

ST. ANTHONY'S VOICE



The Bulletin For The Catholic Community of St Anthony
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Parish Pastoral Council Email address : sacppc@saint-anthony.org

3rd Ordinary Sunday

(Year C)

24th January 2010

READINGS OF THE WEEK

Sunday : Neh 8, 2-4a, 1 Cor 12:12-30, Lk 1:1-4
Monday : Ac 22:3-6, Mk 16:15-18
Tuesday : 2 Tim 1:1-8, Mk 16:15-18
Wednesday : 2 Sam 7:4-17, Mk 4:1-20
Thursday : 2 Sam 7:18-19, Mk 4:21-25
Friday : 2 Sam 11:1-4a, Mk 4:26-34
Saturday : 2 Sam 12:10-17, Mk 4:35-41

Thought of the Week

**The best way to
find yourself is
to lose yourself
in the service of
others.**

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HIGHLIGHTS

1. CATECHISM MATTERS

- Meet The parents' sessions for P2-P6
- Turn to parish news to find out more..

2. PARISH RETREAT 2010

- Get your tickets soon!
- Turn to parish news to find out more..

3. EUCHARIST FOR THE SICK

- Help needed to ferry sick and elderly to the Eucharist.
- Turn to parish news to find out more..

Parish Announcements

Catechism Matters

There will be a 'Meet the Parents' session for parents of children on the 24th Jan of children in Primary 3 at 1.30 pm in the Auditorium, Primary 4 at 3.30 pm in St. Thomas room and Primary 5 at 5.00 pm on the 25th Jan in the Auditorium. For Primary 6 the meeting will be on the 30th Jan at 4.30 pm in St. Thomas. Attendance is compulsory.

Parish Retreat 2010

It will be held on 31st Jan 2010 from 8.00am to 5.00pm with Mass in St. Peter's Auditorium - SPI. Retreat master: Fr. Gerard Louis. Tickets available at the Foyer. Please assemble in Church at 8.00am on the 31st Jan.

Eucharist For The Sick

On 28th Feb, at 4.00pm, we will have Eucharistic celebration for the Sick. For those who are physically handicap or unable to make your way to Church due to health reason, please register with the parish office by 21st Feb 09, so that we can make arrangements to ferry you.

Chinese New Year

Chinese New Year this year falls on 14th of Feb, a Sunday. We are again appealing to your generosity towards this celebration funds. We would appreciate cash donations in lieu of oranges and flowers. Thank you.

Emmanuel Praise and Worship

Come and grow in the Spirit by attending talks every Wednesdays at 8.00pm in St. Thomas Aquinas Room.

<u>Date</u>	<u>Topic</u>
27th Jan 2010	The Pilgrim Church

CNC 400

CNC 400 CaFE (Catholic Faith Exploration) January 2010

We invite our parishioners & families to Blk 419, #11-219 on 29th Jan (Fri) 8pm. The CaFE session is titled "*Knowing God's Hope*" by David Payne.

Wellsprings Book Sale

Wellsprings Book Sale is here again. Don't miss this opportunity to visit the book sale at our church foyer on Sundays, 24th Jan and 31st Jan 2010. Many good spiritual books, Bibles, DVDs as well as Chinese spiritual books will be on sale.

Fr Cyril's 70th Birthday Celebration

We are very happy to inform that the Parish is organising a 10-course dinner to celebrate Fr Cyril's 70th birthday.

Dinner Date: 28th Mar 2010, Sunday
More details will be made known soon.
Watch this space!

Family Camp 2010

It's back!

Mark this date on your calendar.

Spend fun and quality time with your family in an overseas resort!

Date: 17th June to 20th June 2010

Look out for more registration details in the coming months. Organised by the Family Life Team.

