



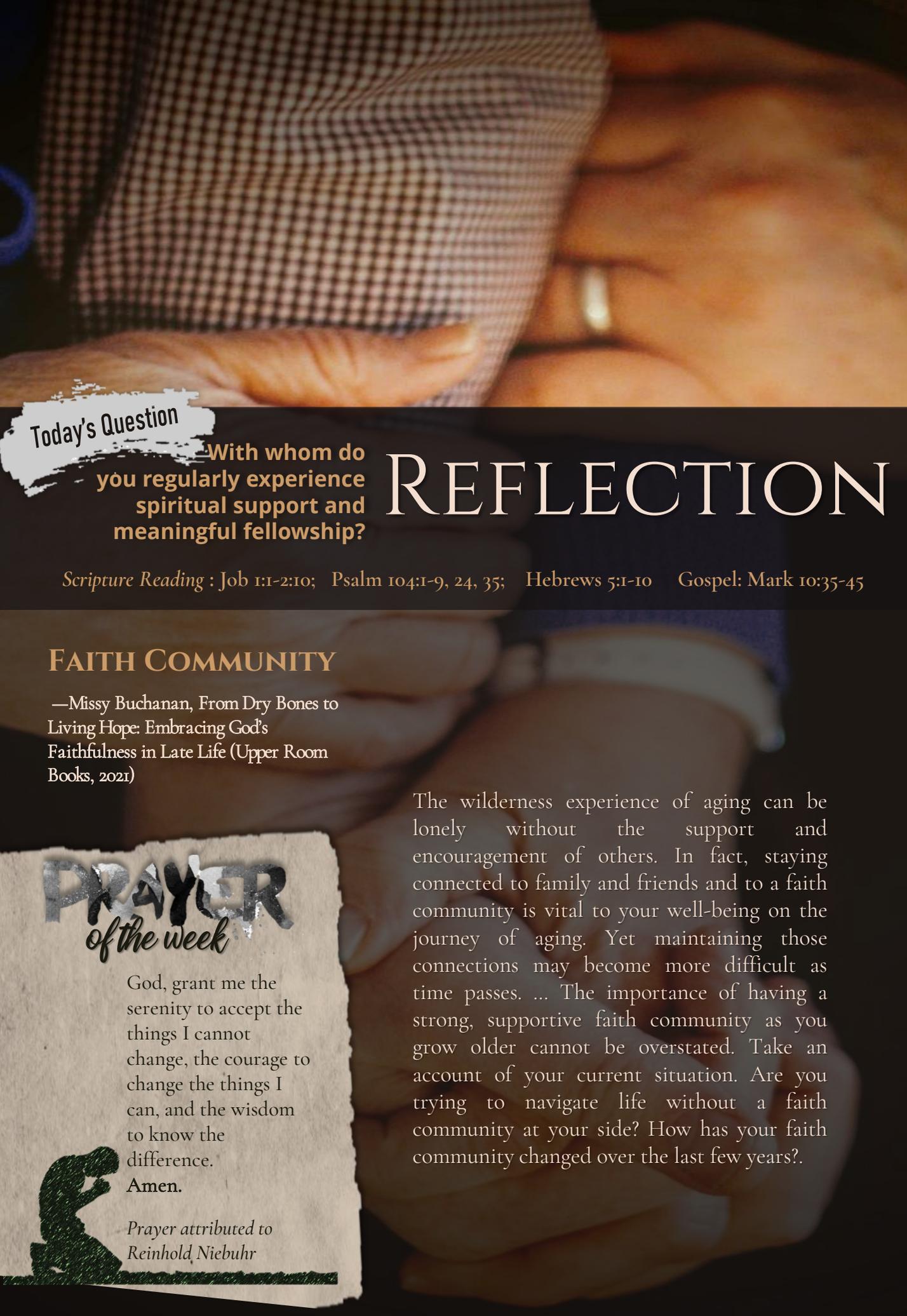
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*Jesus Came Not To Be Served
But To Serve*

42 And Jesus called them to him and said to them, “You know that those who are considered rulers of the Gentiles lord it over them, and their great ones exercise authority over them. 43 But it shall not be so among you. But whoever would be great among you must be your servant, 44 and whoever would be first among you must be slave[b] of all. 45 For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many.”

