



# DMM2022

DISCIPLE-MAKING MONTH



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FOLLOWING CHRIST OUT OF COMFORT ZONE

# WELCOME

**“WHOEVER WANTS TO BE MY DISCIPLE MUST DENY THEMSELVES  
AND TAKE UP THEIR CROSS DAILY AND FOLLOW ME.”**

Matthew 16:24

This statement sounds heavy...and back-breaking. It almost sounds like a punishment. I can imagine parents doing that to their kids, denying them ice-cream when they don't finish their homework and serving them coriander instead!

The reality is that no one likes to talk about death, an image that the cross certainly invokes. But as Bonhoeffer puts it, “When Christ calls a man, he bids him come and die.” There's a cost to following Jesus, and for some, it's death, literally. However, by telling his disciples to take up their crosses, Jesus defied the idea that death was the most terrifying thing and suggested that there were worse things than death in the world - living in fear of losing our lives could be one of them. For if they were going to let fear run their lives, then fear would be their god.

Some of us are afraid when it comes to serving God, for fear that it would 'take too much of our time' so, we refuse to step up and be counted. Others guard themselves from 'troublesome' people because “I heard that once you open up your homes to them, or you befriend them, they will suck the life out of you. So, better not.”

Fear of inconvenience.

Fear of health risk.

Fear of parting with our wealth.

These fears rob us of life, causing us to live stingily and cautiously. This is not really living at all.

Can we live that way anyway? Sure! Just do not expect to be missed when our safe, comfortable life finally comes to an end. No one will notice that we are gone. “For whoever would save his life will lose it, and whoever loses his life for my sake will find it.” (Luke 9:24) The way to have life and life to the fullest is not to save it but to spend it, to give it away, for life cannot be shut up anymore than fresh water can be put into a bottle and kept forever hidden away.

Jesus gives us a choice.

Instead of surrendering our lives to fear, we can choose to surrender ourselves to God. Instead of obeying the voice that keeps telling us to play it safe, **listen to God's voice.**

It is the voice that says "Follow Me, do not fear."

It is the voice that calls us to walk on water!

This voice never promises safety but it has always promised life.

This voice never offers freedom from pain but has always offered freedom from fear.

This voice – listen to it. If you are not afraid to lose your lives for My sake, Jesus says, you might be surprised to find them (your lives).

*"To be where God is, to follow Jesus, means going beyond the limits of our own comfort and safety; receiving our lives as gifts instead of guarding them as our own possessions; sharing the life we have been given instead of bottling it for our own consumption."*

*– Barbara Brown Taylor –*

This 2022, we invite you to set aside the month of JULY to join us in listening to God's voice calling us to follow Him out of our comfort zone. Through the Sunday Sermons, and the variety of 'Dare to' challenges, we shall deepen our conviction to live a life of discipleship!

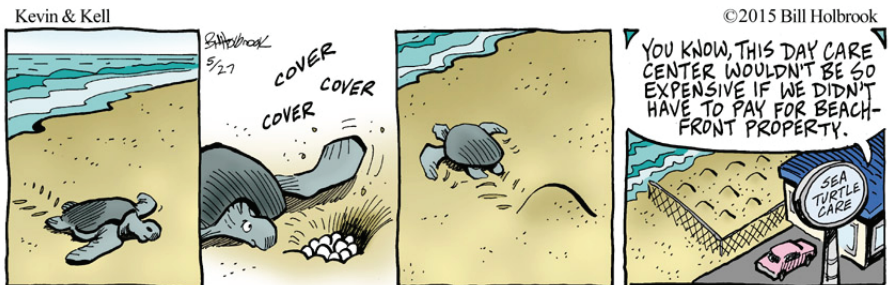
Let's grow together!

Jom,

*Alexa Ho*

Rev. Alexa Ho

Senior Pastor





# CHALLENGES

These are things DMM participants can do to nudge themselves out of their comfort zones into God's call for the Kingdom. Some of these challenges are one-off (e.g. blood donation). There are some challenges that you can repeat throughout the month of July and collect as many tickets as possible (e.g. visiting other congregations & bringing multiple friends).

## HOW IT WORKS

There are 6 categories of challenges that you can take part in. Every participant can take part in as many categories and challenges as they feel up to.

**IMPACT COMMUNITY**  
**BRING-A-FRIEND**  
**CREATION CARE**

**SUNDAY SERVICE**  
**PERSONAL COMMITMENT**  
**SHORT-TERM MISSION**



All challenges except the 2 in the Creation Care Category are linked to tickets. When a participant completes a challenge, they will receive the corresponding tickets as per listed in this booklet.

Each ticket represents an amount of money reserved for a certain organisation. **CLICK/SCAN the QR code** to watch a video for a general overview of how DMM 2022 works.

Here's an example of how the ticket works: Elder Kong Weng signs up to go for the Nepal Mission Trip. He receives a ticket that is valued at 5. This means he has helped to earmark RM100 for the CTC.

## TICKETS

Tickets will be given for every successfully completed challenge. Ticket values differ depending on the level of difficulty of a challenge. Ticket values represent how much is to be donated to a Recipient Organization. The ticket value and their corresponding donation are :

Ticket Value 1 = Donation of RM10  
 Ticket Value 2 = Donation of RM20  
 Ticket Value 3 = Donation of RM50  
 Ticket Value 5 = Donation of RM100

Keep the tickets with you until the end of DMM 2022. You might be able to redeem something special with them!

