

STRESS

Relief

In most people's minds, stress relief involves either taking time off or engaging in recreational activities. While these actions can provide us with some respite, what we need is to identify and tackle the roots of our stress. Let's discover how the Christian message enables us to find true rest.

5 May – New Way
12 May – New Identity
19 May – New Purpose
26 May – New Community

Service 1: 9:15am
Service 2: 11:30am
Foo Chow Building
21 Tyrwhitt Road

 BrightonCommunityChurch
 @brightoncommunitychurch

www.brighton.org.sg