Mark 10:42-45 ESV



Today's Question

With whom do you regularly experience spiritual support and meaningful fellowship?

REFLECTION

Scripture Reading : Job 1:1-2:10; Psalm 104:1-9, 24, 35; Hebrews 5:1-10 *Gospel*: Mark 10:35-45

FAITH COMMUNITY

—Missy Buchanan, From Dry Bones to Living Hope: Embracing God's Faithfulness in Late Life (Upper Room Books, 2021)

PRAYER of the week

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Amen.

Prayer attributed to Reinhold Niebuhr

The wilderness experience of aging can be lonely without the support and encouragement of others. In fact, staying connected to family and friends and to a faith community is vital to your well-being on the journey of aging. Yet maintaining those connections may become more difficult as time passes. ... The importance of having a strong, supportive faith community as you grow older cannot be overstated. Take an account of your current situation. Are you trying to navigate life without a faith community at your side? How has your faith community changed over the last few years?.



PALLIATIVE CARE IN MALAYSIA

By Joyce Ramanathan



The BLC Community has a number of caregivers as well as people who are being cared for. In this issue of the Manna, we have invited Joyce Rama to share her knowledge of available support for caregivers; and Tammy to share her reflection as a care provider to her parents. Hopefully, this will create a greater awareness that will enable our community to better support each other.

Hospice care in Malaysia began in early the 1990s, with *Hospis Malaysia* in the Klang Valley and Penang Hospice Society in Penang. Initially, hospices provided care for the terminally ill, for those who were no longer responding to treatment and were unlikely to survive the illness.

Volunteer doctors and nurses visited patients at home and provided supportive care with limited resources. However, it soon became apparent that full-time staff were necessary to provide more comprehensive and better care.

What started as hospice care for the terminally ill soon progressed to palliative care for patients who were diagnosed with a serious illness such as cancer, organ failure and other progressive conditions.

Treating patients at the very last stage of their illness meant patients suffered tremendously before they passed on, while their families watched helplessly.

With palliative care, so much more could be done for patients to alleviate their suffering and provide them with days to months of minimal to moderate pain with good symptom control.

“... With palliative care, so much more could be done for patients to alleviate their suffering and provide them with days to months of minimal to moderate pain with good symptom control.”

We now have palliative care providers in most states in Malaysia, many of which are run by NGOs. Hospitals also have a few beds, if not a ward, for palliative care. We have a number of palliative care consultants, and electives in palliative care are offered to medical students. Nurses who serve in this field are put through vigorous training before they visit patients on their own. Strict documentation and daily verbal reports of the kinds of treatment and medication they use are mandatory. Doctors provide consultation to these nurses and when necessary, will make visits to patients.

Most palliative care providers in Malaysia are charitable organisations. They provide free services to patients which means they must raise funds through various campaigns and through donations. Typically, palliative care teams include doctors, nurses, social workers and bereavement care specialists. They also might have lay volunteers to help with transporting patients to Day Care facilities or provide transport to patients for their hospital appointments or provide respite care (short term relief for primary caregivers). All volunteers are vetted and trained before they interact with patients.

In palliative care the emphasis is on pain management, symptom control, wound care, and quality of life. Counselling of the patient as well as the care giver and family members is another aspect of the service. They also loan out medical equipment such as hospital beds, walking frames, wheelchairs, mobile commodes, ripple mattresses, etc.

Patients must have a referral from a doctor and must have a caregiver before they can receive palliative care as the service is usually home-based. On receipt of the referral, the nurse will make an appointment for a visit to assess the patient. The frequency of visits to the patient depends on the progression of the disease and condition of the patient. Nurses visit a limited number of patients each day as they have to travel from house to house. There is always a nurse on call for emergencies.

Many organisations that provide palliative care were started by religious groups, but their services are not confined to any particular religion.

My dad was diagnosed with cancer of the oesophagus in 2012 when he was 89. Surgery was an option, but we decided against it and opted for palliative care. Initially, the nurse assigned to his case visited only when we asked for a visit. As his disease progressed, the nurse made weekly visits. A counsellor accompanied the nurse and counselled mum and provided the support she needed. We were very pleased with the service and support we received.

