

# Our Pilgrimage



15th July 2018, VOLUME 21  
15th Ordinary Sunday



The unlikely, the doubtful seem to be the very ones that are called to do the work of the Lord. Amos was a part-time shepherd and farmer. What would he know about preaching and the ways of the Lord? This is a question that many 'ordinary' parishioners will ask, 'What do I know about the ways of the Lord?' We rather the task be taken up by others who are more knowledgeable or others who seem to have been called to this sort of work.

Do you know more about yourself than the Lord? Do you know more about your future than the Lord? When we keep looking back at our past and at our failures or minimal successes in life, we tend to think that we are not the ones to do the Lord's work.

Who we are and what we have is irrelevant. It is more pertinent to remember that the Lord is looking for our availability and not at our ability.

The work is that of the Lord and this is something that we should constantly remember. The Lord knows how to make us his channels of grace if we allow him to do so.

We should turn to the Lord when he calls us and turn totally to him. This is the reason we hear in the gospel of today Jesus saying, '*Take nothing for the journey*'. Whatever we need for his work will be provided. This is certain. The Lord will not leave us on our own. We are doing his work. This work requires that we are dependent on him alone and that we trust in the Lord. Remember that it is the Lord's vineyard and the Lord knows what is needed for it

Love and Adventure,  
Fr. Terence Pereira

## Questions for reflection:

Would you rule yourself out from mission work?

What is stopping you from going out to preach the Good News?

Do you know of those who would benefit from knowing Jesus Christ?

First Reading: Amos 7:12-15  
Psalm: Psalm 84(85):9-14(Sun15)  
Second Reading: Ephesians 1:3-14 or  
Ephesians 1:3-10  
Gospel: Mark 6:7-13

## 'God Chose us in Christ before the world was made'

Ephesians 1:3

### 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



# Prayer of Thanksgiving

Thank you Lord, for my work, family, joys and sufferings, trials and challenges for they have made me grow as a loving person

Thank you Lord for assuring me of your presence with me always, yes to the end of my life.

Thank You Lord, for the times you said “No” because you loved me so much and did not want me to venture there

Thank you Lord for teaching me not to be overcome by evil, but to overcome evil with Love.

Thank You Lord, for all the sickness, pains and sufferings that I bear and the joy for me to be able to share and unite these with your passion and sufferings on the cross. It is a great privilege for me.



Lord, You are the constant energy in guiding me all my life. In my illness You healed me; in my depression You lift me up and You give me joy in all the days of my life.

Thank you Lord for teaching me to seek the Kingdom of God and his righteousness first.

Dear Lord, I thank you and praise you with all my heart. Please forgive all my sins and take them away

# Discover Yourself

Last Saturday evening, our CSM family came together to watch *Penguins of Madagascar*. It was an interesting experience as Father Terence was there to guide us to think and share about each of the characters in the movie. Some of the main penguins highlighted were *Skipper*, *Rico* and *Private*.

## All of us are a Mystery

At the very beginning of the movie, an egg rolled down a hilly snow mountain from nowhere. Nobody knew where the egg came from, and most of the penguins did not care as it have been a yearly norm. How the egg came about is a *mystery* in itself. God created us in his image and likeness. The question is, do we know who we are?

## Follow or not to follow?

Instead of following a crowd of aimless penguins who did not know why they were in the long queue, *Skipper* decided to quit following the rest of the penguins and chased after an egg. Would you take the leap of faith to step out from the usual unknown path, to be like *Skipper* who refused to follow the rest of the other penguins?

## Young ones in the Family / Community?

The youngest and the cutest penguin - *Private*, also known as the ‘mystery’, was being labeled as the “cute mascot” in the family, despite it trying hard to contribute as a valuable member in its family. It was no easy feat as all the other penguins were older and were considered more matured when dealing with the challenges met, that no one in the family listen to him.

## Discover yourself

Many times, being the elder one in the family and community means that we get to take the lead and run the show. Have we forgotten about our young parishioners in the community that need opportunities to grow? Have we been too over protective of the youngest one in the family? It may not be an idea too bad to let go- to give them the freedom and responsibilities to run their little crazy ideas. After all, we have to discover who we are no matter which phase of life we are in.



**PENGUINS**  
of MADAGASCAR



# Roadmap to Holiness (Part 2)

## Who are we called to be?

Through baptism, we are called to be a Priest, Prophet and King. In order to unravel our gifts, we first must recognize that we are a child of God.

### A Child of God!



We must know who we are. We are a child of God!

#### 1. The Word of God is MY DNA



We must recognize that we will never be perfect, we cannot do everything alone and we are each given unique gifts. In this stage of Normal, we called to orientate ourselves and put Jesus in the center of our

lives. Till blood streaming through our veins are the Word of God- my DNA, where we live (deed) and breathe (the Word of God).

