THE MIESSENGER OFFICIAL NEWSLETTER OF THE PENANG YMCA

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Thanksgiving message shared by Pr Abraham Gan on 7 June 2014 at the

THANKSGIVING SERVICE OF PENANG YMCA 55th ANNIVERSARY 2014

"THAT THEY MAY BE ONE"

JOHN 17:21

"That they all may be one, as You, Father, are in Me, and I in You; that they also may be one in Us, that the world may believe that You sent Me."



"THAT THEY ALL MAY BE ONE"

This is the Master's Cry for Our Generation! It is Jesus' deepest desire for the generations of believers who would believe through the preaching of the Apostles and First Century believers. John 17:21 is the heart cry of the Lord Jesus for you and I.

From the chronology of events recorded in the Four Gospels (Matthew to John), our Lord Jesus prayed this prayer probably in the garden of Gethsemane. Jesus was

to the climax of His earthly mission – The Cross! Yet Jesus was not absorbed in His own predicament. Rather, He was deeply concerned about His disciples and the generation of believers after them.

In this, we learn why succession praying is central in succession planning! If you are doing succession planning for your family or your organization, you should be engaged in succession praying! To that end, what would be the ONE THING you wish to ask God?

(The full text of Pr Abraham Gan's sermon is on pages 6 and 7)



Pastor Abraham Gan was the Senior Pastor of Reservoir Garden Baptist Church, Penang, before the Lord led him to pioneer Marketplace Penang in 1995. The thrust of Marketplace Penang is to promote a biblical orientation for career education, professional excellence and business enterprise.

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PENANG YMCA

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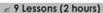


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The articles and opinions expressed in the Newsletter do not necessarily reflect thoseof the Board and Editorial Committee. The Editorial Committee reserves the right to reject or edit any contribution to the Newsletter.

We thank you all for your articles, contributions and appreciate your continuous support.



PRESIDENT'S MESSAGE



The passage of time goes by so rapidly we are now in the mid-year of 2014. It seems not so long ago we were celebrating the new year which was soon followed by the Chinese New Year of the Horse.

This year promises to be an eventful year for our YMCA. To help us share our 55th Anniversary joy with our brothers and sisters of other YMCAs in Malaysia and also with some participating foreign YMCA in this region, it was decided to hold our Anniversary celebration events in June instead of September (our Anniversary month) to coincide with YMCA Festival of Sports. By doing so the participants in the Festival of Sports will be able to share in our joy too! Hopefully this will be a memorable occasio everyone will cherish in their memory for years to come.

Our National council of YMCAs in Malaysia, with the support and substantial funding from the YMCA of America (YUSA), will be holding sessions for Movement Strengthening and also for Good Governance this year. These sessions are worthy of our full support in attendance and active participation.

Directors, Members and Staff at all levels are urged to set aside time and put in genuine effort for these sessions, so that together we may succeed in raising our service in the YMCA movement to the next level of relevance and effectiveness.

Let me close this message by sharing with you this short meaningful quotation:

"We give but little when we give of our possessions; It is when we give of ourselves that we truly give!"



GENERAL SECRETARY'S MESSAGE

This is the first issue of Penang YMCA's Messenger for 2014. I take this opportunity to welcome back our Board Members for 2014/2015. Let us work together for the betterment of Penang YMCA. Your leadership and guidance are vital for the progress of Penang YMCA.

For those who have taken up new leadership on the Board - we look forward to another year of fruitful partnership and collaboration. To Mr. Benedict Chin, our newly appointed Board member -WELCOME to the Y FAMILY.

The first 5 months was an eventful one. We had a Board of Governance workshop organised by National Council of YMCAs, Malaysia in Kuala Lumpur.

The one and a half day workshop right after the NCY Annual General Meeting started from Saturday, 15th March 2014. The workshop brought us back to the basics and reinforced / reminded us of the roles and responsibilities we were committed to as Board members and staff towards our Y. The discussion / sharing that took place on different topics from the other local movements were an enriching experience because we were able to learn from each other.

The newly formed Kedah YMCA had a soft launching ceremony on 18th March 2014. We were happy to be part of their celebration and to be able to journey with and support them. Their enthusiasm in wanting to move their Y forward was encouraging.

Together with Kedah YMCA, I had the opportunity to visit an Orang Asli camp in Gerik to explore the potential to work with them through the YMCA's GATN (Global Alternative Tourism Network) programme for a self-sustainable livelihood etc. At the same time we did our bit in providing for the community of 21 families.

We will be back again for more discussion and sharing to determine our direction for the next 2 years via a Board and Staff retreat which Mr. Jerry Choo has kindly offered to assist after our 55th Anniversary Celebration. Together let us make our Y a progressive and proactive organisation.

Once again I wish to thank the Board and all my colleagues for their support and cooperation.





Kedah YMCA was formed on 20 October 2013 and after a few months of hard work, the Committee members finally found a suitable place to set up the centre in Sg Petani.

As soon as they came on-board, the Committee attended the Board of Governance training in Kuala Lumpur YMCA and took the opportunity to invite Ms. Tan Boon Chin, a senior official of the USA YMCA, to visit the centre. An introductory and getting-to-know session was also organised to create awareness to the public and local community.

The session was held on 17 March 2014 and Mr. Ng Yee Khai, Honorary Secretary of National Council of YMCAs Malaysia, was the speaker for the event.

The next morning, 18 March 2014, a simple ceremony was held to commemorate the opening of Kedah YMCA. Among the personnel present to witness the auspicious moment were Ms. Tan Boon Chin, Senior Associate Director of International Group for YMCA of the USA, Mr. Geh Cheng Lok, President of Penang YMCA, Ms. Cheryl Lee, General Secretary of National Council of YMCAs Malaysia, Mr. Ng Yee Khai, Secretary of National Council of YMCAs Malaysia, Dato Lim Soon Meng and YB Dato Dr. Leong Yong Kong, The State Assemblyman for Gurun, Kedah.

