

SCHEDULE 2026

ICM

TRAC INSTITUTE FOR CHRISTIAN MINISTRY



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HIGHLIGHTS OF ICM 2026 *

CONTEMPLATIVE QUIET RETREATS (Residential Retreats)

JAN 23-25 Fri - Sun	Men's Retreat Rev Dr Chew Tow Yow, Rev Thomas Chin & Team Rumah Methodist, Frasers	Treasures in Jars of Clay (Girls' Brigade Malaysia Central District) Dr Ng Wai Ling Rumah Methodist, Frasers	JAN 30 - FEB 1 Fri - Sun
APR 21-25 Tue - Sat	Individually Directed Retreat (5 Day) Bishop Emeritus Dr Ong Hwai Teik Chefoo Methodist Centre, Camerons	From the Beginning, God with Us Lim Siew Lan & Team Rumah Methodist, Frasers	APR 24-26 Fri - Sun
MAY 7-10 Thur - Sun	Journeying with Jesus in the Gospel of John (4-day) Rev Peggy Seow/ Rumah Methodist, Frasers	Living with the Wisdom of Proverbs -In Our Everyday Life Rev Peggy Seow/ Rumah Methodist, Frasers	JUL 17-19 Fri - Sun
JUL 24-26 Fri - Sun	O Taste & See - Educators' Retreat (TCF Malaysia) Dr Ng Wai Ling, Dr Wong Lai Yin, Chua Lay Har Rumah Methodist, Frasers	Couples Spiritual Retreat Rev Dr Andrew & Anna Tan and Rev Ronald & Kim Yap Rumah Methodist, Frasers	AUG 14-16 Fri - Sun
AUG 29-31 Sat - Mon	Come, Be With Me (YA Retreat) Mark Lee, Wong Hui Min & Dr Gerviene Choo Rumah Methodist, Frasers	Pastors' Retreat (5-Day) Bishop Emeritus Dr Ong Hwai Teik Chefoo Methodist Centre, Camerons	SEPT 8-12 Tue - Sat
SEPT 11-13 Fri - Sun	Come to the Well Christina Teoh & Team Rumah Methodist, Frasers	The Journey Retreat (4DR) ICM Team Rumah Methodist, Frasers	OCT 1-4 Thur - Sun
NOV 6-8 Fri - Sun	Rest For Your Souls Tang Swee Kit & Team Rumah Methodist, Frasers	Individually Directed Retreat (5-Day) Bishop Emeritus Dr Ong Hwai Teik Chefoo Methodist Centre, Camerons	NOV 17-21 Tue - Sat
DEC 4-6 Fri - Sun	The Seasons of Our Lives Tang Swee Kit & Team Rumah Methodist, Frasers		

CONTEMPLATIVE QUIET RETREATS (Non-Residential Retreats)

JAN 3 Sat	Pausing at the Threshold (Half-day retreat) Tang Swee Kit & Team TRAC HQ 9am - 12.30pm	Drawn by His Love (Half-day Spiritual Art Retreat) Rachel Ching & Team TRAC HQ 2pm - 5.30pm	JAN 31 Sat
FEB 28 Sat	Walking on Ancient Paths (Half-day Retreat) Tang Swee Kit & Team TRAC HQ 2pm - 5.30pm	Returning Home (1-day Retreat) Tang Swee Kit & Team TRAC HQ 9am - 3.30pm	MAR 28 Sat

EQUIPPING LEADERS

Life-Giving Tools (LGT) for Leaders

An In-House Formational Series for Small Group Leaders
@ Wesley Methodist Church KL

A four (4) full day (9 am to 4 pm) program over 7 months designed to equip every small group leader with basic life-giving tools in order to attend to their inner life for the purpose of spiritual growth and transformation towards Christlikeness. LGT introduces a rhythm and space to deepen prayer life, polish listening skills, hone a discerning heart and cultivate a posture of attentiveness to God.

MAR 14 Sat	LGT Orientation & Intro ICM Team	Spiritual Formation & Prayer Ps Mike Ngui & Dr Ng Wai Ling	APR 18 Sat
JUN 20 Sat	Life-Giving Practices & Habits of the Heart Tang Swee Kit & Rev Yong Wai Yin	Discernment & Knowing the Will of God Lim Siew Lan & Joshua Snyder	AUG 22 Sat
OCT 3 Sat	Becoming a Friend on the Journey Philip & Su-Kim Phua		

Registration will open from 12 January 2026

For more info:
Jeysing John (Wesley KL) : 012-3048121

Collective Wisdom : The Symphony of Shared Listening

A Group Discernment Series for Ministry/Leadership Teams

This series equips ministry and leadership teams to explore, understand and strengthen their communal process and practice of discerning God's leading together. The sessions will discuss the principles and process of group discernment, drawing inspiration from Scripture, early church tradition, group dynamics and the world of music. Together, they shape a collective wisdom through a symphony of shared listening - of God, self and one another. (Personal reflection exercises are assigned in-between sessions).

