

# Church of St Mary of the Angels Lunar New Year Lunch by Patrick Tay



St Mary's Seniors with Friar Justin Lim at our table (centre in red).

Many parishioners of St Mary of the Angels had an enjoyable Lunar New Year luncheon on 28 January 2023 at Crystal Ballroom, Civil Service Club, Bukit Batok Ave 2.

The Lion Dancers thrilled us with their nimble footwork. Not to be outdone, the performers delighted us with their artistic talents on stage.

The Silverlight Ukulele Group from the Seniors serenaded us with seven songs with Friar Michael D'Cruz roped in to sing a song in Mandarin called Moley Hua (Jasmine Flower).

The delectable festive dishes found their way into our tummies and before our stomachs could slumber, we were energised into action, loudly calling out numbers of the lucky draw! Our Seniors' table even won a lucky table prize of 20 bottles of Bird Nests drink. All of us had a lovely afternoon and leaving melodious Lunar New Year songs behind. We left the restaurant satisfied with gleeful smiles.



## Holy, Wholly Healthy: Pumping Up with Prayer by Karen Zielinski, OSF



We pray in church, before our meals and on the eve of surgery. Some people pray before they play Bingo. But what about praying when we exercise? Many people find that praying during exercise is the perfect place to contemplate, meditate and clear their minds.

The Scriptures talk about both spiritual and physical exercise. In 1 Timothy 4:7b-8, we hear, "Train yourself for devotion, for, while physical training is of limited value, devotion is valuable in every respect, since it holds a promise of life for the present and for the future."

I ask, why can't we do both? After all, the idea is to pray always.

### Integrating Prayer With Exercise

Prayer and exercise are a perfect fit. We as Christians want to be good stewards of creation, and our bodies are a major part of that. When we exercise or work out for our physical health our spirituality can be woven into any routine. Exercise brings a repetition and rhythm that can complement prayer perfectly. My friend Sister Sharon breathes in and out using the "Jesus Prayer." She inhales deeply to "Lord Jesus Christ, son of the Living God," and exhales praying, "have mercy on me, a sinner."

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She uses it when she walks, and says it can also be shortened to a simple “Jesus, mercy.” Many people work out on treadmills or weight machines, and pray a simple sentence like “Bless me, God, and all my friends.” I pray the Taize refrain, “Jesus, remember me when you come into your Kingdom,” as I do my daily morning stretches.

## Technological Help

Some people run or power walk, praying short mantras like “Jesus, heal me!” For those who like to start their exercise with prayer, there are free meditations such as **Pause+Pray**, which offers short prayers and reflections.

The Rosary Workout ranges from beginner to advanced levels, along with different amounts of Rosary prayer. Author Peggy Bowes, a Catholic, graduated from the U.S. Air Force Academy in 1988 and served nine years as an Air Force pilot and health and wellness consultant.

## Catholic Tradition

We have been called for years to exercise. Many of us remember the physical fitness trend that started in the 1960's with President John F. Kennedy.

Christians have always been challenged to keep our bodies, our “temples of the Holy Spirit” (see 1 Corinthians 6:19), in good order. Exercise can bring many physical and psychological benefits. When we add a layer of prayer, we can benefit spiritually. Exercising is just as important as taking our pills and seeing our physicians. It is a healthy call to be faithful stewards. Praying during our workouts can be a powerful blend of motor and faith skills.

I chuckle at what the philosopher Michel Montaigne noted, “To strengthen the mind, you must harden the muscles.” It seems to go with the Scripture, “Pray without easing.”

(1 Thessalonians 5:17)



## Chinese New Year Cheer to Our Elderly Homebound by Teresa Koh



As a way to bring some festive cheer to our elderly homebound communicants, I got my friend, Mary Ng, to make several pairs of CNY décor for our Pastoral Carers to bring along when they visited them with Holy Communion.



So, on 5 January, I arranged to meet our Pastoral Carers at a coffee shop to pass them the handmade CNY décor before they made their way to the homes of the elderly with the Consecrated Hosts.

I believe such simple acts can bring some joy to the elderly whom I heard were thrilled to receive a Christmas card through the mail.

## First Catchup Lunch to Start Year 2023 by Teresa Koh

Six Seniors turned up for lunch at Rail Mall Springleaf Prata Restaurant on 13 January 2023 for Fish Head Curry and prata.



It was an intimate catchup and also pre-birthday celebration for Margaret Koh (second right) who would be one year wiser the next day.

The simple celebration seemed incomplete without a good cup of coffee! So, off we went to Toast Box after our lunch and even had the tiniest birthday cake to be shared among us.

We met wonderful people on our left, right and even centre who gave up tables and offered help to take our pictures without our asking.

Indeed ageing has its blessings and privileges.

Thanks to Elizabeth (left) for treating us to lunch and Nelly (second right) for our coffee treat. Praise God!

