

Forward Planning for the Peace of Mind
提早准备, 安枕无忧

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“In Search of Life amidst the Pandemic” Interfaith Forum

“疫情中探索生命”
跨宗教论坛



www.shorturl.at/fkoyO



The theme for the Interfaith Forum on 16 October 2021 was “In Search of Life Amidst the Pandemic”. We invited five main religious representatives: Taoism, Buddhism, Catholicism, Christianity and Islam to advise us based on their different faith on how we can move forward positively.

You may visit Life Point’s YouTube channel for video playback.

生命同行坊创立于2013年，旨在协助长者预先规划临终事宜，以便让自己与家人心安无憾，安枕无忧。本会历年来已数次举办宗教对谈，以让公众了解如何从灵性的角度看待生死课题。

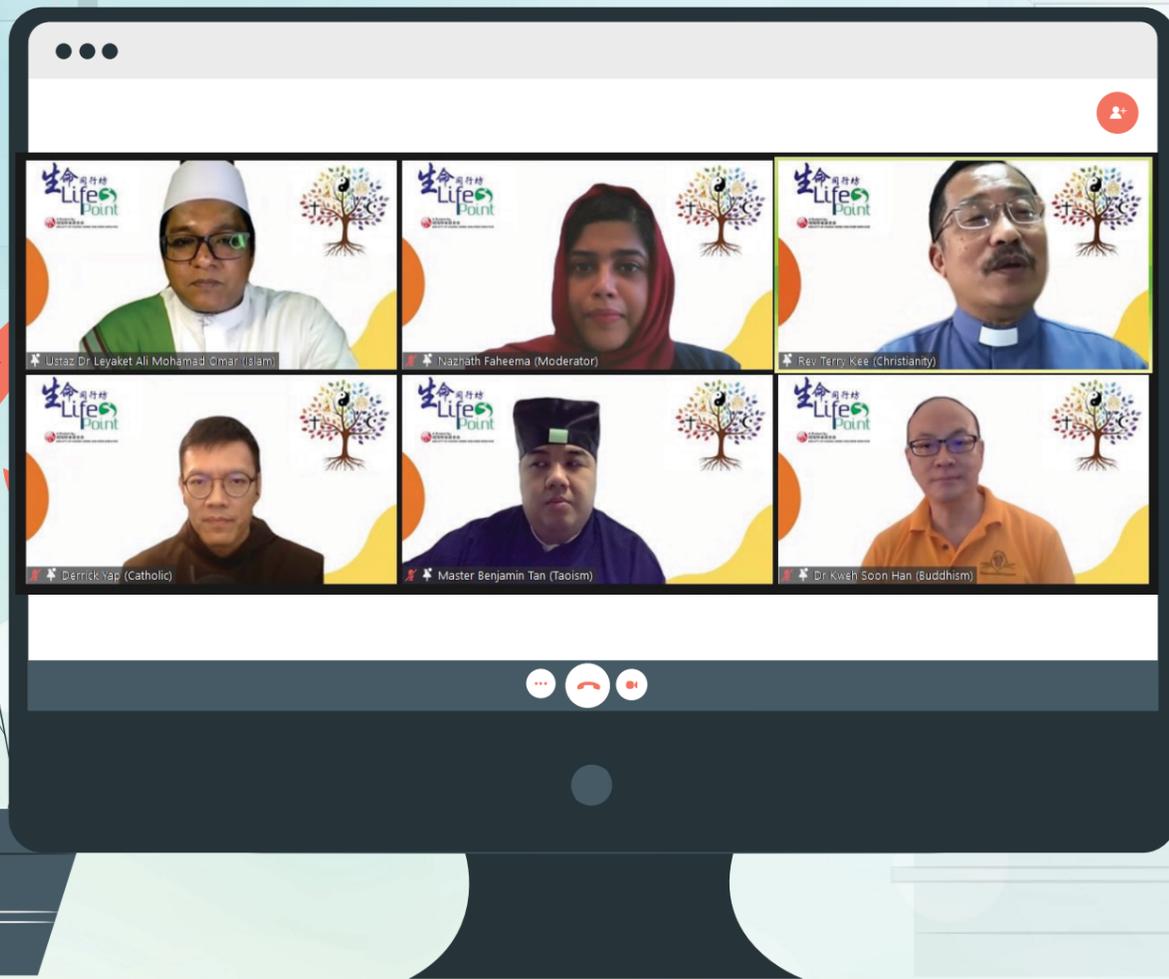
今年逢疫情蔓延高峰阶段，人心惶惶，生命教育比以往任何时刻更显重要。2021年10月9日，生命同行坊以“疫情中探索生命”为主题，成功举办线上中文跨宗教论坛，以 Zoom 以及 Youtube 线上直播两个平台，让广大群众共同探讨此应时课题。

