



**PURSuing LIBERTY  
UNDER CHRIST**  
Truth Will Set You Free

# NEWSLETTER 2024

(For Internal Circulation Only)

## Every Life Matters

Shalom.

We are glad for His unceasing providence for PLUC. Though there are only 3 full-timers in the team, we have a string of volunteers, helping in pastoral care and in producing PLUC's newsletters. We are doing our best to consistently share information, be it through newsletters, websites, and social media.

In this issue, we will talk about how the Christian community can be a pillar of support to those who feel helpless and lost. For the past 21 years we have been hearing narratives that contain Trauma A (absence of good things in their lives) and Trauma B (bad things that have happened in their lives). Many were unable to find an exit for their pain and were suffocated by intense shame, guilt and other emotional abuse. Emotional abuse is like a thief that comes only to steal and kill and destroy but Christ came so that they may have life, and have it to the full. (John 10:10)



When we converse with individuals experiencing unwanted same-sex attraction or identify themselves as transgender, we hear narratives of traumas that have damaged their childhood or even distorted their belief systems. Since everyone responds to traumas differently, we can learn to be attentive to pick up on potential indications of suicidal thoughts.

Many years ago, a client called me in the middle of the night. She told me that she had swallowed many pills. At that moment, I asked her who else was at home. I immediately called that person as soon as the client hung up. Fortunately, this client was sent to the hospital quick enough and received medical help. This led me to ponder on how else we can spot and prepare ourselves when faced with these circumstances as they tend to happen without warning.

Therefore, we are grateful for the webinar on suicide prevention conducted by Sis. Evelyn in 2023. I encourage you to watch the webinar to equip yourself and we have a short article in this issue about who are likely to have suicidal tendencies and what are the signs. We also spoke with a former client who tried ending her life and how she found a newfound perspective in God and through her walk with PLUC.

Apart from self-education, our church needs to learn so that we can be a safe community for those who are in pain, feeling shame and experiencing abuse that may drive them to end it all. For Matthew 5:4 says “*Blessed are they that mourn: for they shall be comforted*”, but where will they find comfort if not amidst the body of Christ?

***Rev. Tryphena Law***



# What can the church do to prevent suicides?

Since the church is the Body of Christ, then we must live accordingly, because any conflict with Him results in chaos within and without. What kind of chaos?

In recent times, I have encountered different people whose lives are in chaos, one form or another (*all names and some minor details have been changed to protect their identities*):

- Audrey, a Christian mother of a pre-teen, calls me once again, this time in tears. Her daughter is obedient, knows she is loved, does well in school, at church, and socially, but is anxious that she is not good enough and has been mentioning suicide. The mother is now in utter despair and in fear.
- A family of dedicated church workers, who are pillars of the church, is plagued with physical illnesses. While they religiously follow the instructions of their expert physicians, they are also consuming foods that hurt instead of heal. Cathy, Charles, and Clark are all extremely overweight and habitually indulge in fatty foods even though they have serious heart conditions and are under treatment by cardiologists.
- A transwoman Jackie (born a biological man) struggles with establishing a place in society and asks me how to convince a man to whom (s)he is attracted to that (s)he is a woman, without providing him the immoral proof that he is asking for. Jackie wants to get married and have children, like women do, and has experienced several suicide crises.



Do you see the chaos that disrupts their lives? It comes from false beliefs which oppose our true identity (Psalm 139:16), beliefs that stem from social expectations. Even the church upholds these thoughts to a certain extent – do well in your studies, have food for pleasure as life is to be enjoyed, women must marry and have children. (*Jackie of course, has deeper issues to be resolved by therapy, for addressing the chaos created by his belief of being a woman, which is in severe conflict with living in the body of a man*).

If we are being honest, we will see that not only do Christians strive to keep our images socially acceptable (nothing wrong with that), but we also remain silent when someone is suffering from not being accepted, in order to preserve our own image. What we are afraid of incurring by speaking up, can reveal to us what sources of power we hold dear, and whether they align with God's Word.

Suicide – seen as a hidden intention, is the direct result of hopelessness arising from not being able to meet social as well as our own expectations of what life should be. (Watch PLUC's webinar on Suicide Prevention [https://www.youtube.com/watch?v=cPQFD\\_UAP7U](https://www.youtube.com/watch?v=cPQFD_UAP7U).)

When Jesus interacted with people, He always restored hope by challenging prevailing practices and guaranteeing the kind of provisions that never end. He is the embodiment of the Divine Love which redeems and restores forever.

