



GOLDEN NEWS!

WELCOME!! To the 3rd edition of the Cathedral Golden Circle Newsletter. We would like to share with you all the programmes and activities carried out by us from January to March 2016 .

We welcome all who are 50 years of age and above to come join us for faith, fellowship and fun.



**For God so loved the world, that He gave His only Son, that whosoever believes in Him should not perish, but have everlasting life
John 3:16**

At the end of the first quarter of the New Year and as our Annual General Meeting approaches, perhaps this is the moment to assess our priorities for 2016. We shall, of course, continue our Social Concern work, including helping out with the "Feeding the Needy" team. Our programme will include the much needed and appreciated Home visits to elderly, infirm or sick St. Marians. We are also looking beyond St. Mary's to West and East Malaysia. In mid October 2015 we were greatly inspired by our excursion to Pengkalan Daun Village Chenderong Balai in Telok Intan. Here we met some 60 Orang Asli children in the wooden hall that they use for many community activities. Their weekly Sunday praise and worship is also held in this place, led by Mr Bardol from the Asli community and Dr Cheng, a volunteer who helps to run the Sunday school for the children. The facilities in the hall are very poor, so we are currently raising funds for much needed items such as – fluorescent LED lights and 30 plastic chairs. Two ceiling fans have already been pledged and installed. We are appealing for further donations to enable us to purchase the other items as soon as possible. Please contact Mrs Thilly Abraham at 0129855165. or the Cathedral office at 03 26928672 with your generous offer.

After our AGM on 19 March, we are planning a self financed visit to Taiping during the month of May 2016. Further details of this Fellowship Visit will be available shortly.

Message from the Chairman

Our theme song, 'Onward Golden Soldiers' was adapted from the hymn "Onward Christian Soldiers." It describes the Golden Circle's plans and thoughts clearly. We are a body that does not sit still and stay in a comfortable existence but are always planning new methods to share and have fellowship with all St. Marians and beyond. We may face obstacles and temptations, but we shall strive as a team to achieve our objectives. As the hymn reminds us, the battle is not one we face alone, but "Like a mighty army moves the Church of God". We need to strengthen our army of Golden soldiers. Please join us to share, plan, have fellowship and move the Church forward amid all the tensions and challenges which face us in Malaysia and the wider world.



Orang Asli Children

Golden Circle Theme Song

Onward Golden Soldiers
Marching as before
Age cannot deter us
Faith will conquer all
With our Christian brethren
We will fight the fight
Forward one Malaysia
To preserve our right

Chorus:

Onward Golden Soldiers
Meeting here today
God is always with us
Now and every day.

Onward Golden Soldiers
Forward with our Lord
In the Golden Circle
There is no discord
We are not divided
All one body we
Iban, Chinese, Indian
All are one to thee.

Onward Golden Soldiers
Of Malaysia proud
We will always worship
Praise Thee out loud
San Ti and Karthaway
Allah Tuhan too
Language is no problem
All are names for you

Report and evaluation on two Health Talks, held on 5 March 2016 and organised by the Cathedral Golden Circle.

The topic, Healthy Eating, was presented by a very experienced dietician, Mrs Mary Easaw currently attached to IJN. and Healthy Bones was presented by Dr Thaveethu Moses, an orthopaedic surgeon from SJMC and Assunta Hospital. Ms Loh, a retail pharmacist, also spoke on some kinds of medication, their action, how they should be taken, why they are so designed and the importance of following a strict timetable for some medication. She had only 30 minutes to present her topic as it was only included at the last minute.

The three speakers spoke with great enthusiasm and commitment.

Consequently there was a very good response from the participants, who asked questions to clear their minds about diet and medication.

After registration, Thilly Abraham conducted a 20 minute exercise session to strengthen muscles and help balance. All present took part in this session.

HEALTH TALK

Some 92 people registered for the Talks and took several good pointers home to share with their family and friends. Every participant was given an evaluation form to which some 58 responded. They reported as follows:

- 88% said the Healthy Eating topic was very good.
- 81% said the Healthy Bones topic was very good.
- 76% said they enjoyed the exercises demonstrated.

All gave a very positive response and attendees asked for more such talks to be planned with exercise sessions included as well. The venue selected and the food provided was also evaluated. Half said both were very good and 40 % said it was a job well done and that we should have more such talks.

We were thus evaluated very positively by the participants. This is most encouraging. The new Golden Circle Committee coming on board shortly should clearly not stop at this, but carry on with more talks and activities for all members of St. Mary's.

Come and join us!



Ms Mary Easaw



Dr Thaveethu Moses



Thilly in Action!!



Ms Loh Yin San

WE NEED YOUR HELP FOR THE ORANG ASLI MISSION!!

6 Fluorescent LED lights
30 Plastic Chairs



Listening Attentively!!

For further information about Golden Circle activities please contact us as follows:

Tel: 03-26928672 / office@stmaryscathedral.org.my

Visits can also be arranged to housebound St. Marians and Golden Circlers.