想重温精彩内容，可以登上生命同行坊的 Youtube 频道。



To help reduce carbon footprint, **we encourage you to sign up for our e-Newsletter.** Join us in making Singapore a greener and sustainable home! To receive our quarterly e-Newsletter by email, please scan QR Code to register.

为了减少碳足迹，**鼓励您订阅电子会讯。**请和我们一起为环保尽一份力，把新加坡打造成一个更加绿色和可持续发展的家园！想通过电子邮件接收电子会讯，请扫描二维码。



Our five religious representatives are

- Master Benjamin Tan from Taoism,
- Dr Kweh Soon Han from Buddhism,
- Friar Derrick Yap from Catholicism,
- Rev Terry Kee from Christianity, and
- Ustaz Dr Leyaket Ali Mohamad Omar from Islam.

We were honoured to have Ms Nazhath Faheema as our MC.

 **Taoism**

Master Benjamin Tan shared the three core doctrines of Taoism: Compassion, Frugality and Humility. He covered four areas: Positivity during Pandemic, Worry and Fear, Death and Sorrow, and Uncertainty in Future. He listed three ways to cope with the pandemic: Helping Others, Going with the Flow of Nature, and Respecting Life.

He shared that the way to face with uncertainty is to stay flexible. Taoist's attitude towards the ever changing reality is to be flexible, no matter how complex the scenario is, do not get affected by the environment and people around you.

 **Buddhism**

Dr Kweh shared that there were four inescapable aspects of life cycle: Birth, Aging, Sickness and Death. The whole process repeats itself and we cannot escape from it. Instead of taking these four escapable facts as enemy, we learn to take them as a friend.

For sickness, the Buddhist approach is to be wise and heed the expert's advice such as keeping social distancing and putting on mask. During the early period of the pandemic, there was much greed and selfishness, hatred and destruction, fake news, panic and fear. In order to counteract greed and selfishness, we can extend generosity and charity. We extend unconditional kindness and compassion to counteract hatred and destruction. Against fake news, panic and fear, we use wisdom and understanding.

He ended his sharing by reminding us that we have a choice to transform this unfortunate episode into one of unconditional love, generosity and unity.

 **Catholicism**

Friar Derrick shared that we must strike a balance between irrational fear and taking precautions to protect ourselves. He reminded us to remember the poor. He identified the new 'poor' during this pandemic: Covid patients and their families; healthcare workers and safety ambassadors; people who are on home-based learning and work from home arrangement; home-quarantine people; and affected industries.

He stated that there is a fear in the people and we run away from fear because we have no inner peace. He shared that hope gives strength and for Catholics, hope can be found in faith in God because God will restore them. He shared the three evangelical counsel for the Catholics: faith, hope and love. He encouraged all to let faith, hope and love go into the people and to infect the people.

 **Christianity**

Reverend Terry shared that peace and love are things we desire. However, we have lost peace and love because of the circumstances. For Christians, peace is not found in the absence of trouble but it is found in spite of troubles — peace is something deeper than what is within us.

He quoted Psalm 91. Christians believe that God cares for everyone; both believers and non-believers. Therefore, we do not face Covid-19 alone and can turn to God for strength.

He ended by saying that with faith and trust in God, we are able to have peace in the midst of such circumstances and we are not paralysed by fear to the extent that we are not able to reach out in love to our neighbours who have need.

 **Islam**

Ustaz Dr Leyaket Ali shared core teaching of Islam – Trust in Him.

There are two core conditions to be a Muslim. The first, a Muslim must testify about his faith and bear witness that no one deserves worship except Allah. Secondly, there must be no compulsion — the first condition must be their conviction.

Muslims often refer to God as Allah. They believe that Allah is the creator and sustainer of the universe, who created humankind with a simple purpose: to worship Him. He also shared that submission to the will of God is an act of worship.

Another core aspect of Islam is the ultimate goal of a Muslim; the contentment of Allah, and to be among the dwellers of paradise. He emphasised that it is not enough for a Muslim to simply believe in Allah — Muslims will have their faith tested. Knowing this, Muslims should not overreact to troubles. They should take necessary means and to rely on God.