GRAB THE CHANCE TO SOW LOVE: WE REAP WHAT WE SOW

By Tammy Lam



**“Why is this
happening to me?”**

**“What is going
to happen?”,**

**“Where is
my family?”**

**“Why can’t
they help me?”,**

**“ I am so
alone”,**

**“Am I
dying?”**

**“I am
afraid”.**

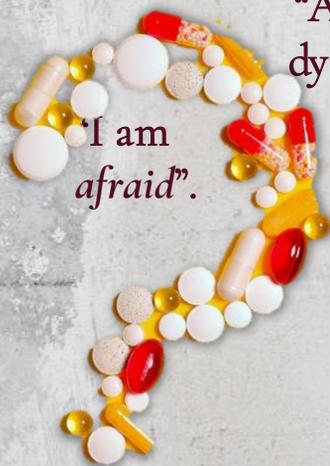
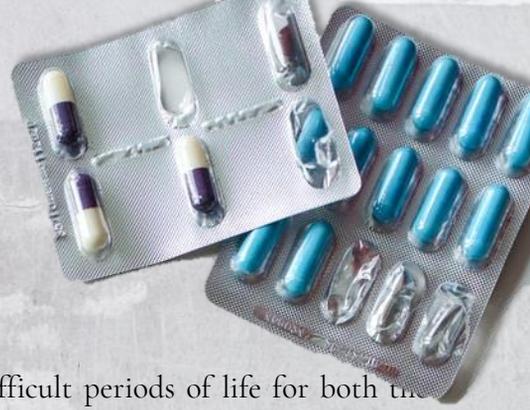
Falling sick, aging, dying are difficult periods of life for both the patient and the family. “*What should we do?*” we ask, while frantically finding the right doctor, the proper prescription, nurse, maid, helper. Finance, resources (and especially patience) are stretched thin and sometimes we are at wits end. We are faced with endless worries.

However underneath all this busyness and practical comings and goings there lies a bigger “*elephant in the room*” – questions/ issues that most people try to avoid. For the patient – “*why is this happening to me?*” “*What is going to happen?*”, “*Where is my family?*” “*Why can’t they help me*”, “*I am so alone*”, “*Am I dying?*” “*I am afraid*”. For the carer – “*why do I have to do this?*”, “*Why can’t my brother or sister (or other family members) be more responsible?*”.

All the unresolved resentment, hurts, fears, memories from yesteryears come flooding in, the times we were let down by the other, the times when hurtful things were said and done, the periods of darkness. Then there is the issue of inheritance and money– “*why is my parent so unfair? Why the favouritism?*”.

Sometimes these unresolved emotional and soulish issues are the real cause of the stress of caregiving more than the illness or dying itself. For the patient, if the “*hardening of the heart*” has carried on throughout adult life into the twilight years the patient may turn out to be a difficult and ungrateful person. For some families in return - its pay-back time

As a caregiver for both my late father and mother (who is still alive) it is a time for reflection and to see the truth in the adage “we reap what we sow”, like what the Chinese say “you grow beans you reap beans”. For the aging patient, how he lived and what he had invested in the family in terms of true values of love, respect, faithfulness, honour will come to fruition. For the family (and the caregiver) the training that they have received and the love that they feel for the parent/ sick will ensure that the patient/ sick will be cared for with love and fidelity (with their best interest at heart) until the end. In short a peaceful ending and leaving a good legacy of truth, love and goodwill between the children.



GRAB THE CHANCE TO SOW LOVE: WE REAP WHAT WE SOW

By Tammy Lam

My late father exemplified these principles, he lived life as a “*ren*” (a man in Chinese), showing filial piety to his parents, unwavering faithfulness, love and integrity to my mother. He loved and provided for us as his children and was a good friend to many. He led a good life and had a good death, a sudden peaceful departure. I remember as child, grandma always lived with us and although I have other uncles and aunts, my late father and my mother took it upon themselves to care for her and paid for everything without remuneration in return. It was expected and my dad didn't avoid his responsibilities and like he used to tell me – “I just did it and now you do it”. I am now learning to do the same.



“... he lived life as a “*ren*” (a man in Chinese), showing filial piety to his parents, unwavering faithfulness, love and integrity to my mother. He loved and provided for us as his children and was a good friend to many. He led a good life and had a good death, a sudden peaceful departure.”

