

Tribunal to organise a Symposium on Divorce, Separation and Annulment: 16 Feb '19 (Sat), 9.00am - 1.00pm (includes 1 tea break) at St Peter's Auditorium, Catholic Archdiocesan Education Centre (2 Highland Road, Singapore 549102) Speaker: Fr Terence Pereira. Contribution: Love Offering. Register at: <https://catholicfamily.org.sg/dsa>

The Archdiocesan Commission for the Family (ACF) is collaboration with the Catholic Theological Institute of Singapore (CTIS) to offer a Formation Programme in Marriage and Family. Open to all in the Marriage and Family apostolate and those who are interested. Beginning 1 Mar '19 (Refer to website), 7.45pm - 10.00pm at Catholic Theological Institute of Singapore, 618 Upper Bukit Timah Road. Contribution: \$30 per person per module (for Family Ministry members), \$60 per person per module (for others). Register at: <https://catholicfamily.org.sg/come-be-my-light-acf-ctis-formation/>

ACF - Come learn and understand the Church's teaching on Human Sexuality as written by St John Paul II in his document Theology of the Body. Listen as Fr David Garcia, OP, Mr Andrew Kong and Dr Douglas Ong share more about this hot topic. For married couples and singles (above 20). 2 Mar '19 (Sat), 9.00am - 3.00pm at St Joseph's Institution Lecture Theatre 2, 38 Malcolm Road, Singapore 308274. Contribution: Love Offering. Register at: <https://catholicfamily.org.sg/unpacking-the-deepest-desire-of-our-hearts/>

**COME ALIVE: A WEEKEND RETREAT - 2ND RUN** Pray with the songs from the movie, "The Greatest Showman". Discover who you are and discern God's dream for you. Where are you fully alive, and what keeps you from being fully alive? Presented at Montfort Centre. 8 - 10 Mar. Contribution: \$345(Single), \$270(Twin). Details / Registration: [anthonyatmontfort@gmail.com](mailto:anthonyatmontfort@gmail.com) or 96311943.

**SPP Columbarium** - To all the niche applicants & other persons concerned. The Parish Building will be closed to the public from **14 Jan '19** onwards for extensive renovation works which will include the columbarium. For the safety of the public, the columbarium will be closed, except for the following periods when it will be accessible for visits: **(1) Lunar New Year period: 03 - 10 Feb '19 (2) Qing Ming Festival period: 30 Mar - 07 Apr '19 (3) All Souls' Day period: 27 Oct - 10 Nov '19. Visiting Hours: 9.00am to 5.00pm.** Subsequent niche blessings and interment of urns will take place on Saturdays (1.00pm to 3.00pm), on appointment basis only. For your safety, a maximum of 2 family members will be allowed to witness the niche blessing and interment (with the priest and the niche contractor), and will be required to put on personal protection gears when they enter the columbarium.

**Sunset Mass** : 5.30pm  
**Rosary** : 4.30pm (Saturday)  
**Sunday Masses** : 8.30am (Mandarin), 11.00am (English), 2.00pm (Cantonese), 4.00pm (English)  
**Weekday Masses** : 7.20am and 5.30pm  
**Interspersory Prayer** : 7.15pm (English, Thursday)  
**Infant Jesus Devotion** : 5.30pm (Thursday, followed by Mass)  
**Divine Mercy Devotion** : 12.30pm (Sunday Mandarin)  
**Sion Adorers - Holy Hour** : 7.45pm - 8.45pm (Saturday)  
**Hour of Mercy** : 3.00pm daily  
**Secretariat's Operating Hours** : Mon - Fri: 9.30am - 9.30pm, Sat: 9.30am - 5.30pm, Sun: 9.30am - 5.00pm; Lunch hours: 1.00pm - 2.00pm. Closed on Public Holidays.  
**Columbarium Opening Hours** : Mon - Sun: 7.00am - 7.00pm.

**SACRAMENT OF RECONCILIATION** - The Sacrament of Reconciliation will be administered from 5.00pm - 5.20pm on weekdays and Saturday at the confessionals at the baptistery (back of the church). On Sunday, it will be available 30 minutes before each mass.