After the ribbon cutting ceremony, the emcee announced Kedah YMCA officially opened and the YMCA of USA, National Council of YMCAs Malaysia, Kuala Lumpur YMCA and Penang YMCA presented souvenirs to Kedah YMCA.

We are glad that we have a new team of people who are passionate with Y's work and be a part of the YMCA family. With the opening of Kedah YMCA, we believe that more people would come to know the Y and its mission in reaching out to different communities.

Khoo Yunxin Programme Staff



What is the Motivation behind the Master's Cry for Oneness?

"That the world may believe that God has sent Him"

Allow me to share a word of testimony regarding how God used this John 17:21 to turn my life back to Him. It happened at a very low period in my spiritual life. I had met up again with some old classmates from my Bible college days. We were discussing about the need to share the good news of Jesus with people. I heard myself putting up a feeble excuse that it was not necessary to tell people about Christ. I told them it was enough to witness for Christ by the way we live. I went home feeling deeply troubled by my lack of conviction to be an active witness for Christ. I went into my daughter's bedroom and knelt down at her bed, repenting and pleading with God for a fresh touch. I saw a piece of paper on the floor with a logo design of the YMCA. Amazingly this happened in 1981, exactly 100 years after the first logo was adopted by the YMCA World Council.



How did this happen? In that year, I was operating the Penang YMCA Gift Shoppe and had photostated several copies of the YMCA logo for a T-shirt design. When I looked at the YMCA logo, it had John 17:21 right in the centre. I opened the Bible and read "that the world may believe that Thou has sent Me!" I wept with joy because God has spoken without a doubt. He has called me to be an active witness to His sending Jesus Christ to be the Saviour of the world!

The Meaning of the Master's Cry for Oneness

In John 17:21, Jesus asked the Father to keep His followers in oneness of heart and mind, of soul and spirit. A Special Oneness modelled in the Trinity of God the Father, the Son and the Holy Spirit.

This Oneness is patterned after the unique relationship between the Heavenly Father and the Begotten Son. This Oneness is rooted in that unique bond between the Divine Father and His Son

Jesus said: 'My Father is always at his work to this very day, and I too am working.'

Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does. (John 5:17, 19) I and the Father are one. (John 10:30)

In Philippians 2:5 to 11, the Apostle Paul pictures this Oneness as best characterised by the humility and obedience of the Son and the corresponding affirmation of the Father.

"Christ Jesus, 6 who, being in the form of God, did not consider it robbery to be equal with God, 7 but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. 8 And being found in appearance as a man, He humbled Himself and became obedient to the point of death, even the death of the cross. 9 Therefore God also has highly exalted Him and given Him the name which is above every name, 10 that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, 11 and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father."

The Mission in the Master's Cry for Oneness

On this 55th Anniversary of the Penang YMCA, let us return to the central Bible scripture of John 17:21 that was adopted by the YMCAs of the world in 1881. From this YMCA Golden Text, what is the call of God to us for our community for such a time like this?

The Mission in the Master's Cry for Oneness

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The call to Brotherly Love

The story of the founder of YMCA, Sir George Williams began on a farm in Somerset, England. As a young man, he described himself as a "careless, thoughtless, godless, swearing young fellow" but eventually became a devout Christian. He went to London and worked in a draper's shop.

He stayed in the accommodation provided by the firm in the same building, and became one of the 150,000 young men like him that crowded the city of London.

Appalled by the terrible conditions in London for young working men, he gathered a group of his fellow drapers together to create a place that would not tempt young men into sin. That place was the YMCA, which he founded on 6th June 1844.

George Williams, together with ten Christian young men, established the YMCA. "Our object is the improvement of the spiritual condition of the young men engaged in houses of business, by the formation of Bible classes, family and social prayer meetings, mutual improvement societies, or any other spiritual agency." When Sir George Williams started work in London, he had to brave the challenges of urban living. In new and unfamiliar surroundings, he was assaulted in his senses by the dazzling variety of life in the city. Did he feel alone and lost? Was his faith shaken? In such a time like that, God brought some young Christian men to befriend him and encouraged him.

In an increasingly privatised world, it is easy to say like Cain of Genesis, "Am I my brother's keeper?" Jesus told the story of the Good Samaritan and afterwards posed the question, "Who among them showed neighbourliness?"

The devil's favourite tool is discouragement. The world is dying from the lack of encouragement. The recent suicide cases reported in our Malaysian media reveal that a high percentage of them were young people! How can we in and thru the YMCA do to demonstrate brotherly love to youth in our city?

The call to Youthful Action

On 4th June 1844, a young farm kid, 23 year old George Williams banded and bonded together with 12 other young men to launch the first Young Men's Christian Association.

The genius of youth is creativity and activity. Let the Penang YMCA in the next 55 years become a hot-bed for wholesome, youthful entrepreneurship, inventiveness and activism!

How can we activate and replicate this special Oneness?

In order to act in concert with brotherly love we need the Love of God in us.

In order to advance in youthful action, we need the Life of God in us.

The Love of God in Us

The Apostle Paul reveals the secret of God's Love in Romans 5:1-5:

Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. ³ Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope. ⁵ And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us.

In Galatians 5:22, love is listed first as the gift of the Holy Spirit. In First John 3:1, the Apostle John wrote:

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

The Life of God in Us

In the celebrated Chapter 15 of the Gospel of John, we discover the secret of the Life in God.

Jesus said: 'I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. ⁶ If you do not remain in me, you are like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned. ⁷ If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. ⁸ This is to my Father's glory, that you bear much fruit, showing yourselves to be my disciples.'

The secret to finding Life in God is to abide, to continue, to remain, to stay, to be rooted and planted in Christ our Lord!

James Hudson Taylor, the British medical practitioner is considered the most impactful servant of God in China between 1854 & 1905. Taylor spent 51 years in China. The society that he founded was responsible for bringing over 800 missionaries to China to staff 125 schools and more than 300 stations of work.

Historian Ruth Tucker summarises the theme of his life: "No other missionary in the nineteen centuries since the Apostle Paul has had a wider vision and has carried out a more systematised plan of evangelising a broad geographical area than Hudson Taylor.

