



Mildred's Christmas and Chinese New Year Craftwork.



I am happy to know that Mildred is keeping herself purposefully occupied and learning new skills. She has even signed up for Calligraphy class even though she confessed she could not write Chinese very well. This indeed is the spirit of life-long learning and active ageing.

CHURCH OF ST MARY OF THE ANGELS
HOSPITALITY & COMMUNITY

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

St Mary's Seniors Newsletter
(For Internal Circulation)

Twelfth Year February 2022

Twilight

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

The Word of God

January 2022
12th – Session #1
26th – Session #2

February 2022
9th – Session #3
23rd – Session #4

March 2022
9th – Session #5
23rd – Session #6

6 sessions (via Zoom)
10.30am – 11.45am

CHURCH OF ST MARY OF THE ANGELS
FAITH & EVANGELISATION

2022 1st Quarter Zoom Sessions by Teresa Koh

Our weekly Monday zoom sessions will take a break after our Advent Reflections. Instead, some Seniors will embark on a six-zoom session on the Lectio Prayer from January to March. It will be held in conjunction with two other NCC groups on Wednesday, either at 10.30 am or in the evening at 8.00 pm. It is also a meaningful way to get acquainted with other fellow parishioners outside our group.

See details on the left.

Thanks to Teresa Koh for her big contributions to this issue. The Editor welcomes all contributions of interest from our Seniors.

Happy Lunar New Year

May the Lunar New Year Ring in lots of love, happy tidings, Good health and lots of blessings For you and your family.

St Mary's Seniors

The Giving Spirit of Tan Kim Suan by Teresa Koh



Tan Kim Suan

“Hi, I am at Penang Culture Centre having lunch with my hubby.” Suan approached me and asked, “Can I get you some food? How about Penang Kway Teow or Chendol?”

What a sweet and thoughtful gesture! I simply have no heart to turn it down even though I am not used to being on the receiving end.

Within an hour, Suan was at my door with the food.



Suan makes delivery.

Continued

Lectio: Prayer: Finding Intimacy with God with Dr. Tim Gray
With the clear teaching and artistry of the Augustine Institute's Lectio series, Dr. Tim Gray masterfully uses the discipline of Lectio Divina to show you **how to make prayer an effective effort of love and intimacy.** In six video sessions, Lectio: Prayer: Finding Intimacy with God captures the secret to opening our hearts and minds to Scripture as the means to hear from God and then respond in conversation, basking in his presence and resolving to live in and through his love. Engaging and accessible, Prayer: Finding Intimacy With God includes: *The Lectio Divina approach of Reading, Reflecting, Responding, and Contemplating-Penetrating questions and insights for the six video sessions-Additional resources for a fuller understanding and application-Daily reflections to deepen the meaning of prayer in your life*



Suan with homebaked bread at my door.

There are a few other times Suan sent me her homemade jam and home baked Focaccia bread.

However, I am not the only recipient of her kindness.

She has been bringing food to other Seniors who live alone or when she hears that they are unwell.

Yes, Suan may not be actively involved in the Church but I know she is involved in other humanitarian work.

Within her Dairy Farm Estate where she lives, together with an Austrian neighbour, they have raised funds for Christmas lunch 2020 for all service staff.

Also, since January 2020 Suan has assisted in fund collection to support Malaysian cleaners defray their grocery bills.



Bags of food bought collectively for her residents.

Suan is also active in Makan Together Group-Buy in the estate where they collect food orders from the residents and patronise low-business hawkers during the pandemic and then have food delivered to residents at a fee. This delivery fee goes towards the estate's cleaners – Migrant Beverage Fund – called Kindness in a Cup.



Suan (right) sending collected items to Willing Hearts.

Recently, Suan also helped Willing Hearts to collect donation of used items from her residents and also from St Mary's Seniors and had them delivered to Willing Hearts in Chai Chee Community Centre.



Donation to Filipino children.

She has also been involved in collection and dispatch of various items to the Myanmar refugees, Filipino charities, as well as a charity group that feeds the poor in Malaysia.



Donation to Myanmar.

Continued

Working independently and with friends, she aims to bring about God's blessings on those who might need help, even beyond Singapore, when called upon to contribute.

Indeed, Suan is always running around doing errands or offering help to others.

I recalled she even housed a female stranger she encountered.

Before Covid-19 days, she would drive our older Seniors who are in the Pastoral Care Ministry to bring Holy Communion to the homebound elderly.

She is certainly blessed with a giving and caring spirit.

She attributes this service to the less fortunate to her father who used to remind the family that "charity begins at home, but it doesn't end there."



Mildred's New Interest by Teresa Koh



Since the Covid-19 Pandemic, St Mary's Seniors have suspended all their activities. But in one of our zoom sessions, Mildred Phua (left), our Senior, shared her new-found preoccupation - making interesting handicraft to fill her free time.

Mildred had chanced upon a group called "HappySeniors New Life Youth Club" at Blk 419 Fajar Road (near her home) where the young and friendly instructors taught them to make various interesting craftwork. It was a heartwarming group where she got to know a lot of seniors staying in her neighbourhood. She had already made some beautiful Christmas and Chinese New Year Décor and even decoupage work using cut out pictures.

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