## RECIPIENT ORGANISATION

There are 5 Recipient Organisations identified for DMM. Each one represents a different sphere of community, starting from those closest to home moving outwards to world concerns. The 5 Recipient Organisations are:

- PJEFEC Foodbank (feeding the hungry amongst us)
- Children's Teaching Center (empowering refugee children in Malaysia)
- Malaysian Mental Health Association (healing those with mental ill-health)
- Lang Tengah Turtle Watch (caring for creation)
- the Ukrainian Cultural Association (crossing borders with aid)

## PLEDGES

At the start of DMM 2022, participants will be challenged to make a pledge towards the DMM 2022 Fund. To encourage generous and decisive giving, a group of anonymous donors have agreed to MATCH whatever amount is pledged as on 10 July 2022!

How to ensure your gift is matched:

### Option 1

Make a direct online transfer before 11.59pm 10 July 2022 to:

Account Name : Petaling Jaya Evangelical Free Church

Account No : 320 649 1230

Bank : Public Bank Berhad

SWIFTCODE : PBBEMYKL

Recipient reference/Remark: DMM2022

### Option 2

Message Rev. Alexa at 012-372 1264 before 11.59pm 10 July 2022

with the following details:

Name:

Amount to pledge:

Estimated transfer date:

The sum of both Options 1 & 2 will be totalled and matched by the donors.

### What if you miss the time mark?

You can give towards the DMM2022 fund all through the month of July 2022. However, only funds received and pledged before 11.59pm 10 July 2022 will be MATCHED by the donors.



#### E-BOOKLET TIPS

- click on the challenge number to go directly to the page for that specific challenge info.
- click the boxes to check it to either mark it as challenges that you are aiming to complete or to mark it as completed.

**01 BLOOD DONATION CHALLENGE** [30 JULY]

- 1x TICKET** Be a donor
- 2x TICKET** Bring a donor
- 1x TICKET** Be a ground crew

**02 ALPHA CHALLENGE** [16 JULY]

- 3x TICKET**

**03 FOODBANK CHALLENGE** [16 JULY]

- 1x TICKET**

**04 MAKE A MEAL CHALLENGE** [WHOLE OF JULY]

- 1x TICKET**

**05 CUG CHALLENGE**

- 1x TICKET** Attend a CUG Special Event (3 events) [8, 16, 22 JULY]
- 2x TICKET** Bring a friend to a CUG Special Event [8, 16, 22 JULY]

**06 IMPACT YOUTH CHALLENGE**

- 1x TICKET** Attend an Impact Youth Special Ops Event (2 events) [16, 23 JULY]
- 2x TICKET** Bring a friend to an Impact Youth Special Ops Event [16, 23 JULY]

**07 JOY CHALLENGE**

- 1x TICKET** Attend TECH with JOY: A workshop for Seniors [24 JULY]
- 2x TICKET** Bring a friend to Tech with Joy: A workshop for seniors [24 JULY]
- 1x TICKET** Register as a Volunteer Facilitator [24 JULY]

**08 SUNDAY SCHOOL CHALLENGE**

- 2x TICKET** Bring a friend to Sunday School [3, 17, 24 JULY]

**09 SPORTS CHALLENGE**

- 1x TICKET** Bring a non-PJEFC friend to join a sports session [WHOLE OF JULY]

**10 CREATION CARE**

- Bottles & Turtles [STARTS 17 JULY]

## 11 SUNDAY SERVICE CHALLENGE

- 1x **TICKET** Bring a Friend! [SUNDAYS, JULY]
- 1x **TICKET** Friend Comes Again! [SUNDAYS, JULY]
- 1x **TICKET** Friend brings Friend!! [SUNDAYS, JULY]

## 12 PRAYER MEETING CHALLENGE [SUNDAYS, JULY]

- 1x **TICKET**

## 13 DIFFERENT LANGUAGE SERVICE CHALLENGE

- 1x **TICKET** Visit a different language service! [WHOLE OF JULY]
- 1x **TICKET** Bring a Friend! [WHOLE OF JULY]

## 14 CELL GROUP CHALLENGE

- 1x **TICKET** Join a Cell Group [WHOLE OF JULY]
- 1x **TICKET** Bring a friend to Cell Group! [WHOLE OF JULY]
- 1x **TICKET** Friend comes again! [WHOLE OF JULY]

## 15 3-2-1 MENTORING CHALLENGE

- 1x **TICKET** Attend the 3-2-1 Mentoring Introductory Session [13 JULY]
- 1x **TICKET** Enroll in a 3-2-1 Group in July [WHOLE OF JULY]

## 16 HOSPITALITY CHALLENGE: START A CONVERSATION [SUNDAYS, JULY]

- 1x **TICKET**

## 17 COUNT-ME-IN CHALLENGE [WHOLE OF JULY]

- 2x **TICKET** Ascend Ministry
- 2x **TICKET** Hospitality AKA GUM
- 2x **TICKET** Children Ministry Team
- 2x **TICKET** Migrants Ministry Team
- 2x **TICKET** SIBPJEFC Bahasa Ministry team
- 2x **TICKET** Parenting Ministry Team
- 2x **TICKET** College Uni Group (CUG)
- 2x **TICKET** Impact Youth (IY)

## 18 MISSION TRIP CHALLENGE

- 5x **TICKET** Join the Nepal Mission Trip [28 OCTOBER - 6 NOVEMBER 2022]

# IMPACTING COMMUNITY

As disciples of Jesus Christ, we cannot escape His invitation to witness and impact our communities. Jesus Himself was an outgoing fellow, reaching out to the sick and downtrodden as well as bridging divides with those that were different from Him. Ultimately, He gave it all. He gave His life, having no regards for self, His blood was poured out for all. How far would you go to impact community?

