

Our Pilgrimage



13 May 2018, VOLUME 12
7th Sunday of Easter

Some of us have experienced this and some of us are going to experience this soon. The experience is that of sending your child off to study in a foreign country. Months before he or she is about to leave, you prepare their material needs and as the time gets closer for your child to leave, you think about what to say to help your child focus on what is important. You would definitely hope your child will not only keep the faith, but the practices of the faith. Some of you may struggle to say the right words because the faith is important to you.

In today's gospel, Jesus knows that he will be leaving his disciples, his children, soon. Here he prays for them. What Jesus hopes for most of all, is that his disciples keep the faith and be faithful to his words, even as they have to live in a world filled with many distractions and temptations.

When the children are in school, they want to be independent and to start work in order to be financially independent. As time goes by, this financial independence draws them to material comfort. This is wonderful indeed and soon the comforts become more and more important. The present satisfactions that these material comforts bring outweigh the future dwelling in God our Father's kingdom. There is still time before the world ends. Slowly but surely, the ways of the world become more important.

Being in the world and not of the world means we are certain that this world, with its pleasures, will pass away. Being in the world and not of the world means that we are rooted in what Jesus wants for us and that is to be filled with joy. Being in the world and not of the world means that we know who we are.

Our existence has meaning and the meaning is derived from being with Jesus. Jesus' prayer is similar to the prayer of a concerned parent whose child will not be with them for a while, because the child can do anything on their own. The child can do the things that he or she has been taught or be influenced by others to do things that the parents will not do. A child discovers for himself or herself what the world is about. Will that child discover the world with or without Jesus?

Love and Adventure,
Fr. Terence Pereira

Questions for reflection:

Jesus is concerned about you being in this world. How do you feel about that?

Do you know the ways of the Lord?

How aware are you of the ways of this world that can lead you away from Jesus?

First Reading: Acts 1:15-17, 20-26

Psalm: 102(103):1-2, 11-12, 19-20

Second Reading: 1 John 4:11-16

Gospel: John 17:11-19

'Keep those you have given me true to your name, so that they may be one like us.' John 17:11



OUR LOGO

The two 'C' stand for the Christ (outer circle) encompassing the community (inner circle).

Christ Jesus is always present in his Church. The golden stylised sword represents the community rooted in the word of God ready to move as represented by the wings spread out to bring the Kerygma as represented by the cross to everyone.

- The colours are that of the Archangel
- The sword and wing represent the Archangel who is always there as our guardian.

VISION

A vibrant loving community of **disciples making disciples** for the Kingdom of God

MISSION

To Create moments of God encounters

To Form Disciples in Christ

To Nurture community spirit through the Word of God

A Lesson On Prayer

In May 2008, my mother was diagnosed with Stage IV colon cancer. At the point of her diagnosis, the cancer had spread to her liver. Doctors gave her just six months to live if no treatment was sought. Her treatment options were limited and at best, palliative.

I was devastated by the news and it marked the beginning of a downward spiral towards despair and utter hopelessness. I had grown complacent to my faith and had by this time become a 'part-time' Catholic. Put simply, I did not have a relationship with God. With sudden and heartbreaking news like this, and with an already non-existent prayer life, I found it hard to turn to God in prayer. To me, all hope was already lost.

With no emotional outlet for what I was facing, I bottled up my pain and anguish and pushed away the one channel of hope that would calm and comfort my weary soul – prayer.



My mother, on the other hand, handled the news of her illness with calm once the reality of her situation had sunk in. Her doctors had a 'battle' plan in place to tackle the cancer but she felt that her strategy was better. She would simply turn to prayer and entrust her life to Jesus. So as she began treatment, I saw her put her prayer strategy to work.

Mum drew strength from and leaned on the Lord and would pray through her fears, her physical pain, her worries and her anxieties. Her rosary was her constant companion when she faced long days at the hospital and whenever she had to endure chemotherapy sessions and numerous blood tests.

In her own simple way, she became a prayer warrior not just for herself but for her doctors and nurses, her family and fellow cancer sufferers too. Her mind and her heart were always attuned to the Lord in prayer. Unknowingly, she was living out what St. Alphonsus Liguori had exhorted believers to do – to pray without ceasing.



To Mum, there was nothing she could not overcome without the Lord's grace and through prayer. She urged me to pray but her advice fell on deaf ears. While I internalized my pain and blamed God for everything, my mother saw this as an opportunity to experience God's grace in her suffering.