Like every devoted servant of God, Hudson Taylor suffered great personal cost in family life. He carried constantly an overwhelming workload. But in this "pressure cooker" environment, Hudson Taylor found rest and joy in his tireless labour for the kingdom of God. He found this secret of enjoying his work and working from a place of rest through the writings of Henry Law. A fellow missionary, John McCarthy had given him a book, "Christ Is All" by Henry Law. A passage from this book that greatly challenged Hudson Taylor reads:

"The Lord Jesus received is holiness begun; the Lord Jesus cherished is holiness advancing; the Lord Jesus counted upon as never absent would be holiness complete."

This new understanding of continually abiding in Christ endured for the rest of his life. At the time, he was quoted by fellow missionary Charles Henry Judd as saying: "Oh, Mr. Judd, God has made me a new man!"

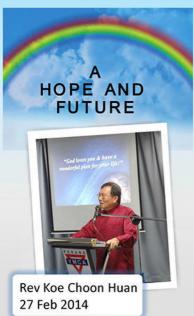
Oh, how we need the Love of God! Oh, how we need the Life of Christ!

Today, will you turn to God our Heavenly Father for His love that never fails.

Will you return to the Life in Christ and rededicate yourself to join with believers of like mind and heart in brotherly love and youthful action so that the world may know that God has sent Jesus Christ His Son to be the Saviour of the world! Amen.



...... to all our speakers who have blessed us with their sharing at our Christian Fellowship. Our fellowship meets on the last Thursday of the month.









Next Fellowship - 21 Aug 2014 and 25 Sep 2014, Thursday, at 8.00pm, Level 2, Penang YMCA



Worship Reflection on the Occasion of International Women's Day APAY Executive Committee Meeting in Hong Kong 6 March 2014

Theme: Celebrating Women, Inspiring Change

From there he set out and went away to the region of Tyre.* He entered a house and did not want anyone to know he was there. Yet he could not escape notice, but a woman whose little daughter had an unclean spirit immediately heard about him, and she came and bowed Now the woman was a Gentile, of down at his feet. Syrophoenician origin. She begged him to cast the demon out of her daughter. He said to her, 'Let the children be fed first, for it is not fair to take the children's food and throw it to the dogs.' But she answered him, 'Sir, even the dogs under the table eat the children's crumbs.' Then he said to her, 'For saying that, you may go - the demon has left your daughter.' So she went home, found the child lying on the bed, and the demon gone. (Mark 7:24-30, NRSV)

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, 'Have mercy on me, Lord, Son of David; And his disciples ame and urged him, saying, 'Send her away, for she keeps shouting after us.' He answered, 'I was sent only to the lost sheep of the house of Israel.' But she came and knelt before him, saying, 'Lord, help me.' He answered, 'It is not fair to take the children's food and throw it to the dogs.' She said, 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.' Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly. (Matthew 15:21-28, NRSV)

"How good and pleasant it is when brothers dwell in unity!" Other versions of the Bible now put this verse from Psalm 133 as saying: "How very good and pleasant it is when God's people live together in unity!" The change reflects the need to be inclusive. I think the journey of the YMCA has taken a similar turn – from when it began mainly for young men to when it started to include young women.

Today, I want to greet you, esteemed leaders of the Asia and Pacific Alliance of YMCAs, by re-stating this psalm a little further to say: "How

good and pleasant it is when the YMCA holds its Executive Committee meeting in the first week of March; for they have to remember the observance of International Women's Day!"

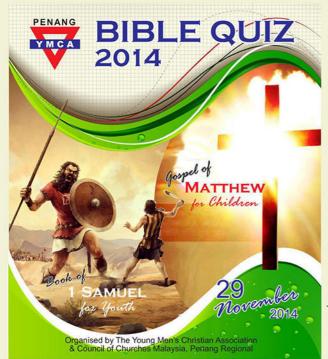
Actually, even if you hold your meeting in the first week of March, you can choose to focus on your regular business or agenda. But instead, you choose to include this worship dedicated to the International Women's Day. So I congratulate you all for that. I hope and pray that your observance will be meaningful and worthwhile!



As many of you know, International Women's Day honors the struggle of the early women who claimed their right to vote; the women who called for an end to war; the women who fought for equality in work and pay;

continue overleaf

Register Now!



Calling all children and youth aged 10 to 16 years to participate in the Quiz. All participants will go home as winners for their zeal and interest in the Word of God. Attractive prizes such as books, vouchers and special gifts will be given to encourage the participants.

Date : 29 November 2014, Saturday

Venue : YMCA Hall

Category Children Section

(Standard 4, 5 and 6) 9.00am to 1.00pm Gospel of Matthew Youth Section (Form 2, 3 and 4) 2.00pm to 6.00pm Book of 1 Samuel

No. of persons : 3 per team
Bible Version : Good News Bible
Registration Fee : RM50 per team

For further information, please contact Jess at 016-8228360

the women who paved the way to a growing consciousness of women's rights as human rights. While the first International Women's Day event took place in 1911, the United Nations began celebrating it on 8 March during the International Women's Year 1975.

For some people, the celebration of IWD may have become similar to Mother's Day and Valentine's Day, when women are given flowers and But actually, the special treats. commemoration is to build support for women's rights and participation in various aspects of life. It is a time to reflect on progress made in the area of women's empowerment. It is also a time to call for change where women still experience discrimination, injustice and violence. And it is a time to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in their communities.

The theme of the United Nations for International Women's Day 2014 is adopted here as the title of this reflection shared by Dr. Hope S. Antone, Program Officer of the United Board for Christian Higher Education in Asia.

There are three things that we can learn from this unnamed woman. In order to inspire and bring about change, one needs to have the following qualities:

- 1. Readiness to take risk.
- 2. Clarity of vision.
- 3. Having a good strategy, along with wit and humility.