Here are some challenges that require something of you:

## BLOOD DONATION CHALLENGE (UKRAINIAN CULTURAL ASSOCIATION)

TICKET MASTER: CHIENG DIH HAW

Does the sight of blood scare you? Many of us get a little squeamish when it comes to blood. Yet it runs through each and every one of us! When you donate blood you are literally giving someone else a new lease of life. Let us do our part for the nation and donate! Here are the details:

Date: 30 July 2022, Sat  
Time: 10.00am to 3.30pm  
Location: PJEFC Basement Canteen

**WHO CAN  
DONATE  
BLOOD?**



### BE A DONOR!

One way to make an impact life is to give LIFE! While we can't kill ourselves, we can give our blood in a safe way.

### BRING A DONOR!

Don't donate alone, bring a friend! Even if you can't donate blood, bringing and being with your friend as they donate is much appreciated!

### BE GROUND CREW!

We need 15 volunteers as ground crew to help make this challenge a joy and success! Here are the roles we are hoping to fill:

- Registration (2 people)
- Usher (4 people)
- Traffic warden (3 people)
- Servers cum Connectors at the Well (6 people)

The Ground Crew's role is to guide people to the respective stations, to provide an assuring & friendly presence, and to build bridges with the donors at the Well. It's an amazing challenge to get us out of comfort zone to BE a comfort to visitors and donors. Up for the challenge? Contact Eugene Loh at 012-444 0358!

**EVERY DONOR RECEIVES A FREE BEVERAGE!**



## ALPHA CHALLENGE

### [LANG TENGAH TURTLE WATCH]

TICKET MASTER: CHIN WEI KEONG

Bring a friend to the Alpha Launch happening on 16 July at 3pm in Studio 1! At this launch, your seeker friend can make a decision as to whether to continue with the rest of the course. Your challenge, if you choose to accept it, is to invite and 'teman' your friend to the Alpha launch. At Alpha, participants have the opportunity to ask as many questions as they wish about Jesus and the Christian faith. They can even ask why certain Christians don't look very much like Jesus! All this is done in a safe environment and with good food too. Start praying for your friends now!

## ALPHA LAUNCH

16 July 2022, 3.00pm to 6.00pm

Contact bro. Chin Wei Keong at 012-308 0585 to register your friend and you for the launch!

## FOODBANK CHALLENGE

### [PJEFEC FOODBANK]

TICKET MASTER: PASTOR JAMES YONG

Do you like to shop? Then this challenge is right up your alley! Restock our PJEFEC foodbank with necessities to brighten the days of the recipients. You can find the list of items we are searching for here: <https://pjefec.org/kitajagakita/>

Drop off your contribution here:

PJEFEC Foodbank (located at basement carpark)

16 July 2022, 10.00am to 4.00pm

Every cheerful Foodbank Challenger will receive 1 ticket when they drop off the contribution at the Foodbank. Thank you for daring to care for the community!

## MAKE A MEAL CHALLENGE

### [PJEFEC FOODBANK]

TICKET MASTERS: PASTOR JAMES YONG/JASMINE CHOO

Don't just say 'keep warm and be full', give them something to eat! Whether pandemic or not, there are people in our country and communities that go hungry at night. This July, rally friends or fellow DMMers to come together to prepare a meal for many who are less fortunate than us.

Make a Meal as a CG or a family or with friends!

There are at least 40 recipients (individuals and groups) identified from several communities through the PJEFEC Foodbank and congregations. Gather your buddies and CG members to take up this challenge or perhaps even mobilize your family! They do not need to be DMM participants to help out. However, every DMM participant involved in making a meal together receives 1 ticket each. The team leader just needs to list down the name of helpers who are participating in DMM and submit it together with a photo to Pastor James Yong.

Contact Jasmine Choo 017-630 0742 or Pr James Yong 016-217 6378 for more information and to arrange who you can make a meal for!

# BRING A FRIEND

## JOIN A SPECIAL EVENT, BRING A FRIEND!

The month of July is bustling with activity! Be part of the church life by joining us for some of these special events.

Better yet, bring a friend and introduce them to the larger church community. An opportunity for making connections and impacting community!

## CUG CHALLENGE (PJEFEC FOODBANK)

TICKET MASTER: EUGENE LOH

## ATTEND A CUG SPECIAL EVENT

If you are college-aged but have never really been a part of CUG, you're missing out! What better time to join us than for our CUG DMM Special!

For the month of July we will be having not just 1 but 3 special events as part of our CUG DMM special!

## CUG DMM BIBLE STUDY SPECIAL

We will be kicking off the CUG DMM special with a DMM special Bible Study! Come join us for fun activities, worship, bible study, and hangout!

8 July 2022, 8:30pm • PIC: Eugene Loh

## MAKE A MEAL CHALLENGE (a CUG-Impact Youth collaboration)

When was the last time you prepared a meal for others? Making meals are a way to show love as disciples of Christ. Come join us as we pack meals and food packs for those in need!

16 July 2022, 4.00 - 7.00pm • PIC: Eugene Loh

## CUG POOL PARTY

Come get to know us in a more relaxed and intimate setting over our CUG Pool Party! Chilled hangouts, food and games are a good combination to break the ice and know the CUG community!

22 July 2022, 6.00pm  
Glomac Centro Condo  
PIC: Eugene Loh

## BRING A FRIEND TO A CUG SPECIAL EVENT

Are you a regular CUG-goer? Don't keep the fun to yourself! Think of a classmate, neighbour, date (oof...) or cousin whom you can invite to one of our Special Events in July!

# IMPACT YOUTH CHALLENGE [PJEFC FOODBANK]

TICKET MASTER: EUGENE LOH

## ATTEND AN IMPACT YOUTH SPECIAL OPS EVENT

In line with our tagline this year, these special events are perfect safe spaces to invite a friend! Take a minute now to explore this list of wonderful events happening in July and prayerfully consider whom you can invite and bless!

