

Our Pilgrimage



StMichael.catholic.sg



@ChurchofStMichaelSG

10th Mar 2019, VOLUME 55
1st Sunday of Lent

Liturgical Reflection

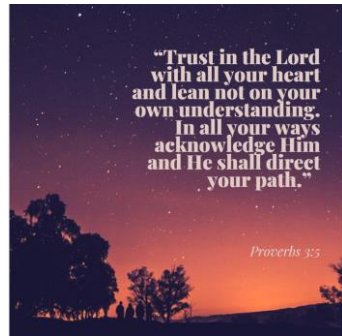
In the desert, Jesus is tempted by the devil.

In each of the three Synoptic Gospels, after his baptism, Jesus is reported to have spent **forty days** in the desert, **fasting and praying**. In Luke and in Matthew, the devil presents **three temptations to Jesus**. The devil tempts Jesus to use his **power** to appease his hunger, he offers Jesus all the kingdoms of the world if Jesus will worship him, and he tempts Jesus to put God's promise of **protection** to the test. **In each case, Jesus resists, citing words from Sacred Scripture** to rebuke the devil's temptation.

Each temptation that Jesus faces offers insight into the spirituality we **hope** to develop as we keep the forty days of the Season of Lent.

*"May the **God of Hope** fill you with all Joy and Peace, in believing. So that you may overflow with Hope, by the power of the Holy Spirit". **Romans 15:13***

We can trust God to provide for our material needs.



[continued on Page 2]

‘Jesus answered, “It is said: ‘Do not put the Lord your God to the test.”’

Luke 4:12

First Reading:

Deuteronomy 26:4-10

Responsorial Psalm:

Psalm 90(91):1-2,10-15

Second Reading:

Romans 10:8-13

Gospel: Luke 4:1-13



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

Liturgical Reflection (con't)

We worship God because God alone has dominion over us and our world. We can trust God to be faithful to his promises. Jesus' rejection of the devil's temptations shows that he will not put God to the test. **Grounding himself on the Word and authority of Scripture,**

"It is written, One does not live on bread alone but by every word that comes from the mouth of God." Matthew 4:4

Do you ground yourself on the Word of God. Do you read sacred scripture, the Holy Bible daily?

"Jesus rebukes the devil by **his confidence in God's protection and faithfulness.** As in the Responsorial Psalm and 2nd Reading.

This Gospel highlights for us one of the central themes of the Season of Lent. **We are dependent upon God for all that we have and all that we are. Anything that leads us to reject this dependency or to distrust its sufficiency, is a temptation from the devil.**

Luke ends his report of Jesus' temptation in the desert by noting that the devil departs for a time. The implication is that the devil will return. Jesus knows that he will be tempted again in the Garden of Gethsemane. The depth of Jesus' trust in God is shown most fully when Jesus rejects the temptation to turn away from the task God has given to him. **Jesus' final rebuke of the devil is his sacrifice on the Cross.**

Jesus' responses to the temptations of the devil teaches us how we too can respond to and overcome the devil's temptations.

As we start our journey through Lent, this Sunday's Gospel calls **us to adopt the same confidence** that Jesus had in the face of temptation: **God's word alone will suffice, God's promise of protection can be trusted, and God alone is sufficient.**

"The Lord is my shepherd. There is nothing I shall want"
Psalm 23:1

How did Jesus response to and overcame the devil's temptations?

How do we overcome temptations? What is your response to temptations?

Do you read, reflect and prayer over sacred scripture daily, to nourish your soul.

Lent IS A TIME TO
GROW
CLOSER TO JESUS

Peace and Joy with the Holy Spirit

Jacqueline & Philip

Sunday, on which by apostolic tradition the paschal mystery is celebrated, must be observed in the universal Church as the primordial holy day of obligation.

The continuous tradition of the Church, East and West, applies today, both during Lent and throughout the year: Sundays are not days of fasting. Any sacrifice that we make as part of our observance of the 40-day Lenten fast is not binding on the Sundays of Lent, because the Sundays of Lent are not, and never have been, part of the Lenten fast.

Preparing Your Heart For Easter

Easter comes after this season of Lent. Are we ready for the resurrection of Christ? Are our hearts “ready” to celebrate the greatest event of our Church in this entire year? Here are some simple ways you can prepare your heart for Easter.

Take time to reflect and think of three ways in which Christ’s resurrection affects your life

- Consider these bible verses as do your reflection (*Romans 6:5, Philippians 3:10, 1Peter 1:3*)
- Why did Jesus have to die?
- Did Jesus know he was going to die?
- What is so significant about Jesus rising from the dead?

Fast and abstinence

- During the season of Lent, think of something you would like to fast & abstain from.
- It could be spending less time on social media, watching less of your favourite Korean drama, lesser time on mobile games. Giving up on bubble tea or a meat dish.