Alpha Course

The Alpha Course aims to connect people to the faith by introducing them to the basics of the Christian faith and is designed primarily for non-Churchgoers and new Christians. It is an opportunity for anyone to explore the Christian faith in a relaxed, non-threatening setting with thought provoking weekly sessions. The Alpha Team is opening an invitation for all parishioners to introduce participants to join the next Alpha Course scheduled to commence on Fri, 29th Jan 2010 at 8.00pm

Registration forms can be obtained at the church foyer after the Eucharist Celebration or at the Parish Office

Contact: Andrew Norfor: 9758 5781
Jeffery Goh: 9818 5724

Archdiocesan News

Catholicism 101

Module 1—**SCRIPTURE** by Msgr Eugene Vaz

Module 2— **JESUS CHRIST** by Arthur Goh

Module 3—**THE CHURCH** by Sr Maria Lau, IJ

Module 4—**LITURGY & SACRAMENTS**

by Fr. Joseph Fenelon

Module 5—**MORALITY** by Fr. David Garcia

2 Retreats

1) Integrating Christ & Scripture in our Faith

2) Integrating our Faith into the life of the Church

Total : 32 sessions Time: 7.30pm—9.30pm Day : Thursday

Venue: Catholic Welfare Services Bldg, 55 Waterloo Street, #08-00

For enquiries, please contact Singapore Pastoral Institute

Tel: 68583011 Email: spi@catholic.org.sg

Homecoming Dinner

Josephians, your Alma Mater invites you for dinner at Malcolm Road to reconnect with the school, former teachers and classmates. SJIOBA will be raising funds for the school and needy students in SJI.

5th Homecoming Dinner - Sec 4 Class of 1972-1975, Sat 24th Apr 2010

6th Homecoming Dinner - Sec 4 Class of 1968-1971, Sat 24 Jul 2010 Call Veronica at 62500022 for more information

Living Pathways Retreat

How do we engage with the Gospel narratives in ways that truly connect to our daily living? Find out during a retreat as we explore some approaches to scriptural meditation and reflective living.

Date: 2nd - 5th Feb 2010

Registration forms are available at the parish office.

DRESS CODE

We made a survey as to what is appropriate attire for the Eucharistic celebrations. The results were subsequently published. After much deliberation, the following have been adopted.

Guidelines for Dress Code

For Men

- Casual Wear defined as shirt, slacks, shoes, polo shirt, T-shirt, Jeans.
- Formal wear defined as coat, shirt, shoes and trousers.

For Women

- Casual wear defined as polo shirt, T-shirt, Jeans, sandals.
- Formal wear defined as tailored dress, knee length (or longer) skirts, blouses, shoes.

Strictly Prohibited:

- Clothing promoting vices like drugs, alcohol, violence.
- Clothing made of spandex (skin-tight) and translucent (see-through) materials.
- Clothing exposing entire shoulder, chest, back or thighs.
- Sport Wear.
- Flip Flops.

Book Review

Love, Medicine and Miracles

By *Bernie S. Siegel, MD*

Arrow Books, London; 1991. 242 pages.

Dr. Siegel, the author, a surgeon and a cancer specialist, once lamented: “At times it seems the world is dying of cancer”. He was often frustrated and, at times, emotionally drained when his cancer patients died. Then, in 1978, as a result of an unexpected experience at a workshop conducted by an oncologist named Dr. Carl Simonton and his psychologist-wife, his practice of medicine changed. He learnt through the workshop and through his subsequent experiences and his patients, particularly those whom he fondly called “exceptional patients”, that the mind can dramatically affect the body and that the ability to love is not limited by bodily illness. He became receptive even of less conventional medical practices such as relaxation techniques, acquisition of peace of mind, meditation, guided visualizations, faith healing, and imagery (drawings by patients) – all of which he covers in this book.

“Exceptional patients” are patients who have lived longer than statistics would have predicted or whose cancers have regressed, some permanently. Dr. Siegel believes that everyone can be an “exceptional patient”, and the best time to start is before getting sick. Many people wait until a near-fatal illness goads them into a change of mind. But it doesn’t have to be a last-minute awakening; the mind’s power is available to us all the time. Dr. Siegel encourages us to become open to the healing gift within us.

He adds: “If you are suffering from some life-threatening disease, the change I’m talking about may save your life or prolong it well past medical expectations. At the very least it will enable you to get more out of your remaining time than you now think possible. If you have a minor disorder, or if you’re not sick but not really enjoying life, the principles I’ve learned from exceptional patients can bring you joy and help you avoid illness in the future.”

Over and over, psychologists remind us that most of us use only about 10% of our mind’s capacity. Dr. Siegel exhorts us: “Let us then use the other 90%. Science teaches that we must see in order to believe, but we must also believe in order to see. We must be receptive to possibilities that science has not yet grasped, or we will miss them. It’s absurd not to use treatments that work, just because we don’t yet understand them.”