Special Ops...you know, those events when our attendance normally spikes. In July, our Special Ops events will be fun AND meaningful, as we put our hands together to contribute to the community! Here are 2 special events you can join :)

### MAKE A MEAL CHALLENGE [16 JULY]

When was the last time you prepared a meal for others? Making meals are a way to show love as disciples of Christ. Come join us as we pack meals and food packs for those in need!

### SAVE THE TURTLES [23 JULY]

Clueless on how you can take care of the environment better? Join us on our group effort to raise funds for Lang Tengah Turtle Watch, frontliners in environmental conservation efforts!

### IMPACT DETAILS

Saturdays, 2, 9, 16, 23 July  
4.00 - 7:00pm, Studio 2 @ PJEFC

## BRING A FRIEND TO AN IMPACT YOUTH SPECIAL OPS EVENT

We usually have one Special Event every month, but in July, there are not one, but two special events for inviting your chingus!

You can invite them to make a meal together or fold origami turtles!



### SPECIAL TIPS!

When you bring a friend, remember that you are their official host and could possibly be the only person your friend knows at the event. Here are some tips on how to make it a good experience for your friend:

- Introduce your friend to at least 2-3 of your friends. Remember to allow your friends to introduce themselves too. Too often we tell people, 'Please meet my friend, Agatha', people smile and say hi but never mention their own names!
- Find a seat with your friend or try to be nearby
- If you are serving and need to be running around, tell your friend. It is always good to manage expectations and good manners as a host.
- See your friend off after the event. If appropriate, gesture to the 2-3 friends you introduced earlier to say good bye too. Simple gestures like these conveys to your friend that their presence is noticed and appreciated. Try not to be so caught up in your own 'gang' that you don't even know when your guest has left the building!

# JOY CHALLENGE

## UKRAINIAN CULTURAL ASSOCIATION J

### ATTEND A TECH WITH JOY: A WORKSHOP FOR SENIORS

Does technology intimidate or frustrate you? Or do you simply want to level up in your use of technology?

Join our joyful bunch of Just Older Youths as we learn in a safe space and sharpen our tech abilities!

24 July 2022  
11.30am to 1.00pm, Studio 1

Limited to 80 participants only. Hurry up!  
**SCAN/CLICK QR (A) TO REGISTER TODAY!**

### BRING A FRIEND TO TECH WITH JOY: A WORKSHOP FOR SENIORS

A perfect opportunity to invite a friend!

"Your son don't wanna teach you ah? Come! My church got young people can teach!"

Note: Your friend has to register for the workshop too.

**SCAN/CLICK QR (A) TO REGISTER TODAY!**

### REGISTER AS A VOLUNTEER FACILITATOR

If you're a digital native, and would love to see the joy of seniors learning new technology, do volunteer as a facilitator! All we need is your presence and patience!

Register by 17th July!  
**SCAN/CLICK QR (B) TO VOLUNTEER TODAY!**



**THIS CHALLENGE IS OPEN TO ALL AGES!**

TICKET MASTER: EUGENE LOH

QR (A)  
PARTICIPANT  
REGISTRATION



**REGISTER BY 17 JULY!**



QR (B)  
VOLUNTEER  
REGISTRATION



**REGISTER BY 17 JULY!**



## SUNDAY SCHOOL CHALLENGE

[CHILDREN'S TEACHING CENTER]

TICKET MASTER: TIFENA TANIA

### BRING A FRIEND TO SUNDAY SCHOOL SUCCESSFULLY

Sunday School is the perfect platform for introducing kids to Jesus! Do you know any kids who might benefit from Sunday School? Family friend's child? Work colleague's child? Nephews or nieces?

If they are aged 2-12, do invite them to Sunday School, it happens concurrently with our English Sunday Service, from 10am-11am.

For more information, do contact Juat Heng at 012-292 7458.

## SPORTS CHALLENGE

[MALAYSIAN MENTAL HEALTH ASSOCIATION]

### BRING A NON PJFC FRIEND TO JOIN A SPORTS SESSION

Are you sports inclined and keen to get some exercise in? Our Sports Complex is open to your friends too, the more the merrier!

- **VOLLEYBALL**

Sat, 9.00-11.00am & Sun, 5-7pm (Ming Han 012-201 1203)

TICKET MASTER: MING HAN

- **FUTSAL**

Sat, 7.00-9.00pm (Yu Yong 012-377 8756)

TICKET MASTER: PASTOR YU YONG

- **BASKETBALL**

Sun, 3.00-5.00pm (Nic Siew 012-370 8827)

TICKET MASTER: NIC SIEW

- **BADMINTON**

Sun, 4.00-7.00pm (Johnny 016-626 6001 or Jeff 016-226 6147)

TICKET MASTER: JOHNNY OOI

- **PING PONG**

Sun, 2.00-7.00pm (Voon Seng 012-365 1313)

TICKET MASTER: VOON SENG

- **SQUASH**

Sun, 4.00-7.00pm (John Lim 012-212 3681)

TICKET MASTER: JOHN LIM

# CREATION CARE

Do you remember the 4Rs we learnt in last year's DMM – Recycle, Reuse, Reduce, and better yet, Refuse? This year, we look at how applying these can make a difference to one of God's amazing creatures – sea turtles!

There are several species of sea turtles and the World Conservation Union lists nearly all of them as "endangered" and some "critically endangered". Sea turtles face many threats, and plastics is one of them. Among plastics, fishing nets are the biggest threat as they trap and drown turtles which can't reach the water's surface to breathe. Plastic trash is also a big turtle killer. The World Wildlife Fund for Nature (WWF) in Australia has found that approximately 52% of all sea turtles have eaten plastic.