**Parish Priest:** Rev Fr EDWARD LIM, OCD, **Asst Parish Priest:** Rev Fr THOMAS LIM OCD, **Priests in Residence:** Rev Fr TOM CURRAN, OCD **Parish Secretariat:** Jannie Lui, Teresa Wong Sok Mun, **Liturgical Co-ordinator:** Alex Wong, [alexdominic@gmail.com](mailto:alexdominic@gmail.com)

**Church Donations - Please make your cheque payable to:**

- (i) **Church of Sts Peter & Paul** - for contributions/donations for general maintenance of our Church and Mass offerings;
- (ii) **Carmelite Friars (S) Ltd** - for contributions/donations to the Friars Formation and Community;
- (iii) **Soc of St Vincent de Paul (Conf St Peter)** - for donations to the Society of St Vincent de Paul for the poor and needy.

Church of Saints Peter & Paul: 225-A Queen Street, Singapore 188551  
 Tel: +65 6337 2585 Fax: +65 6334 5414 email: [sts\\_peterpaul@singnet.com.sg](mailto:sts_peterpaul@singnet.com.sg) [www.spchurch.org.sg](http://www.spchurch.org.sg)



**READINGS:** Sunday Missal (Year C) Pg 912

**RESPONSORIAL PSALM:** Your words are spirit, Lord, and they are life.

**READINGS FOR THE WEEK:** MON 28 January 2019 - SAT 2 February 2019

**MON:** HEB 9:15, 24-28, MK 3:22-30 **TUE:** HEB 10:1-10, MK 3:31-35 **WED:** HEB 10:11-18, MK 4:1-20 **THU:** HEB 10:19-25, MK 4:21-25 **FRI:** HEB 10:32-39, MK 4:26-34 **SAT:** Feast of the Presentation of the Lord

The Third Sunday in Ordinary Time begins to take us through Luke's Gospel. We will follow it each week until February when Lent begins; it picks up again after the Easter season when Ordinary Time returns. It introduces Jesus as returning to Galilee "in the power of the Spirit" where he goes to the synagogue and teaches from Isaiah: "The Spirit of the Lord is upon me, because he has anointed me to bring glad tidings to the poor." He ends with the stunning words "Today this Scripture passage is fulfilled in your hearing."

Monday is the Memorial of Saint Thomas Aquinas, Priest and Doctor of the Church. Thursday is the Memorial of Saint John Bosco, Priest. Saturday is the Feast of the Presentation of the Lord.

The first reading this week continues with the Letter to the Hebrews which teaches that Jesus is mediator of a new covenant and a priest who "offered one sacrifice for sins. He took his seat forever at the right hand of God."

In Mark's Gospel this week, the ever-critical scribes accuse Jesus of being possessed by demons. Jesus responds clearly, "If a house is divided against itself, that house will not be able to stand." When told his family has arrived to see him, he replies that "whoever does the will of God is my brother and sister and mother." He tells the imaginative story of the sower and the seed and after the crowd dispersed, Jesus explains to the disciples that the seed is the word of God, accepted at various levels. He encourages his disciples to show their light: "Is a lamp brought in to be placed under a bushel

or basket or under a bed, and not to be placed on a lampstand?" Jesus compares the Kingdom with the tiniest of mustard seeds which grow to "the largest of plants." He calms the seas during a storm. His disciples wonder, "Who then is this whom even wind and sea obey?"

On the Fourth Sunday of Ordinary Time, Luke's gospel continues the story of the Jesus teaching in the synagogue. The crowd, although "amazed at the gracious words that came from his mouth" began to challenge Jesus. He responds that "no prophet is accepted in his own native place" and challenges their assumptions, angering the crowd. When they try to drive him out of town, he passes through their midst.

**Praying As We Age (Part 2 of 2)**

**Preparing to age, spiritually**

Just as physical exercise can help us stay fit longer and prepare for the physical effects of aging, so, too, spiritual exercising can help us prepare for the transition in our relationship with God and with others, on a spiritual level. Whether we are 50 or 70, we can prepare for what is to come. By reflecting upon the blessings and challenges of aging, we can assess at this time what our desires are, as we age.