Today, what can the church do? Already, we hear good bible-based sermons and earnestly prayerful groans for renewal, for healing and restoration. Is there something else though? Yes, there is! We can follow in the steps of Jesus, have faith in His authority over everything in heaven and on earth and follow His instructions (Matthew 28:19-20) not in our own strength but by His Spirit. (Acts 1:8)

The church-at-large may be able to mitigate suicides by asking itself defining questions such as:

- How can we emulate Jesus when dealing with social stigma?
- While seeking to set good examples and high standards as Jesus did, do we bear fruits of unconditional love just as He did?
- Is prayer a church activity or is it the very engine of our church?
- On balance, are programs more missional (outreach) or exclusive (member) based?
- When it comes to behaviors, does the church value a sense of belonging to the Body, or a sense of fitting in with the way things are done?
- Are congregants encouraged to share their time and skills as well as material things with others – which type of contribution is prioritized?
- Is scandal seen as an opportunity for redemption and restoration, or for gossip and marginalization?
- Do we have a community which seeks to listen and understand, before acting on hearsay or opinions not backed by evidence?
- Do we self-check our motives against the fear of men or fear of God?

Each church would want to conduct itself according to its own context and resources, but the result of such a review has the potential to bring on an atmosphere of the type of unconditional love and encouragement that has no room for hopelessness, despair, and any type of suicide. Such an atmosphere has Godly power to continue the redemptive work of Jesus, and destroy all the lies, fears, and deceptions of His enemies.

*Ms. Evelyn Samuel has been a volunteer with marginalized communities of people for more than 24 years and has seen many restored to wholeness by Jesus. Having learned from great teachers, she combines theology with psychology and continues pursuing such studies.*

# Conversation with Belle



We spoke to a former homosexual who experienced suicidal thoughts.

## **Could you tell us briefly about your experience with same-sex attraction?**

The sexual awakening started as early as I was six years old with an older girl although I felt nothing sexual, emotionally I felt like a man. Around the age of 13, I started to get more attracted to the same sex and entered into homosexual relationships.

## **When was the first time you thought about ending your life?**

I was 23 when my ex-girlfriend ended our 3-year relationship. It was painful and I wanted to die although these thoughts passed quickly but as I got older, the suicidal thoughts occurred more frequently and weighed heavier upon me.

## **Did you ever tried to commit suicide?**

Yes, I did try to end it all twice, three years ago. That was when my partner of 19 years passed on and needless to say, it was a very difficult time. I felt so useless, hopeless, and life was meaningless without her. I had to manage other responsibilities and also to look after my pet dog, which passed away as well. I was depressed, heartbroken, and living in denial that my partner was gone. I was fearful that I will not find love again and that suffocated me. I would say this situation was really the trigger to my suicidal act.

## **How did you seek help?**

Initially, I went to Facebook and searched for a counselor. We chatted online without having to expose my face. Those sessions kind of helped me manage the suicidal thoughts but maybe I needed something more. My friend's Mom did recommend me to another organization but that didn't really work out for me either. I had then started attending a virtual church in Johor and there I met a sister whom I shared my problems with. She suggested I contact PLUC and shared Pastor Tryphena's story via YouTube with me. I took the step to get in touch and PLUC listened and indeed understood what I was going through. I was glad that they have been part of my life or else I do not know what will happen to me. They even made sure that I take my antidepressants medicine to help me through the journey, although I was reluctant to do so thinking it was bad for me. All this gave me the strength and assurance that things would be OK.

## **How did your church journey with you through this time?**

The church partnered with PLUC by sharing the word of God with me every day, and I attended the foundation classes. I was also kept busy by joining church activities. Both parties have been instrumental in supporting me to recover from the suicidal situation.

## **What would you advise to someone who think about suicide?**

Please remember that (you) do not have to be alone in this pain. I would say to be open to sharing because having a listener helps. And also learn to listen because it is a two-way relationship when you allow yourself to be vulnerable to someone else. For those who have people dear to you struggling with suicidal mindset, you can try to learn and understand what feeling suicidal means and it is beyond emotional pain. Help them not to be alone and encourage them to be in a community.



# Life-changing Love

I was born in a non-Christian family. I had encountered a series of sexual abuses when I was young, which led to me having sexual addiction. The addiction made way for same-sex attraction (SSA) and due to the identity confusion, I chose to live as a homosexual. However, I was drowning in constant shame, guilt, and condemnation. I often medicated my emotions and pain with more unhealthy choices or addictions. Over time, I started feeling depressed as none of the temporary highs could satisfy me.