Is this book a worthwhile read? Certainly, if you read it with an open mind and if you can ignore the yellowing pages! Is it meant only for cancer patients and cancer-fearing people? No, because Dr. Siegel himself stresses that the same principles apply to all diseases. Elizabeth K. Ross values it as “A wonderful book that every patient and sceptic physician should read”. Dr. Carl Simonton himself stamps it as “His book is, and will be, a blessing to all humanity”. But, most persuasively, on the front cover of the book are 3 simple words: Number 1 Bestseller.

Reviewed by: James HL Wong

Book review: No. 3

Shelf no.: SPIRI0078

This book can be loaned out at our parish library located in the Auditorium.

Our Priests

Rev Fr Terence Pereira (ext 14)

Rev Fr Bruno Saint Girons (ext 13)

Rev Fr Cyril John Lee (ext 15)

Parish Office

Pastoral Coordinator

Kenny Chen (ext 12)

Administrator

Anthony Tan (ext 11)

St. Anthony's Child Care Centre

Mdm Lim Guat Eng, Manager

Tel: 6368 5058, Fax: 6368 4307

St Anthony's Medical Clinic

Mon (7pm - 9pm)

(Closed on Public Holidays)

Tel: 6365 6683, Fax: 6365 8339

Mass Times

Weekdays

6.30am (Mondays to Saturdays)

6.30pm (Mondays to Fridays)

*except Tuesdays & 1st Friday - Mass is after the devotions.

Saturday Sunset Mass

6.00pm

Sunday Masses

7.30am (**Mandarin**).

9.15am, 11.00am & 6.00pm.

Tamil Mass @ 7.30pm on 2nd Sat of the Month.

Tagalog Mass @ 7.30pm on 4th Sat of the Month.

Devotions

- Devotion to St Anthony on Tuesdays at 8pm with Mass. Recitation of Rosary at 7.30pm)
- Devotion to Sacred Heart on 1st Fri at 8pm with Mass.
- Devotion to Divine Mercy on Fridays except 1st Fri from 8.00pm to 9.30pm in St Thomas Aquinas Room.

The Library

Visit our Library located at the Basement which is open from 8.30am to 12.30pm every Sunday.

Mass Offerings:

The office of Fr Cyril handles **Mass Offerings**. Intentions of Masses to be offered will be printed weekly on Saturday and left on the altar for the Celebrant(s) and on the notice board for all to view. Offerings made after Friday night will not be published. They will, however, be recorded in a book kept in Fr Cyril's office. Masses will also be offered on the day and time stipulated. Please do not drop your Mass Offering envelopes into the collection bags. A collection box for your Mass Offering is provided at the back of the Church.

Infant Baptism :

The schedule for Baptism Preparation is as follows:

Parents are required to attend 3 Sessions commencing from the 2nd Sun of each month.

Upon completion all 3 sessions, couples can then register with the Presenters their preferred Baptism date. Godparents are to attend the last session to prepare themselves.

The Baptism ceremony will be held on the 1st Sun of each Month at 12.30pm. All the Sessions will be held in St John Vianney's Room. Please contact the Parish Office for more information.

Marriage : The Sacrament of Matrimony celebrates the union of two people within the church community. We request those planning a marriage to contact the priests of the church 6 months prior to the anticipated date, so that proper preparations can be made. For those who want Fr Terence, you are to inform him 1 year in advance.

Funerals :

Please inform any of the Priests or the Parish Office immediately.

Reconciliation :

The Sacrament of Reconciliation celebrates the healing and forgiving love that God has for each of us. There are opportunities for confession 15 minutes before the Sunset Mass on Sat and before all the Sun Masses. Priests are available for confession at other times upon request.

Parish Community Census Registration :

We invite you to be a part of our community of faith and to participate in all areas of our parish life. You are welcome to register as members of our Parish. The forms are available in the church and can be given to any of the Priests or the Secretariat when completed.

Intercessory Prayers

We have an Intercessory Prayer group who will meet regularly to pray for all your prayer intentions. You are welcome to place your prayer intentions in the drop box located at the right hand staircase of the Church hall entrance.



