



GOLDEN NEWS!

WELCOME!! to the 4th edition of the Cathedral Golden Circle Newsletter. We would like to share with you all the programmes and activities carried out by us from April to August 2016 .

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

Committee Members

Chairman:
Mr Tony Hughes

Vice Chairman:
Dr Robert Alexandor

Hon Secretary:
Mrs Thilly Abraham

Hon Treasurer:
Mrs Agnes Joseph

Committee Members:
Mrs Diana Sim
Mr Philip Tan
Mr Edward Das
Mr Cheong Weng Hong
Mr Nanda Goban

Chaplain:
Rev Gordon Kong

Chaplain Emeritus:
Rev Davis Sigamoney

Yet again the Golden Circle has made it a priority to assist not only our fellow Seniors, but also to enhance our work in the wider community. To this end we were pleased and privileged to host yet again Dato' Dr. Rajbans Singh for another health talk in his field of specialization, Geriatric Medicine, when he talked on "Preventing Metabolic Syndrome" on 18 June. As before, we stressed that this talk was not only

aimed at Seniors, for as we get older we should all prepare ourselves both physically and mentally.

The session began with light exercises led by Thilly Abraham, to emphasize the importance of exercise in healthy living. As we grow old, we can lose our balance, because of poor coordination of our muscles. All those present participated in simple stretching exercises. They were also informed how these muscles, if strengthened, could help them as they age.



For those unfortunate not able to attend Dato's talk, through being ill or housebound, the Golden Circle is continuing its programme of home visits to less mobile members of St Mary's. Reaching further afield we are continuing our work with the school at the Pengkalan Daun Orang Asli settlement near Telok Intan by supporting the re-equipping of the School Building and helping their educational problems. A few Golden Circle members are also working with the teaching staff at St Mary's Agape Mission School for Chin refugees from Myanmar, and also participating in the "Feeding the Needy" programme at St Mary's every Wednesday morning. Come and join us!

Up close and personal with the speaker



Exercising before the talk



HOME VISITS

On Saturday July 9th a number of members of the Golden Circle continued our programme of visits to disabled, sick and home bound senior members of St. Mary's.

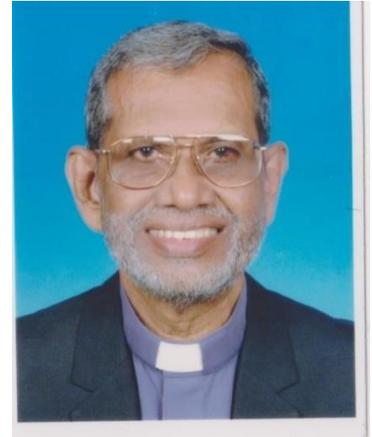
The first place that we visited was the home of Mrs Nancy Wine. Everything was set up neat and tidy to show us how much she loved us and wished us to visit her. We began with a short opening prayer, then we sang some of our old time favourite songs and hymns. We also sang our Golden Circle theme song.

Then came a devotion by Mr. Nanda Goban on Psalm 16 followed by fellowship with Mrs. Nancy. We then closed with a prayer. She lost her husband 2 years ago and was depressed, fell down and was injured. Now she is alone with a part time helper. She said she was so happy and glad that we had visited her and offered us tea, sandwiches and cakes before we left.

From there we went to visit Mrs. Daniel and Canon Emeritus Peter Devanayagam and his wife Mrs. Kiruba in their home. Again we prayed and shared fellowship and sang our favourite songs and hymns. The home visitations were meaningful to each household. Canon Peter said that he loved those songs which he had not heard for so long. Mrs. Nancy and Canon Peter both asked for copies of the song sheets. We were thankful to Canon Peter who prayed for God's blessing to be upon us, and we in turn, thanked God for His blessings and protection before we left.



Visit to Mrs Nancy Wine's Home



26TH DIOCESAN GOLDEN CIRCLE AGM/FELLOWSHIP 2016

The 26th Annual General Meeting and Fellowship was organised by the Upper Central Archdeaconry Golden Circle and was held in the Bayview Hotel Malacca from Friday 22nd July to Sunday 24th July 2016. The Theme was **“Enriching Partnership.”**

A total of 380 seniors attended this AGM and Fellowship, coming from several churches in West Malaysia. It was a record breaking turnout, the best so far. The hotel belonged to us for 3 days, to celebrate Partnership in the Anglican way. The oldest participant attending was from our own church, none other than Mrs Olga Talalla, who was presented with a small ‘ang pow.’

Archbishop Moon Hing delivered the opening message on the theme ‘Enriching Partnership’. He encouraged all to embark together in this partnership journey of Discipleship, as we prepare to inspire new workers, plant new churches and reach out to broken communities, all for His Glory.

The English session speaker was Bishop Dr Jason Selvaraj, who delivered a beautiful message with close references to the Bible on Enriching Partnership. He added that this partnership already existed at Creation itself.

On the second day after dinner we had a live band and some singers to entertain us with songs of the sixties and seventies. All the members joined in and sang along. Following this, each church presented items such as singing, skits and dramas. We thoroughly enjoyed watching such wonderful talents revealed!!

We presented a song, with lyrics by Mr Tony Hughes, which we sang to the tune of “Glorious Things of Thee are Spoken.” Our members dressed in various Asian costumes, with one person in a Malacca traditional outfit, emphasizing our delight in being in the historic city.

Everybody enjoyed this Fellowship and returned home fully vitalized, encouraged and blessed with positive ideas on ‘Enriching Partnership’





Participants worshipping



Our very own talented superstar singers!!

OUR SECOND VISIT TO THE ORANG ASLI SETTLEMENT IN TELUK INTAN

On 13th August, Golden Circle members visited this settlement to deliver and fix items we had promised to do for them in our previous visit.

Six of the committee members plus three well-wishers came along on this self-sponsored day trip.

We left as early as 7am and arrived at the settlement at 10.10 am. En Bahdol, the leader of the Orang Asli Settlement in Kg. Pengkalan Daun was at hand to receive us.

We took the following with us.

- Four sets of florescent lights to be fixed in the Chapel and Sunday School.
- Two ceiling fans to be fixed in the Sunday School.
- Thirty chairs to be used in the Chapel
- A Flat Screen TV & DVD player for the Sunday School
- An awning to be attached to the outside windows of the Chapel.

Ms Gracie Paul conducted various activities for the children and they were very excited and happy.

We found that the chapel was still in need of much attention such as painting, changing the flooring with new linoleum, curtains for the windows and a backdrop curtain for the altar. We assured the residents that we would try our level best to fulfil all their needs before Christmas. Finally, we sat down together to have a delicious home cooked lunch fellowship. We were also given home grown rambutans, watermelons and honeydew melons from the kampong gardens. All in all this was a fruitful and satisfying fellowship visit.

We are now gearing up for the Christmas Party to be held on Friday 25 November 2016 at St. Luke's Church Teluk Intan.



Committee members in deep discussion with ladies of the settlement



Children enjoying the activity time!!



Kindergarten/ Sunday School



En Bahdol, the Headman



Chapel

Please support us in our Mission to improve the lives of our Orang Asli community. Please contribute towards the Christmas Party to be held on Friday 25 November. Sample donations as follows:

High Tea	RM 8 x 100 = RM 800
Presents	RM 15 x 70 = RM 1050
Charter Bus	RM 300

You can also help us meet the costs of painting and re-flooring the Chapel. The sum involved is approximately RM 1000

Thank you for your generosity to our underprivileged fellow Malaysians

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.