As the months went by and she grew weaker, I saw a certain peace take over her – an inner calm that can only come from the Source of love and the Saviour she entrusted her life to. When the cancer progressed and she struggled to remember her prayers, she would make me pray the Rosary at her bedside while she listened and followed along. And Jesus' grace and mercy was upon her. Doctors had given her six months to live. She outlived that prognosis by another two years before she passed away just as I said the final 'Amen' to the Hail Mary.

For almost three years after Mum's passing, my Catholic faith and prayer life came to a standstill as I dealt with the grief.

It was only after my own conversion experience in 2014, that I realised that I had in fact been given a front row seat to witnessing God's grace at work in the final act of my mother's life, and the transformative power of prayer and faith in times of suffering. Jesus had in fact given me my first lesson on the importance of prayer and complete surrender to the will of God – under the most trying of circumstances - through my late mother.

This time, I desired to have the same deep relationship and faith that my mother had in the Lord – but how does one even get started?

Prayer 101: Getting Started

Continued from pg. 2

Ironically after several failed attempts, I turned to my mother's basic strategy – prayer – and asked the Lord for direction.

The practical guidelines below are the first basic steps I took – the prep work – towards building a regular and consistent prayer life.

If you begin by following a few of them, your prayer life will improve but do remember that for your prayer life to really take off, you will need to be consistent and persevere.

Lord, Teach us to pray!

Jesus is our teacher. If you desire to improve your prayer life, ask the Lord for the grace to grow. Pray for an outpouring of the Holy Spirit in your prayer life and ask for the presence of the Holy Spirit to enlighten your mind and ignite your heart. He is closer than you think.

Make a commitment and stick to it

To know our Lord and understand His heart, we need to spend time with Him in prayer. There are no shortcuts.

We have an open invitation from the Lord, 'Call to me and I will answer you.' (Jeremiah 33:3) and we have a promise that He hears us: 'You will call on me and come and pray to me, and I will listen to you.' (Jeremiah 29:12).

Once you decide to prioritise prayer and make it a part of your day, you give yourself that space to walk closer with the Lord and more importantly, for Him to do His work in you.

Don't be too ambitious

Just sitting down to pray can be challenging for many of us. For a start, set a realistic goal to make it achievable. For example, begin with 30 minutes a day, and build it up from there. Once you grow and progress in your prayer experience, you will want to extend this time to an hour and beyond.

Set a time

Prayer is a practice that requires discipline and perseverance. Pray at the same time every day, if possible. Make it part of your regular routine and it will soon become habit. Write it into your schedule, consider it a fixed appointment that you will keep with Jesus, and stick to it.

Set a Place

Choose a specific place to pray away from distractions so you can concentrate. Ringing phones and crying children will sabotage your "quiet time" even before you get started.



Make Prayer Active

Prayer becomes a chore only if you treat it as such. It is your special time to connect with the Lord. Take steps towards making your time with Him meaningful. Light your Easter candle to create a sense of sacredness. Or have soothing music play softly in the background before you begin, to help you relax and ease into prayer.

Keep a prayer journal to record your personal reflections. If you choose to, make a list of your prayer requests and stop to pray for each petition. You may even wish to write a prayer letter to the Lord. A prayer journal builds faith when you look back over your petitions and recall what the Lord has done for you.

Read the Word of God

Prayer is not a one way street. Have you ever been in a one-sided conversation with someone who talked non-stop without listening to you? That didn't go very far, did it? We do the same thing when we pray without reading the Bible.

The Word of God is His letter of wisdom and love to each one of us. Reading scripture helps us to get to know God and breathes life into our prayers.

Start by reflecting on the Gospel reading of the day and praying over a verse that speaks to you. Or you can simply turn to the Psalms or words of St. Paul's letters give you specific prayers for yourself and the people you love. If you desire to have an effective conversation with God, you need to read the Bible.

Don't Give Up!

So how about getting started today? Don't lose heart if fall off the wagon– just simply start again and get back on track. Remember – it starts with a commitment and your 'yes' to God. In upcoming issues of Our Pilgrimage, we will share more tips on how to make the most of your time with the Lord in prayer.

By Cheryl Sim

Prayer Intentions for Mothers

I'm so lucky to have you as my mother.
I'm sure no one else would have put up
with me for this long.
Mommy, thank you for sharing life
with me, for giving me love, for being
forgiving, for being the best. And for
showing me God and being the greatest.
I love you mommy. Thank you! 😊

– **Clara Teo** (aged 9)

Mother's Day this year fills my heart
With both tears and joy in equal measure
The fact that you are no longer here
Only makes more precious
What we have shared throughout the years
In your place of eternal rest and peace
I pray that you will always know
What a wonderful gift your memory is to me
Through our Lord's loving presence and unfailing grace
You are with me for all time, forever in my heart
Until we are united again in God's loving arms
Blessed Mother's Day Mum

– **Jennifer Joseph**

Lord Jesus,

I pray for all who are grieving the loss of their mothers,
who must surely feel the pain and hurt on Mother's
Day. Be with them, Lord and comfort them with your
peace and love. Ease their loneliness and pain by
sending them people to comfort them during this time.

