



Special Issue for the launch of the Sitiawan Oasis Training Centre in January 2015

Finding Healing from Hurt and Stress

After graduating from Trinity Theological College in 1975, I joined the Chinese Annual Conference, Methodist Church in Singapore. During the years of ministry as a pastor I went through many situations which caused much hurt and stress. Through these experiences, I learnt to better appreciate Romans 8:28, “All things God works for good of those who love him.” I also discovered God’s tremendous love; His grace being always sufficient. In fact, pressure and stress became a propelling force towards excellence. According to St. Paul, “Suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out his love into our hearts by the Holy Spirit whom he has given us” (Rom.5:3-5)

During my pastoral days, the greatest disappointment was watching helplessly, the breakup of the families of devoted church members. It hurt the body of Christ and is disgraceful to His name. I recall one church leader divorcing and refusing reconciliation

despite his wife's pleas. His children stopped attending church and he disappeared altogether. During his time of service, he was deeply committed to a Discipleship programme and had led many to Christ. Another, a cell group leader who had an affair 8th year into his marriage. In our counselling session, he told me that he respected me as a pastor and that I should respect him as a mature adult who knew what he was doing. Lastly, a couple who had been counselled frequently by several professional counselors including myself for their marriage ended with his wife concluding that all counsellors and family therapists were hopeless and useless after years of marriage counselling.

In 2002 through the appointment of the President of CAC of the Methodist Church in Singapore, I was able to develop a set of family wellness programmes. Unexpectedly, it has become a prescription for healing the body of Christ, having seen couples successfully reorientate their marriages, reevaluating their positions and roles of husbands and wives in accordance with God's blueprint of marriage. This has enriched their marriages and inspired them to live as examples to nurture their children into Christian characters.

We have been conducting Marriage Enrichment Camps, Family Life Educators Training Courses in Fujian and Zhejiang since 2007 through and the establishment of our Hangzhou Eden Garden Wellness Consultancy Centre in Zhejiang in 2014. A large number of non-believer husbands accepted Jesus Christ as their personal Saviour and Lord of their marriages through the attendance of our Camps. Broken marriages were restored and

even a couple who was divorced for 18 years were reconciled and remarried. The programmes have amazed many pastors in China, finding it timely and directional in coping with the practical problems in their pastoral ministry and helpful for Christians in teaching them to obey the new commandment of Christ at home; that is to love one another as He has loved them, so that all men will know that they are Disciples of Christ. Most of all, empowering Christians to pass on their faith to the next generation, to fulfil God's promise of showing His love to a thousand generations of those who love him and keep his commandments.

God has provided me a new property in Sitiawan, Oasis Training Centre, developed on land I had inherited from my late parents. Since the beginning of 2015, we have trained two batches of pastors from Guilin, Hunnan, Hangzhou, Dalian and Yuhuan. At the end of the course they were greatly inspired and have refreshed their approach to pastoral ministry, integrating the Family Wellness series in their respective churches.

I hope you enjoy reading the testimonials of students who attended training in Sitiawan, March 2015. I pray it will encourage you.

Pastor Zheng JianYou, 34: *“According to Statistics Department in China the divorce rate has been increasing rapidly in the recent years. In 1980 there were 241,000 cases; 1990 – 800,000 cases, 2000 – 1.21million cases; 2009 – 1.71million cases; 2012 – 3.14million cases; 2013 - 3.5million cases and in 2014 – 3.65million cases. The effect of*

divorce on family life and the development of children is devastating. It was reported that there were 60 million children left to the care of grandparents in China. This shows how serious the problem is hidden behind them. What will be their future when they do not have proper family systems to nurture them? How much burden and pressure they will pose upon the society. It was also reported by mass media that 90% of youth delinquencies are originated from dysfunctional families.

I felt that every part of the course has a great message to impact us. The whole course impressed me that Rev Ngoi has a great vision and conviction for the family life education. I sensed that he has discovered the heart of God and know His will fully. I believe that this family wellness series will certainly bless the churches in China.

