

# SOUL JOURNEY - NINE SONGS CHARITY CONCERT



Ms Jenny Quek (3rd from left), president of SYCC, with Mr Teng Hong Hai, chairman of SLMA (1st from left) and volunteers



One of the many visually attractive scenes from the concert showing ancient costumes and elaborate backdrop

In celebration of Singapore's SG50 jubilee and its own 20th anniversary, Shan You Counselling Centre presented the 'Soul Journey - Nine Songs' charity concert on in the afternoon and evening of 7 Aug, in collaboration with Siong Leng Musical Association.

Performed at the Esplanade Theatre Studio, 'Soul Journey – Nine Songs' was a unique representation of Nanyin music, a UNESCO designated cultural heritage asset. Comprising 11 ancient poems written by Qu Yuan, in his illustration of the relationship between Man and Heaven, the performance pieces reflected the legendary poet's inclination for masterful melancholy and stylistic sobriety. This was tempered, however, by the enthusiasm of the young musicians from Siong Leng Musical Association, resulting in a surprisingly pleasant performance which dovetailed elegance and energy with-out ever seeming too sombre.

Attention to detail was also a hallmark of the event. Before the performance, the audiences were invited to wash their hands in flower-scented water and were given an exceptional blend of green tea (which was enhanced with bamboo leaves and rose petals) to drink, in a bid to stimulate their other senses and reach a calmer state of mind. Not neglect-ing the sense of smell, scented incense was lit in and around the studio. Service staff were dressed in period costumes in keeping with the theme of the performance, and even the ceramic bowls that the tea was served in were specially crafted from wood-fired kilns (members of the public who are interested in purchasing a specially crafted ceramic bowl can contact Shan You or Siong Leng Musical Association). All of these helped to ensure that the audiences would be more receptive to the aural and visual pleasures of the musical performance itself.

From the sonorous suona and percussion instruments to the melodious dongxiao and pipa, from the traditional music to the avant-garde use of visual effects, 'Soul Journey - Nine Songs' was an embodiment of pleasing contrasts. The main juxtaposition, however, was reflected by the objectives of Shan You Counselling Centre; while enjoying such exquisite music in the elegant surroundings of the studio, the audiences were not wont to forget the charitable ambit of the event. Shan You had aimed to raise funds in order to continue with its non-funded community services, as it has been for the past 20 years. More than S\$24,000 was garnered through donations and the sale of tickets, for which Shan You is humbly grateful.

Shan You had also hoped to increase awareness of its many programmes which include the Yuan Yuan Mandarin phone counselling helpline, food ration and free meal assistance schemes as well as its Mindfulness-Based Cognitive Therapy (MBCT) initiatives. Members of the audience who approached Shan You's information booth set up outside the studio are greatly appreciated, and anybody who wishes to find out more can visit [www.shanyou.org.sg](http://www.shanyou.org.sg).

Shan You Counselling Centre extends its profound gratitude to Siong Leng Musical Association (find out more about them at [www.siongleng.com](http://www.siongleng.com)), Esplanade – Theatres by the Bay, as well as all donors, sponsors and volunteers for mak-ing the event a successful one. Heartfelt thanks are also extended to all supporters over the years for their commitment to Shan You's work in the past 2 decades. With everyone's support, Shan You will look to continue serving the commu-nity with the core tenets of benevolence and love for all.

*Left:* Working team from Shan You Counselling Centre including its President Ms Jenny Quek and volunteers; and Chairman of Siong Leng Musical Association Mr Teng Hong Hai. *Right:* Soul Journey – Nine Songs performance.

# SHAN YOU REUNION AT MID-AUTUMN

## “善缘廿载，中秋团圆”

“Shan You” (善友) means a Noble Friend, one who embodies the four wholesome attributes of loving-kindness, compassion, appreciative joy and equanimity. The centre’s journey started 20 years ago, based on the idea of being a Noble Friend to the community. Through its work, the centre has inspired many to become a Shan You, to serve like a Shan You and to be a Shan You to others. Shan You is therefore committed to reaching out to anyone who may be facing challenges in life. For those who are journeying through life’s toughest times, Shan You is here to provide professional help and emotional support. For self-care, Shan You offers the Mindfulness-Based Cognitive Therapy (MBCT) 8-week programme that is led by counsellors certified to deliver MBCT through the Oxford Mindfulness Centre (OMC), UK supervised training pathway.

Shan You helps the community by providing a variety of social services, like distributing monthly food rations; providing three free meals daily and befriending services to the needy; and fostering community spirit and intergenerational bonding through social activities and events. For the seniors specifically, Shan You organises programmes and activities to ensure our seniors remain mentally and physically active as well as socially engaged. After 20 years, the lives that have been touched by Shan You and the people who have been inspired to become a Shan You are countless.

The centre would like to celebrate its 20 years of service and this Mid-Autumn Festival with all friends of Shan You. We would like to invite anyone who has contributed to the work of Shan You or are interested to become a Shan You to join us for a celebration this 3 October (Saturday) from 3 pm to 8 pm It will be held at the Wellness Community Centre at Blk 3 Eunos Crescent #01-2591/3/5, Singapore 400003.

Please indicate your interest with Shu Mei at Tel: 6741 9293 or email: [shumei.lim@shanyou.org.sg](mailto:shumei.lim@shanyou.org.sg).



志工生涯 相识20周年。。。。

Ms Anna Sng kindly contributed these photos of her time with Shan You Counselling Centre as a volunteer. The top left photo shows her at a learning camp in 1996 and the bottom left one shows her at a charity bazaar.

