

Parish Lenten Day of Recollection by Teresa Koh, Sylvia Khay

Our Parish held a Lenten Day of Recollection conducted by Friar Aiden Peter Jr. on Saturday, 2 March. There was a good turnout with more than a dozen of our Seniors attending.

Though it was only a half day session, it was packed with lots of pointers for reflection such as:

How are we called to return to God through cultivating the three Gs (Goodness, Gentleness, Gratitude)?



Seniors with Friar Aiden Peter Jr. (back, left) inside the Church.

My best takeaway is on the three Temptations of Christ – likened to the three Reasons of Adam’s Fall (Pleasure, Possession, Power) with Jesus’ offer of three Remedies (Fasting, Almsgiving, Prayer) to overcome these temptations.

The Recollection Day ended with a call to reflect if our spiritual journey mirrors the life of the Prodigal Son and the need to reroute ourselves.



Look at the smiling faces. They enjoyed their sandwiches, coffee, tea and cookies.



Seniors have a relaxed moment with Friar Michael D’Cruz (seated, black T-shirt).

April Special Seniors

Lilian Tay
Teresa Yeo

Have an unforgettable Birthday, and a year filled with happiness and good health.

Prayer:

Jesus, give me the grace to begin this Lent with great enthusiasm and love. Help me live it with joy, knowing that I am living it in your presence to please you and you alone.

Resolution: I will make a Lenten programme of prayer, fasting, and almsgiving.



Mission Statement
To promote a purposeful, productive, healthy and happy lifestyle
13th Year - April 2023

St Mary’s Seniors back to their Thursday Activities by James Wong, Teresa Koh

Covid-19 pandemic restrictions kept the Seniors from gathering every Thursday in Church for the past three years. Fortunately in early February 2023 Covid-19 restrictions were lifted and life could be returned to normalcy. Teresa Koh immediately went into action by sending WhatsApp messages to Seniors to gauge their willingness to return to their regular Thursday activities.

To her pleasant surprise, she received encouraging and heartwarming responses from Seniors wanting to be back every Thursday in Lent to get together from 2.00 pm for some reflections and sharing of the readings in the Lenten Booklet printed for them. They were also eagerly looking forward to rekindling the bonding and fellowship which they enjoyed over the years. Aren’t they all looking happy? See below.



Continued

At Week 1 Lenten Reflection



At Week 3 Lenten Reflection

Praise God.
We now have the
luxury of using
Gubbio – a more
elderly-friendly
venue.



At Week 4 Lenten Reflection



Seniors deep in
sharing.



So, on 23 February, 17 Seniors turned up at 2.00 pm in Room B.3 for a lively Week 1 Lenten Reflection followed with vibrant sharing questions led by Audrey Yip. Seniors enjoyed a variety of snacks and refreshments after the meeting coupled with warm fellowship.

The Seniors were encouraged to continue to come back together to journey through the next four weeks of Lenten Reflections. We can then look forward to our Easter Celebrations on Thursday, 13 April 2023.

At Week 2 Lenten Reflection



There were more
Seniors than chairs
and so Priscilla Wee
had to sit on a coffee
table.

At Week 5 Lenten Reflection

Seniors feeling
satisfied that they
were able to
complete the
Lenten Reflection
together, and are
looking forward to
their Easter
celebrations.