The course has transformed my conviction and beliefs progressively as I went through it. It helped me to let go my old judgmental attitude so that I could feel for others and help them to discover their strengths and uniqueness instead of pushing my ideas upon them.

I would like to adopt the whole series of family wellness programmes including courses on Self-awareness, Courting Couple, Marriage Enrichment, Parenting, Guide to Family Life and Family Altar as a long term holistic development of my church members. “

Pastor Zhou Chenyou, 36: *“I am greatly blessed by the course. It enriched my marriage and improved my parenting skills. It shaped and changed the philosophy of my life. I became more approachable and benevolent to others. Though I am the head of a Christian family and worked as a preacher, I was domineering towards my wife and child. Often times I would react angrily when they did not respond promptly to my requests or my comments that they were disobedient to the teachings in the Bible. The course has turned me around. I learned*

that I have to initiate the process of loving relationship by being warm and compassionate as the head of my household. This will nurture the affectionate character in them and foster loving and harmonious relationship at home. After my wife and I attended the first level of the course, we stopped all our spousal conflicts and have been able to go to church hand in hand as if we have rekindled our courting life. I really enjoy our family life now,

I would say that it is an excellent course. The church and the community at large have a great need of it. I will make use of all that I have learnt to bless my own family and the church that I serve. ”

Pastor Jin Enbao, 36: *“The course has inspired me to act as a man. I learnt that the life of a family begins from an appropriate transactional process. I am convinced that the family wellness programmes will strengthen my pastoral ministry and the revival of my church. There are about 100 million Christians, 1.4 billion population and 300 million families scattering in about 3 thousand districts (xians) in China. The Church has been too weak in creating any positive impact on them. While marriages are breaking up increasingly daily, the hearts of men and women are turning cold, and minds are becoming materialistic in our society today, impacting the church badly. Rev Ngoi’s family wellness series indeed has brought hope and direction for us. The churches in China definitely have an urgent need of it. It is a means to revive our church and package the gospel in a more appealing and relevant way in the life of the world today.”*

Pastor Yujie, 31: *“I am grateful to God for being able to keep in touch with this course during my lifetime. It is by God’s grace and in His will*

that I came to know God's blueprint of marriage, the original positions and roles of man and woman. They are created in the image and likeness of God, so that they could interact with one another in a way that fosters love and oneness in their marital relationship. I have found my original position of a man and do the will of my heavenly Father.

The course not only has enriched my life but also touched my heart deeply, if it is the Lord's will I will establish a family life education centre with a working team to promote the family wellness series to every corner in China and the world, so that more men and women will be able to receive the blessings God has meant for families. ”

Pastor Qianqin, 44: *“I came to realize that family is an organismic system. We have to come back as a sub-system of Christ in order to restructure our Christian marriages and families. It is so that every marriage and family will be able to reflect the image and the likeness of the triune God through knowing our individual position and function in the system in order to foster team spirit and interact with love. This will testify the love of Christ and raise up godly offspring.*

I will promote the family wellness series as my mission by organizing marriage enrichment camp, forming Covenant Family Groups and facilitate Christian families living with their abundant lives. I will do so diligently to strengthen the caring systems of the church.

Pastor Huang Chaofeng, 39: *“The course enabled me to be conscious of my own uniqueness, to heal my inner being, to accept myself, to interact constructively and to look at problem objectively. It also helped in building up my self-image and overcoming my weaknesses. I*

learned how to encourage others with words and actions as a way of loving my own-self and others.

I realized how the family of origin could affect the life of a person. I am prepared to help others to build their families in accordance with God's will so that more families may become a base to practise and inculcate the true love. I discovered how bad were my attitudes towards myself, interpersonal relationship, marriage, family and parenting. I am convinced that the series of family wellness programmes are the key to pastoral care ministry. It is a very important subject. I have been inspired to take the series of the family wellness programmes as the focus of my future ministry, so that more families may be blessed."

