



For the Animals' performance, the performers used the theme of Environment 3Rs – Reduce, Reuse, and Recycle. The message impressed us since if the otter can recycle the plastic bottles, so can we. Besides, enthusiastic audience participation - like touching the snake to see how slimy it could be - emphasized the importance of us getting close to the animals. The myth was broken as the participant said the skin was dry. At the end of the show, the audience got up-close and took close up photos of the Pelicans, and rodents from the Amazon.

After an eye opening experience we boarded our bus back to church, where our chicken rice lunch was waiting for us.

A Message from Josephine Pattiselanno on David's Condition

In twenty-three days David had been to three hospitals – Ng Teng Fong General Hospital, National University Hospital and Singapore General Hospital.

St Mary's Seniors were such a good praying team. So, we always feel God's presence and strength filling us with the Holy Spirit and faith in Jesus, our healer, during this crisis.

We greatly appreciate the quick action of the Seniors calling for an ambulance when they noticed David wasn't himself during their Seniors gathering on 23 November. David's heart stopped twice but thank God, he is now alert and back home. We are now looking forward to 28 December to join them in their Christmas fellowship. God bless St Mary's Seniors family!



Friar Michael D'Cruz visiting David in hospital.



Barna Koh visiting David in hospital.



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



A Purposeful Afternoon



By Mildred Phua

Eleven Seniors gathered at Teresa Koh's house on 30 November to do the Advent Week 1 and 2 Reflection.

Before the reflection, we had fellowship lunch over dried laksa cooked by Tan Kim Suan as well as popiah, chicken curry, chap chye and dessert prepared by Teresa Koh's helper. There were also fruits, cakes and curry puffs – how a simple lunch multiplies. It definitely was God's blessings through the generosity of Seniors!



There was also a display of Roseline's handmade rosaries and bracelets, Audrey Yip's amazing crochets, Joan Yip's embroidered table cloths and also Sally Lim's artificial potted plants, all of which we will be selling on 10 December 2023 at the Parish Christmas Village! *Continued*

The display enabled the Seniors to be the first to view and purchase the sale items. A handsome sum of \$410.00 was collected which will be added to our Christmas Village sale towards church maintenance funds.

After the Reflection, Teresa gave us an update on David Pattiselanno's condition and progress since his admission to hospital by ambulance.

It was indeed a purposeful afternoon – visiting Teresa after her knee surgery, doing the Advent Reflection and consolidating the items for our Christmas Village Sale as well as bonding over the spread of food!

At the Parish Christmas Village Bazaar



By
Teresa Koh

Once again our Seniors participated in our Parish Christmas Bazaar on 10 December. On sale was an assortment of handmade items made by Roseline Tan, (bracelets and rosaries) and crochet shawls and bags by Audrey Yip. There were other items contributed by Constance, Joan, Kim Suan, Teresa and Sally.

Seniors under the charge of Tan Kim Suan were rostered to man our stall from 10.00 am to 3.00 pm. We had quite a good sale attracting even kids and were



happy to pack up after doing our bit to raise \$1,126.00 for the Church Maintenance Fund.

Bravo Seniors!

Well done for raising so much for the Church Fund.



Up Close and Personal Encounter at River Wonders 14 December 2023

It was an eye opener for me and other Seniors who took time to visit River Wonders – an outing organised by our Parish Outreach Office.



By
Alphonsus Soh



In fact, most of us were talking about the departure of Le Le, the panda cub's last appearance on 13 December, the previous day. We wished that we had come yesterday to bid farewell to this panda cub. However, at least for me, I was pleasantly surprised to see the mother panda and a red panda, as 'white panda' is the popular image we all have.



The River Wonders presented us with ecosystems of major rivers in the world such as the Amazon, Ganges, Congo, Mekong, Nile and the Yangtze. Many of us could recall the movie "Anaconda" screened in 1997, the deadly snake. We were on the lookout for the Anaconda when we were at the Amazon Zone. All got excited when our organizer, Michael Bernard, shouted that he spotted the Anaconda, curling up at one corner of the enclosure. All went to see how big it could be.

Continued