Spend a few minutes in prayer each day

- We are so busy at school, at work and spending time with our friends.
- Do we spend time with God. It is through prayer that we spend time with God.
- During this season of Lent, we could take more time out of our busy schedules to talk to God.

Looking out for others who need us

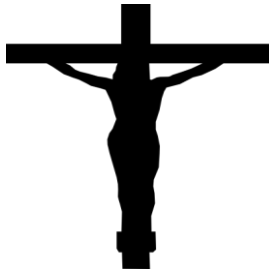
- As we go about our daily activities each day, do we see others who need our help?
- The old lady who is struggling with the many grocery bags. The disabled man begging on the streets with no food. The young boy who seems to have lost his way home. A friend who needs help in his homework.

Participate at Maundy Thursday, Good Friday and Easter Vigil

- Through this 3 services at church we understand what Jesus went through, his death and resurrection.
- By actively participating, we prepare our hearts and minds for Easter as a community.

Consider inviting a friend to church this Easter

- We could invite a friend who hasn't come to church for a long time, a colleague who wants to know more about Christ.
- We could invite a classmate who feels lost in life. We could invite someone undergoing a crisis in life. By doing so, we allow Christ to be known to them, to let them know he loves them and no matter what circumstances they are in, he is always there.



SCRIPTURE VERSES FOR LENT

The season of Lent is a time for reflection, repentance and renewal when we are invited to prepare ourselves for the celebration of the Lord's resurrection.

READ MORE ON ST.MICHAEL.CATHOLIC.SG

Compiled by Cheryl Sim
Source : New Jerusalem Bible

“
Filled with the Holy Spirit,
Jesus returned
from the Jordan
and was led by the
Spirit into the
desert

”
Luke 4:1

An Examen for Lent

Reflect:

The Wilderness may seem like a place of desolation - it is an open, vulnerable place where there are possibilities of attacks from wild beasts and temptations, but it is also a place where as Psalm 144:1 says, “Blessed be the LORD my rock, who trains my hands for war, and my fingers for battle.” The Israelites were led through the desert, to prepare their hearts and to purify them that they may become true people of God.

Give Thanks

I give thanks for this time and this season of searching, defining, preparation, and purification.

Consecrate

Holy Spirit help me to see as you see. Purify my vicinity, my heart, my intentions, works, thoughts, and deeds. Purify this time of discernment.

Find God

I look upon my day to search out the fingerprints of God.

Anything Wrong?

Did I trust God at every moment of the journey? Where I was ungrateful, I repent, and offer thanks.

What now?

I look forward in hope. What do I need to do and to avoid?

Prayer

Lord God, you know my seasons and my times, help me in this Lenten journey to always know that I am marked by the sign of Your Holy Cross, and the seal of the Holy Spirit. Lead me along the right path and help me be docile to Your Will.

By: Brian Bartholomew Tan

Circular about Abstinence from Meat

The Bishop's Conference of Malaysia, Singapore and Brunei decided in 2007, that abstaining from meat will no longer be the only expression of this ancient tradition of abstinence.

This is a change from the previous decision which required the abstaining from meat on all Fridays.

The removal of the abstinence from meat does not mean the obligation to abstain on Fridays is removed. Therefore, we may keep the old practice of abstaining from meat or change it with the following:

1. abstain some other food which we are fond of
2. abstain from alcoholic drinks, smoking
3. abstain from some form of entertainment
4. make a special effort to be involved in family prayer
5. taking part in the celebration of the Eucharist
6. spending time in adoration of the Blessed Sacrament
7. praying the stations of the cross
8. fasting from all food for longer period of time than usual
9. making a special effort to help the poor, the sick, the old, the lonely

The form of abstinence can change from week to week. It is a personal choice.

Must I abstain on Fridays?

To commemorate the sacrifice of Jesus Christ annually undervalues the importance of the salvific action of Jesus Christ. One should unite oneself to the sacrifice of Jesus Christ more regularly. Failure to observe this norm does not lead one to sin and therefore **there is no need to go for confession should you forget to abstain.** Penance is a part of every Christian's life and the intention to do penance on Friday is of obligation.

Who is obliged to abstain?

All those who have reached the age of 14* are required to abstain. Unlike fasting which does not apply to those who reach the age of 60, the obligation of abstinence applies even to those beyond 60. The norm of abstinence also binds those living here or in Malaysia or Brunei.