Amidst the depression, I was frustrated with myself for not having self-control. I even felt it was my mistake to allow the abuse when I was 5 years old (logically, I understood I might not know what was going on at a young age). I felt abnormal and when I tried to talk about it, everyone around me convinced me that I'm normal. I despised myself and the self-hate manifested to the point of suggesting suicide. I believed that by ending my life, I could solve all my problems. I thought about ways to do it and acted on them.

When suicide failed, I tried taking the “spiritual” path to control my mind and bodily sexual needs. Trying to find peace from temple to temple but nothing changed. Then, I visited a church and since I’ve tried almost every religion in desperation, why not give myself a chance to try Jesus? After accepting Him, I began to see a light of hope despite still struggling. How? One afternoon, I was having a breakdown and wanted to end my life but I believe God gave me a moment of clarity to pause, and consider seeking help. Going through some old books, I found an article about PLUC and I thought maybe they can understand what I’m going through.

That afternoon, I called and spoke to Ps. Tryphena. After listening to my struggles, she encouraged me to come for sessions — making it a point to show up was a challenge in itself. As I took baby steps, I learned to open up, surrender, and trust the process to God. It was definitely not easy to break away from strongholds and decisions I had to make included:

- disconnect from unhealthy company and replace it with healthy friendships
- forgive my abusers and myself
- educate myself on how to live a disciplined life instead of indulging in more addictions
- identify the root issues and trigger for suicidal thoughts

As I started taking my walk with God seriously, I slowly gained clarity over my thought patterns. His truth with love convicted my heart to turn away from all the lies I used to believe about myself. Each time I felt stuck in those negative thoughts, I intentionally reached out to talk to someone to expose that darkness to light. I was able to feel hopeful again and with help from church family, connect groups and PLUC, I gained the courage to walk away from the homosexual lifestyle and eventually start overcoming those addictions.

To those who are struggling with suicidal thoughts, I would say that opening up and talking to someone helped me greatly. It’s important to be Vulnerable, Honest, Open & Transparent (VHOT), knowing that no one will judge us and help is available as long as we are willing to have it. It will not be an easy path but I say it is possible because God has set us free and if we believe and act on it, we can experience His life-changing love.

By Harry Joshua





## Spotting

# Suicidal tendencies

Here are some signs that surface within individuals who are vulnerable to suicide. Having the awareness helps us play a role in helping those around us, and together we can hope to decrease suicide rates.

Situations that may drive individuals to have thoughts of ending their life include:

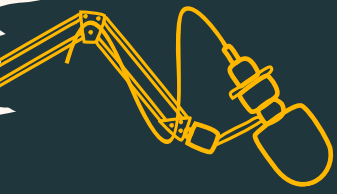
- Discovering a terminal/chronic disease or being struck with disability.
- Elderlies who have lost their motivation to do what they enjoyed.
- Breadwinners who have lost their jobs.
- Encountering violence in their homes.
- Destabilised environment such as crisis at home, work, or school.
- Previous attempts of suicide.

Here are some signs of suicidal behaviour to take note of:

- Changes in behaviour, eating habits, or sleep patterns.
- Signs of self-harming.
- Lack of social support.
- Admission to having a plan to end their lives.
- Appearing more quiet and/or choosing to withdraw Higher level of irritability.
- Attempt to make jokes out of difficult situations.

*Do be mindful these signs do not always represent such tendencies. If you are uncertain, it is best to seek a professional's advice.*





# Upcoming Conference

The Scriptures remind us not to be conformed to the world, but to be transformed by the renewal of our minds, that we may discern the will of God, that which is good and acceptable and perfect (Romans 12:2). With the voices of the secular culture raised loudly against Christians today, how are we to live as God's holy people?

Join us in our upcoming conference as we address the "woke" culture, a rising trend in secularism that promotes ideologies and movements such as LGBTQ and critical race theory.