Live well, be a responsible human being, let's grab every chance to sow love for indeed we reap what we sow.





JESUS COMES TO US IN THE POOR

henrinouwen.org

phone a
friend

“... Jesus comes to us in the poor, the sick, the dying, the prisoners, the lonely, the disabled, the rejected.”

What finally counts is not whether we know Jesus and his words but whether we live our lives in the Spirit of Jesus. *The Spirit of Jesus is the Spirit of Love.* Jesus himself makes this clear when he speaks about the last judgment. There people will ask: “*Lord, when did we see you hungry and feed you, or thirsty and give you drink?*” and Jesus will answer: “*In so far as you did this to one of the least ... of mine, you did it to me*” (Matthew 25:37, 40).

This is our great challenge and consolation. Jesus comes to us in the poor, the sick, the dying, the prisoners, the lonely, the disabled, the rejected.

There we meet him, and there the door to God’s house is opened for us.



LOVE GOD
LOVE PEOPLE

PRAYER

“Offer to God a sacrifice of thanksgiving, and perform your vows to the Most High, and call upon me in the day of trouble; I will deliver you, and you shall glorify me.”

Psalm 50:14, 15 ESV.

Church (Body of Christ)

- a) For the Church to remain wise, humble and united; and to be relevant and practical in helping those in need (Matthew 5:14-16).
- b) For God's intervention and healing of the land and its people; for the restoration and establishment of God's purposes.
- c) For extraordinary protection and favour for our Pastors and leaders (Ps 17:8-9).
- c) Pray believers will learn to partner with the Lord, have a listening heart; and a great love for the Lord, our neighbours and the land - carrying those we love in prayer.

Nation

- a) Pray for kings and all those in authority— so that we may lead tranquil and quiet lives in all godliness and dignity. (1 Tim.2:1-3)
- b) Pray for the the leadership to prioritize the well-being of all, to walk humbly, love justice, and mercy and proactive to end to all forms of injustice and racism. (Psalm 75)
- c) Pray for Melaka (Ps 33:8-11)

Families

1. For family relationships and marriages to be strengthen in love and understanding.
2. Uphold families who have lost loved ones during the pandemic. Pray for the mental and emotional well-being and healing of the people.

Orang Asli & Asal

For the protection of the rights of the indigenous groups; for them to be supported with measurable ways to break free from their poverty cycles that have existed for centuries. For their children to have access to proper education channels and assistance..

Prayer Support

Supporting you in prayer.

Send in your requests via WhatsApp to [Rev. Thomas](#), [Adeline](#) or our Council.

BLC Community

- 1) For our Pastors and Council as they meet on 23 & 24 Oct to plan for 2022.
- 2) For all caregivers in BLC and those cared for - besides physical healing, also for their emotional and mental well-being, and loving relationships and God's providence.

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:

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

Economy & The Poor

For economic recovery, 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 & Caregivers

- a) For safety of the people and protection against new and highly infectious variants.
- b) Pray for the reform of the healthcare system; proper compensation for workers, and healing for those who are sick. For strength and wisdom for caregivers, and grace for those who are being cared.

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

Pray For the KVPF 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:

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

Matt.18:18-20

“Truly, I say to you, whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven.

Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I among them.”



Lectio 365



External Prayer Link

Announcements

Book Club
Oct 24th Sunday
2.00 pm

Tuesday Bible Study
Tuesdays
8:30 pm weekly

MEM (Men Empowering Men)
Wednesdays
Oct 20th, Nov 3rd & 17th
8:30 pm

Giving Tree
Fridays
Nov 12th & 26th
8:15 pm

Friday Bible Study Group
Fridays
Oct 22nd
8:30 pm

Tithes & Offerings

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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THE
FATHER'S
HOUSE
WELCOMES YOU



Bangsar Lutheran Church
No 23 Jalan Abdullah
Bukit Bangsar
59000 Kuala Lumpur
WP.



Contact Info

Pastor

[Rev Thomas +60123172632](tel:+60123172632)

Administrator

[Adeline Lim +60122402811](tel:+60122402811)

Weekly
Manna
Oct 17th, 2021 Issue