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# 10 HALLMARKS OF THE CATHOLIC CHURCH

 <b>BIBLE</b> The Church has always venerated the full canon (73 books) of God's written Word which she preserved, compiled, translated, published, interpreted, & defended. The Bible formed in the Church's womb.	 <b>EUCCHARIST</b> The real Body, Blood, Soul, & Divinity of Christ is the "source & summit" of Christian life – an extension of the Incarnation & the most intimate way to encounter, adore, & receive the Savior in this life (Jn. 6:54-56).	 <b>MASS</b> Jesus perpetuates His Eternal Sacrifice through His Passover meal as the perfect offering to our Father in praise & thanksgiving for man's redemption through His death & resurrection.	 <b>SACRAMENTS</b> Jesus instituted seven sacred signs of the New Covenant to extend His visible ministry & personally communicate saving grace to every soul in all times & places. Sacraments grant us a share in the divine life of the Trinity & raise creation to new holiness.	 <b>APOSTOLIC TRADITION</b> Jesus revealed the love of the Trinity through His words, deeds, & example as did His chosen eyewitnesses for many decades. The early Fathers attest to the believing & praying Church handing on consistent proclamation of the Faith through unbroken succession of the bishops, which endures to this day.
 <b>SAINTS</b> Jesus is our brother which makes Mary, the new Eve & Queen of the new Israel, loving mother to us all. She and all of the saints are family who continue interceding to God for the kingdom on Earth. Death has not severed them from Christ's Body for they are fully alive in Christ.	 <b>SEASONS &amp; FEASTS</b> The seasons & feasts of the Church's year, such as Christmas & Easter, consecrate time & space and happily draw us into the mysteries of Christ's life made present in the liturgy. They provide a time of gathering, celebration, &	 <b>PRAYER &amp; DEVOTION</b> Drawing from salvation history, the Church is a limitless reservoir of contrition, thanksgiving, sacramentals, blessings, petitions, praises, & adoration. Through the daily Liturgy of the Hours, Mass, & various rites, she never ceases to faithfully intercede for the world & the departed out of	 <b>WORKS OF MERCY</b> The Church has a long, splendid history of fostering education, science, arts, & culture to serve intellectual & spiritual needs. Most importantly, she's an ambassador of God's justice & mercy, reaching out to sinners & advocating for the poor, sick, & defenseless. Defending the dignity of man made in God's image is the first principle in her mission to	 <b>PAPACY</b> Jesus Himself founded the one, holy, universal, & apostolic Mother Church upon the apostles (Eph. 2:20), in particular St. Peter (Mt. 16:18-19) whose successor, the bishop of Rome, is the chief "servant of the servants of God" (Is. 22:21-23). The pope's fatherly authority is a gift that provides unity for the diverse



**Church of St Mary of the Angels**  
Bukit Batok East Ave 2, Singapore 659918

**St Mary's Seniors Newsletter**  
(For Internal Circulation)

Twilight

**Twelfth Year      January 2022**

Mission Statement: To promote a purposeful, productive, healthy and happy lifestyle



*Wishing St Mary's Seniors the best of this year.  
Let all the problems melt in the flames of candles,  
And all the good things surely come into your entire life.*


## Thanksgiving Day Celebration

From the desk of Teresa Koh

January 2022

# Happy Birthday,

Margaret Tan, Eric Chang,  
Paul Gomez, Sally Lim  
and Margaret Koh




Every last Thursday of November, St Mary's Seniors used to celebrate Thanksgiving Day to round off the year with gratitude for God's blessings and the gift of one another.

Continued ....

On 25 November 2019, we had a big celebration with a Thanksgiving Mass and a dinner (see picture on front page). However, little did we know then it would be difficult for such a big celebration as a few months later the world was plagued with the Covid-19 virus that prohibited such big group gatherings. Gatherings were limited to five people and later to just two.

But on 22 November 2021, when the situation was more stabilized, social gatherings of five were allowed. Immediately our Senior, Margaret Tan, called in to invite five other Seniors to have a Thanksgiving Lunch at her home. It was indeed a good precious meet-up. Our Rosaline Tan even brought each of us her own handmade rosary and bracelet. It was a pity we could not have more Seniors but I believe we will soon be arranging to have more meet-ups in small groups of five. I guess this is the new norm of life. Let's keep up a happy and thankful spirit. Our thanks to our Lord.



### Seniors Partaking in Parish Activities Get moving with St Mary's

As part of celebrating Catholic200SG, our Parish embarked on a project called "Get moving with St Mary's". Five routes leading to five different churches were planned.

- ❖ Holy Cross Church (7 km)
- ❖ St Francis of Assisi Church (8 km)
- ❖ St Joseph Church (Bukit Timah) (4 km)
- ❖ St Ignatius Church (8.8 km)
- ❖ Blessed Sacrament Church (9.5 km)

Participants were encouraged to take pictures at different landmarks on each route with the challenge, posing with their Catholic200SG souvenir (umbrella / water bottle / friar doll / tote bag). They could choose to walk any one of the routes or even all five of them, between 4 October to 31 October. There were prizes to be won but everyone simply joined in for the fun.

The next page shows pictures of some Seniors who were game enough to take up the challenge are shown posing with their Catholic200SG souvenirs.

Well done Seniors. Keep up your spirit.

### 2021 Christmas Wishing Tree

This is yet another Parish outreach to create opportunities to bring Hope, Peace, Joy and Love to the less fortunate. Some Seniors found it a meaningful and safe way (bearing in mind the Covid-19 situation) to do their bit by signing up as donors for grocery vouchers, rice cookers, electric kettles, standing fans and even twin strollers. It was also a chance to instill in our grandkids the spirit of giving, sharing and caring.

