

Special Issue for Self Awareness Course



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Self-awareness Course is thoughtfully designed for the individuals who wish to discover their uniqueness as a person and to manage the strengths and weaknesses for the function of a man and a woman. It will also enhance their EQ for positive interactions and trust relationships among colleagues and family members. It is usually conducted as a 3-day intensive course with lectures and group experience in a comfortable hotel or a camp site.

So far more than 150 single adults which including professionals, office staff, students and some newly weds attended the course. The biggest camps we had ever conducted for the course was in 2003 with 79 participants and 85% of them rated it 8 and above out of 10 for the relevance and usefulness. Feedback received from participants of the past four years has affirmed that the course has achieved the following objectives:

- Removed obstacles to their growth process.
- Understood how others have misunderstood them.
- Strengthened their self-confidence.
- Equipped them for better working relationship.
- Affirmed their gender identity and function.

We had 21 participants in our last Self-awareness Camp held in Eden Garden Hotel. A participant, Ms. Gan Peh Boon, a sales manager, was convicted to make this course a blessing to as many people as possible. She has volunteered to produce this Special Issue of Self Awareness Course with the hope that many more people will benefit from the course that has been scheduled for 2006. Other participants have committed to be trained as facilitators for the workshop sessions of the course.

I would like to thank God for the wonderful initiative and love shown by Ms Gan and those who have contributed their reflections on the course that they attended. I pray that the Lord will reward them richly for the efforts they have put in to make this special issue available.

If you are interested in attending the next self awareness camp which will held at the end of April or on other scheduled weekends, please register on the form and send it back to our center. You may also register on-line by indicating the course you register and your choice of the date according to the schedule.

Rev. Dr. Francis Ngoi,
Director.

Some Reflections from the participants

“Whether single or married, life is a journey to knowing more of oneself in the light of God's will. If anyone desire to take the first steps toward the goal of understanding God's original design for mankind e.g. to live and function according to His divine purpose as man and woman, do sign up for the Self Awareness Seminar. When we know and function according to God's will for both man and woman, I realized that my marital relationship is more stable and there will be less unhappiness that normally leads to a break down in communication in a family.”

- **Philip (Trainer)**



**They received Certificates of Attendance
—Nov 2005's Camp**

“Besides learning from a well-trained and experienced pastor, we were able to hear from the participants and get encouragement from them. I learned how to handle relationships, how some failures happened, most importantly, what to avoid in the future, how we are created uniquely and thus the differences between man and woman and many practical tips that will help me as a single to become more confident, more mature, better in relating with people. The course met my expectations and I

was healed. God removed the confused and disturbed heart of mine and answered many questions. It's W-O-N-D-E-R-F-U-L.”

- **CH Ang**

“The most important is I like the fellowship and I learned something from the camp. Sometimes, it is really hard to measure our experience with money. I would say it is definitely worth to spend for this camp. I understand myself better and am able to build up my self-confidence. Besides, I learned a lot from the camp especially pastor and also through sharing sessions with brothers and sisters in Christ. The most important I would like to emphasize here that I learned God's words from Bible and its application to daily life, to relate to people around me - our parents, friends and colleagues. Lastly, I guess this camp is good for those are really taking care about yourself and your family. May GOD bless you and your family!”

- **Hie Ming (HP: 90115065), System Analyst**

“If you are looking for an inexpensive way and a change of daily routine, where you get to make more friends and in the process discover more about yourself and get to sample many good food, may I recommend the self-awareness course organized by Dr. Francis Ngoi.

What I really enjoy most of all were the countless laughter we had in small group discussions on controversial issues about the differences between male and female personalities. Since most of us were singles these discussions have helped us

to understand the opposite sex better and in some miraculous way we bonded well and began to appreciate each other better.

I am glad for the wisdom shared by Dr. Francis and the rest of the participants but more importantly I am more appreciative of God creation and HIS purpose and calling for me.”

