

Your Monthly Newsletter

# WINDOW TO BGST JUNE

# 2021





# EMPOWERING FATHERS TO STRENGTHEN FAMILIES

by Gracie Woo

WITH INPUT BY PARCSEN LOKE

**"... for in you the fatherless  
find compassion."**

***Hosea 14:3***

Parenting can be a daunting task. We find ourselves under the pressure of challenges ranging from work demands to the absence of healthy role models in our growing years.

However, in this day and age, we are blessed to have an abundance of resources to tap into, to support us along the way. The Centre for Fathering (CFF) is one such organisation which is committed to promoting active and involved fathering, and address issues caused by fatherlessness in Singapore.

There is evidence to indicate that fatherlessness is linked to social ills from crime to addictions, poor mental health to inability to form lasting relationships. These are effects of fathers who are absent physically or disengaged.

For many fathers, playing an active role in parenting can be challenging. Some of the common barriers include time spent at work, financial pressures or simply not knowing where to begin. Perhaps for starters, one might consider taking part in some of the programmes and workshops run by CFF.

**"There are many benefits when we are involved in our children's lives, also known as "The Father Effect". Major longitudinal studies on families have linked increased paternal involvement to higher educational achievement and occupational mobility among their children. Those who are close to father figures also tend to avoid high-risk behaviour."**

***Jason Wong, Co-Founder, Dads for Life***



*Parcsen Loke, pictured standing, conducting one of the workshops with the Centre for Fathering*

**"At CFF, we believe every child needs a dad they can count on. The research is clear: children thrive when they have an involved father—someone who loves them, knows them, guides them, and helps them achieve their destiny. We inspire and equip men to be the involved fathers that their children need"**



CFF offers workshops that cater to fathers in all life stages based on peer-reviewed research. Proven and practical tips are offered during these workshops, and it is helpful to note that some of these are sponsored and subsidised programmes.

These include their signature workshops in the ICAN series including ICAN Fathering, Parenting the Growing Years and Parenting the Teen Years. There are also Father-Child experiential workshops\*, as well as other events that give fathers and their children opportunities to interact with intention and purpose.

If one-on-one sessions are required, there are also Coaching sessions available.

**"Coaching for Fathers is a service that empowers fathers to engage fully, effectively, and responsibly in their children's lives."**

**The Centre for Fathering**

If one-on-one sessions are required, there are also Coaching sessions available.

Fathers, remember that you are valuable and you have something extraordinary and unique to offer to your family! Most importantly, you are not alone on this journey, there are multiple resources and people available to come alongside, and to guide you, all just a click away.

**"Remember that you are important to your child, no father is perfect but the process of active fathering will help you develop better skills... work as a team with the children's mother."**

*Parcsen Loke*

FOR MORE INFORMATION,  
CHECK OUT **FATHERS.COM.SG** AND  
**DADSFORLIFE.SG**

\* Kindly note that these face-to-face interactive workshops are temporarily suspended due to Covid-19 preventative measures.



Parcsen is a husband, father, grandfather, and author of *The Modern-day Dad*. He currently oversees the programmes at the Centre for Fathering to empower fathers at all life stages. As a Relationship Coach, he helps people connect with the important people in their lives.

Let's hear his story...

Parcsen's parents got divorced when he was still in Primary school. He lived with both his parents in what he recalls as an unhappy and tense home. Although he was only ten years old then, the family situation forced him to grow up very quickly. He did not have a normal childhood, as a result.

Blaming his father for causing the family to fall apart, Parcsen turned cold and rebellious towards his father. As an adult, the anger and bitterness Parcsen harboured in his heart against his father affected his relationship with his wife and children.

Over the years and through several episodes of deep reflection, Parcsen finally took the effort to initiate reconciliation with his father. As he listened to his dad's recollection of his life, Parcsen began to empathise with him... he understood why his father parented him the way he did. A hopeful new chapter in their father-son story had begun to unfold.

**FOR PARCSEN'S FULL STORY, GO TO [FATHERS.COM.SG/BG/MYSTORY](https://fathers.com.sg/bg/mystory)**

Or click on the links embedded within the following article.