We can say to ourselves, "I want to grow in my ability to be open to what is to come in the future, by beginning to pray for the grace to surrender to the Lord more and more at this time of my life, so that I'll be more comfortable with living out those

Information is correct at time of publication.

graces in the future.”

We might acknowledge, “I’m recognizing that I can be fairly impatient and inflexible these days. I don’t want to get worse, when I get older. I want to begin asking the Lord for the grace to let go more and to place my life in God’s hands, with each challenging experience of my day, of my life.”

Very specific desires are very helpful: “I’ve been simply feeling more and more selfish these days. I really don’t have terrible burdens to carry, but I have been feeling a lot of self-pity. I can’t imagine what an older, more struggling version of me will look like in the future. I really need to take a concrete turn here. I need to make a list of what I have to be grateful for and start practicing new behaviors for when I slip into those patterns.”

A growing desire might be expressed in the form of a prayer: “Lord, I have put off growing in simple intimacy with you. I have lots of excuses, most of them legitimate. My life has been busy. I haven’t always stayed close to you or let you be close to me in my daily life. I don’t want to wait until I have a heart attack, or find out I have cancer, dementia or some other illness or disability, before I try growing closer to you. Let me have the graces I need to develop and feel a closeness and growing dependence upon you now, to prepare for the time, later, when my life will really be in your hands.”

### ***Developing some new practices which might serve us well in the future***

Some of the new practices we can develop are fitting for maintaining a connected, relational prayer life, as we grow older. We can begin by reflecting on a plan which will serve us, depending upon where our relationship is now and where we would like it to be in the future.

For example, we might want to decide that there are several ways we want to write out very simple prayers of trust and surrender, expressions of serenity and faith, which we can begin to make a part of our ongoing connection with God. As we put together these various, personal ways of saying, “Lord, let my life be in your hands,” we can then begin the practice of saying these prayers at particular times in our day – when we get going in the morning, at meal times, and perhaps when we encounter a challenging moment. Developing these patterns

will be a great benefit for us, when it becomes more difficult to develop new patterns later.

Another thing we can do is to begin to get comfortable with gesture. For example, we could speak to our Lord, either at home or while we are sitting quietly in church before Mass or a worship service, with our hands open on our lap. That simple sign of an open heart, a relationship of trust, can “carry” the time of communion with our Lord, when words might later fail us. And, at some time in the future, when we are facing great struggle or severe pain, we will be so blessed to have developed a habit of opening our hands when we are in communion with our Lord. At those very difficult times, that simple gesture can seal the communion we need at that time, when we might not have any energy or strength and might be without words, even without thinking.

St. Paul encourages us to think about the things of heaven, rather than the things of earth. (Colossians 3:2) As we get older, this advice becomes more important. Though there can be troubles and sometimes many very worldly circumstances which take over our thoughts and feelings, the time when we will be end this life and be receiving the rewards of eternal life is drawing near. We can develop the practice of thinking about our redemption and salvation and eternal communion with our Lord and all our sisters and brothers. We can ask for the grace to anticipate the desire for that fulfillment of our Lord’s promises. We can ask for the grace to look forward to the joy we will experience. This kind of preparation can be of tremendous help for when we are approaching our final journey. We can stay in this world, and deal with what we have to deal with, and still pray, from time to time, “Dear Jesus, I long to see your face.” Then, when we are facing the concrete reality of letting go of our life, our hearts will be ready to surrender our anxiety and fear and to genuinely long for eternal joy.

### ***Taking advantage of the support of others***

It is sad to encounter a family who has developed a practice of never talking about aging or dying. It seems that they have decided that if they don’t talk about it, it won’t become a reality.

It is wonderful to witness people who grow old being very comfortable talking with family and friends about their experiences, and at times, to ask

for help and support, or just a compassion ear. Aging is a process nearly all of us will experience. As we begin this process, we can look for the support of others, as companions on the journey. We can be good for each other. And, whenever two or three of us are together, in faith, in his name, he is there with us. To be candid about the humble experience of diminishment and the desire to let grace into our lives as we grow older, is a whole lot more fulfilling and mutually supportive than a gripe session.