- **Shushil (Airport Operation Asst)**

“Human Relationship is a complex matter. Many people do not know their strengths and weaknesses and how to handle relationship between themselves and the same/opposite gender well. In recent years, the media has published more about divorce rates are on the rise, conflicts in the office and family are also increasing.

Thank God, after attending the Self Awareness Course organized by Dr Francis Ngoi of Oasis Family Life Centre, I now understand my strengths and weaknesses better. I am also able to successfully apply the principles learned to developing and maintaining relationship with both genders; in particular, with female from the Biblical perspective.



A wonderful thing happened on the last day of the camp during the closing prayer led by Dr Ngoi. The Holy Spirit touched the heart of one female participant and she accepted the Lord Jesus as her saviour. Everyone rejoiced as she had informed us on the first day of the camp that she would not want to be coerced to accept the Christian faith. All praise, glory and thanks to our God and Lord Jesus Christ.

Last but not least, the world would be a better and happier place to live in if people know their strengths and

weaknesses and how to handle relationships from the Biblical perspective. Besides, non-believers would also get an opportunity to hear the teaching of the Bible and salvation through our Lord Jesus Christ. I strongly recommend this course to singles, married couples and even divorcees. I am sure they will find the Self Awareness Course a blessing.” -

- **Jacob Lim (lawyer: HP 96403110)**

“I attended the last two 'self-awareness camps' (Nov 2005 and Jan 2006) and feel that the camp is especially good for singles because of the following reasons:

1. To relate to people at work or in relationship, it is important to know ourselves, e.g. personality, family, hurts, strength, weaknesses,
2. To understand people, we require some understanding of God's design for male and female, personality make-up, etc.
3. Participants are invited to share about themselves as they feel comfortable, e.g. happiest/sad memory, family background, etc. There will be facilitators, and hence small group sharing is possible in every session. There is opportunity for interaction among brothers/sisters from different churches.
4. This can also be an evangelistic camp. One lady accepted Christ in the camp (Nov 2005). Never underestimate the work of God and the impact of a Christian community living.
5. Reasonable cost and comfortable accommodation in a convenient 5-stars hotel near the JB customs.
6. No need to take extra leaves, as the camp runs on a weekend linking up to a public holiday.”

-**Wong Lea Chong (Oncologist)**

Dr. Wong is one of our workshop facilitators





A Group Workshop Session - Jan. 2006

“The course begins with the journey of first discovering God’s divine wisdom and plan when He first created man and woman. Then we venture into reflecting how each of our environment and past experiences has shaped us to who we are today.

After which, we discover through the grace of God how we as Christian should value ourselves and others – achieving this by re-evaluating our belief system and values firmly rooted in God’s words and love. We then dived into discovering God’s intended plan and wisdom between the role of man and woman. What a neat journey! I’ve learnt much more about God, about myself, about the opposite gender and how man and woman should be connected, communicating and complimenting each other...”

Gan PB (Sales Manager, our editor)

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If interested, please fill out the registration form and send it to Oasis Family Life Education Centre, 63 Wishart Road, Singapore 098717, together with cheque payable to “The Methodist Church in Singapore”.

Schedule for the Self-awareness Course in next 3 quarters of 2006:

Date	Venue	Fee	Closing date	Remark	Tick your choice
29 April to 1 st May	Zon Regency Hotel, JB,(7.00RM taxi ride from Causeway)	S\$220	22 nd April	5-star twin Sharing room, 2 breakfasts + 3 lunches	
4-6 August	Oasis family Life Education Centre	S\$110	30 th July	Conducive class room 6 tea breaks	
1-3 December	Zon Regency Hotel	S\$220	26 th Nov.	5-star twin sharing room, 2 breakfasts + 3 lunches	

Name: _____ Gender: ____ Age: _____ Contact Number: _____

Home Address: _____ Email Address: _____

Religion: _____ Church attending: _____ Marital Status: _____

Occupation _____ Education Level: _____

Signature: _____

Date: _____