All the five religions shared the same views that their believers must have faith in their belief and reach out to those who are in need. They are to be responsible for their actions and work towards the goodness of others.

The online English forum attracted more than 100 participants.



论坛在城隍慈善基金会主席龙仕庚先生致开幕词后掀开序幕。代表五大宗教的主讲人先后发表各自的主题演讲。

- 陈贤达道长（道教），
- 释有广法师（佛教），
- 黄山严牧师（基督教），
- 萧永伦神父（天主教），
- 马玉钱先生（回教）

生命同行坊很荣幸邀请到新加坡道教学院吉凌博士担任大会主持。

道教

道教强调道法自然，鼓励大众以安时处顺的态度直面不断变化的疫情。以平常心及平等心尊重自己与他人的生命，先照顾好自己，再依自己的能力去帮助别人，不悲不愁，就是效法天道。

佛教

佛教强调人心是一切的主导。因此不管疫情的现象多不如人意，人还是可以选择如何正面回应。凡事要面对、接受、处理后，才能真正放下。“逆境常当顺受，动静常付无心”学习以无常为心宁的转捩点，无所执则不会抗拒改变，能像水一样顺势而流，碰撞巨石也无碍。

基督教

基督教强调人类科技成功的背后，人的生命其实是脆弱、无常以及短暂的。疫情给人最主要功课

就是学习珍惜现在、亲情、朋友以及生命。让神走入生命可以克服恐惧，以祷告神、默想神以及彼此团契的方式来活出神的恩慈、圣洁与怜悯，必将得到神的祝福。

天主教

天主教强调上主耶稣的陪伴给人力量面对真实而脆弱的自己。疫情与隔离所带来种种的焦虑，家庭关系问题，染病的不安，丧亲的伤痛都需要信仰带来的智慧。信赖天主，凡事都有好的一面，学习天主拥抱痛苦，为世人分担痛苦，今天自己经历的一切磨难，可以成为他日治愈别人的祝福。

回教

回教强调六大信条与五大功修是遵从上苍的生活方式。天灾往往是人们的贪婪、纵欲造成的。历史百年一度的全球瘟疫一再上演，在警示人们不依照上苍旨意生活，会带来灾难性的后果。疫情下人最重要的是懂得自省与悔悟。如果人意识到人死后不是一了百了，人会更有道德感，因为好坏的德行在死后有审判。

问答环节中，各宗教代表一致表示对打疫苗抱着肯定的态度。就算好坏前定，人们还是应该做好自己的本分，例如打疫苗，以保护自己，保护他人。总而言之，面对疫情种种未知与可能性，眼前看起来是危机，如果应对得当，也可以变成一个转机。

此次线上华语论坛共吸引了超过200人参加。会后论坛录影上载至YouTube后，三天内即达1000浏览人次，反映公众对跨宗教论坛与其主题的反应热烈。

FREE FUNERAL ARRANGEMENT FOR THE NEEDY

施棺服务

We assist people with financial difficulties and without next-of-kin to have the free funeral arrangement, e.g. simple farewell with dignity.

You are welcome to call Life Point 6538 9877 for more details.

我们为经济有困难及没有亲人的人士提供施棺服务，简单及尊严的告别，协助他们面对这哀伤的时刻。

欢迎致电生命同行坊 6538 9877 获取详情。

BEREAVEMENT SUPPORT

丧亲辅导服务

If you know someone who recently lost their loved ones and require bereavement support and counselling service, please call Life Point at 6538 0884 for information and appointment.

生命同行坊为有需要人士提供丧亲辅导服务，陪伴丧亲者走过艰难时刻。

请致电生命同行坊 6538 0884 获知更多资讯及预约。

"HOW TO PRE-PLAN FUNERAL AND COPE WITH GRIEF?" TALK

Date: 24 Feb Thurs

Time: 10:00am - 12:00 noon

Venue: Life Point@Chinatown

Language: English

FREE of charge

Please call 6538 9877 or visit our website to register

善别讲座： 微笑道别，生死两相安

事先规划丧礼有窍门吗？
丧亲如何让哀不再伤？

日期：3月29日（星期二）

时间：上午10点至中午12点

地点：生命同行坊（牛车水）

语言：华语

免费

请致电 6538 9877 或登上我们的网站报名



For members having birthday in Jan-Mar, Life Point wish you a very Happy Birthday!

