

Before lunch there was a lively Dragon Dance performance that helped to set the mood for an exciting, wonderful and joyous afternoon CNY luncheon.

Seen below: Seniors lending a helping hand for the traditional ritual of starting a Lohei dish.



St Mary's Seniors 2024 Committee

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Meditation:

So, don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.
(Matthew 6:34)



Therefore I tell you, all that you ask for in prayer, believe that you will receive it and it shall be yours

The Phase that Changed my Prayer Life

In November Sr Mary Glanna of the Disciples of the Lord Jesus Christ spoke at the Newman Centre at SRU. With the other leaders and members of Rock Catholic, I listened with awe as she told her incredible testimony and assured us that God has a plan for our lives. Early in her talk she used a phrase that I've never heard before, and it truly changed my prayer life.



By **Madeline McKissick**

Pray with expectant faith

I couldn't stop contemplating what this meant, and even today I meditate on what it means to pray with expectant faith. As I prayed and wondered and racked my brain, it was revealed to me. To pray with expectant faith means to pray with enough faith that you truly believe that your prayers will be answered. It's one thing to casually think that your prayers will be answered, but it's different to pray and believe that God is going to answer your prayers. I know it might seem demanding, dare I say, to expect to be entitled that God will answer your prayers, but He wants to answer our prayer! He's just waiting for you to ask, and He'll answer you according to His will.

Keeping Faith and Hope

Sometimes we don't see the fruits of our prayers right away. I'm still not sure if my big prayer intention was answered yet or if it's still in the works. However, this fact shouldn't discourage us from praying! Not seeing the fruits of our prayers doesn't mean that our prayers "don't work"; not seeing them fulfilled in a different way doesn't mean that praying for a specific intention is useless. Although I'm still hopeful that I'll see my big intention fulfilled, I'm grateful that praying the St. Andrew Christmas Novena gave me the push that I needed to grow in prayer and taught me how to pray with expectant.

2024 Lunar New Year Lohei

By Teresa Koh



St Mary's Seniors had a Lohei on 22 February 2024 as part of the New Year Celebrations. The celebration was held in conjunction with the participants from Manna in the Pot Outreach Programme who provided sandwiches from Subway as well as the Lohei dishes.

Friar Michael D'Cruz (right, in blue T-shirt) kicked off the Lohei and even danced to the music provided by Freddie Siow and Willy Sia (right, seated) with their guitars.



For the Seniors, celebrations are not just about food. Games and fun fellowship must be included. So after lunch, games like Bingo were played.



The Silverlight Ukulele Group entertained us with some Chinese songs. David Pattiselanno made a surprising comeback – playing on his harmonica once again after suffering from some heart issues last November.



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It was a relaxing and enjoyable afternoon with great music provided by two good guitarists.
Praise God!

Church of St Mary of the Angels

An enjoyable CNY Luncheon was held on 24 February 2024 at the Hilltop Garden Restaurant, Bukit Batok Civil Service Club, which was attended by ten of our St Mary's Seniors.



The theme for the lunch was "Once Upon a Time in Old Shanghai".

The Programme included Photo Booth, a Best Dressed competition, a musical performance, and a Lucky Draw.

By James Wong



Ten St Mary's Seniors attending the CNY Lunch.

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