#### 2. Share experiences of the Lord



We should avoid talking about ourselves all the time or by dominating conversations. Instead, when we speak, we should pray before we open our mouths. As a child of God, we are called to share our experiences of the Lord with people around us. There are 2 things we can share with anyone in any given situation, be it in the hallway of your office or even at family meals together:

- i. Your journey with the Lord (for that day or the past week, etc)
- ii. Struggles to be more Christ-like

## What gifts do I have?

At baptism, we are all given the 7 gifts of the Holy Spirit. However, in this phase of Normal, we may not be aware of all the gifts we ha



### Gifts of the Holy Spirit

1. **Wisdom** is both the knowledge of and judgment and the ability to judge and direct human daily affairs according to divine truth
2. **Understanding** is penetrating insight into the very heart of things, especially those higher truths, the ability to "see" God
3. **Counsel** allows a man to be directed by God in matters necessary for his salvation
4. **Fortitude** denotes a firmness of mind in doing good and in avoiding evil, particularly when it is difficult or dangerous to do so, and the confidence to overcome all obstacles.
5. **Knowledge** is the ability to judge correctly about matters of faith and right action
6. **Piety** is, revering God with filial affection, taking of our sisters and brothers in Christ, honouring the saints and not contradicting Scripture.
7. **Fear of God** is where we revere God and avoid separating ourselves from him—as opposed to fear, whereby we fear punishment

## How should we live and not exist?

### 1. Empty Your Cup



How do we hear God's voice if we are full of distractions and our own voice? Empty yourself, free yourself of being a slave and stop all the lousy chatter in your head. As we empty ourselves little by little, we start to hear less of our own voice, and a much louder voice of God. When you hear the footsteps or the knock on the door of your love one behind, you know immediately who that is. Continue to discern till you recognize God's voice clearly.

### 2. Store Lovely Memories



Are you hoarding rubbish? Each time a hurtful incident takes place, do we keep the rubbish that are thrown at us? If that is the case, when we meet God face to face and He asks what have we made our lives here on earth, and opens our treasure box... He will find all the rubbish that we have kept- the hurt and the pain! What is our treasure? When someone or a situation hurts us, turn that into a lovely memory by seeing how God is ever so present in our daily lives. Learn from it , recognize it, let the rubbish go and keep the lovely memories!

### 3. Speak to Hearts



More often than not, we may use our head too much. In recent years where technology has thrived and non- analytical jobs are offshored or outsourced. We are often left with data where we are required to use our head to analyse and speak to other heads. That is what we are paid for. We also know we should keep our emotions in check all the time. Now, we must relearn to speak WITH our hearts and also speak TO other hearts. This is how we can start living and not merely exist.

### 4. Discover New Things



How can we live a full life when we are not discovering new things daily? Only through saying YES to Jesus when He knocks, that we will start discovering the wonders of God, our father. In saying YES, we also say YES to discovering new sides of ourselves. By saying YES, we also say YES to Him growing and stretching us to fulfil our potential, the person that God made us to be.

### 5. Do Not Worry



It is crazy to worry about something that we do not have control over. In fact, we should not fear losing control because we TRUST in the Lord for everything. Park all the we need to do, in compartments. One thing at a time. And when the time comes, we are present in that commitment. So when we park them in their parking compartments, it frees us of all anxiety! We will then have so much more space that is "empty" to hear God speaking to us. We are present.

### 6. Use Your Talents



There will never be anyone on earth who is just like you. Each of us are given talents. Some have one, some have three, another has five. The talent (s) that we have are a gift from God. What we do with our talent (s) is a gift back to God. We start by using that one talent we have, and we will discover so many more that we have along the way!

# Take on the memories

*“What kind of memories are you keeping as treasures in your heart?”*

*“Are they happy or painful memories?”*

Not too sure why the word **“Forgive”** stuck in my head when fellow retreatants at the Combined Ministry Retreat (CMR) Jun 2018, were laying hands on my shoulders and were praying for me.

Soon after, I felt that familiar touch of the healing hands on my head again. The heat that flowed down from the top of my head to my shoulders. It was just the word that lingered in my head. With eyes closed, I did not know what I should be searching for and it almost felt like I was zooming into darkness – but was caught back. Two names came to my mind and heart thereafter.

The first name was a close friend that I once had.

The second name is one that I have to face almost everyday. Someone I do not want to be like.

So used to chucking nasty memories away, it unknowingly became a habit. A habit of mine where I steer clear of remembering almost everything- like a fish. I think I am that fish in the ocean where I am free. But maybe, instead, I am that fish trapped in the goldfish bowl.

The following morning, I woke before the alarm rang. The room, still dark, I sat up and prayed. The silence got those painful memories filling me. Nothing pleasant; and there, the sound of slamming doors, the sound of the second person’s scary wails. I just

felt the pain that I have been keeping in. There were many questions that came to me as those memories returned, and the questions then slowly led to the first person.

