

## I Feel ..... by Audrey Yip

We have lived with Covid-19 for nearly three years. We had had our day to day living disrupted and we have had to learn new ways of doing things. The changes we experienced may have caused some of us to become anxious, confused and fearful. Some of us cope well and others struggle with the unfamiliar. Eleven Seniors from St. Mary of the Angels Seniors Group came together on 10<sup>th</sup> November for a sharing session facilitated by me to give voice to any feelings or emotions that may be affecting our mental well-being.

We began with a short prayer followed by a relaxing breathing activity to help us sense Jesus in our midst. After a short introduction to the purpose of the sharing session, Seniors were asked to write down six words that were of significance to them in the present. These words could be feelings, values or objects. They then rank the words from most to least significant. Seniors were then invited to share on a word. After several had shared, the group was divided into two smaller groups so that everyone would have a chance to talk about their words. Lively conversations ensued among the two breakout groups.

Some words that came up were 'upset', 'doubtful', 'understanding', 'gratitude', 'fear', and 'family'. Cyril Gomez expressed that the information from different sources concerning Covid-19 vaccinations and mask wearing caused fear and doubt in making decisions. Barna shared that Covid related rules caused an imbalance in family relations that sometimes led to misunderstandings and thus increased stress levels. On a different note, Priscilla shared her sense of gratitude for the way our leaders are taking the country through the pandemic. She felt that it allayed fears and prevented disasters which she is thankful for. Margaret Long shared that it did not sit well with her when rules reduced meetings to five persons at a time. It prevented her very close-knit three generational family being together. However she coped by accepting that meeting her loved ones separately did not change their loving relationship with her.

In the wrap up we all considered the need for frequent conversations in order to companion one another by sharing of anxiety that can affect our mental health.

The sharing session ended with a closing prayer by Helen Goh. Seniors then proceeded to fellowship with tea-time treats. A big THANK YOU to the Seniors who attended, With Jesus's help we can lighten our load. It was a delight to host you all in my house.

Drawing by Audrey Yip



## Reconnecting and Bonding by Patrick Tay

4 October 2022 saw sixteen Seniors, male and female, young and old, troop into Sun Café at Hotel Grand Pacific.



We had the alcove all to ourselves. That's when fun began! We laughed and chatted merrily just like teenagers.

Continued ....

Of course the food spread out on the buffet counter fueled our energy and revved us up. Who said Seniors don't know how to have fun? But you can also say love was in the air if only you saw the bonding and how Seniors connected with each other. Cloud Covid has rolled away. Agape is here to stay. Hurray!



Nice food,  
nice fellowship.  
What a perfect way  
to spend our  
afternoon, so said  
Margaret Koh.



Suan said:  
Good recommendation,  
all the Seniors love it.  
The price is reasonable.

## Seniors Go Digital Workshop by Tan Kim Suan

It was not just an afternoon of getting back to the classroom for a "Seniors Go Digital" lecture on 27 October 2022, it was also the first time St Mary's Seniors were able to meet in a group of twenty-two persons since the Covid-19 restrictions more than two years ago.



Under the "Seniors Go Digital" programme, a Singapore government initiative, we are all encouraged to adopt the new digital communication platforms. For our sessions, we had five Digital Ambassadors who facilitated the following topics:



Cybersecurity  
Scamshield  
Zoom



An area of importance was also the guidance on the setting of our passwords as well as hands-on practice using the Zoom app.

As a follow-up to this workshop, Seniors are encouraged to visit the following SG DIGITAL offices for individual guidance on smartphone at:

Bukit Batok East Zone 3 RC268 Bukit Batok East Ave 4, Singapore 650268 OR

Bukit Batok Community Club  
21 Bukit Batok Central, Singapore 659959

As they say, learning is lifelong. Thus it is our intent to continue to pursue this digital journey or other areas of activity to be mentally and physically engaged.

December 2022

"... The blessings of the LORD be upon you:..."  
-Psalm 129:8 (King James Version)

May you be blessed with happiness and joy  
on your Birthday and always!

**Happy Birthday!**

**Constance Yip, Jenet Nathan,  
Valentine Liew, Joseph Yeo,  
Tan Kim Suan, Linda Lim**