



Rosaline Tan (front) with some members of the Ukulele Combo.



Rosaline Tan (in blue) at the Christmas Bazaar.

November 2021



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and  
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CHURCH OF  
ST MARY OF THE ANGELS  
HOSPITALITY & COMMUNITY

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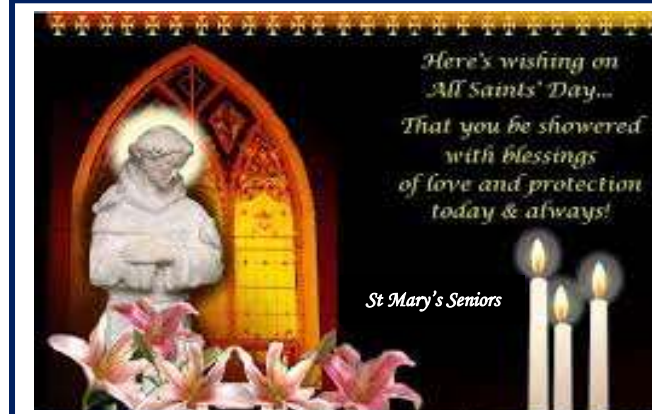
**St Mary's Seniors Newsletter**  
(For Internal Circulation)

Twelfth Year
November 2021

Twilight

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

### All Saints Day - November 1



All Saints Day is on November 1, and it is a Holy Day of Obligation. Catholics are required to attend Mass on that day, unless they have an excellent excuse, such as serious illness.

**Holy Rosary was a daily prayer weapon of the Saints. Let this Rosary lead us into Heaven.**

“In prayer, God keeps calling us, our hearts to charity.” Pope Francis.

**Light a candle and say a prayer for your loved ones and our brothers and sisters around the world.**

Wishing a very Happy All Saints Day to St Mary's Seniors.  
May your life be always full of joys, happiness, peace and goodness?

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## Meaningfully Occupied at 87

by Teresa Koh

At a recent Zoom catchup with some Seniors, I found out that our 87-year-old Senior, Rosaline Tan, has continued to keep herself occupied with her art talents.

A former Art teacher at Crescent Girls School, she had conducted some handwork sessions with our Seniors – making clay figurines and beads and costume jewellery. She even set up a booth to sell her handmade accessories at our Parish Christmas Bazaar in December 2019. She is also in our Silverlight Ukulele Combo and used to play at our Seniors' gatherings.

I am happy to know that she is keeping herself well and purposefully occupied with her artistic talents during this pandemic. Below are her recent works.

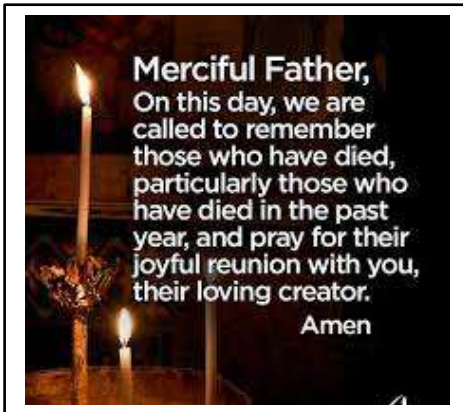
### All Souls Day - November 2



Eternal *FATHER*, I offer  
Thee the Most Precious  
Blood of Thy Divine Son,  
*JESUS*, in union with the  
masses said throughout  
the world today, for all the  
HOLY SOULS in Purgatory,  
for sinners everywhere, for  
sinners in the universal  
Church, those in my own  
home and within my  
family. Amen.

*A prayer taught by Our Lord to St.  
Gertrude, to release 1,000 souls from  
Purgatory each time it is said.*

It was Saint Odilo, the abbot of Cluny in France, who in the 10<sup>th</sup> century, proposed that the day after All Saints Day be set aside to honour the departed, particularly those souls still in purgatory. Today the souls of the faithful departed are commemorated.



**Merciful Father,**  
On this day, we are  
called to remember  
those who have died,  
particularly those who  
have died in the past  
year, and pray for their  
joyful reunion with you,  
their loving creator.  
Amen

According to tradition, St Gertrude the Great was told by Our Lord that each time she piously recited the following prayer; it would release 1,000 souls (or a vast number) from their suffering in purgatory. **The prayer shown above:**

However, it should be noted that this is not an officially indulgence prayer, and the Vatican has declared that promises to obtain the release of a specific number of souls from purgatory with the recitation of a specific prayer should be rejected. That being said, our response should be to simply pray with fervour and let God take care of the details.

You can easily memorise this popular prayer and recite it after each decade of your rosary during November, or any time you wish to remember the faithful departed among your family and friends.

**Is it good to think about death?** Death may seem like an uncomfortable subject to think about regularly, but it has proven to do wonders for the human experience. It is true ... thinking about death regularly forces us to do just that and results in us living healthy lives.



*Creating a picture of the  
visit of the  
Three Wise Men  
using magazine paper.*



*Depicting the  
fruits  
of the Spirit with a  
black marker.*

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