

2. **Give yourself a break.** We are often quick to blame ourselves for our health problems. Some thoughts that might race through our minds: I should have stopped smoking. Did I really need to drink so much? Why didn't I exercise like the doctor told me?

While we may speak of the importance of forgiving others, we often forget to forgive ourselves. Give yourself the gift of reconciliation. Recognise your past mistakes, wipe the slate clean, and ask God's help in adopting whatever measures are necessary to improve or control your health situation. By showing the same amount of compassion that Jesus shows us, you will be honouring both the life and the body that God has given you.

3. **Always be thankful.** Though appointments, tests, and procedures may seem annoying at best, offer prayers of gratitude for the incredible knowledge and abilities with which God has gifted our physicians, nurses, technicians, and all the other health-care workers.

The nurse who makes certain you are comfortable, the doctor who successfully completes your surgery, the pharmacist who puts your prescriptions in order, and the receptionist who works you into the doctor's busy schedule: they are today's co-ministers of Jesus.

4. **Step up your faith.** Frequent attendance at Mass, reception of the Eucharist, and prayer are tried-and-true ways to find solace through our faith. But do not hesitate to seek out new ways of increasing your faith experience.

A powerful way of maintaining a joyful heart through illness is to involve yourself with a local community of consecrated religious, be they male or female. As a teacher for 30 years at a Catholic high school for young women, sponsored by the Sisters of St Joseph of Brentwood, New York, I have been fortunate to be able to share in the mission and charism of this particular community of women religious.

There are numerous communities that you might contact, such as the Franciscans, the Benedictines, the Mercies, the Jesuits and many others. Most have programmes for lay associates and co-ministers that allow you to take part in their sponsored ministries, special events, prayer groups, or meetings.

By involving yourself with a community – even virtually – you will not only add a new dimension to your own faith experience, but also draw continual comfort and support. You might even find that your presence and contributions are providing the same comfort and support to others whom you are touching with your life.

5. **Always pray.** Prayer should be at the centre of our existence, no matter where we are on our life's journey. A favourite of many in need is the beloved Serenity Prayer, which may provide just the right combination of acceptance, strength and hope needed during any trial:

***God, grant me the serenity to accept the things I cannot change,  
The courage to change the things I can,  
And the wisdom to know the difference.  
Amen.***

*Life is unpredictable,  
but one thing is certain:  
God is with us.*



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 October 2021

Twilight

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

### Sunday has lost its sense as a day of rest, renewal in Christ, Pope says

by Carol Glatz, Catholic News Service

**Vatican City** --- Just like a plant needs sun and nourishment to survive, every Christian needs the light of Sunday to truly live, Pope Francis said.

"How can we carry out the Gospel without drawing the energy needed to do it, one Sunday after another, from the limitless source of the Eucharist," he said, last December 13 during his weekly general audience.



*Pope Francis waves as he arrives to lead his general audience in Paul VI hall at the Vatican December 13, 2020. (CNS/Tony Gentile, Reuters)*

"We don't go to Mass to give something to God but to receive from him that which we truly need." the Pope said. Sunday Mass is the time and place Christians receive the grace and strength to remain faithful to the word, follow his commandment to love others and be credible witnesses in the world.

The Pope continued his series of audience talks on the Mass in the Vatican's Paul VI hall, which was decorated with a large Christmas tree and a life-size Nativity scene. A number of people in the audience hall handed the Pope --- who turned 81 on December 17 --- Christmas cards, notes and a chocolate cake.

In his catechesis, the Pope responded to the question of why it is so important to go to Mass on Sundays and why it is not enough just to live a moral life, loving others. Sunday Mass is not simply an obligation, he said. "We Christians need to take part in Sunday Mass because only with the grace of Jesus with his presence alive in us and among us, can we put into practice his commandment and, in this way, be his credible witness.

"Just like a plant needs the sun and nourishment to live, every Christian needs the Sunday Eucharist to truly live," he said in summarised remarks to Arabic speakers. **Continued ...**

“What kind of Sunday is it for a Christian if an encounter with the Lord is missing?”, he asked in his main talk.

Unfortunately, in many secularised countries, the Christian meaning of the day has been lost, is no longer “illuminated by the Eucharist” or lived as a joyous feast in communion with other parishioners and in solidarity with others, he said.

Also often missing is the importance of Sunday as a day of rest, which is a sign of the dignity of living as children of God, not slaves, he said.

“Without Christ, we are condemned to be dominated by the fatigue of daily life with all its worries and the fear of tomorrow. The Sunday encounter with the Lord gives us the strength to live today with confidence and courage and to move forward with hope,” he said.

## St Mary’s Ministry Directory




by Teresa Koh

Since the outbreak of Covid-19 in early 2020 and with many restrictive measures, many parishioners are unable to go to Church. The Church has become quiet and deserted. But it was not a time for idleness but an opportunity for revamp, restoration and rejuvenation.




Walking around the Parish, after months of staying away, I noticed several changes within the Parish. The Parish Office has moved to Level 2. The Piety Shop has become a Reception Office. Several improvements and refurbishments were made to the Main Church, St Clare Hall, Adoration Room and the Piazza. Indeed, everywhere was beautifully done up and maintained.






Also, as St Mary has been a vibrant Parish with many groups and ministries, there was a need to restructure these many existing groups into six main categories:

-  Outreach
-  Faith and Evangelisation
-  Hospitality and Community

Continued ...

-  Liturgy and Prayer
-  Digital and Communication
-  Youth and Young Adults

With this restructuring our group, St Mary’s Seniors, will now come under **Hospitality and Community** together with other Family Life Communities such as:

-  Singles for Christ
-  St Mary’s Dads
-  St Mary’s Mums

For more details, do visit the Parish Website and get to know the **MANY PARTS – ONE BODY**.

*Photos: Courtesy of Nelly Chan and Patricia Chus*



## 5 Ways to Combat Illness

By Rita E. Piro



Good health is undeniably one of our greatest blessings from God. With Covid-19 wreaking havoc on our country, safety and wellness have been on our minds probably obsessively for the last couple of years. But it needn’t be a major pandemic to harm our peace of mind. Be it minor aches and pains, an annoying chronic condition, or a debilitating illness, health issues are welcomed by no-one.

So often when we pray during good health, we ask only to be made well again. Here are five ways that can help you maintain a joyful heart in the midst of medical challenges.

**1. Turn to God.** No matter the nature of the health issue facing us, shock and disbelief at our diagnosis are often our first reactions. We might ask ourselves, how did this happen? Could it have been found sooner?

When coming face-to-face with your diagnosis, resist the common reaction of turning away from God, especially in anger. God is also saddened by your illness. God already knows that the road ahead of you will, at times, be a difficult one. Realise, however, that God is ready to carry you along this journey.

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