I pray also for mothers who grieve, whose hearts are
shattered by children taken from them too soon. Heal
their hurting, aching hearts, Lord. Wipe their tears away
and grant them peace in the knowledge that you walk
this painful journey with them.

– **Cheryl Sim**

To Mummy Helka,
Heavenly Father you are ever loving. I thank you Lord, for
giving me such a loving mother. A Mother that has done so
much for our family and always has sacrificed for us. Especially
so, me. Without my beautiful Mother, I wouldn't be where I am
today. Dear Lord. I pray that you would protect her and bless
her with many more years! Amen!

Loving Father, you are so wonderful, as you have given me a
Mother who is beyond compare. A mother who will always
support me, everywhere I go. She takes good care of the family,
always sacrificing for us. Lord, thank you for giving me such a
wonderful gift.

I love you Mummy Helka!

**Natasha & Natalia
Glass-Nadeson**



Lord Jesus,

Please continue to bless my mother
who is 92 years old – that she will
continue to be healthy, able to walk,
hear, and see. I thank you every day for
this blessing that you have bestowed on
our family.

I pray too for aged mothers that they
continue to live in good faith, health,
and laughter

– **Doris Ho**

You will be my Witnesses

“But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.” (Acts 1:8)

“When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each.” (Acts 2:1-4)

While the apostles had encountered the resurrected Christ, it was Pentecost that “enabled the birth of the Church.” (Pope Francis, Golden Jubilee of Catholic Charismatic Renewal) as the apostles were filled with the Holy Spirit and were given the grace and boldness to proclaim the Good News to all the world. They were also gifted with different charisms so as to build the Church. The word, “Charism” from the New Testament comes from Greek and means, “favour” or “gratuitous gift”. These spiritual gifts are special gifts given to **all** Christians by the Holy Spirit to represent Christ and to be a channel of God’s goodness to all (Catechism of the Catholic Church 2003). The traditional seven gifts and the nine fruits of the Holy Spirit edify, transform us, and present us with inner Christ-likeness, and are meant for us to keep. The charisms are gifts we give away and act as a means which God’s love is channeled through us to impact and benefit other people (C.C.C. 1830 – 1832). Charisms also differ from talents in that charisms are not in-born.

According to Pope Emeritus Benedict XVI, “What we learn in the New Testament on charism, which appeared as visible signs of the coming of the Holy Spirit, is not a historical event of the past, but a reality ever alive. It is the same divine Spirit, soul of the Church, that acts in every age and those mysterious and effective interventions of the Spirit are manifest in our time in a providential way.” (31 October 2008) Pope St. John Paul II in his encyclical, *Dominum et Vivificantem* (Lord and Giver of Life), 1986 in reference to the Holy Spirit writes the word, “power” more than sixty times. Perhaps, drawing our attention to the fact that we may be drawing upon our own limited sources of power, rather than tapping in and plugging in to the Holy Spirit, our infinite and constant source of power and life. As we celebrate Pentecost, God is calling us to a life work of love. We can better celebrate this solemnity by discerning our unique call through our charisms (Catherine of Siena Institute).

The primary lists of charisms in the Bible, can be found in Romans 12, 1 Corinthians 12, and Ephesians 4. St. Thomas Aquinas also lists out 14 charisms in his *Summa Theologica* (Catherine of Siena Institute). While there are many gifts, the Holy Spirit is one and the same. It is the same Spirit who gives these charisms.

The traditional gifts are: Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, and Fear of the Lord. These gifts are bestowed upon baptism and at Confirmation, we confirm our acceptance of these gifts. However these gifts remain dormant until the opportune time, or when they are activated via the Baptism of the Holy Spirit.

In the Motivational Gifts, which are given to us at the moment of our conception, is our unique vocation in life. These gifts are: Prophecy, Ministry, Teaching, Exhorting/Encouraging, Contributing, Administrating, and Showing Mercy. Peter 4:8-11 shows us how to use our Motivational Gifts – “As each one has received a gift, use it to serve one another as good stewards of God’s varied grace. Whoever preaches, let it be with the words of God; whoever serves, let it be with the strength that God supplies, so that in all things God may be glorified through Jesus Christ, to whom belong glory and dominion forever and ever. Amen.”

