. Please continue to pray for us for:

- a) Safety and protection of our children & staff from Covid-19.
- b) Kaizen Children's Home fundraising, "The Mustard Seed Project" to reach our target of 300 subscribers. We thank the churches and members for their support. Herman Hiew

Prayer Support

Supporting you in prayer.

Send in your requests via WhatsApp to Rev. Thomas, Adeline or our Council.

“Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!”

Psalm 46:10 ESV

CREST Quarantine Centre

For the Crest Quarantine Centre for the B40s and refugees at the Travel Lodge City Centre, Kuala Lumpur. CREST has just been granted permission to operate a Covid stage 1 and 2 quarantine centre this week.

Please pray for:

- Wisdom for the Crest Team as they work with the MOH, CAC and other government authorities.
- Protection and provision for all the medical and non-medical volunteers.

KVVPF Call Centre (C.A.R.E)

Pray For the KVVPF Call Centre (C.A.R.E). This call centre was set up by the churches of the Klang Valley to attend to the needs of the public at large, especially from the marginalised communities in the Klang Valley. Please pray for:

- Wisdom in the management of the call centre as it is entirely managed by volunteers.
- The volunteers for the Lord's guidance as they minister to the fearful, anxious and those in financial and physical needs by phone.

Economy & The Poor

For the many efforts undertaken by society to alleviate their hardship. For alleviation of Covid-induced job losses; for employers to be compassionate to their employees; for creation of new avenues of income for those who have lost their jobs..

Frontliners

For strength for frontliners, provision to support the healthcare system, and healing of those infected. For the mental well-being and restored hope for the Malaysian society

NECF Malaysia

40 Days Fasting & Prayer

In the light of recent events, NECF is calling for fasting and prayer for 40 days, from 7th Aug to 15th Sept, 2021. Click the icons to download the prayer guides for Children & Adults :



A Day of Fasting and Prayer Lord, Heal Our Land

Jointly organised by Council of Churches of Malaysia & Prayer United
(Please click <https://pray.smced.org/>)
August 10th, 2021 (Tuesday)
9:00 am to 12:00 pm



Lectio 365



External Prayer Link

Announcements Tithes & Offerings

Book Club (Speak to Vanessa)

Sundays
Aug 15th, 2021
2:00 pm to 4:00 pm

Tuesday Bible Study

Tuesdays
8:30 pm weekly

MEM (Men Empowering Men)

Wednesdays
Aug 11th & 25th, 2021
8:30 pm

Giving Tree

Fridays
Aug 20th, 2021
8:30 pm

Friday Bible Study Group

Fridays
Aug 13th, 2021
8:30 pm
Study on Songs of Songs

Account Details

BANGSAR LUTHERAN CHURCH
RHB BANK Acc No.

2142 77 0000 6185

Please specify area of giving in the e-transfer, e.g. Tithe, General Offering, Mission* or Agape Fund.

*The BLC Missions Collections supports the following:

- Batu 20, Orang Asli (OA) Congregation
- United Voice – Moh Foong
- Bible Translation Researchers
- Alongsiders (<http://alongsiders.org>)

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BLC Virtual Church Camp 2021

NOW OPEN FOR REGISTRATION



BANGSAR LUTHERAN CHURCH Virtual Camp Itinerary

9:45- 10:00 AM	Admission
10:00-10:15AM	Welcome
10:15-10:45 AM	Ice-breaking Session 1
10:45-11:15 AM	Worship session by JaXian
11:15-11:25 AM	Devotion by Pastor Thomas
11:30-12:30 PM	Breakout Rooms: Life Sharing
12:30-1:30 PM	Lunch
1:30-1:45 PM	Ice-breaking Session 2
1:45-2:15 PM	Speaker: Pastor Siew Woh
2:15-3:30 PM	Breakout Rooms: Discuss
3:30-4:00 PM	Closing: Reflect, Response, Photo Session



**BANGSAR
LUTHERAN
CHURCH**

bangsarlutheran.org

Register now!

before 5th of September 2021

THE
FATHER'S
HOUSE
WELCOMES YOU



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Weekly
Manna
August 8th, 2021 Issue