The first quality is readiness to take risk. By going to Jesus, who was with his group of male disciples, this woman took a great risk. prevalent Jewish culture and religion would have prevented her from getting near the Jews. In the biblical Jewish culture, it was a big NO for women to be seen with men or to speak to men in public. It was a big NO for the Jews to have anything to do with the Canaanites (who they regarded as their enemies). It was also a big NO for anyone who has touched a sick or unclean person to get close to others for that would pollute or contaminate others. Yet, this woman took the risk by breaking the cultural and religious rules of purity and pollution. She took the risk by breaking down the walls that divided and separated people—walls of gender, ethnicity, culture, religion, socio-economic class, and what have you. She took the risk by simply daring to venture into the unusual, unnatural, and uncommon ways of doing and being.

The second quality is clarity of vision. This woman dared to take risk because she had a clear vision: the restoration of her daughter's health so she could have life in fullness. According to the story, her daughter was tormented by a demon. In the early days, sickness was often attributed to demons; thus, cure involved the casting out of evil spirits. Sickness was also seen as the result of one's sin or a relative's sin, hence, a punishment for sin; in this case, healing involved forgiveness from sin. With such an understanding of sickness, sick people were often stigmatized, and kept away from the community. Vision is that compelling dream, hope or aspiration to something better so that one would strive to get there. In this story of the Syrophoenician woman, her vision was grounded on a great need: the restoration of her daughter's health and the restoration of her daughter into the community. This woman loved her daughter so much and strongly believed that she deserved better. With that compelling vision, she dared to approach Jesus.

The third quality is having a good strategy, along with wit and humility. According to Matthew's version, this woman came out, shouting at Jesus. She must have done her investigation – as to where Jesus was going or staying. She must have planned how to approach him, given all the taboos as one of a different ethnicity, religion and gender. And in order to be heard, seen, and recognized, she had to shout! Even though it annoyed the disciples of Jesus who urged him to send her away! Then she knelt before Jesus (according to Mark's version) or bowed down at Jesus' feet (according to Matthew's version). While she claimed and asserted her right to be heard, seen and recognized, she was also full of humility and modesty. But the best part of her strategy is her conversation with Jesus. As she kneels before him and begs for her daughter's healing, Jesus replies: 'It is not fair to take the children's food and throw it to the dogs.'

[There are at least 41 references to dogs in the Bible, all not very favorable to dogs. That might be because dogs in ancient times were wild inhabitants of the streets, hiding by day, roaming at night, howling to one another, and scavenging for food. It is not like how dogs are treated now – they are well taken care of, dressed up, groomed, given shampoo and spa, etc.]

After hearing Jesus' statement that his priority was really to feed the children (that is, the Jews) and that he would not waste throwing bread to the dogs, this assertive but humble woman uses her wit to respond, using Jesus' own line of argument: 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.' Wit is a form of quick, intelligent humor - the ability to quickly say or write things that are clever and usually funny. To be witty is to be alert and capable of quick reasoning. And with her wit, this Syrophoenician woman changed Jesus from being Jewish-centric to being open to the whole world! Here is a woman who truly inspires change! Who brings about change - who could change a strong person, teacher and master, our Lord Jesus!

Can you think of women – ordinary and simple women like this unnamed Syrophoenician woman – who inspired change in your communities? They are the women with a clear vision, readiness to take risk, and a good strategy with wit and humility.

What can APAY learn from this story? Will APAY choose to take the role of the disciples who, while following and learning from Jesus, asked for the woman to be sent away? That attitude is shirking or avoiding responsibility. It is very tempting to choose this way – especially when we are already feeling the burden of our tasks at hand. Many

times, we do not want to see another problem or need – we would rather hope for it to go away.

Will APAY choose to take the role of Jesus, who in the beginning of the story felt constrained by cultural tradition, ethnicity, and religion to serve only the Jewish people? This attitude is a very common tendency for groups and organizations - to serve only one's own kind. Or, will APAY choose to follow Jesus into allowing itself to be changed by the gentle and witty persistence of the woman? This of flexibility is often attitude mistaken as a weakness, i.e. of being fickle-minded and unsure of one's position; whereas rocklike certainty and firmness (or is it non-changing rigidity?) would be often seen as strength. But, in fact, change is necessary - especially if we want our organization to be relevant to the needs and challenges of the times. To be flexible enough to adapt to change and challenges is actually a sign of strength.

Finally, will APAY choose to take the role of the Syrophoenician woman who holds a clear vision that is grounded in the real needs of the vulnerable and deprived sections of your communities; is ready to take risk to achieve the vision; and plans a good strategy, with wit and humility, to realize the vision? This attitude of solidarity and empathy would mean being the agents of change – by taking the sides of the vulnerable and deprived; by striving to bring about a more just and equitable community for all; by taking risk through breaking down structures and systems that breed inequality and divide communities.

Now one does not have to be a woman in order to take the role of the Syrophoenician woman. It is not only women who are called to be agents of change. We are all called to be agents of change.

There is a beautiful saying that is often attributed to Mahatma Gandhi, "Let's be the change we wish to see in our world." It means that change begins with oneself. If we desire change, it must start with ourselves.

Last week, during a workshop here in Hong Kong organized by the United Board for Christian Higher Education in Asia, one Indian educator spoke of the need to inculcate core human values to address the problem of corruption in society needs. However, he said, it is not enough to teach it; one must also live it for it must begin with oneself. Then he shared his testimony of how he refused dowry for himself and for his sons. This is his family's commitment to put an end to the cycle of violence resulting from the dowry system in his country. I felt so happy to know a man like that. He is the second Indian man I know who dared to say "NO" to the dowry system, which breeds violence against women and girls, even those who are yet unborn. I think this is an extraordinary act.

Last November, during the Advanced Studies Program of APAY, this dowry system came up during our session on Gender Justice. Some friends from South Asia said that if men's families do not ask for dowry, there is a doubt in the people's minds that something might be wrong with the men. So this becomes the reason why men find it hard to say "NO" to dowry. But how

about going back to the Bible to recover the original intent of the dowry, which is to make provisions for the bride who is leaving her family (not to provide for the groom or his family)?