Pastor Huang Hongwei, 58: *"I was amazed and touched deeply by the course. I came to realise that even though I was a preacher, I was ignorant of counselling. I had merely been preaching. Though I am a woman, I was not fit to be a wife as I did not function with the position God has designated. Now I have come to realize that woman is designated as helpmate to a man. She should not play a leading role. The course led me to have a great breakthrough in my own value and role.*

I thank God for the vision of Rev. Ngoi. Not only he conducts training course to help us but also has written many books which are a valuable gift to bless many people in China."

Pastor Lin Haiyan, 39: *"After attending the course I would like to share what I have learnt and felt as follows: I affirmed my unique value as a person in the sight of my creator. I have found my original position and function designated by God. I am set free from traditions*

and know that the families are sub-systems of a church, a big system. I must teach my child in the way he should go in order to have godly offspring. All that we have about life comes from love. A real gift to God is for me to move in love. In order to glorify God we must press towards the goal of being a blessing to many families.”

Pastor Yau Zhicheng, 40: *“By God’s grace, I have this privilege to attend the family life educators training course in Malaysia conducted by Oasis Family Life Enrichment Centre. I was amazed and deeply touched by the research done by Rev. Dr. Ngoi about the concept of the family systems. It has turned all my learning in the past years up side down. It transformed my concept of shepherding and counselling ministry. Throughout the process of learning, I have been stirred up, renewed and enhanced continuously that have enabled me to have a clearer view of the value and position of my life on this earth so that I could respond more positively to the mission of my life. The greatest regret that I have is that I came to know this course too late. Otherwise, there would not have so many people misconceive marriage as hell of life or the grave of courtship.*

This set of course materials may be the integration of Rev. Ngoi’s 40 years of studies of his theological education and pastoral ministry and the thoughts of modern psychotherapists and family systems theory in the light of the truth he has found in the Bible. The course has enlightened me with the understanding of the triune God, the Father, the Son and the Holy Spirit as a heavenly organismic system. It is the foundation and example for the structure of earthly family systems and pattern of interactions among family members. He has opened the veil of traditional church which keep her hiding at the level listening to gospel and be saved through believing. He boldly opens the mission of living out the true love as deeper level of the character of Discipleship of Christ. The course is profound but easy to learn. Not necessary

require a lots of theological education and knowledge in order to comprehend it. It has a strong applicability which will enable every person to identify his position and role as man or woman and gifts according to God's designation when he relates with his own personality, or marriage, family, parenting, church, society. It is so that we will grow through interactions and be in harmony with God and enjoy the glory of God in the process of living out the true love. This is indeed a holistic education project that bases on the principles of the truth and God's will to enhance the development of life and character of a person. Whoever wishes to be healthy and blessed to glorify God must attend the course.

Especially as Chinese who have been living in China for a long time is clearer than any others in knowing the thought, culture, traditions and education systems here that have led us to the speedy upturn of the divorce rate, and the downturn of the morality of our community today. The series of family wellness programmes developed by Rev. Dr. Ngoi come as timely measure to save many marriages in China. It has also been a greatest blessing for the church in China as it enters into 21st century “.

Pastor Fang Shengyan, 42: *“The learning at this time has shown me the greatness of God. He knows my personal needs, ‘In Him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work with us.’(Eph.3:20) It has transformed me from inside out.*

Transformation of concept: Having attended several seminars concerning marriage and parenting, and read many books on these matters as well. They did help a little, but the insights that Rev. Ngoi gathered from how the God in three persons interact as a system; as

foundation for building a family system has transformed my original concept on family.

Transformation of my thinking pattern: In the past I thought in line of pieces or blocks, when a child has a problem search for a solution to his problem. When marriage has problem I perceived it as problems in the two persons. However, Rev. Ngoi has enlightened me that the parents are source of a child's problem. We must solve the problems of the parents as a means to solve the child's problem. The marital problem must work on the family systems and the process of interactions.