There are efforts to help fishermen use technology to ensure that fishing nets won't harm turtles. On our part, we can reduce the amount of plastic waste that ends up in oceans, since not all plastic trash gets recycled – something we also learnt in last year's DMM.



LANG TENGAH TURTLE WATCH

## WHAT CAN PJEFCC DO?

Raise funds for organisations that work to save sea turtles from extinction.

## HOW?

Fold as many origami turtles as you can. Then bring them to a special aquarium at the concourse and fill'er up! Whenever the paper turtles hit a mark or height, a specified amount will be earmarked for donation to the Lang Tengah Turtle Watch. The higher the mark we hit together on the aquarium, the more funds we allocate towards this wonderful turtley cause! (Let's see how high a mount of turtles we can fold together!). **Bring your origami turtles to church starting 17 July.**



Lang Tengah Turtle Watch works to ensure that turtle nests are not disturbed and that turtle eggs are not stolen or sold for human consumption. The aim is to help as many turtle hatchlings reach the sea. They also do beach clean-ups to stop litter from being washed out to sea, and rehabilitate coral reefs which are the home and food supply for millions of marine species, including turtles. They also welcome volunteers to do beach patrols to guard turtle eggs as well as beach clean-ups.



TURTLE ORIGAMI YOUTUBE

It takes more than giving money, though.

## CHANGE OUR HABITS

We need to change our habits. If you're used to buying bottled water or drinks, this is something you can change. Stop, and bring the empty bottles you've bought to put in our special recycling bin.

Bring at least 10 bottles and you will receive a reusable water tumbler if you're among the first 30 people to do so. You can do so on Sundays, immediately after church service on July 17th, 24th and 31st.

## HOW DOES THIS CHALLENGE WORK?

- Only mineral water bottles and soft drinks bottles.
- Bottles must be emptied, labels peeled off, washed and dried.
- Recycle the bottles you have at home. Or do a gotong-royong to collect some. Try not buy new bottled water or drinks just to join this challenge, as this would defeat the 4th "R" - Refuse.

## WHAT'S GOING TO HAPPEN TO THE PLASTIC BOTTLES WE COLLECT?

They're going to be turned into plastic Eco Bricks - more on this exciting project after DMM!

It doesn't have to end here. Besides carrying your own reusable water tumbler, what are other food and drink items that you can buy using your own washable containers?

That's something to think about, and put into practice. By changing our habits, we can be better stewards of creation!

### WHAT ARE PLASTIC ECOBRICKS?



# SUNDAY SERVICE

## CELEBRATING WITH THE BODY OF CHRIST!

As followers of Christ, we are commissioned to make disciples of all nations. Of course, the first and easiest step is to ask them come to our wonderful Sunday Service or one of our vibrant Cell Groups (CG). It is through the fellowship of Christians that newcomers can see and experience God's love and grace in action. That's one of the reason that we encourage everyone to join our physical meetings (onsite) instead of through online. Through the few challenges put forth here, we want to encourage everyone to explore new language congregations, bring their friends to church and CG, and effectively work towards Each One Reach One.

For this DMM, here are some challenges to get you out of your comfort zone:

## SUNDAY SERVICE CHALLENGE (MALAYSIAN MENTAL HEALTH ASSOCIATION)

TICKET MASTER: PASTOR RUTH NG

English service: Sundays 9:30am

### BRING A FRIEND!

Bring a new friend to our physical church service (onsite). It can be your colleague, a friend or a family member who hasn't been to PJEFC before.

### FRIEND COMES AGAIN!

Your friend comes again to physical church (onsite) the following week. YAYY! Follow up is always important, always get feedback from the visitors on how they felt about their visit.

### FRIEND BRINGS FRIEND!

Your friend brings their family or another friend the following week. The family is the basic unit in the family of Christ so it would be great if the whole family is involved.

For more info on our meeting times and locations, please visit: <https://pjeffc.org/gatherings/>



## PRAYER MEETING CHALLENGE [MALAYSIAN MENTAL HEALTH ASSOCIATION]

TICKET MASTER: PASTOR JAMES YONG

Sundays 8:30am, Studio 1

### LET US PRAY!

Anytime is a good time to pray, but Sunday morning before service is the best. Come earlier and join the community to pray for our church and nation.

For more info on our meeting times and locations, please visit: <https://pjefc.org/gatherings/>

## DIFFERENT LANGUAGE SERVICE CHALLENGE [CHILDREN'S TRAINING CENTER]

Mandarin service: Sundays 11.15am

TICKET MASTER: PASTOR JEREMY LIM

Bahasa Malaysia service: Thursdays 8.45pm

TICKET MASTER: EDWIN KEE

Nepalese service: Sundays 3.00pm

TICKET MASTER: SAMUYAL TAMANG

Urdu service: Sundays 2:00pm

TICKET MASTER: JOSHUA SIMON

### VISIT A DIFFERENT LANGUAGE SERVICE!

We have many different language services in our church throughout the week. Come visit them to show your support and also maybe learn new things about different cultures and languages. Perhaps you might make a new friend, meet old ones, learn about the challenges other communities among us face, or at the very least, learn to say 'Hello' in another language.

### BRING A FRIEND!

Bring along a friend to share the joy of a new language service!

### SIGN UP TO SERVE

Find out how you can serve in these congregations and sign up! Find out more in the Count-me-in challenge under Personal Commitment on page 20.

# CELL GROUP CHALLENGE

## [MALAYSIAN MENTAL HEALTH ASSOCIATION]

TICKET MASTER: PASTOR YU YONG

We have over 30 different CGs in different locations catering for all age groups from youth to seniors citizens, families and singles, etc.