Whatever happened changed the way I interacted with new people. I would always distance myself by making sure that I will not be hurt.

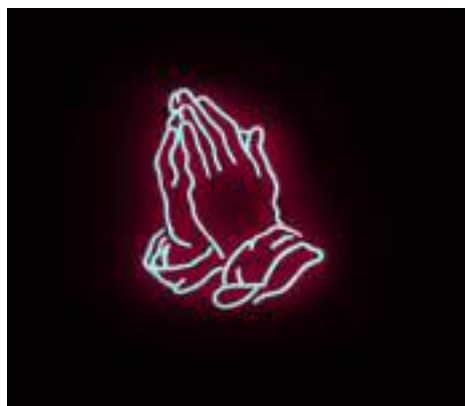
One of the few that broke that circle of protection which I drew for myself, was the friend that was not only the closest to me, but one that I have been denying of; one that knew me better than myself.

At that time, denying was my way of defense. I built a wall around me to prevent anyone from being close.

To forgive, is probably not a lesson that can be easily mastered.

While forgetting may indeed be easier, the backlash of forgetting is definitely stronger and much more tormenting. Should there be any bad memories, dig them out and face it. Learn the lessons and keep those lessons as your treasures.

*Anonymous*



# Quo Vadis? Where are you Going to?

## 1. The following motto appeals to me:

- “Peace and All good”
- “For the Greater Glory of God”
- “Pray and Work”
- “With zeal have I been zealous for the Lord God of Hosts”
- “To Praise to Bless to Preach”
- “With God there is plentiful redemption”
- “A Brotherhood of Passionate Disciples Becoming Shepherds After the Heart of Christ”

## 2. I can relate to the following Saints:

- St. Francis and Assisi and St. Anthony of Padua
- St. Ignatius of Loyola
- St. Benedict of Nursia
- St. Teresa of Avila and St. John of the Cross
- St. Dominic and St. Catherine of Siena
- St. Alphonsus Liguori and St. Gerard Majella
- St. John Vianney, St. Francis Xavier, and St. Charles Borromeo

## 3. The following work is what I would enjoy doing:

- To proclaim Christ through your life and words
- To work for reconciliation everyday with God, with human beings, and the environment
- Living the Gospel in hospitality, peace and simplicity, according to the Rule of St. Benedict
- Fostering intimacy with God through contemplation, apostolate, and ecclesial work.
- Sharing with others the truth about God whom is contemplated in the heart
- Building communities of conversion where people can encounter the plentiful redemption of Christ.
- To live out the tenets of being DISCIPLES: D – Docility, I – Integrity, S – Sacraments, C – Community, I – Intimacy with God, P – Passion, L – Love, E – Evangelisation, S – Scriptures

## 4. I find joy in contemplating upon the following:

- Nativity crib
- The Christogram of the Most Holy Name of Jesus (IHS)
- The St. Benedict’s Medal
- The Scapular of our Lady of Mount Carmel
- The Rosary and the Mysteries of the Rosary
- The Icon of Our Lady of Perpetual Succour
- The Coat of Arms bearing a Shield, Wheat stalks and Grapevines, Heart with Flames of Fire and Crown of Thorns, Cross, Shepherd’s Staff, Net and Fish in the Sea, Book of Gospel, SFXMS and 1983, Banner with “Fidelity and Passion”

## 5. I know what these years/dates signify:

- 1209
- 1534
- 529
- 1562
- 1216
- 1732
- 1983

## 6. The following matters of dress speak to me:

- A brown tunic, hood, and white cord
- Usually the Roman Collar, but no particular habit
- A black, white or grey tunic, a belt of leather or cloth, a Scapular, a hood, and a cowl
- A brown tunic and cincture, the Scapular, a hooded white mantle
- A white tunic, Scapular, capuce, a black cappa, a leather belt, and a rosary
- A black tunic with white collar, a cincture, and a Redemptorist Rosary
- A Roman Collar or Roman cassock



If you have chosen the majority of answers in the alphabet range, you are at heart

(Disclaimer: More discernment needed with a spiritual director):

- Franciscan
- Jesuit
- Benedictine
- Carmelite
- Dominican
- Redemptorist
- Archdiocesan Priest (Singapore)

### GIFT Collection

14/15 Jul, being the 3<sup>rd</sup> weekend of the month. There will be a second collection to receive your monthly pledges and contributions for the GIFT (Giving in Faith & Thankfulness) campaign.