## COURSES:

### Mindfulness for Youth taster workshop

Date	Time	Description	Closing Date for registration/Fees	Class size	Venue
Tues 8 Sep 2015	<b>Child Aged 7 -10:</b> 9.30 am to 12.30 pm (3 hours with break) <b>Teen Aged 11- 18:</b> 1.30 pm to 4.30 pm (3 hours with break)	Introducing methods for children and teenagers to cope with stress and negative thoughts and emotions.	<b>Closing date:</b> Fri 4 Sep  <b>Fees:</b> \$95 (per child); \$100 (per teen)	Minimum 10 children/teenagers	SYCC

### Mindful Parenting 4-week programme

Date(s)	Time	Description	Closing Date for registration/Fees	Class size	Venue
Fri 18 Sep 2015; Fri 25Sep 2015; Fri 2 Oct 2015; Fri 9 Oct 2015	9.00 am to 12 noon (3 hours with break)	Empowering parents with the skills and knowledge to enhance their relationship with child; build self-confidence in managing conflict with child; create self-fulfillment by recharging yourself for the future.	<b>Closing date:</b> Wed 16 Sep  <b>Fees:</b> \$260 (per person) or \$500.00 (per couple)	Minimum 12 pax	SYCC

### Mindfulness-Based Cognitive Therapy (MBCT) 8-week Programme

Date(s)	Time	Description	Closing Date for registration/Fees	Class size	Venue
Wed7, 14, 21, 28 Oct 2015; Wed 4, 11, 18, 25 Nov 2015; Sat 14 Nov 2015	<b>Every Wed:</b> 7.30 pm to 9.30 pm (2 hours)  <b>Sat 14 Nov:</b> 9.00 am to 5.00 pm (full day with lunch provided)	MBCT is recognized as a way that helps one gain access to their ability to relate more skillfully toward the stresses of daily living.	<b>Closing date:</b> Thu 1 Oct  <b>Fees:</b> \$660	Minimum 15 pax	SYCC

## PRACTICE OPPORTUNITIES:

### Mid-Month Mindful Space @ Shan You

Date	Time	Description	Closing Date for registration/Fees	Class size	Venue
Fri 18 Sep 2015	7.30 pm to 8.30 pm (1 hour)	<i>Non-guided</i> mindfulness practice	<b>Closing date:</b> Wed 16 Sep  <b>Fees:</b> Donation of \$10 or more	Minimum 5 pax	SYCC
Sat 17 Oct 2015	9.30 am to 11.30 am (2 hours)	Guided mindfulness practice and Information sharing	<b>Closing date:</b> Wed 14 Oct  <b>Fees:</b> Donation of \$10 or more	Minimum 5 pax	SYCC

*This is for those who have completed MBCT 8-week programme with Shan You Counselling Centre or have completed MBSR or MBCT programme elsewhere, we welcome you to join us for a monthly group mindfulness practice and information sharing.*

### Trainers:

Ms Jane Wong and Ms Charlene Teo. Both trainers have been certified to deliver MBCT through the Oxford Mindfulness Centre (OMC), UK supervised training pathway.

### Contact:

For registration and enquiries: Mandisa Ng at 6741 9293 or email: [mandisa.ng@shanyou.org.sg](mailto:mandisa.ng@shanyou.org.sg)

## PUBLIC OUTREACH ACTIVITY:

### World Mental Health Day Event at Geylang Serai Community Club

Date	Topic	Speaker	Venue
Sun 27 Sep 2015 (9.00 am to 12.00 pm)* *Exact time of talk TBC	如何与压力共处 (Mandarin Public Talk)	Ms Winnie Wong, Counsellor	Geylang Serai Community Club Multi-Purpose Hall

## VOLUNTEERING OPPORTUNITIES:

### Food Rations Distribution Service

Date/Time	Sorting	Packing	Delivery	Venue
23, 25 & 26 Sep 2015	*Wed 23 Sep (3.00 pm to 5.00 pm)	Fri 25 Sep (9.30 am to 1.00 pm)	Sat 26 Sep (9.30 am to 2.00 pm)	Wellness Community
29-31 Oct 2015	Thu 29 Oct (3.00 pm to 5.00 pm)	Fri 30 Oct (9.30 am to 1.00 pm)	Sat 31 Oct (9.30 am to 2.00 pm)	Wellness Community

\*Note: Thu 24 Sep is Hari Raya Haji public holiday

## WELLNESS COMMUNITY:

Date/Time	Programme	Description	Venue
Every Mon to Sat (11.00 am to 1.00 pm)	Free Meals Service	Meals serving; Dish washing; Kitchen cleaning	Wellness Community
Every Thu (3.00 pm to 5.00 pm)	Gardening	Garden grooming and maintenance	Wellness Community
Sun 6 Sep 2015 (9.00 am to 3.00 pm)	Kindness Space Surprise "monthly bazaar"	Sorting, packing and jumble sale	Wellness Community
Sun 4 Oct 2015 (9.00 am to 3.00 pm)	Kindness Space Surprise "monthly bazaar"	Sorting, packing and jumble sale	Wellness Community

## SOCIAL & COMMUNITY SERVICES:

Date	Programme	Description	Venue
Sun 20 Sep 2015 (1.00 pm to 4.00 pm)	Community Services	Hair grooming service	Home for the Aged Sick
Sun 18 Oct 2015 (1.00 pm to 4.00 pm)	Community Services	Hair grooming service	Home for the Aged Sick

### Befriending & Yuan Yuan Helpline Services

Date	Programme	Description
Every Mon to Fri (12 pm to 6 pm); Every Sat (1 pm to 5 pm)	Yuan Yuan Helpline Service	Telephone counselling
Every week	Befriending Service	Home visitation

### Contact:

Interested to volunteer your time and services? Please register with: Lim Shu Mei at 6741 9293 or email: [shumei.lim@shanyou.org.sg](mailto:shumei.lim@shanyou.org.sg)