### JOIN A CG!

If you are not a part of a CG, now is the time to join one and experience the community of believers.

### BRING A FRIEND TO CG!

Bring a new friend to your CG!

### YOUR FRIEND COMES AGAIN!

Your friend returns for the following CG after the initial visit.

For more info on our CG meeting times and locations, contact Pr Melissa at 012-565 2148 or fill up the form at: <https://pjefc.org/connect/>

# PERSONAL COMMITMENT

One of the most challenging things is to make a personal change in our lives. We are creatures of comfort and prefer the status quo simply because it takes less effort to navigate. In 2022, our theme is to Following Christ out of Comfort Zone! In DMM, we have zoomed in on three areas that require personal sacrifice & change. In exchange for your time and effort in these challenges, we believe that you will experience a growth in relationship and spirituality as you have never had before. Get out of the boat. Walk on water!

## 3-2-1 MENTORING CHALLENGE [UKRAINIAN CULTURAL ASSOCIATION]

TICKET MASTER: REV ALEXA HO

Did you know that there are little groups of peer-mentoring that are meeting all across PJEFC? This was an organic initiative to help create a culture of small group mentoring and accountability in our church.

We have avoided calling it a 'program' for that can be quite daunting and creates mechanicalism. 3-2-1 is simply 3 people meeting for 2 hours 1 time a month. In this meeting, we often start off with a book to get the conversation going. Along the way, as the group begins to understand each other's needs more clearly, they may opt to use different material. The commitment is for 1 year. **Find out more at the introductory session on 13 July and get a ticket for just being curious!**

## ATTEND THE 3-2-1 MENTORING INTRODUCTORY SESSION on 13 July

Find out more about this amazing life-giving culture that builds fantastic small communities committed to grow together by singing up for this Introductory Session by Rev. Alexa. Scan or click this QR code to register by 12th July!



## ENROLL IN A 3-2-1 MENTORING GROUP in July

Take a step of faith and enroll to be PART of a 3-2-1 Mentoring group in July. Dare to get your feet wet and keep your eyes on Jesus! He may grow you in ways you never expected. Contact Rev Alexa 012-372 1264 to sign up!

## HOSPITALITY CHALLENGE

### [CHILDREN'S TEACHING CENTER]

TICKET MASTER: PASTOR RUTH NG

Which of the following statements are true?

- PJEFC has received more than 80 visitors since January 2022
- Our Greeters and Ushers team does not have enough volunteers
- Speaking to a visitor can convey warmth and welcome

You got it! ALL 3 statements are TRUE! PJEFC has seen an incredible number of visitors in the past 6 months! Our GUM team is severely stretched as many cannot return to serve during this endemic period. This leaves us with a bit of a conundrum: How will the visitors feel the signature warm PJEFC hospitality? Through YOU, of course!

### START A CONVERSATION WITH A VISITOR AT THE WELL

Drop by the Well after Sunday service and strike up a conversation with a visitor there. Ask a pastor or observe body language - you will be able to spot these new people whom God has brought into our midst. Extend your hand of fellowship to let them know that you notice and appreciate their presence in our community. Be genuinely interested in them yet not be over-bearing. Respect boundaries. Here are some examples of what might get a short conversation going:

1. We are so glad you can join us today. How did you hear of PJEFC?
2. How did you find the service?
3. Which part of the service blessed them the most?
4. Do you know anyone in this church?

### TO COMPLETE THIS CHALLENGE:

1. Remember the person's name. Say a prayer in your heart for the person once you wrap up the conversation.
2. Before you leave the Well, let the ticket master know which visitor you have engaged with and prayed for.

Who knows if this loving act of hospitality is what leaves an imprint on their hearts and wins them to the Kingdom of light!



## COUNT-ME-IN CHALLENGE (LANG TENGAH TURTLE WATCH)

Did you know that many ministries in PJEFCC are looking for volunteers? They are indeed! Covid-19 and the two years of lockdown has been a big game changer in ministries. Age, health, ability to adapt and changes in priorities are a just a few things that are affecting ministries. However, the Holy Spirit has not ceased to work in lives and continues to bring people to our communities to be disciplined.

You may be new to PJEFCC or you may have never considered serving in a new ministry until this new normal struck. Whatever your situation, there is a place for you to volunteer and be counted for God's Kingdom as a disciplinemaker! Why be pew warmers in church when we can be on fire for the Lord?

Discover these ministries below and sign up to serve in one of them. Call any of the PICs or look out for the corresponding ministry booths on Sundays.

### ASCEND MINISTRY

TICKET MASTER: PASTOR RUTH NG

CONTACT PR. RUTH NG 016-220 8550 OR KAY LYN 012-767 0642

Ascend is PJEFCC's worship ministry that strives to glorify God through expressions of creativity. We remain flexible and open to the Spirit's leading, giving God thanks for the resources available and gifted to team members. While many see the musicians and singers at the front each Sunday, Ascend has a team supporting behind the scenes through sound engineering, projection, lighting and much more. This team is also known as the Creative Tech team as we acknowledge that while the role is technical, God has given us the ability to be creative with technology as an expression of worship too. Whether you are inclined to serve musically at the front or technically behind the scenes, Ascend has a place for willing hearts and serving hands. Join us?

### HOSPITALITY AKA GUM

TICKET MASTERS: PASTOR RUTH NG

CONTACT PR. RUTH NG 016-220 8550 OR DSS. YEOH POH LYN 012-330 1620

The Hospitality Ministry comprises Traffic, Greeters & Ushers, and Visitors' Hosts. These are the people you typically see or whose services you "consume" when you come on site for physical church service. An encouraging trend is we have had visitors to physical church almost every week since reopening physical church in December 2021. We definitely need more hands on deck to practise hospitality, providing a welcoming space for members as well as guests.