பொதுக்காலம் - 3ஆம் ஞாயிறு - 24/1/10

பெற்றோர் சந்திப்பு - மணற்கண்டலி வகுப்புகள்

தொடக்க நிலை 3 - 24/1/10 - பிற்பகல் மணி 1-30 - தேவாலய அரங்கம்
தொடக்க நிலை 4 - 24/1/10 - பிற்பகல் மணி 3-30 - தாமஸ் அக்வினாஸ் அறை
தொடக்க நிலை 5 - 24/1/10 - மாலை மணி 5-00 - தேவாலய அரங்கம்
தொடக்க நிலை 6 - 30/1/10 - மாலை மணி 4-30 - தாமஸ் அக்வினாஸ் அறை
மேற்கூறிய சந்திப்புகளில், பெற்றோர்கள், அட்டாயம் கலந்து கொள்ள வேண்டும்.

தீயானம்

நமது பங்கு ஏற்பாடு செய்யும் இத்தீயானத்தின் விவரங்கள்: தேதி - 30/1/2010
நேரம் - காலை மணி 8 - மாலை மணி 5 (திருவழிப்பாட்டுடன் தீயானம் முடிவுறும்)
இடம் - புனித பீட்டர் அரங்கம் (St Peter's Auditorium - Spore Pastoral Institute)

வழி நடத்துபவர் - Fr ஜெரார்டு ஜூயிஸ்

நுழைவுச்சீட்டுகளை தேவாலய முன்வாயிலில் வாங்கிக் கொள்ளலாம்.

திரும்புதலு சீரணி 70ஆம் ஆண்டு பிறந்த நாள்

நமது திரும்புதலு சீரணி 70ஆம் ஆண்டு பிறந்த நாள் விழாவை, 28/3/10 அன்று சிறப்பாக கொண்டாட நாம் ஏற்பாடு செய்து கொண்டிருக்கிறோம். மேல் விவரங்கள் விவரவில் அறிவிக்கப்படும்.

குடும்ப முகாம்

குடும்பத்துடன் கூடி மகிழ, மறுபடியும் ஒரு முகாமிற்கு ஏற்பாடு செய்துள்ளோம். வெளியூர் உல்லாச விடுதியில், 17/8/10 முதல் 20/8/10 வரை நடக்கவுள்ள இம்முகாமில் கலந்து கொள்ள வாருங்கள்.

விவரங்கள் கூடிய விவரவில்.....

**ஒருவரை நாம் மன்னிக்கும் முன், அவர்களைப் பற்றி நன்கு
தொரிந்து கொள்ளுதல் அவசியம்**

常年期第三主日

24/1/2010

圣安 多尼 之声

本堂神父

Fr. Terence

助理神父

Fr. Bruno

李善鸿 神父

☎ 6368 3804

☎ 6367 8392

平日弥撒

上午 6 点半

傍晚 6 点半

星期二晚上 8 点

星期六黄昏弥撒

傍晚 6 点

主日弥撒

(华语)

上午 7 点半

(英语)

上午 9 点 15 分

11 点, 傍晚 6 点

儿童洗礼

第一主日上午 12 点

婚姻

请给予六个月通知

葬礼

请立刻联络神父

P3, P4, P5, P6 要理班家长会

P3 - 1月24日(星期日) 1.30pm 在圣堂地下层礼堂

P4 - 1月24日(星期日) 3.30pm 在 St Thomas Room

P5 - 1月25日(星期一) 5.00pm 在圣堂地下层礼堂

P6 - 1月30日(星期六) 4.30pm 在 St Thomas Room

李善鸿神父七十大寿庆祝晚宴

我们将为李神父的七十大寿举办庆祝晚宴, 日期定于 2010 年 3 月 28 日(星期日)。具体详情请大家留意接下来几周的堂区报。

农历新年

今年的农历新年在 14/02/2010(星期日)。希望教友们能慷慨捐款赞助购买柑橘与鲜花的费用, 请将款项交到李神父的办公室。

农历新年布置

诚意邀请教友们来一起布置教堂, 有兴趣者请与华委负责人王雅甘姐妹联络: 9052 1905

2010 年家庭营(英文)

今年的家庭营定于 2010 年 6 月 17 日(星期四)至 6 月 20 日(星期日)。将于国外的度假村举行。具体详情请参阅下个月的堂区报。此活动由家庭生活小组举办。

2010 年教委四旬期证道会

主题: 与基督同行

日期: 2月24日, 3月3日, 10日, 17日及24日

(五个星期三晚上)