**RESTORED RELATIONSHIPS CAN BRING HEALING AND BLESSINGS!**

**Are you looking to  
reach out to your  
father?**

Consider these steps to  
reconnecting and  
reconciliation while there  
is still time.







# 3R's

## RECOGNISE

**Know the man who is your father.**

*"Every man needs to identify the good in his father, to feel how we are like them, as well as the ways we are different from them."*

*Samuel Orsherson*

There is a father hunger in all of us. We are not necessarily looking for the perfect father; we just want to have a father and to be one for our children.

According to the psychologist Samuel Orsherson, "many sons' relationships with their fathers shape in subtle ways how they respond to their wives and children. At home some men become determined to avoid the passivity or dependency they saw in their fathers. Others feel unable as husbands or fathers themselves to live up to the heroic standards their fathers seem to set. Many of us strive to be different from our fathers while also unconsciously trying to live up to their image."

When you were younger, have you ever vowed that you will not be like your father when you grow up? How did that turn out? Chances are you, like most others who have done the same, find yourself resembling him even more in your adulthood. Is it genetic? No. It is the wounded father image in you that acts like a rudder that is stuck in one position. It can be loosened by recognising, reconciling, and reconnecting with our fathers. You cannot just wish it away.

I can bet that you, like all men, think of your father as just that – your father. But he is more than just your father. He is a man who happens to be your Father. He was (maybe still is) a son, was a child, a teenager who grew into a young man, fell in love, got married and had YOU. How much of that story do you know?

Recognising your father is getting to know the man who is your father. In doing so, you are also getting to know yourself.

Self-understanding is an essential first step for men today. If a man is to be a good father, to his son, or a good husband to his wife, he needs to know what he got, or wanted and didn't get, from his own father, how he was both strengthened and wounded by that relationship; how it has influenced his own fathering style and his own identity as a man.

Until a man "names his father," sees him clearly, and accepts him for who he is and was, it is much more difficult for him to grow up and become a father to his children, a husband to his wife, or a mentor to the younger generation at work. That is every man's task of healing the wounded father within. **The ongoing relationship between a new father and his own father is particularly important.**

# RECONCILE

As you listen to the stories about your father, you will begin to understand what made him the man that he was, why he acted the way he did, and fathered you the way he did. It is not an excuse for what he did or did not do, but it will at least explain why. This will help you to develop empathy towards him and enable you to forgive him.

Forgiveness is not dependent on your father's repentance or response.

Forgiveness resolutely faces the facts (with all the pain) and then consciously decides not to hold those actions against him.

Read **"Fathers and Sons"**

In Making Peace with Your Father, David Stoop writes, "Forgiveness is something we do on our own initiative with or without his cooperation." He adds, "If our aim is truly to make peace with our fathers and to move on in a life of joyful wholeness, we have no choice but to forgive him."



# RECONNECT

Having recognised and reconciled with your father, you must not stop here. The ongoing relationship between a new father and his own father is particularly important. **START NOW to reconnect and relate with each other as father and son, as it should have been.**

## A Dislocated Shoulder

A few years ago, I woke up one day with limited mobility in my left arm. It hurt a lot when I tried to lift it above my waist. I thought that it was just a stiff shoulder. "It will pass," all my friends and colleagues told me.

As days turned into weeks, and weeks turned into months (six, to be exact), the pain did not go away nor did my mobility improve. So I decided to get it checked out by a chiropractor.

After a brief examination, he told me that I had indeed dislocated my shoulder.

"Can't you just pop it back in?" I asked. "I could if it happened a few minutes ago. But after six months the joint is covered by a lot of scared tissue. It will take a series of ultra-sound therapy to remove it," he replied.

To be honest, the therapy was more painful than the actual injury. But in the end my shoulder was healed.

Why did I share this story with you? To let you know that a relationship that has been in distress or dislocated for an extended period of time (like my shoulder) cannot be expected to be made whole again immediately. It will require some 'therapy' to remove the scared tissue.