### CHILDREN MINISTRY TEAM

TICKET MASTER: TIFENA TANIA

CONTACT PRISCILLA LIM 017-352 8909

A dedicated team of teachers and helpers for babies to 6 years old (Preschool), children aged 7-10 years (Kidz Rock) and Pre-teens aged 11-12 (Tweens Alive). Our mission is to nurture our children to know, love and serve Jesus, and to disciple them to walk in the ways of God.

## MIGRANTS MINISTRY TEAM

TICKET MASTER: PASTOR JEREMY LIM

### CONTACT PR. JEREMY LIM 012-953 1893

PJEFCC focuses on deepening our "mission at our doorstep" work through our Urdu and Nepali congregations. These ministries are under able hands of Joshua Simon and Samuyal Tamang. Besides Sunday services, they also run cell group meetings, discipleship courses, hostels visitation, fasting/praying sessions, and cricket games!

## SIBPJEFCC BAHASA MINISTRY TEAM

TICKET MASTER: EDWIN KEE

### CONTACT EDWIN KEE 012-354 4810

The service every Thursday evening is meant to disciple the BM-speaking Christians. It also runs a sports ministry every Wednesday evening to forge a closer fellowship among members. Badminton is a weekly staple, with the flexibility of engaging in other sports as well. We are currently shorthanded in terms of greeters, musicians, singers, and A/V.

## PARENTING MINISTRY TEAM

TICKET MASTER: REV ALEXA HO

### CONTACT REV. ALEXA HO 012-372 1264

PJEFCC's parenting team is here to minister and walk with parents from all walks of life. We are committed to create a culture of intentional family discipleships via the community of God. We hold talks, dialogues, and conversations (often revolving coffee/tea and nice kuih) to hopefully provide parents with resources and (transformed) perspective on parenting. We are looking for more parents/couples that are passionate in walking with other parents.

## CUG: COLLEGE-UNIVERSITY STUDENTS

TICKET MASTER: EUGENE LOH

### CONTACT EUGENE LOH 012-444 0358

Calling all college and university students to serve in CUG! CUG is a community of College - University students that aims to create a safe space where students can grow, explore and be challenged in their faith as they journey through this stage of life. We meet every Friday, 8.30pm at Studio 2.

## IMPACT YOUTH

TICKET MASTER: EUGENE LOH

### CONTACT PRISCILLA LIM 017-352 8909

Calling all teens to serve in Impact! Impact is a youth group (ages 13-17) that seeks to create a Christ-centered community where teens journey with each other as they learn as well as take ownership of their own faith. We meet every Saturday, 4.00-7.00pm.

# SHORT-TERM MISSION

## JOIN THE NEPAL MISSION TRIP

TICKET MASTER: PASTOR JEREMY LIM

Short term mission trips are a great eye opener to see what God is doing in other parts of the world. Some of these mission trips also open our hearts to God's call to serve the nations in various ways. Because we cannot see the vastness of the field, God inspires us to make an impact wherever we are with whatever we have.

This year, PJEFC invites you to pray and consider joining the Nepal Mission trip. We are so blessed to have Pastor Hari as our local contact. The opportunities to come alongside him in ministry and be a tangible encouragement to the church in Nepal are abundant!

Going on a mission trip is always a call out of our comfort zones. Yet, everyone who goes always grows in faith and trust in God! They also often come back with diarrhea, but that's besides the point.

### WHO?

A team of 10 people, healthy and able individuals who are willing to submit to one another in love

### WHEN?

28 October 2022 to 6 November 2022

### WHAT?

The team will be involved in various church ministries such as:

- a Sports and Evangelistic Movie Night
  - Sunday Fellowship and Home Visitations
  - Children Ministry
  - A Parenting Workshop
- and much more!

The team will also have the opportunity to visit a prayer mountain in Dhulikhel, a bible college, the OM Nepal HQ as well as a tourist destination, Thamel."

### HOW?

Contact Pr. Jeremy Lim 012-953 1893 to discover more about this exciting opportunity to really get out of your comfort zone and count the cost of the call.

# ORGANISATIONS

## PJEFC FOOD BANK

The PJEFC Food Bank was birthed through the desire to serve and love people in our surrounding communities. The MCO highlighted the need of the B40, migrant workers, and refugees in and around Section 13. Since then, we have a collection of food items every 3rd week of the month, and a faithful team of volunteers packs and gives out food 'hampers' to those who come. Occasionally, our supplies run low. So, donations (in cash and kind) are always welcome. Funds raised through DMM will be used to restock the food bank.

Contact Ps James Yong or SCAN/CLICK QR



## CHILDREN'S TRAINING CENTER

Children's Training Centre (CTC) is a non-profit community project that was established in 2009. This learning centre began by serving the Myanmar refugee community with initial funding by UNHCR and the support from Hope EFC, Wangsa Maju. With the resettlement of its founding members to third countries, Hope EFC assumed full operational responsibility and is currently managing CTC through Comunitas Wangsa Maju Bhd. CTC is open to all refugee children from ages 5 to 18 years. English is the medium of instruction throughout the grades. The centre engages full-time teachers - most of whom are refugees - who undergo continuous training so they may be able to fulfill their tasks with conviction and confidence.

CTC operates in 2 units of shoplots, has 169 students in 9 classes. The students are from 6 nationalities and 10 ethnic groups. The annual operating budget of RM250K is partly used to support 6 full-time teachers, 6 volunteers and 1 administrator. Funds raised via your participation in the DMM challenges will definitely have a significant and direct impact on this community.