On International Women's Day, why am I sharing an example of a man who has tried to be an agent of change? It is because if we really want to achieve positive results in our programs for women's empowerment and gender justice, we need more conscientized and committed men who are willing to give up their privileged positions of power in order to share power with women. We need more conscientized and committed men who are ready to take risk of being laughed at for their choice to give up their privileges so that women girls, and young people can simply live decent lives. And we need to conscientize our men, not when they are old, but from when they are young – we need to conscientize them to regard and value women and girls as equally created in the image of God.

I believe that YMCA is well positioned to reach out to many men, young men, and boys because of the nature of your constituency. YMCA has schools, camps and other family programs. Take advantage of those golden opportunities to form and transform their minds that they may become agents of change, starting with themselves and their families.

APAY, may you be the change you wish to see in our world today!!!

Dr Hope S. Antone is a Christion educator who serves the ecumenical movement in the Asia Pacific region. She has been a resource person of the Asia Pacific Alliance of YMCAs (APAY) for many years. She specialises in communication, intra and inter-religious issues, gender, feminist, and ecological issues. She has served as the executive secretary for Faith, Mission and Unity of the Christian Conference of Asia (CCA). At present, she is a Program Officer serving the United Board for Christian Higher Education in Asia, primarily dealing with South East Asia. Hope is currently based in Hong Kong.



We have the privilege of having Dr Hope S Antone here in Penang YMCA to speak at the workshop on "BRIDGING THE GENDER GAP"

The workshop is organised by the National Council of YMCAs Malaysia and will be held from 5 to 7 September 2014. For more details, please call Jess Chang at 04-228 8211





Then came an array of presentations from different groups of people to entertain the audience who were then enjoying a delicious 8-course dinner. Memento were exchanged among the different YMCAs coming over for this celebration, ie from YMCA Chiangmai, Ipoh, Kedah, Kuala Lumpur, Metropolitan Singapore and Singapore. At the dinner, the respective YMCA also gave raving performances that captivated the people. Each YMCA had also sent their teams to participate in our Festival of Sports held from 6 to 8 June 2014, which coincided with our 55th Anniversary celebration.

The highlight of the evening was the Cake-cutting ceremony, which brought the Directors of Penang YMCA going hand in hand with all other YMCA Directors present. There was also a Michael Jackson impersonator, Mr Saraween Kumar, who danced on the stage with such great talent that he kept the young and the elderly people spellbound at his performance. Last but not least, was the Nonya Belles, a 'Baba and Nonya' dance presentation, under the direction of Mr Johnny Chee.

All in all, it was a night to remember for representatives who came from YMCAs of Chiangmai, Malaysia and Singapore, and also well-wishers who congregated to show love and understanding towards one another and we pray for God's love to prevail over all our undertakings.

Robert Moses
Director, Penang YMCA

Preparation FOS

YMCA Penang is proud to host the biggest YMCA sporting event of 2014 - The YMCA Festival of Sports (FOS)! The festival of sports is a grand event where YMCAs of Malaysia, Singapore, Philippines, Japan and Thailand are invited to send their participants to join the friendly competition in the name of fun, fellowship and goodwill.

This year's event will be held from 6 to 8 June 2014. Invitations have been sent out and application responses have been pouring in! Everyone is geared up and feeling excited. Much preparation has to be done by the local YMCAs in order to claim the 2014 trophy.

So, how about the participants of Penang Y? We are getting ready too! We have identified team captains and have fielded our best players for each game. Seven (7) games will be played and they are Futsal, Badminton, Karate, Bowling, Darts, Carrom and Scrabble.

Everyone has been practising hard because they want to be at their best performance when the day of competition arrives. Who do you





The Penang YMCA hosted the much anticipated 24th YMCA Festival of Sports from the 6–8 June 2014. The festival was held at a time to coincide with the Penang YMCA 55th Anniversary and the 2014 World Challenge. With the strong support that came from the various YMCAs near and far, the festival welcomed a total of about 110 participants from the YMCA of Chiangmai, Kedah, Ipoh, Kuala Lumpur, Metropolitan Singapore and Singapore, and also from Penang.

Teams battled it out over games such as Badminton, Bowling, Carrom, Darts, Futsal, Scrabble, and Table Tennis. Apart from competing against other teams in the Spirit of YMCA, the festival also allows us to foster new friendship and strengthen the friendship

bonds and ties as we meet once every 2 years. I was excited to meet some friends again, whom I have not met since 2 years ago.

Sports is not just linked to good health and healthy living, it teaches us about life too. It teaches us about teamwork, it teaches us how to get along with others and it teaches us to work together to achieve a common goal. It is also about trust and responsibility.

I believe that this festival has made us realize what a great thing sports is, in many aspects. Being the organizing chairperson for this festival, I must admit it has been a huge challenge, but a positive one. I wish to thank all the YMCAs for their support, their energetic contingent that were here with us, the sponsors for their kind generosity, volunteers who were there

to assist us in so many ways, the Penang YMCA directors, staff, players and the committee members who showed nothing but pure dedication, going through meetings upon meetings and having barely enough hours of sleep to ensure everything is in order. I wish to thank the General Secretary of Penang YMCA, Ms Ong, for being there and guiding us throughout the journey. The festival would not have been a success without each and every one of you.

Heartiest Congratulations to Penang YMCA for being crowned the overall Champion of the 24th YMCA Festival of Sports. Great job!

See you in 2016 in Singapore!

Barry Teh Chairman, Youth & Sp<u>orts</u>



































Board Of Governance Training









The YMCAs of Malaysia were very blessed as the National Council of YMCAs Malaysia (NCY) held their first ever Board of Governance (BOG) training from 14 to 16 March 2014. This training is part of the movement strengthening effort for NCY, which the YMCA United States of America (YUSA) is supporting.

Penang YMCA's management office was nearly empty as most of us had to temporarily leave our work behind in order to attend the training, which we believe will empower us and improve our local Y movement. Not only were our hearts open to learn and absorb new information and formations but there was much to celebrate too!

Firstly, it was the first time that ALL the Presidents from seven YMCAs of Malaysia attended the training, including the newly formed Kedah YMCA. I was so happy to be present on such a historical moment and there was a sense of unity in the air. I felt pretty overwhelmed because I too, am part of the big movement here in YMCA of Malaysia.