Transformation of method: Especially in the 2nd level of the course, not only the lectures of the teacher were excellent, his workshop sessions had deepened our interactions and enhanced our relationship. And the practice of presenting our lectures with fellow students' feedbacks and comments had helped us greatly. I have learnt the effect of learning through interactions.

Transformation of life: Not only I learned through listening to lectures that increased my knowledge as a growth process, but I also went through the process of repentance, renewal and readjustment of myself throughout the course of learning.

Total renewal as a person: Though it was a two-week course, we have discovered that our lives have been transformed. In the process of going through the course there are some who experienced inner healing, some who were set free spiritually, and some who felt enhancement in their personalities, we all experienced renewal in some way.

In fact the two weeks has gone too speedily. In a twinkling of eye we have to leave. Actually we are not willing to leave, as we have not learnt enough. We have only just touched the surface of the new entry. We are yet to have emulated the character and attitudes in serving, compassion and mission mindedness from the Rev. and Mrs. Ngoi; the

humility of Rev. Fong and the dedication of Mr. Goh, the manager and the love of his mother. .. and yet we have to leave and shoulder with a burden of the Great mission. “

Rev. Chen Shipping, 46: *“Even though I was ignorant about marriage, I got married. I was then confronted by the painful and hurting experience of dealing with relationship problems such as husband and wife; daughter in law and mother in law, and relationship with children. Some years later I was ordained as a pastor of a church. I had to encounter the difficult issues in the church like extramarital affairs, premarital cohabitations, divorces, conflicts of daughter in law and mother in law and parenting problems etc. I had no knowledge and was helpless in saving my church.*

When I was informed of the family life educators training course conducted by Oasis Family Life Enrichment Centre, my heart dawned with hope that I had finally found a solution to my problems. I discovered that Oasis Family Life Enrichment Centre aimed at training teachers to enrich family lives for the advancement of God’s Kingdom with Bible as the foundation. The Educators training impressed me of its systematic approach to enriching the whole family life cycle which began from Self-awareness and continue with Courting Couple course as preparation for marriage, then, Marriage Enrichment for married couples and parenting course for young parents, finally follow up with family altar.

Whoever goes through the family wellness series will certainly be able to manage his marriage family well by facilitating a healthy transactional patterns among family members.

I thank God, not only I was able to learn from the series of the family wellness course but also trained to be a family life educator. I pray that

the Lord will bless me so that I can be a tiny vessel of blessing to others. May the Lord bless Oasis Family Life Enrichment Centre that not only it will enrich the lives of many families and save them from the woe of conflicts and breaking up but also be a source of support to pastoral ministry of pastors. Praise the Lord.”

Pastor Tian Jie, 58: *“After attending the course I felt deeply that I have found what I have been searching ever since I have got involved in the church ministry:*

- 1. I have found the mission for my ministry. Formerly I knew that love fulfils all the law, and love is a motivation for mission, and my existence is to be a messenger of love. But I did not know what to do? From the course I have learnt how to grow in love through encouraging one another. This is the process that will help others to grow with me together so that every person can become a messenger of love. My mission for the ministry is to empower each individual to get involved in a process of interactions that will help them grow towards perfection.*
- 2. I have found a mean to nurture Christian character. Marriage is a cell of the body of Christ and it is a mean to grow love. It is so that a married couple and family members should be taught of how to develop a process of growth with loving interactions as a new creation in Christ. Members must learn how to love one another as Christ has loved them. Consequently, they will grow in Christian character.*
- 3. I have found the purpose of my ministry. I would dedicate my life to build people and not to develop programmes and activities in my church. Often time I may spend time on mapping the rules and disciplines in order to organize and to keep programmes and activities going.*

Formerly I found that church was over concerned about the rules and disciplines in order to regulate and maintain certain traditions of the church ends up with hurting one another even broke the church. I do not deny the value of rules and regulations but often time they became obstacle to let love grow naturally.