The Manifestation or Charismatic Gifts are given freely under the sovereignty of God at any needed time to build the Church and the individual. These include: Gifts of Insight or Revelation, such as Expression of Knowledge, Expression of Wisdom, Discernment of Spirits, and Gifts of Communication and Utterance: Tongues, which can be further distinguished as Prayer Tongues, a permanent gift, and Speaking in Tongues, a transient gift only when there is an anointing. While there has been much emphasis on this gift, it is described as the least of the gifts, and acts as a gateway to the other gifts, Interpretation of Tongues takes on a prophetic dimension as what was indelible to the human ear is given meaning, and Prophecy.

The Dynamic or Power Gifts are Faith, Gifts of Divine Healing, and the Working of Miracles in the Holy name of Jesus.

In the Ministry Gifts, we have our specific role and function in the Church as Apostles, Prophets, Evangelists, Pastors, and Teachers. More in-depth information about the charisms may be found on:

1. <https://diolaf.org/gifts-and-charisms>
2. <http://www.cwtnews.com/catholic-news/Vatican.php?id=13802>

Preparing for a Great Spiritual Awakening at Pentecost

The month of May largely corresponds with the Church's liturgical season of Easter, the 50 days between Easter Sunday and Pentecost Sunday.



Rosary Recitation, 8pm nightly at the Grotto

We honour Our Lady as our Mother and our Queen and we pray that she will help us to follow her Son and one day receive the crown of glory in heaven.

Parents learning to prepare their children for reconciliation



Here we are gathered together as the disciples were, celebrating the coming of the Holy Spirit, and we reflect upon how things are changed when the Holy Spirit comes



For a Great Spiritual Awakening on Pentecost, 8pm every Thursday at the Adoration room

By Julianne Danielle Lim

Bible Study— Book of Genesis



The Book of Genesis is the book of beginnings. It sets the scene for everything in the whole Bible. In this book we learn about the creation of everything, the visible and the invisible. We discover how the universe was created. Genesis also teaches us where evil came from, explains the presence of pain, suffering and death in the world, and clearly reveals the solutions to these problems.

Come join us for bible study together

Dates: 16, 30 May and 6 Jun

Time: 7.30 pm to 9.30pm

Venue: Worship Hall

Mothers hold their children's hearts for a lifetime

“Mummy can you keep quiet”, “Mummy I need money”, “Mummy I need help”. How many times do we recall ourselves saying all these to our mothers? And how many times do we recall ourselves being truly grateful for their presence in our lives?

Well, I guess many of us tend to forget the difference they make in our lives.

I remember myself staring at the Thirteenth Station of the Cross for several minutes during the Repentance Experience.



Her child. Her very own flesh and blood ripped into shreds. His body was bruised from head to toe. Mary had witnessed all this with her very own eyes and now her most vulnerable child was lying feebly in her embrace. The amount of agony she must have felt...

God has not only given Mary the strength to endure all affliction, but also the gentleness to provide comfort to her loved ones. I believe God has blessed every single one of us with an amazing mother. A mother filled with tenderness, yet strong enough to carry the weight of the world. A mother filled with love, yet firm enough to protect her family. A mother who faces many challenges but despite it all, has chosen to give her best to her family.

By Rebecca Tan

Many times, we fail to stop and turn behind to acknowledge the people who have been supporting us ceaselessly. Many times, we fail to see the sacrifices our mothers have made for us and the silent tears they shed behind closed doors, unknown to the eyes of many.



We do not know when would be the last day of our lives. It could be tomorrow, it could be two days later or it could be five years down the road.

It is time we start to do something about our negligence.

When we were young, our mothers helped us tie our shoelaces, held our hands when we walked unsteadily, and fed us. Now, as they become old and start to fall behind our pace of life, remember to turn behind, hold their hands, and walk alongside them.



And to all mothers out there:
You are a real hero

Special Mention

Blessed Mother's Day to all Grandmas, Mums and Mums to be

Come join us at the canteen for a free breakfast just for you

Parish Collection

Sunday Eucharist: \$ 5,542.50
For the Poor: \$ 5,560.50

Celebrant Schedule

***New timing: Sunday Eucharist is now at 10 am**

Date	Eucharistic Celebration	Celebrant	Preacher
19 May	5.30 pm	Fr. Terence	Fr. Terence
19 May	10 am	Fr. Terence	Fr. Terence
20 May	5.30 pm	Fr. Terence	Fr. Terence
26 May	5.30 pm	Fr. John	Fr. John
27 May	10 am	Fr. John	Fr. John
27 May	5.30 pm	Fr. John	Fr. John