### ***Turning to Mary***

As we age, we can turn to Mary, the mother of Jesus, the mother of the Church, to grow in affection for her and to learn from her, as rely upon her for help. Her Magnificat is a marvelous prayer for our journey. She can teach us to say, “Behold the handmaid of the Lord,” in whatever way in our lives those words will be full of grace. And, as St. Ignatius prayed to her, we can ask her, “Mary, place me with your Son.” So much anxiety and fear, so much doubt and anger can be softened and healed with Mary’s help.

With Mary’s assistance, let us pray for the graces we need in the journey ahead of us, and let us pray for each other, especially for those who are struggling the most through the last years of their lives.

## **PARISH NEWS**

**MASS TIMINGS** for Lunar New Year - **4Feb** - Only ONE mass at 7.20am, **5 Feb** - 8.30am (M); 10.00am (E) **Ash Wednesday 6 Mar** - 7.20am (E); 12.15pm (M); 5.30pm (E).

**MASS WITH ANOINTING OF THE SICK** - 10 Feb 19 (Sun) at 4.00pm. English Mass. Kindly note the following Canonical Conditions for Anointing: 1) The anointing of the sick can be administered to a member of the faithful who, having reached the use of reason, begins to be in danger due to sickness or old age. 2) This sacrament can be repeated if the sick person, having recovered, again becomes gravely ill or if the condition becomes more grave during the same illness. For the sick who satisfy the Canonical Conditions and wish to receive the Anointing, please approach the Parish Secretary’s Office to furnish the details. Deadline: 3 Feb ‘19 (Sun)

## **NEWS AROUND THE PARISH**

**‘REVIEW OF LIFE’** Workshop by Caritas Singapore Formation Committee. How do we make sense of our daily life challenges? How do we see clearly with the eyes of faith, live the Gospel daily

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Savior for he has looked with favor on his lowly servant.

From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name.

He has mercy on those who fear him in every generation.

He has shown the strength of his arm, he has scattered the proud in their conceit.

He has cast down the mighty from their thrones, and has lifted up the lowly.

He has filled the hungry with good things, and the rich he has sent away empty.

He has come to the help of his servant Israel for he has remembered his promise of mercy, the promise he made to our fathers, to Abraham and his children for ever.

-The Magnificat – the ICEL translation

Source: <http://onlineministries.creighton.edu/CollaborativeMinistry/OrdinaryTime/Praying-As-We-Age.html>

and grow in faith? Join us for 2 evenings to learn the ‘Review of Life’ (ROL) method, to understand how to better integrate faith and life. 26 & 27 Feb ‘19 (Tues & Wed); 7.30pm - 9.30pm; in Agape Village (7A Lor 8 Toa Payoh). For more information and registration, please refer to the Caritas Singapore website: [www.caritas-singapore.org](http://www.caritas-singapore.org) or email to [formation@caritas-singapore.org](mailto:formation@caritas-singapore.org)

**AT HOME RETREAT - (2 choices)** Journey from Ashes to Easter - a 10-week programme based on the Spiritual Exercises of St. Ignatius of Loyola to know Jesus more intimately in the midst of life’s daily routine. It is a school of prayer and a Lenten preparation for Easter. Includes weekly meeting of faith sharing, daily prayer with Scripture and one spiritual direction by Cenacle Sisters & Team. **MORNINGS:** 26 Feb – 30 Apr (Tues), 9.30am - 11.30am at LaSalle Centre - St. Patrick School - 490 East Coast Road **OR EVENINGS:** 26 Feb - 30 Apr (Tue), 7.30pm - 9.30pm at Cana - the Catholic Centre, 55 Waterloo St. Contribution: \$250.00.

**ACF** - To help Catholics understand the complexity of the issues related to divorce, separation and annulment, the Archdiocesan Commission for the Family is collaborating with the Archdiocesan