## MMHA (MALAYSIAN MENTAL HEALTH ASSOCIATION)

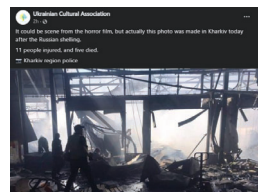
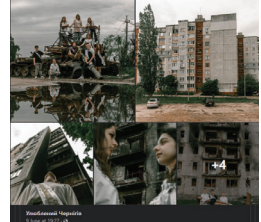
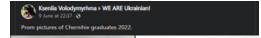
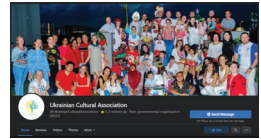
The Malaysian Mental Health Association (MMHA) is a non-profit voluntary organisation that was founded in 1967 by a group of mental health professionals and community leaders from University Hospital, now known as University of Malaya Medical Centre. MMHA aims to promote mental health awareness, provide support and raise the standard of treatment, prevention and research in the field of mental health. Besides paid therapy sessions, they also provide Free Emotional Support Sessions to the public. For these, we depend on financial support from well wishers to ensure that our programmes can reach out to, and benefit, as many people as possible.



## UKRAINIAN CULTURAL ASSOCIATION

The Ukrainian Cultural Association (UCA) is a non-governmental, nonprofit organization registered with Registrar of Societies of Malaysia to promote friendship and cultural cooperation between Ukraine and Malaysia.

All donations accumulated are being transferred to the Ministry of Social Policies and Welfare of Ukraine on the weekly basis under the supervision of the Embassy of Ukraine in Malaysia. None of the funds collected are used for operational or any other purposes by UCA. For more info, check out their facebook page **SCAN/CLICK QR.**



# LANG TENGAH TURTLE WATCH

Lang Tengah Turtle Watch is a Malaysian turtle conservation organization founded in 2013 with projects on Lang Tengah Island, Tanjung Jara Resort and Pulau Perhentian. Their objectives are to carry out ongoing conservation efforts and long-term monitoring to better understand and conserve the nesting and in-water sea turtle populations, to preserve the coral reefs which are also habitats for sea turtles and to educate and raise awareness among local communities, tourism operators and tourists through educational outreach programs as well as engagements in research and conservation efforts. Since their project started in 2013, more than 68000 turtle eggs were saved from being sold to the market. For more information, please visit their website:

**CLICK/SCAN QR**



 <b>BEACH PATROL &amp; NEST RELOCATION</b> <small>Ensuring eggs are protected from natural predators, poachers, and tourism</small>	 <b>NEST BUYBACKS</b> <small>Cutting supply to the market by purchasing eggs back from licensed egg collectors</small>	 <b>CORAL RESTORATION</b> <small>Rehabilitating and planting coral trees to promote healthier ecosystems</small>	 <b>OUTREACH &amp; COMMUNITY</b> <small>Virtual talks &amp; beach cleanups at the grassroots and local communities</small>
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As part of creation care, hardcopies of this booklet will not be printed. However, if you require one please get in touch with the church office during its working hours to request a printed copy. Booklets will only be printed on request and will be printed in-house as not to waste resources.

# DMM CALENDAR

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2 Sports-Futsal
<b>Sunday Sermon: Walk on Water</b> 3 <ul style="list-style-type: none"> <li>• Alpha Booth</li> <li>• Sports (others)</li> <li>• Sunday Service</li> <li>• Diff language Service</li> <li>• Count-me-in booths - BM/Hospitality/Ascend</li> </ul>	4	5	6	7 BM Service	8 CUG	9 Sports-Futsal
<b>Sunday Sermon: Fish for Jesus</b> 10 <ul style="list-style-type: none"> <li>• Alpha Booth</li> <li>• Sports (others)</li> <li>• Sunday Service</li> <li>• Diff language Service</li> <li>• Count-me-in booths - Hospitality/Migrants/CUG &amp; Impact</li> </ul>	11	12	13 321 Mentoring Intro Class	14 BM Service	15 CUG	16 Alpha Launch (3.00-6.00pm) Foodbank Collection(10.00am-4.00pm) Make-a-meal (IY/CUG) Sports-Futsal Impact Youth Special Ops
<b>Sunday Sermon: Share a Drink</b> 17 <ul style="list-style-type: none"> <li>• Creation Care</li> <li>- Turtle Challenge/plastic</li> <li>• Sports (others)</li> <li>• Sunday Service</li> <li>• Diff language Service</li> <li>• Count-me-in booths - Ascend/BM</li> </ul>	18	19	20	21 BM Service	22 CUG	23 Sports-Futsal Impact Youth Special Ops
<b>Sunday Sermon: Save The Turtles</b> 24 <ul style="list-style-type: none"> <li>• Creation Care</li> <li>- Turtle Challenge/plastic</li> <li>• Sports (others)</li> <li>• Tech with Joy (11.30am-1.00pm)</li> <li>• Register for blood donation (concourse)</li> <li>• Sunday Service</li> <li>• Diff language Service</li> <li>• Count-me-in booths - Children Min./Parenting</li> </ul>	25	26	27	28 BM Service	29	30 Blood donation (10.00am-3.30pm) Sports-Futsal
<b>Combined Sunday Service (Eng/Chi)</b> 31 <ul style="list-style-type: none"> <li>• Creation Care</li> <li>- Turtle Challenge/plastic</li> <li>• Sports (others)</li> <li>• Sunday Service</li> <li>• Diff language Service</li> <li>• Count-me-in booths - Hospitality/Migrants</li> </ul>						

CG MATERIAL  
QR CODE  
(ON WEBSITE)



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