## The Woke Awakening Conference 2024 !


📅 23 April 2024

🕒 9am-5pm

🔗 Register here:

[http://bit.ly/secular\\_religious\\_life\\_2024](http://bit.ly/secular_religious_life_2024)

#LGBTQ #HUMANRIGHTS #CHRISTIANITY #BIBLE




# The WOKE Awakening

A CONFERENCE ON BIBLICAL AND THEOLOGICAL VIEW OF SECULARISM AND RELIGIOUS LIFE

📅 23 APR 2024

9AM - 5PM

REGISTER HERE



**Bible College of Malaysia**  
RM100 (before 29 Feb), RM120

FOR MORE INFORMATION, PLEASE CONTACT +60 12-508 3501 / WOKEAWAKENING2024@GMAIL.COM



*We are in social media!*



Follow and subscribe us at Instagram ([www.instagram.com/malaysiapluc](http://www.instagram.com/malaysiapluc)) and YouTube channel ([www.youtube.com/@PLUCMalaysia](http://www.youtube.com/@PLUCMalaysia)) today!

# Throwback 2023



**USIM 9th National Health Seminar 2023**



**International Foundation for Therapeutic & Counselling Choice (IFTCC) @ Poland**

# Throwback 2023



Emmanuel Assembly of God 神召会以马内利堂@Ipoh



Glad Tidings Klang



His Sanctuary of Glory KL Seminar



Myanmar Refugee Learning Centre



Parents Support Group 家属支持小组

# Throwback 2023



Kuantan Chinese Methodist Church 关丹卫理公会



New Life Restoration Church  
新生命复兴教会 @Kota Kemuning



New Life Church 新生教会  
@Johor Bahru



# Throwback 2023



Wesley Methodist Church Johor Bahru 新山卫理公会



Interview by Wayne Blakely (Know His Love Ministries)



Kajang Chinese Methodist Church 加影卫理公会

## WHO ARE WE?

**Pursuing Liberty Under Christ (PLUC)** is a Christian ministry that seeks to relate to, advocate for and educate on individuals struggling with same-sex attraction.

### 3 FOLD MISSION



#### Relate (Restoration)

We **RELATE** with strugglers in their brokenness and respect each individual's determination to see their personal dignity and sexual identity in God restored.



#### Advocate (Awareness)

In our awareness initiatives, we **ADVOCATE** an inclusive and safe environment for strugglers to develop self-awareness and foster healthy relationships.



#### Educate (Enlightenment)

We **EDUCATE** the truth behind Same-Sex Attraction, and **HOW** communities can provide support for those who struggle with same-sex attraction.

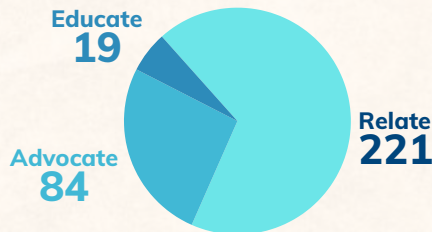
### HOW CAN WE HELP?

#### WE OFFER:

- Individually-tailored pastoral sessions for strugglers and their families as needed.
- Support Groups to facilitate self-discovery, personal growth and offering a safe environment to foster new and healthy relationships.
- Talks, seminars, and workshops to educate schools, churches, organizations and communities on understanding and supporting strugglers and their families.
- Resources and materials on same-sex attraction and spiritual wholeness.

### PLUC 2023 NUMBERS

We have reached  
**8331**  
people



We welcome your partnership with PLUC in the following areas:

- Training, Seminar, Workshop (As Hosts & Volunteers)
- People-helper (Pastoral Care & Counseling)
- E-newsletter (Subscription)
- Prayer Support (Whatsapp Prayer Room)
- Giving/ Pledges (PLUC is a faith-based ministry)

If you are facing gender-related issues and seeking help, or if you are interested to volunteer with PLUC, please contact us at:

- +603-78873501 / +6012-5083501 (Helpline)  
(Working Hours: Tue-Sat, 9:00am-5:00pm)
- [help@pluc.org.my](mailto:help@pluc.org.my)
- [www.pluc.org.my](http://www.pluc.org.my)
- P.O.Box 8513, Pejabat Pos Kelana Jaya,  
46791 Petaling Jaya, Selangor, Malaysia.

You may also  
scan this QR  
code to save our  
contact details



We welcome your partnership with PLUC as we are a faith-based ministry:

Your investment in our ministry can be done via bank transfer:  
**Public Bank Berhad** | Account no: **3133229425**  
Cheques are to be crossed and made payable to  
**PLUC Events Sdn. Bhd.**  
If you require a receipt, kindly WhatsApp  
**+6012 508 3501** or email [help@pluc.org.my](mailto:help@pluc.org.my)  
the banking details.



*Thank you for your valued partnership and support!*