1月至3月生日的会员们，生命同行坊祝你们生日快乐！

You can help to make a difference by

donating to Life Point

欢迎你 **捐款** 支持生命同行坊，
使其服务持续发展

By Cash 现金 — 

Come to Life Point office and make donation
前往生命同行坊办公室捐款

By Cheque 支票* —

Payable to 收款人:

“SOCIETY OF SHENG HONG WELFARE SVCS”

**Internet Banking, DBS/POSB
ATM machine***

网上银行、星展银行(DBS)/邮政储蓄银行(POSB)自动提款机*

Payee Name 收款人

SOCIETY OF SHENG HONG WELFARE SVCS

Payee Bank Name 收款银行

DBS Bank Ltd

Bank Account Number 账户号码

0239035680 (current account 支票账户)

Bank Code 银行编号

7171

PayNow* :



Please take screen shot of the “transfer successful” page/bank slip, then whatsapp to **8171 9595** or email to **lifepoint@shenghong.org.sg**

请把“转账成功”画面或银行单的截图 whatsapp 至 **8171 9595** 或电邮至 **lifepoint@shenghong.org.sg**。

* *Please indicate donor name, contact number at the reverse side of the cheque, reference field or bank slip. Please also indicate your NRIC no. if you need tax deduction.

在支票背面、备注栏或银行单上，请注明捐款者的英文姓名和联络电话。如需获得减税，请注明您的身份证号码 (NRIC)。

This list is inclusive but not exhaustive, we would like to express our heartfelt gratitude for your generosity

尚有善长仁翁热心捐款未克一一尽录，感谢各位鼎力支持

Lim Hock Heng	1000
Lee Shyr Shyr	700
Lim Cheng Kee	200
Yip Kwok Yuen	100
Chua Chui Inn	50
Katherine Teng	50

Koo Sai Keong	50
Tan Kuan Cheng	50
Tey Tian Sey	50
Wong Kum Heng	50
Yak Yuen San	50
Ng Bock Hock	30
Tan Hung Noi	30
Anonymous	27
Koo Sai Keong	20
Monica Tan Siew Kim	10
Priscilla Chan Yoke Lan	10

Thank you
谢谢您!

Life Point @Sennett One Stop Services

生命同行坊 (信立) 一站式服务

You can visit our website and Facebook page for the latest updates.
各位可以浏览生命同行坊的网站和面簿专页，查阅最新活动详情

Please take note of the new fees effective from Jan 2022
请注意本中心已调整收费，2022年1月生效



tinyurl.com/sennettdirection

← **Direction Guide Video 如何前往影片**

Address 地址:

175 MacPherson Road, Singapore 348537 (Enter via Jalan Wangi)
新加坡麦波申路175号 邮区 348537 (经惹兰万宜进入)

Bus 巴士: 8, 61, 64, 65, 66, 90, 151, 154

Opening hours:
Mon- Fri, 9am – 6 pm.
Closed on Saturday, Sunday and Public Holiday.

开放时间:
星期一至星期五，早上九点至下午六点。星期六，星期日及公共假期休息

Public Talk (Pre-registration required) 公开讲座 (需要预先报名)	Date 日期	Talk Fee 讲座费用	Assistance and Services 协助与服务	Service Fee 服务费用
Advance Care Planning (ACP) & Advance Medical Directive (AMD) (English) *	Time: 10:30am 20/01/2022 (Thurs) 07/02/2022 (Mon) 14/03/2022 (Mon)	Member \$4 per topic Non-member \$6 per topic	ACP signing by appointment with Life Point Staff at 6239 0936	Free ACP Facilitation
预先护理计划 (ACP) & 预先医疗指示 (AMD) (华语)*	时间: 10:30am 19/01/2022 (星期三) 28/02/2022 (星期一) 15/03/2022 (星期二)	会员 每项课题 \$4 非会员 每项课题 \$6	请致电 6239 0936 与生命同行坊职员预约面谈	免费起草和签署预先护理计划
Lasting Power of Attorney (LPA) (English)*	Time: 10:30am 06/01/2022 (Thurs) 08/02/2022 (Tue) Zoom 11/02/2022 (Fri) 08/03/2022 (Tue)	Member \$4 Senior \$6 Non-senior \$12 Zoom Free of charge	Service Includes Form checking and Lawyer Signing of LPA Only Participants who attended LPA talk at Life Point	Legal Fee: Elderly \$50, Non-Elderly \$100 Admin Fee: Member \$10 Elderly \$20, Non-Elderly \$30
持久授权书 (华语)*	时间: 10:30am 04/01/2022 (星期二) 05/01/2022 (星期三) Zoom 09/02/2022 (星期三) 03/03/2022 (星期四) 09/03/2022 (星期三) Zoom	会员 \$4 乐龄 \$6 非乐龄 \$12 线上讲座 免费	服务包括检查表格以及安排律师签署持久授权书 只限出席生命同行坊相关讲座的人士	律师费: 乐龄 \$50, 非乐龄 \$100 行政费: 会员 \$10, 乐龄 \$20, 非乐龄 \$30