# RESTORATION

*Restoring the family.  
Restoring the nation.*

Our desire is  
for RESTORATION.

First and foremost, we long to see the intergenerational familial links restored through the clearing up of all misunderstandings, forgiving all offences, and healing all wounds.

With that, we will be able to start the restoration of the identity and the individual psychological well-being of grandfathers. No longer will our elders feel isolated, depressed, and suicidal.

Finally, when intergenerational bonding is strong, there will be a free transmission of values from one generation to the next. Though we might not agree with the methods employed by each generation, there is much wisdom to be gained from our elders.

HERE ARE **7 SUGGESTIONS** FOR A SON WHO WANTS TO REACH OUT TO HIS FATHER.

*I am willing to help you along this part of the journey if you feel you are not sure how to go about doing this.*

*Please feel free to contact me.*

# 2021

## CALENDAR OF EVENTS

BGST.EDU.SG/EVENTS

15 June

BOOK LAUNCH

### **"A CHRISTIAN PERSPECTIVE ON CHINESE MEDICINE"**

Hosted by Seminari Theologi Malaysia.

Time: 8:00PM SGT (GMT +8 HRS)

Register at [bit.ly/Christian-ChineseMeds](https://bit.ly/Christian-ChineseMeds)

23 July

VIRTUAL  
PUBLIC  
LECTURE

### **"MAKING ROOM: EXTENDING CHRISTIAN HOSPITALITY TO OUR NEIGHBOURS"**

A THEOLOGY FOR LIFE PUBLIC LECTURE

Speaker: Dr Christine Pohl

Time: 7:30PM SGT (GMT +8 HRS)

Register at [bit.ly/bgstpl3](https://bit.ly/bgstpl3)

11 Sep

VIRTUAL  
PUBLIC  
LECTURE

### **SPIRITUAL FRIENDSHIP AS DISCIPLESHIP**

A THEOLOGY FOR LIFE PUBLIC LECTURE

Speaker: Rev Dr Wesley Hill

Time: 9:30AM - 11:30AM SGT (GMT +8 HRS)

*Registration coming soon*



## ANNOUNCEMENTS

### BGST OPERATING HOURS

BGST will continue to operate from 10 am to 4 pm for the month of June 2021. Do call if you need to use the Library or borrow / return books. We will be able to assist you.

Thank you for your understanding!

## Gift Vouchers

With the start of a new Academic Year, do consider gifting the precious gift of Theological Education through the BGST vouchers, up for sale now.

**Valid till 30 June 2022**

**Available in \$200, \$100, \$50, and \$20**

To purchase, email [yap\\_foon\\_lyn@bgst.edu.sg](mailto:yap_foon_lyn@bgst.edu.sg)





# jun-july

## FACULTY SPEAKING ENGAGEMENTS

MR LEOW WEN PIN



27  
JUN

ZION BISHAN BP CHURCH

Sermon on Inclusion

DR KWA KIEM KIOK



11  
JUL

CHARIS METHODIST CHURCH

Missions from Isaiah 6

DR TAN SENG KONG



23-24  
JUL

PRINSEP STREET PRESBYTERIAN CHURCH

YA teaching on "Reformed Theology and Presbyterianism"

DR LAI PAK WAH



13  
JUN

BETHESDA FRANKEL BRETHEN CHURCH

Saved for the New Heaven & Earth

24  
JUL

MT CARMEL BP CHURCH

Apologetics Sermon

31  
JUL

MT CARMEL BP CHURCH

Apologetics Sermon



DONATE

# CONSIDER DONATING TODAY

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Help BGST grow to achieve its vision of  
training the whole people of God!

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**DONATE NOW**

# Happy 80th Birthday

*Dr Quirk!*

In these 80 years, you have  
touched so many lives and  
imparted so much  
wisdom...

You have made such a  
difference to many, and  
never more than to the  
numerous cohorts of BGST  
students.

We celebrate with you, and  
pray for continued health  
to follow you and peace to  
fill your heart and mind!



**BGST**  
BIBLICAL GRADUATE SCHOOL  
OF THEOLOGY



**YOU!**

15 JUNE 2021





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