时间: 7.45pm - 9.30pm

地点: 耶稣复活堂

主祭弥撒及证道: 萧永伦神父, 蔡汉坤神父, 张伟神父,

彭志顺神父, 沈再德神父

形式: 拜苦路, 弥撒与证道

Sunday, 24th Jan 2010
3rd Sunday in Ordinary Time

"Jesus returned in the power of the Spirit into Galilee"

Reading 1:	Neh 8:2-4a, 5-6, 8-10	Responsorial Psalm	Ps 19:8, 9, 10, 15
		:	
Reading 2:	1 Cor 12:12-30 or 12:12-14, 27	Gospel	: Lk 1:1-4; 4:14-21

Scripture: *Luke 1:1-4, 14-22*

In as much as many have undertaken to compile a narrative of the things which have been accomplished among us, just as they were delivered to us by those who from the beginning were eyewitnesses and ministers of the word, it seemed good to me also, having followed all things closely for some time past, to write an orderly account for you, most excellent Theophilus, that you may know the truth concerning the things of which you have been informed.

And Jesus returned in the power of the Spirit into Galilee, and a report concerning him went out through all the surrounding country. And he taught in their synagogues, being glorified by all. And he came to Nazareth, where he had been brought up; and he went to the synagogue, as his custom was, on the Sabbath day. And he stood up to read; and there was given to him the book of the prophet Isaiah. He opened the book and found the place where it was written, "The Spirit of the Lord is upon me, because he has anointed me to preach good news to the poor. He has sent me to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord." And he closed the book, and gave it back to the attendant, and sat down; and the eyes of all in the synagogue were fixed on him. Then he began to say to them, "Today this scripture has been fulfilled in your hearing." All spoke well of him and were amazed at the gracious words that came from his mouth. They said, "Is not this Joseph's son?"

Meditation: What would you give to be filled with the knowledge of God's truth and goodness? The four gospels point us to the very source of truth itself in the person of Jesus Christ. Luke's gospel, especially his introduction, is somewhat unique among the four gospels. Luke speaks in the first person. He addresses his friend, Theophilus, a name which means "beloved of God". In so many words he says, I am writing to you the most incredible story humankind has known. And this story is utterly believable because it comes from reliable firsthand witnesses who knew Jesus personally, heard his teaching, saw his miracles, and witnessed his death, resurrection, and ascension to the right hand of the Father in heaven. The word "gospel" literally means "good news". The gospel is the good news of Jesus Christ and the freedom he has won for us through his death and resurrection. The gospel is God's word for us today! It's a living word that has power to change and transform lives, and bring freedom and healing to those who receive it as the word of God. Do you want to be changed and transformed by God's living word? Listen to his Son and receive his word with expectant faith and trust.

Luke tells us that Jesus began his public ministry in his own land of Galilee where he was raised as a child. Jesus' first public words in his hometown synagogue amazed both his family and townspeople. It was customary for the president of the synagogue to call on different people each week to read from the Hebrew bible and say a few words. Jesus read the text from the prophet Isaiah that explained how the Messiah would come in the power of the Holy Spirit to bring freedom to those oppressed by sin and evil (see Isaiah 61:1-2). Jesus commented that he himself would fulfill this prophecy. Only a madman or the Messiah would dare to make such a claim! Jesus not only got their startled attention, he awoke in his people fresh hope that God would indeed fulfill his promises to them. Luke tells us that the people received Jesus' words favorably and wondered what would become of "Joseph's son". In Jesus we see the grace of God in action. His gracious words bring hope, joy, and favor to all who were ready to receive him. Are you hungry for God's word?

Jesus came for our sake and for our salvation. He came to set us free from the worst tyranny possible – slavery to sin and the fear of death, and the eternal destruction of both body and soul. God's power alone can save us from emptiness and poverty of spirit, from confusion and error, and from hopelessness and the fear of annihilation. The gospel of salvation is "good news" for us today. Do you know the joy and freedom of the gospel?

Questions for Community Faith Sharing:
1. Lord Jesus, you are the fulfillment of all our hopes and dreams. Through the gift of your Holy Spirit you bring us grace, truth, love, and the power of God's salvation. How has the joy of the gospel changed my heart with burning love for you and zeal for your word?
2. Do I have a 'craving' for the Word of God? What has made me want to know more?

3. What do I seek in the Word of God?
4. How much do I make the Word of God come alive with my actions, applying it in my own life?