Also, it was the grand opening and blessing of the new office for the newly installed General Secretary (GS) of the National Council YMCA's (NCY) office. It was such a joy to see all 7 presidents gathered there to pray, in the new office. Powerful and mighty works are born from such places.

The training was truly a boost for us as trainers and leaders Ms. Boon Chin Tan and Melissa imparted to us ideas on how we could run our local YMCAs better by understanding the roles of directors and staff in a non-profit organization.

Ms. Mellissa challenged us on ideas of what a YMCA should be like and also expanded our thoughts by sharing with us her experience on how YMCAs in the USA had functioned and how we could adopt some of those functions and practices at our local Y.

She covered some pretty dreary topics such as human resource, public credibility, finance and accountability. These topics are quite heavy to discuss about but nevertheless necessary in order to run an effective governance and stewardship over our local Ys.

Although it was a full day session, we managed to squeeze in some time to pray for the missing Malaysian Airlines flight MH370. The presiding bishop led us in prayer for the passengers, staff and their loved ones at such trying times. The short meeting attracted a good number of 100 attendees and there was also a media team from 8TV to cover the event. A few of our YMCA staff and volunteers were interviewed during the function and were given the opportunity to speak their mind of what they thought might have happened to the missing plane. The event concluded with a 'signature' ceremony as Mr. Leo Armstrong, President of Kuala Lumpur YMCA invited everyone present to initial their names onto the backdrop with the image of MH370 as an act of support.

Our training finally ended on Sunday and we bid our goodbyes and farewell after we had our lunch that was prepared by café Syok. We made new friends, new connections and are certainly looking forward towards the next movement strengthening training in the coming future.

Michael Cheong Programme Staff











Global Alternative Tourism Network (GATN)

Any readers here love to travel? Great! We have some good news for you!

We would like to introduce a brand new additional programme to the Penang YMCA called the Global Alternative Tourism Network (GATN). This programme has already started with other YMCAs around the globe including the Philippines, Thailand and Malaysia (Kuala Lumpur) and now we are bringing it to Penang YMCA!

So what is this programme all about? It designed to give tourist a very different experience from the conventional tour packages offered.

The purposes of travelling or tourism are aimed to be recreational, leisure or business. Most conventional or commercial tour packages would include bringing tourists to conventional sightseeing places that are of common interest.

What is different about GATN is the inclusion of other factors, such as understanding or learning through eye-opening experiences of the community. It is a programme that advocates global citizenship and strives to impact both participants and local communities at the same time.

Penang YMCA's GATN programme is designed to take our tourists on a journey to have a slice of what our beautiful island has to offer and that is the essence!

Our upcoming GATN programme would attract tourists and they would have the chance to experience:

- 1. Exploring the Penang Food Trail
- Round Island Fruit Trip
- 3. Georgetown City Tour

We would be having two choice of packages of either 3days / 2nights or 2days / 1night. All tours would be conducted as a group tour manner.

Come and be part of this adventure! Let us build our local community together.

To join us, please contact Michael 016-4207727 or e-mail progexec@ymcapg.com for more information.

Michael Cheong Programme Staff





The Board of Governance training at KL YMCA was a follow-up session of Movement Strengthening. Penang YMCA sent a mix group of participants comprising directors, staff and volunteers. Much of the training focused on the responsibilities and roles of a director, staff or volunteer.

The training had given me a clearer understanding of our respective role and job description, and its importance in YMCA. I also learnt that it is important to have a clear mission and vision because this will set the direction for directors, staff and volunteers to work towards. Besides that, the most interesting thing I learnt is in using the Matrix mapping to evaluate our programmes or events, and to assess their effectiveness.

Our Penang YMCA team truly had a wonderful time of learning together.

KhooYunxin Programme Staff

KITAKYUSHU YMCA



We were very happy to welcome Mr. Ken Ogawa on his visit to our Penang YMCA in early March 2014to promote Kitakyushu YMCA's Japanese language course.

Mr. Ken was here for a follow-up session on setting up a partnership via education in learning the Japanese language. He presented to us the offering of a unique and exciting opportunity for students who are keen to learn Japanese language totravel directly to Japan to take the course.

Kitakyushu YMCA would be offering two courses for Japanese language:

- 1. Long term Offered for a period of 1 year time frame. Students will be studying for the basic to advance level.
- 2. Short term Offered for a period of 2 weeks to a month's time frame. Students will be learning the basic level (conversational and functional level).

The Short term course is a good start for students to enjoy learning Japanese language as well as to enjoy the culture, scenery, environment and events in Japan. Classes will be conducted in the morning, leaving the afternoon period free for students to venture the beautiful town of Kitakyushu or take the nearest train ride to other places or cities of Japan.

Following on from there, the Penang YMCA is also looking forward to launch the Japanese language classes locally. We are keen to organize a twinning education programme so that students may study locally at Penang first, and then continue on with the short term course in Japan (2 weeks to a month)

Students who are keen to sign up can contact Michael at 016-4207727 or e-mail progexec@ymcapg.com for more details and information.

Membership Card

It is a fresh 2014 and we have some news for our members! Remember the times where you need to apply or renew your YMCA membership application but did not have a good photo to submit because of the inconvenience of shooting your latest photo or lack of digital photography facilities?

Well, things just got easier. We have a new HD webcam to take care of all your membership card photo needs! Therefore, members can now have their photographs taken at our Programme counter and this simple and easy process takes only a few minutes.

Alternatively, members or applicants may send in their digital photographs via e-mail. Please be advised that the photographs require the common "formal" passport size setting. No selfies will be entertained. Please e-mail your photographs to prog@ymcapg.com

Type of member	Subscription	Entrance Fee
Full / Associate	RM60	RM100
Junior	RM10	RM 30
Life	RM2000	RM100
Life (above 55 years)	RM1500	RM100

All members are encouraged to participate and to grow the Y family of Penang!

Michael Cheong Programme Staff

Discount Merchants for All YMCA Members

Please show your YMCA Member Card when orders are made and enjoy discount privileges!