*Canon 1251

Contact Us

Main: 6291 9272

Parish Secretariat (ext. 1)

Columbarium (ext. 3)

Email: esm.secretariat@catholic.org.sg

Address: 17 St Michael's Road,
Singapore 327976

Priests of the Parish

Parish Priest: Fr. Terence Pereira (ext. 6)

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

Asst. Parish Priest: Fr. Augustine Joseph

Parish Collection

Weekend Collection	\$5,193.00
For the Poor	\$5,633.00

Celebrant Schedule

Date	Eucharistic Celebration	Celebrant	Preacher
9 Mar	5.30 pm	Fr. Augustine	Fr. Augustine
10 Mar	10 am	Fr. Augustine	Fr. Augustine
19 Mar	5.30 pm	Fr. John	Fr. Augustine
16 Mar	5.30 pm	Fr. Augustine	Fr. Augustine
17 Mar	10 am	Fr. Augustine	Fr. Augustine
17 Mar	5.30 pm	Fr. John	Fr. Augustine

Eucharistic Celebration

Opening Hours

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

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 Admin Office
Mon - Fri: 8.30 am to 5 pm
Sat: 8.30 am to 11 am;
 2 pm to 4.30 pm
Sun: Closed

Adoration Room
 Daily: 7 am to 10 pm

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

Canteen
 Sun: 7 am to 12 pm

(M): Mandarin; (E) English;
 (EC) Eucharistic Celebration

Notices

Weddings

Those who desire to enter into the Sacrament of Holy Matrimony will have to book their wedding dates one year in advance. The booking will be confirmed only when the necessary documents are signed.



Infant Baptism will take place on:
 1st Sat of Apr, Jun, Aug, Sep & Oct

Registration of Pregnant Mothers

To help families prepare early for their baby's baptism, we invite pregnant mothers in their third trimester in March to register with the Parish Admin Office.

Please email to

esm.secretariat@catholic.org.sg

Maintenance Team – Volunteers Needed

We are looking for more maintenance volunteers to be part of the Maintenance Team. Please do come forward to assist in the maintenance of the church. Please register at esm.secretariat@catholic.org.sg



Youths Just Wanna Dance!

We're extending our classes! If you missed the first 3 dance classes, here's your second chance. We are inviting ALL youths to come and join us. We will be covering a variety of dances so come on down and dance your hearts out with us!

Dates: 10 Mar, 24 Mar,

7 Apr, 14 Apr

Time: 12noon - 2pm

Venue: Level 3 Classrooms

CSM Seniors Club

Calling all seniors!! What age group? We encourage anyone above 50 years with time on their hands! Come join us every Tuesday from 9.30am to 12.30pm.

Got a gift or talent to share?

We are also looking for helpers and those who have gifts/talents to share with our seniors!

Do contact our secretariat to give your details.

Pilgrimage: St Paul's Journey – Greece

Fr Terence will be leading a pilgrimage from 8 to 16 May 2020. There will be a briefing on 14 April .

Time and Venue to be advised.

This pilgrimage is open only to CSM Parishioners.

Lenten Reflection – Starts 7 Mar, Mon to Sat

Time: 7.00pm

We also come together as a community to share a meal. Please bring a small dish/meal for two.

Stations of the Cross – Begins on 8 Mar (all Fridays)

with Eucharistic Celebration at 6pm, Lenten Reflection at 6.45pm and Stations of the Cross at 7pm.

**There will be no
HOLY HOUR
on Fridays during
the season of Lent.**

Pimby Kampong Bahru

CANA invites you to Pimby Kampong Bahru which will take you on a walk around the vicinity of St Teresa's Church listening to stories of the wonderful MEP Fathers who laboured hard to spread the good news to us. See how St Teresa became a beacon of light on top of the hill for sailors, port workers, etc. And visit the Sisters at Carmel. Love Offering appreciated.

Date: Sunday 24 Mar

Time: 2.15 pm

Registration required: Email - canatheplacetobe2013@gmail.com.sg or call 63384080.

Crash Course: Mission & Evangelisation

Mission? Evangelisation? What's that? Come and discover the meaning of Mission and Evangelisation through the history of the Church until the Second Vatican Council. Speaker: Rev Fr Kenson Koh

Date: Sat, 30 Mar

Time: 1.30pm - 3pm

Venue: SFX Major Seminary, 618 Upper Bukit Timah Road

Organised by: Office for the New Evangelisation

To register visit:
www.one.org.sg/events

GIFT Collection

Next weekend, 16/17 March, being the 3rd 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 to support the organisations and projects of the archdiocese. Every Catholic is encouraged to sign up for a pledge to help with continued support for the numerous archdiocesan organisations needed for the mission of the church. More info is available at gift.catholicfoundation.sg.

Welcoming Returning Catholics

Returned! An evening of testimonies by Catholics who have returned and strengthened their faith with the help of Landings will be held on **22 March 2019, Friday at the Cathedral of the Good Shepherd**. You will hear stories of struggles, challenges, grace and reconciliation. Please register.

The Landings Programme

The Landings programme at Cathedral of the Good Shepherd will commence on **2 May 2019, Thursday**. We invite Catholics seeking a reconnection with the Faith and those interested in this ministry to participate in this 10-week programme. Please register. Registration closes on 18 April 2019.

Please email returning@landings.org.sg or find out more at www.landings.org.sg.