Eucharistic Celebration

Opening Hours

Weekend Eucharist
Sat Sunset:
5.30 pm
Sun: 8 am (M), 10 am, 5.30 pm
Confession: 30 mins before masses

Weekday Eucharist
Mon- Fri:
6.30 am & 6 pm
Sat: 6.30 am

Eucharist on Public Holidays
7.30 am only

Holy Hour
7.30 pm, **1st Fri** of the month only.
Followed by Eucharist at 8.30 pm
(except during the period of Lent)

Parish Office
Mon- Fri:
8.30 am - 5 pm
Sat: 8.30 am - 11 am
Sun: Closed

Adoration Room
Daily: 7 am - 10 pm

Columbarium
Daily: 7 am - 7 pm
Prayers: every **3rd Sun** of the month only.
9 am (M) & **11.30 am** * (E)

*New Timing

Canteen
Sun: 7 am - 12 pm

Parish Directory

Main: 6291 9272
Parish Secretariat (ext 1)
Email : esm.secretariat@catholic.org.sg
Parish Priest: Fr. Terence Pereira (ext 6)
Asst. Parish Priest: Fr. John Van Dich MEP (ext 5)
Columbarium (ext 3)

Upcoming Events in the Parish

Pentecost Rally - 18 & 19 May

Are you ready to celebrate the coming of the Holy Spirit at Pentecost? This rally will be a time to open oneself more intentionally to the workings of the Holy Spirit. Programme highlights include talks by Fr Terence, Adoration and Praise & Worship. All are Welcome.

Time: 7.30pm to 10pm. Venue: Worship Hall

O What a Night (Part 2) – 28 May

Presenting the 2nd edition of Oh What a Night Part 2". If you enjoyed the first edition, make sure to come join us once again as a community for a night of fun, food and games. All are welcome

Register: At the booth after the weekend Eucharistic Celebration

Time:: 7pm to 10pm Venue: Kallang Riverside Park (5 Stadium Link)

Please meet 6.30pm at Church of St Michael, buses will leave at 7pm

Family Picnic - 29 May

Come and join us for a fun-filled family picnic on this Public Holiday.

Register: <https://tinyurl.com/family29> or at the booth on level 1 after the Eucharist

Time: 9am to 5pm Venue: Marina Bay Riverbank

24 hours With the Lord - 1 & 2 Jun

We come to pray as one for the growth of our community. During this time we intercede for our parish that has begun on a new journey of faith. Participants are invited to spend 24 hours with the Lord, or as much time as they can as we pray together for the needs of our parish and for the world

Consecration of the Sacred Heart - 8 Jun

As we move towards enhancing family life, we look towards consecrating the family to the Sacred Heart of Jesus. We hope that these graced moments will bring the family closer to the Trinity. Details to follow

Parish News

World Communications Sundays Collections - 12 & 13 May

The collections taken at all Eucharistic Celebrations on this weekend will be for our Archdiocese Mass Media Apostolate

Infant Baptism - 3 Jun

Infant Baptism: 3 Jun (Time: 11.45am)

Preparatory session: 26 May (Time: 1.30pm to 3pm)

Closing Date: By 21 May

Registration form to be submitted to the Parish Admin Office before the closing date

RCIA Mandarin – New Journey begins 22 Jul

A journey for those seeking to know more about Catholic Faith.

Time: 9.30am, every Sunday

Sign up: Registration forms are available at the Parish Admin Office or contact Marie at 9622 8749

Archdiocese News

Working With Dreams - 22 to 24 Jun

This programme helps us with our dreams, to understand their symbolic language, listen to and experience them as a way in which the Divine can speak to us. Participants are to bring a significant dream to work on

Time: 22 Jun 8 pm to 24 Jun 1pm

Venue: LifeSprings Spirituality Centre

Sign up: www.cenaclemission.com or email cenaclemissionsingapore@gmail.com

Tel: 6565 2895 or 9722 3148

Caritas Singapore – Social Mission Conference 2018 – 21 Jul

The theme of the conference is "Whole of Me, All of Us, One in Christ"

This conference aims to look at the social teaching of integral human development where the whole person is developed (i.e. physical, emotional, cognitive and spiritual) and all persons are included in the development of our society.

The keynote speaker is His Eminence, Peter Kodwo Appiah Cardinal Turkson, Prefect of the Vatican Dicastery for the Promotion of Integral Human Development.

Venue: Catholic Junior College (Performing Arts Centre)

Register: www.caritas-singapore.org/smc2018