Contributions to GIFT will help others encounter the love of Christ through numerous archdiocesan organisations and building projects of the archdiocese. More info is available at [gift.catholicfoundation.sg](http://gift.catholicfoundation.sg)

### Parish Collection

Sunday Eucharist Collection: \$ 7,176.00

### Celebrant Schedule

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

Date	Eucharistic Celebration	Celebrant	Preacher
21 Jul	5.30 pm	Fr. Terence	Fr. Terence
22 Jul	10 am	Fr. Terence	Fr. Terence
22 Jul	5.30 pm	Fr. Terence	Fr. Terence
28 Jul	5.30 pm	Fr. Terence	Fr. Terence
29 Jul	10 am	Fr. Terence	Fr. Terence
29 Jul	5.30 pm	Fr. Terence	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

### Session on Lumen Gentium - 18, 25 Jul and 1 Aug, Wednesdays

The Vatican II document that speaks about the Church will be explained so that Participants can better understand their roles in the Church. Those who did not register earlier can still attend.

Time: 8pm Venue: Worship Hall

### Eucharistic Celebration with Anointing of the Sick - 29 Jul, Sunday

Please bring your loved ones who are not in good health of body mind or spirit to this special mass with anointing.

Time: 3pm Venue: Worship Hall  
 Contact: Parish Admin Office to inform of the person to be anointed and of details

### Parish Day of Recollection - 19 Aug, Sunday

The Parish Recollection is open to all especially those who are looking into renew their faith or looking for a time of prayer. We live our lives so often stressed out that we should give some time to the Lord. The Recollection will focus on us being more a disciple of the Lord Jesus Christ.

Time: 9am to 5pm Venue: To be Advised  
 Register: At the booth on Level 1 after Eucharistic Celebrations

### Same Sex Attraction Talk (SSA) - 25 Aug, Saturday

This is an invitation to all ministry leaders, elderly, parents, grandparents, young adults and teens to know, be educated and change attitudes in informed ways.

This talk aims to help us understand the factors behind and around homosexuality - from the psychological science viewpoint. Know the difference between "having SSA (Same Sex Attraction)" and "being Gay/Lesbian". Understand why "inclusion into the extended Christian family" is so important.

This talk is not pro nor anti-LGBT, but provides insights from the Psychological Sciences for conservative communities. It will explain why SSA is not chosen by the person who has it, the factors that contribute to it, the various ways harm can be done including quack therapies. It aims to remove fear, prejudice and misconceptions while suggesting appropriate stance each community can take. It is in line with the precepts of all major religious faiths.

Time: 1 to 5pm Venue: To be Advised  
 Register: Next weekend after Eucharistic Celebrations at the booth on Level 1

### Parish News

#### Seeking for Doctor, Nurse or First Aid Trained

In view of these challenging times of Safety and Security of parishioners, we are seeking help/volunteers if you are a trained doctor, nurse or first aid including AED, Security, Fire Safety and Emergency trained, we would encourage you to come forward and sign up with the Parish Admin Office at 6291-9272 or email to [parishadmin@stjohns.sg](mailto:parishadmin@stjohns.sg). We look forward to your participation

Fr John will be away from 13 to 24 Jul

#### RCIA Journey (Mandarin) - Begins 22 Jul, Sunday

A journey for those seeking to know more about Catholic faith. Registration forms are available at the parish Admin office. For more information please call Marie @ 96228749. Time: 9.30am

#### Infant Baptism - 5 Aug, Sunday

Time: 11.45am Venue: Worship Hall  
 Please register with Parish Admin Office by 17 Jul

Preparatory Session : 21 Jul, Saturday at 1.30pm Venue: St Michael's Room

#### RCIA Journey (English) - Begins 25 Oct, Thursday

A new process will begin. Do speak to your non-baptized friends and bring them to RCIA

#### Admin Assistant (Full Time)

We are looking to hire an Admin Assistant (Full Time)  
 Application forms are available at the Parish Admin Office.

### Parish Directory

Main: 6291 9272  
 Parish Secretariat (ext. 1)

Email: [parishadmin@stjohns.sg](mailto:parishadmin@stjohns.sg)

Parish Priest: Fr. Terence Pereira (ext. 6)  
 Asst. Parish Priest: Fr. John Van Dich MEP (ext. 5)

Columbarium (ext. 3)

We are located at: 17 St Michael's Rd, Singapore 327976

### Archdiocese News

#### Watchmen Retreat 2018 - 9 to 12 Aug, Thursday to Sunday

A 4 days 3 nights stay-in retreat open to Catholics above the age of 21.

The Watchmen Retreat is about being on watch until the Lord returns and being alert to the dangers to your spiritual life.

Where: Majodi Retreat Centre, Johor, Malaysia

Costs: SGD 160 (Includes Transport, Accommodation, Meals)

Retreat Master: Rev Fr Terence Pereira  
 Organised by: Office for the New Evangelisation

For more information and to register: [parishadmin@stjohns.sg](mailto:parishadmin@stjohns.sg)