All For One Enterprise (All 4 One) 320P, Jalan Perak 11600 Penang Tel / Fax: 04-2821277

Bakery – Cake House

10 % discount on all cakes, 5% discount on all pastries



Bestech Sports Enterprise

Level 3, YMCA Building 211, Jalan Macalister, 10450 Penang Tel: 04-2282968 Fax: 04-2293968

Sports equipment & Accessories - 10% discount for sport equipment & accessories (Excluding shuttlecock & promotional items)



Doubledged Sdn Bhd

11-A Jalan C.O. Lim, 10250 Penang Tel: 04-2261212 Fax: 04-2271212 www.doubledged.com.my doubledged@time.net.my

10% discount on curtain purchase (depends on material)



Gnosis Professional Hearing Services

368-2-14, Bellisa Row, Jalan Burma, Pulau Tikus, 10350 Penang Tel/Fax: 04-2270631

Audiology - 5% discount for purchase of hearing aid, exclude any accessories and other promotion packages



Hei Yeong Seng Chinese Restaurant

Lot 207-221 & Lot 231-245, 2nd Floor, Penang Plaza No. 126 Jalan Burmah, 10050 Penang Tel: 04-2291623

10% discount privilege off its ala-carte menu and cannot be used with any other offers or promotions.



Image Flowers & Gifts

No. 1 Gottlieb Road, 10350 Penang Tel: 04-2280884 Fax: 04-2282528 HP: 016-4704600 / 012-4226800

10% discount for every purchase of RM100 and above for Fresh / Artificial Floral Arrangements



New D'Arts Color Photo Lab

52A, Macalister Road, 10400 Penang Tel: 04-2264767

20%-25% discount on Photo Shop's product, 15%-25% discount on Photo Printing, 5% discount on Studio Photo service



Style Photo Sdn. Bhd.

432, Penang Road, 10000 Penang Tel: 04-2263821 Tel/Fax: 04-2261902

Audio & Visual Centre - EXTRA discount on Audio Products (Selected models) & Karaoke system



SBC Pen Book Distributors Sdn.Bhd

45, Lintang Angsana, Bandar Baru, 11500 Ayer Itam, Penang Tel: 04-8282626 Fax: 04-8293296

Discount Given:

10% for every purchase of stationery more than RM10.00 10% for every purchase of revision book less than RM15.00; Purchase more than RM15.00 less 15%, 10% discount for selected dictionaries and story books

Net price Items: SJKC, magazine, story book, dictionary, text book



Airpak Express (Pg) Sdn. Bhd.

13, Lebuh Gereja, 10200 Penang Tel: 04-2621922 / 2637408 Fax: 04-2631318

Courier Services

10% discount for local, domestic & international destination



Ban Heang Trading

200, Jalan Macalister, 10400 Penang Tel: 04-2295018/012-4465610/012-4553316

Tau Sar Pheah, Tambun Biscuits & Local Products 10% discount for every purchase of RM 10 & above



Broadband Vision Enterprise

68-1, 1st Floor, Persiaran Bayan Indah Bayan Bay, 11900 Penang Tel/Fax: 04-6448928 HP: 016-4841262

Digital Signage System

10 % discount for ALL DSS Products



Forever Travel Service Sdn. Bhd.

148, Lorong Abu Siti, 10400 Penang Tel: 04-2266633 HP: 012-4228241

Special discount RM38 off our normal tour package price.



Hau Hau Yu Restaurant

YMCA Penang 211, Jalan Macalister, 10450 Penang Tel: 04-2261843

10% discount



Hong Giap Handicrafts Arts & Novelties Dealers

308-312, Penang Road, 1000 Penang Tel: 04-2625092 Fax: 04-2622948

Wholesale/Retail/Souvenir Centre, Local & Foreign Arts & Crafts, Duty-free Goods, etc. Discount given – 10% onwards



McWheels & Tyres Sdn Bhd

394 & 396 Jalan Burma 10350 Penang

Tel / Fax: 04-2288150

Service Items Discount / Free Labour charge / Cash Discount * for specific items



Oon Organics & Natural Centre

27, Jalan Pasar, Pulau Tikus, 10350 Penang Tel: 04-2280028 Fax: 04-2260028 www.oorganic.com.my, sales@oorganic.com.my

Fresh & Dried Organic Products -10% discount (Except discounted items)



Syarikat Percetakan Irisan Sdn Bhd

288 Gat Lebuh Macallum, 10300 Penang Tel: 04-2626421 Fax: 04-2624128 Email: irisan.oon@gmail.com

Special price for selected printing & paper products



SS Image Beauty & Make up Academy

D'Piazza (HQ) - 04-6411669 / 012-4951521 Prima Tanjung - 04-8992669 / 012-4851521 Bukit Minyak - 04-5070669 / 012-4751521 Image Prai - 04-3981521 / 012-4841521

- 10% discount on all Skin Care, Cosmetics Products and tools, Personal Make-up courses & services
- Special cash rebate (RM200) on Professional Make-up & Beauty courses
- 50% discount on 1st trial Facial Treatment
- Free RM10 Cash Voucher to redeem our products and services

continue ... Discount Merchants for All YMCA Members



Nois Café

97-G-5, The Plazzaia Jalan Bukit Gambier 11700 Gelugor, Penang Tel: 04-6577109

10% discount on all beverages



Blessing Beauty Training Centre

Level 4, YMCA Building 211 Jalan Macalister 10450 Penang Tel: 012-4992777

Special privileges and rebates for YMCA Members available



Hike Enterprise

Folding Bike and Accessories No. 362, Penang Road 10000 Penang

Tel: 012-4825688 Tel/Fax: 04-2293710

Discount for YMCA Members available



Sakana Sushi Bar & Cuisine

252 Jalan Penang, 10000, Penang, Malaysia Tel: 013-9469796

20% discount on total bill



Chocolate Passion

3A-G-35, Straits Quay, Jalan Seri Tanjung Pinang Tanjung Tokong, Penang Tel: 04-8906121

HP: 016-4445953/ 012-4761952

10% discount on all handmade chocolates, dine-in items and chocolates beverages takeaway except our merchandised items and custom made items.