***Special Arrangement** for pre-recorded/Live Zoom talks via laptop - Pre-booking required via 6239 0936 or 91952006

***特别安排** - 可观看预先录制或Zoom直播的讲座 - 请拨打 6239 0936 或 WhatsApp 9195 2006 预约

Introduction of Will Making (English)	Time: 3pm 10/02/2022 (Thurs)	Member \$4 Senior \$6 Non-senior \$12	Will making by appointment Only for participants who attended Will Making talk at Life Point	Legal Fee: \$250 (simple will) Admin Fee: Member \$10, Non-member \$15
遗嘱须知 (华语)	时间: 10:30am 14/01/2022 (星期五) 11/03/2022 (星期五)	会员 \$4 乐龄 \$6 非乐龄 \$12	订立遗嘱需要事先预约 只限出席生命同行坊相关讲座的人士	律师费: \$250 (简单遗嘱) 行政费: 会员 \$10, 非会员 \$15

Senior: 50 years old and above **乐龄:** 50 岁及以上 **For enquiry 询问电话:** 6239 0936 **Whatsapp:** 9195 2006

Life Point @Chinatown One Stop Services 生命同行坊 (牛车水) 一站式服务

You can visit our website and Facebook page for the latest updates.
各位可以浏览生命同行坊的网站和面簿专页，查阅最新活动详情