The Family Life Wellness series have turly enlightened me with the meaning of my future ministry. Praise the Lord. “

Our Strategy for Development:

1. Organize our First Level of Family Life Educators Training Course in locations where the Lord leads us.
2. Select suitable candidates (pastors) to come for the 2 weeks advance Family Life Educators training in Sitiawan.
3. Assign the graduates to train group leaders as their team members to help in the development of the Family Life Ministry in their respective churches.
4. Make sure that they organize and speak in their Marriage Enrichment camps as a launch of the Family Life Ministry in their churches.
5. Follow up the camp by establishing the Covenant Family Groups to continue the remaining workshop session of the camp.
6. Introduce the “Guide to Family Life” as a tool to sustain the group sharing and helping group members to integrate their faith with their lives as well as supporting each other for their family wellbeing.
7. Conduct more Marriage Enrichment camps for expansion of the ministry.

8. Conduct Parenting Course for members with children.
9. Conduct Self-awareness Course to evangelize the young adults as well as stirring up their self-love and enhancing their EQ,
10. Follow up the course participants with group meeting and nurturing their faith with normal nurturing materials.
11. Conduct more Self-awareness Course for enlarging the young adult community in the church.
12. Conduct Courting Couple Course as preparation for marriage.
13. Gather the Covenant Family Group members for teaching seminars and sharing of their personal testimonies of blessings they have experienced.
14. Equip and encourage Covenant Family Group members to develop their family altar with their children and other family members.

The following Courses will be available at Sitiawan Oasis Family Life Centre when we have sufficient online registrants:

1. Self-awareness
2. Courting couple
3. Marriage Enrichment.

Interested parties please submit your registration online www.oasisflec.org.sg and you will be informed with the course details one month before it begins.

Acknowledgement:

We are grateful to those who have supported our mission generously which has enabled us to sponsor the expenses of the pastors who come to Sitiawan for their training. If you are moved by the Lord to help us expand such a

tremendous needed mission in China, please do so by sending us your cheque payable to **Oasisflec to 422A Telok Blangah Road Singapore 098848** or transfer your offering to Oasis AC (**DBS 012-901033-2**)

May God “make all grace abound to you, so that in all things at all times, having all that you need, you will abound in every good work.” (II Cor.9:8)



2nd Batch Students & teachers of Family Life Educators Training, (March 2015)



1st Batch students & teacher of Family Life Educators Training (January 2015)



Oasis Family Life Enrichment Centre was conceived and nurtured in the Chinese Annual Conference of the Methodist Church in Singapore for eight years before becoming an independent agency.

It aims at helping churches to establish a practical and sustainable family life enrichment ministry in the church; transforming families into a basic nurturing ground for Christian love. Individuals grow best their capacity of love and ability for crisis management in the family environment. The Sitiawan Oasis Training Centre is dedicated to the training of Family Life Educators to promote the ministry.

Introduction to the Founder



Rev. Dr Francis Ngoi has been a pastor of Methodist Church in Singapore for more than 25 years. He received his master of ministry in pastoral care from Trinity Theological College, Singapore in 1978; Doctor of Ministry in Personality, Culture and Religion from Boston University in 1990 and professional Diploma in Marriage and Family Therapy from Institute of Family Therapy, London in 1996.

Besides his pastoral ministry he also served as a part time lecturer of pastoral care and supervisor of clinical pastoral care training. He was then appointed to spear head of the family life ministry in 2002. Through eight years of research and experiment, he has integrated basic biblical principles and years of experience in shepherding, lecturing, counselling, personality development, behavioural traits and systemic theories as his building blocks for family life ministry. A series of family life enrichment programmes, designed and written, have proven to be effective. He focuses on training pastors to promote the programmes through their pastoral ministry.