

We were glad to have Serena Yeo from our Hospitality Community Office, Paul Goh and Mike Bernard from the Outreach Office to join us in our celebration. In fact, Mike Bernard was sporting enough to be our Santa Claus.



The Seniors had a fabulous fun and meaningful time after missing the celebration since 2020 due to Covid-19. Teresa Koh, the organiser, thanked the Seniors for their support and cooperation.



“And of course to God who helped and directed me in my plans and seeing through my hidden anxiety through the celebrations. It is through all these challenges, I experienced His omnipotent Presence. All glory to Him who makes things happen.”

Pre-Commissioning Formation for Communion Ministers and Pastoral Care Workers

By Teresa Koh



Twelve Pastoral Carers from our Seniors Group attended this event held on 26 January in St Clare Hall. It was an unexpected round table sit-down session with Lohei to begin with. Friar Michael D’Cruz highlighted some hiccups that need attention. We were also urged to re-examine our commitment before our commissioning scheduled around the Feast of Corpus Christi in June 2024.



Mission Statement
To promote a purposeful, productive, healthy and happy lifestyle
14th Year - February 2024



Wishing St Mary's Seniors boundless energy and determination throughout the New Year.
We've had a great time together – despite aging and slowing down over the past year, LOL! Cheers to another fabulous year together.

The Joy of Lent

By Juliana LaBianca



On February 14 this year, some people will be celebrating a day of love, while others will be commencing the start of a [season of prayer and fasting known as Lent](#). During Lent, which begins on Ash Wednesday and ends at sundown on Holy Thursday, Christians throughout the world take part in rituals to prepare to celebrate the resurrection of Jesus Christ on Easter.

The Lenten season can look a little different depending on the person – some might choose [things to give up for Lent](#), like a certain food or habit, others might opt to do something charitable (also [known as almsgiving](#)). One important thing that most of those who observe do, however, is fast. Fasting acts as a form of self-control, “to follow Christ’s will more faithfully.”

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On Ash Wednesday, which is traditionally a sombre holiday, the church's priest or pastor will dip their finger into a tray of ashes and spread them on congregants' foreheads in the shape of a cross. While doing this, they'll say, "[from dust you came and from dust you will return.](#)" The ashes are made by burning palm branches from the previous year's Palm Sunday (this year, [Palm Sunday falls on March 24](#)).

Lent ends three days before Easter Sunday on Thursday, March 28, 2024. The week before Easter Sunday – called Holy Week – is a big deal in the Christian church. Holy Week begins on Palm Sunday, March 24, which commemorates Jesus' triumphant arrival in Jerusalem, where he received palm branches at his feet. Then comes Holy Wednesday, which acknowledges Judas's plan to betray Jesus. The day after Holy Wednesday is Maundy Thursday, which commemorates the Last Supper between Jesus and his disciples. Maundy Thursday is the last day of Lent.

Introductory Prayer: Lord, you know how much I need you and depend on you. You know my weakness and my faults. I put my confidence in your love and mercy in my daily actions. I hope to learn to trust more in your power, your promise, and your grace. Lord, I wish to start this season of Lent with a sincere desire to grow in love, preparing myself worthily to celebrate the mysteries of your passion, death and resurrection.

Petition: Lord, help me learn to change what needs to change in my life.



St Mary's Seniors' Christmas Celebration

28 December 2023

By Teresa Koh and James Wong

Forty-five Seniors gathered at Gubbio for a potluck lunch, fun-filled games and activities to celebrate Christmas. It was indeed a joyful and memorable celebration. Seniors showcased their cooking skills by providing a total of twenty-one home-cooked dishes (glutinous rice, fried beehoon, yam cakes, curry chicken, Assam prawn curry, buah keluak chicken, honey baked ham plus nine other mouth-watering dishes. For desserts, they brought fruits, curry puffs, chocolate, agar agar, papada snacks, nian gao, Christmas pudding and tarts.

While we enjoyed the spread of food, Freddie Siow and his friend, Richard Rajoo entertained us on their guitars with some evergreen songs that prompted Seniors to take to the dance floor. Our Silverlight Ukulele Group also gave their repertoire of songs.



But the highlight of the celebration was the Christmas Caroling (done with tea lights) as our homage to our newborn King.



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