Please take note of the new fees effective from Jan 2022
请注意本中心已调整收费，2022年1月生效



www.shenghong.org.sg/life-point



www.facebook.com/lifepointshenghong



tinyurl.com/lifepointyoutube

Public Talk (Pre-registration required) 公开讲座 (需要预先报名)	Talk Fee 讲座费用	Assistance and Services 协助与服务	Service Fee 服务费用
<p>Time 时间: 10:30am</p> <p>Advance Care Planning (ACP) & Advance Medical Directive (AMD) (English)</p> <p>Chinatown Point: 08/01/2022 (Sat) (11:00am-12:30pm), 16/02/2022 (Wed), 02/03/2022 (Wed)</p> <p>Zoom Talk: 20/01/2022 (Thurs), 07/02/2022 (Mon), 14/03/2022 (Mon)</p> <p>You can log in our Facebook page to watch the pre-recorded video of the talk anytime.</p> <p>预先护理计划 (ACP) & 预先医疗指示 (AMD) (华语)</p> <p>牛车水唐城坊: 08/01/2022 (星期六) (9:30am-11:00am), 15/02/2022 (星期二), 01/03/2022 (星期二)</p> <p>Zoom 网上讲座: 19/01/2022 (星期三), 28/02/2022 (星期一), 15/03/2022 (星期二)</p> <p>你也可以登入生命同行坊的面簿专页，随时收看事先录制的讲座视频。</p>	<p>Chinatown Point: Member \$4 Non-member \$6</p> <p>Zoom Meeting: Free of charge</p> <p>牛车水唐城坊: 会员 \$4 非会员 \$6</p> <p>Zoom 网上讲座: 免费</p>	<p>ACP signing by appointment with Life Point staff at 6538 9877</p> <p>Only for participants who attended ACP talk</p> <p>请致电6538 9877与生命同行坊职员预约面谈</p> <p>只限曾出席ACP讲座的人士</p>	<p>Free ACP Facilitation</p> <p>免费起草和签署预先护理计划</p>
<p>Time 时间: 10:30am</p> <p>Lasting Power of Attorney (LPA) (English)</p> <p>Chinatown Point: 10/01/2022 (Mon), 12/02/2022 (Sat) (11:30am-1:00pm), 08/03/2022 (Tue)</p> <p>Zoom Talk: 04/01/2022 (Tue), 11/03/2022 (Fri)</p> <p>持久授权书 (华语)</p> <p>牛车水唐城坊: 11/01/2022 (星期二), 12/02/2022 (星期六) (9:30am-11:00am), 07/03/2022 (星期一)</p> <p>Zoom 网上讲座: 09/02/2022 (星期三)</p> <p>持久授权书 (广东话)</p> <p>牛车水唐城坊: 04/03/2022 (星期五)</p> <p>持久授权书 (福建话)</p> <p>牛车水唐城坊: 23/03/2022 (星期三)</p>	<p>Chinatown Point: Member \$4 *Senior \$6 Non-Senior \$12</p> <p>Zoom Talk: Free of charge</p> <p>牛车水唐城坊: 会员 \$4 *乐龄 \$6 非乐龄 \$12</p> <p>Zoom 网上讲座: 免费</p>	<p>Service includes Form checking and Lawyer Signing of LPA</p> <p>Only for participants who attended LPA talk conducted by Life Point</p> <p>服务包括检查表格以及安排律师签署持久授权书</p> <p>只限出席生命同行坊相关讲座的人士</p>	<p>Legal Fee: *Senior \$50, Non-Senior \$100</p> <p>Admin Fee: Member \$10, *Senior \$20, Non-Senior \$30</p> <p>Application Fee: For Singaporean, waived till 31 Mar 2023</p> <p>律师费: *乐龄 \$50, 非乐龄 \$100</p> <p>行政费: 会员 \$10, *乐龄 \$20, 非乐龄 \$30</p> <p>申请费: 新加坡公民豁免至 2023年3月31日</p>
<p>Time 时间: 10:30am</p> <p>Introduction of Will Making (English)</p> <p>Chinatown Point: 12/01/2022 (Wed), 11/02/2022 (Fri), 12/03/2022 (Sat)</p> <p>Zoom Talk: 07/01/2022 (Fri), 14/02/2022 (Mon), 03/03/2022 (Thurs)</p> <p>遗嘱须知 (华语)</p> <p>牛车水唐城坊: 18/01/2022 (星期二), 21/02/2022 (星期一), 21/03/2022 (星期一)</p> <p>Zoom 网上讲座: 17/01/2022 (星期一), 22/02/2022 (星期二), 22/03/2022 (星期二)</p>	<p>Chinatown Point: Member \$4 *Senior \$6 Non-Senior \$12</p> <p>Zoom Meeting: Free of charge</p> <p>牛车水唐城坊: 会员 \$4 *乐龄 \$6 非乐龄 \$12</p> <p>Zoom 网上讲座: 免费</p>	<p>Will making by appointment</p> <p>Only for participants who attended Will Making talk organised by Life Point</p> <p>订立遗嘱需要事先预约</p> <p>只限出席生命同行坊相关讲座的人士</p>	<p>Legal Fee: \$250 (simple will)</p> <p>Admin Fee: Member \$10, Non-member \$15</p> <p>律师费: \$250 (简单遗嘱)</p> <p>行政费: 会员 \$10, 非会员 \$15</p>
<p>Time 时间: 10:30am</p> <p>Deputyship Application (English)</p> <p>Zoom Talk: 24/03/2022 (Thurs)</p> <p>代理人申请 (华语)</p> <p>请直接致电查询详情</p>	<p>Free of charge</p> <p>免费</p>	<p>For family members or next-of-kin of those who have lost mental capacity</p> <p>我们协助丧失心智能力人士的家人和亲属</p>	<p>Service fees depend on the complexity of the case</p> <p>服务费用将根据个案的复杂程度而定</p>

*Senior: 50 years old and above 乐龄: 50岁及以上

For enquiry, please call 6538 9877 询问电话: 6538 9877

Address 地址: 133 New Bridge Road
Chinatown Point #04-08
Singapore 059413

新加坡新桥路133号唐城坊
4楼8号邮编059413

Telephone 电话: 6538 9877

Email 电邮: lifepoint@shenghong.org.sg

Website 网址: www.shenghong.org.sg/life-point

Facebook Page 面簿专页: Life Point by Sheng Hong

Opening Hours: 开放时间 Mon-Fri 星期一至星期五:
9.00am - 1.00pm / 2.00pm - 6.00pm

2nd & 4th Sat of each month
每月第二和第四个星期六:
9.00am - 1.00pm

Closed on Sunday & Public Holiday
星期日与公共假期休息



Life Point whatsapp



Life Point Telegram