SEPT 14 Mon	ZOOM 8-10 pm	Facilitators: Dr Ng Wai Ling, Dr Lilian Koh, Juvita Suwito & Lim Siew Lan and Team
OCT 24 Sat	PJ 9 am - 4 pm	
OCT 31 Sat	PJ 9 am - 4 pm	

A Retreat for Leaders
Wesley Methodist Church,
Klang

SEPT 4-6
Fri - Sun

Dr Ng Wai Ling
OMF Bungalow (TBC)

ONLINE SPIRITUAL FORMATION SERIES

JAN 12, 19, 26
Mondays

Teach me Lord, to Listen

This series invites us into three spheres of listening - to God, Self, and Others. While listening to God is central, we are also invited to listen to the needs of others and to our own hearts. In order to listen to God well.

3 Monday evenings on ZOOM

Dr. Lilian Koh

DATES 2nd Half of 2026

Midlife Spirituality: Growing Toward Wholeness

These sessions help participants attend to the often challenging experiences that occur in the second half of life and discover creative ways of moving through this phase of life's journey, with renewed faith and courage, in a way that opens to deeper spirituality.

Monday evenings on ZOOM

Dr. Lilian Koh

DATES 2nd Half of 2026

The Journey 2026

The Journey program is a practical, experiential, and biblically grounded program designed to guide you into a deeper, more abiding relationship with God and discover that apart from Christ, you can do nothing.

Thursday evenings on ZOOM

Facilitated by the ICM Team

ICM BOOK FELLOWSHIP

We are delighted to offer reading spaces for two groups for 2026 - the pastors group (in-person/hybrid) and the laity group (online). These book fellowships are designed to encourage learning through a rhythm of reading, reflecting, journaling and conversation within a small community learning to hold space for one another.

APR 23 | MAY 21 | JUN 18 | JUL 16

AUG 20 | SEPT 17 | OCT 15

TRAC Pastors' Book Fellowship (PBF)

The Anointing: Yesterday, Today & Tomorrow by RT Kendall

This book focuses on how God's anointing works in different seasons of a believer's life - past, present & future and what it means to be faithful in God's calling today while preparing for the future.

Facilitators: Ps Mike Ngui, Rev Gaurri Maniam & Dr Ng Wai Ling
Dream Centre, PJ | 12 noon to 2.30 pm

APR 7 | APR 21 | MAY 5 | MAY 19

JUN 2 | JUN 16 | JUL 7

ICM Book Fellowship (for the laity) - Online

Liturgy of the Ordinary by Tish Harrison

What if the most life-changing experiences can be found in the ordinary habits that make up our lives? Discover how our most mundane routines can be transformed into moments of encounter with God through Tish Harrison Warren's book, *Liturgy of The Ordinary*.

Facilitators: Debbie Loh & Phoebe Tan
On Zoom | 8-10 pm

ON-GOING EQUIPPING PROGRAMS



LEADING TOGETHER, TRANSFORMING GENERATIONS

Pilot Cohort 2025-2026

A TRAC leadership development program for young and emerging leaders

JAN 27 Tue & MAR 10 Tue Online Regroup Sessions

MAY 20 - 23 Wed - Sat Closing T2 Retreat by Koichi Ohtawa & T2 Team

JUN 13 Sat T2 Graduation



SPIRITUAL COMPANION FORMATION PROGRAM (SCFP)

Cohort 2024-2026

A program to equip a new cohort of spiritual companions

JAN 17 Sat & MAR 7 Sat Online Workshops

JAN - MAY Ongoing practicum & supervision

MAY 14 - 17 Thur - Sun Residency 3 on Retreat Facilitation by Koichi Ohtawa

Look out for more information about our next cohort by the end of 2026!

INSTITUTE FOR CHRISTIAN MINISTRY (ICM)

Since 2008, ICM has been offering retreats and training in spiritual formation, ministry and leadership development, as part of the equipping arm of the Trinity Annual Conference (TRAC) of the Methodist Church in Malaysia. We are committed to building up the church to deepen intimacy and experience greater freedom in God. We desire to equip followers of Christ towards a vibrant life of discipleship, love, and service.

FOR FURTHER ENQUIRIES

Please direct all enquiries, calls and emails to:
Institute for Christian Ministry (ICM)
Trinity Annual Conference (TRAC)
No 2, Jalan 5/39, 46000 Petaling Jaya

icm@trac.org.my 03-7954 2836 www.trac.org.my



Scan here for updated information for 2026!



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