Vision World Optical Sdn. Bhd.

6, Jalan Pantai Jerjak 15 11900 Penang

Tel: 012-4298613 / 04-6567366

Visionworldoptical@yahoo.com

Special discount for purchase of just frame only, Extra 10%-from package price, 30%-50% - Sunglasses, Special Promotion- Buy 2 Boxes of contact lens, get extra 1 pair of lens + 1 bottle solution FOC



Spectrum Music

396B, Level 2 Wayton Commercial Building Jalan Burma, 10350 Penang Tel: 016-4559780

15% discount on total bill



Millennium AV Trading

49, Medan Sungkai 10460 Penang Tel: 04-2829722, 2817670

Rental of LCD projectors, Sound System and AV equipment

- 20% discount for Penang YMCA members
- Discounts for other YMCA Members, please call to enquire



UNICO Events Management

27, Gerbang Midlands 10250 Georgetown Penang

Tel: 016-5550607 / 018-9898707

10% discount on total bill for YMCA Members worldwide.



A Bite Of Taiwan

4 Jalan Moulmein 10350 Pulau Tikus, Penang

Tel: 04-2273471

Minimum of RM35 on bill to be eligible for 10% discount. The discount does not apply to corporate or private functions.



Milkshake Factory

170-06-08, Gurney Plaza Persiaran Gurney, 10250 Penang Tel: 016-6994586

Discount for all Milkshake Factor outlets nationwide.

20% discount on total bill for YMCA Members



Maxim Cake House & Bakery

394, Penang Road, Penang 10000 Penang

Tel: 04-226 7020

Discount for all Maxim Cake House & Bakery outlets 20% discount on total bill for YMCA Members (including birthday cakes)



Santorini Café

94, Burma Road 10050 Georgetown, Penang 016-4416039

10% discount on total bill. *Discounts are not valid for promotions, set meals and additional "add-on" items.



Tok-Tok Cuisine

2-G-5, Bangunan Lip Sin Lebuh Perkaka Satu 11700 Sg Dua, Penang Tel: 011-11100093, 016-4146797

10% discount on total bill for all food and drinks, liquor included. Pre-booking of tables via telephone.



Level 2. Penang YMCA 211, Jalan Macalister, 10450 Pulau Pinang

Restaurant (non-pork) - 10% discount



Set Breakfast

Ala'carte Lunch

Fried Noodles RM5.00





Opening Hours: 7.00am - 1.00pm

Tel: 2288211 (ext - 258)



On 28 December 2013, Penang YMCA had its Directors & Staff Christmas party. A time or moment, for the dedicated directors and staff to enjoy the Christmas festivity with a good meal and have fun with games.

Following the opening prayer, the first order of the day was to fill up with the delicious food prepared. After everyone had their fill of the Christmas dinner, it was time to move on for the games.

The games that were played tested one's creativity and persistence at times, and most importantly teamwork among the

different teams. Although the competitiveness streak among the different teams consisting of staff and board members, it was all in good nature and all had fun.

What would a Christmas party be without Christmas carols? Despite a not so cooperative karaoke machine, the very sporting volunteers and some who were volunteered consisting of directors' spouses led the carols with such gusto and confidence that had the entire audience sing along. To cap off the Christmas party, there were draws with attractive gifts for the attendees.

Penang YMCA would like to thank Mr Siew Hon Hoong and the organizing committee for a wonderful job organizing the Directors & Staff Christmas party. It was very evident to those who attended the party that everyone had a great time!"

Alan Goh Director, Penang YMCA



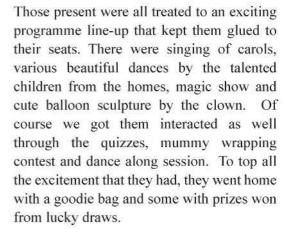
CHARITY CHRISTMAS PARTY 2013



We were really excited to organize the Christmas Party at Taiping for the under privileged children for the second year back-to-back. The party was held on 14 December 2013, Saturday at SMK St. George Taiping, Perak. The Christmas Party, with the theme of "Christmas Joy and Blessings" has brought joy and love to 200 mentally challenged children, youths and adults from various organizations and homes.

From Taiping Persatuan Perkhidmatan Komuniti (ESDA)
Chrystal Home
Sekolah Semangat Maju
Bengkel Perlindungan Semangat Maju

From Kedah -Home of Love, Semeling



In addition a total of RM16367.50 was raised and presented to the following homes and centers –

- Persatuan Perkhidmatan Komuniti Taiping RM 9, 000.00
- Persatuan Perkhidmatan Komuniti Taiping (uniforms, socks and shoes) RM 1, 232.00
- 3. Crystal Home (uniforms, socks and shoes) RM 2, 206.50
- 4. Sekolah Semangat Maju, Taiping RM 1,000.00
- Bengkel Pelindungan Semangat Maju, Taiping RM 1,000.00
- 6. Home of Love (school bags) RM 1,595.00

A big thank you to all the kind donors, sponsors and volunteers who made this Christmas Party possible. Your act of kindness meant a lot to us and it meant even more to them. Their happiness through the smiles on their faces priceless.



Barry Teh Chairman, Youth & Sports





" Come Stay With Us - Your Home Away From Home"

All our 70 air-conditioned guest rooms come with the following for added convenience and privacy.

- Wardrobe, dressing table
- · Hot and cold shower
- Television
- Telephone
- · Free wifi

- Luggage room
- Safe deposit box
- Cash or Credit Card (Visa / Master)



Other Facilities:

- · Tan Sri Lee Kong Chian Hall
- Meeting & Conference Rooms
- YCafe
- · Chinese Restaurant Hau Hau Yu
- Badminton Courts
- Sheltered Car Park with CCTV Surveillance

Penang YMCA International Hostel

211, Jalan Macalister, 10450 Pulau Pinang, Malaysia

Tel: 04-228 8211 Fax: 04-228 9094

Email: hostel@ymcapg.com Website: www.ymcapg.com

