

- Can relieve the symptoms of Rheumatoid Arthritis. It can relieve the symptoms of Diabetes Mellitus.
- Can alleviate some allergies.
- Helps prevent Atherosclerosis (the accumulation of fatty deposits inside the blood vessels, especially the large and medium-sized arteries, that many people experience during the ageing process).
- Lowers high blood pressure in Hypertension sufferers.
- Has been scientifically proven to treat some cases of depression.
- Can improve the mental function of many old age pensioners.
- Can help in the treatment of Multiple Sclerosis.
- Has been proven to improve the behaviour of Schizophrenics.
- Can relieve some cases of Premenstrual Syndrome (PMS) in females.
- And more...!

Unfortunately, our current diets do not come close to meeting our daily essential fatty acids requirements. The richest sources of essential fatty acid such as flax seeds, cold-water fish, and soy and canola oils are rarely found in our regular meals. In addition, more typical foods like red meats and egg yolks can actually encourage the body's production of bad prostaglandins. Flax Seed oil can help restore the body's natural balance of good and bad prostaglandins.

The recommended daily dose for most people is at least 1,000mg taken one to three times daily. Even better is adding flax seeds into your diet in breads, muffins or on salads. Scientific studies have used up to 30g of flax seeds a day safely and without side effects.

It's important to buy high-quality flax seed oil as it is prone to rancidity. Light and oxygen will slowly breakdown the essential fatty acids. Look for flax seed oil capsules (dark coated soft gels) or oil that is bottled in amber-brown bottles, as these are more resistant to the light and oxygen. Make sure you refrigerate your flax seed oil to help extend its shelf life. Flax seed oil takes a bit of time to be absorbed into the body before the full beneficial effects begin, ranging anywhere from a few days to as many as six weeks, depending on your overall well-being. ■

- Sunset Mass**
5.30pm
- Rosary**
4.40pm
- Sunday Masses**
8.30am (Mandarin)
11.00am (English)
2.00pm (Cantonese) Chapel, 3rd Floor
4.20pm (English)
- Weekday Masses**
7.20am
5.30pm

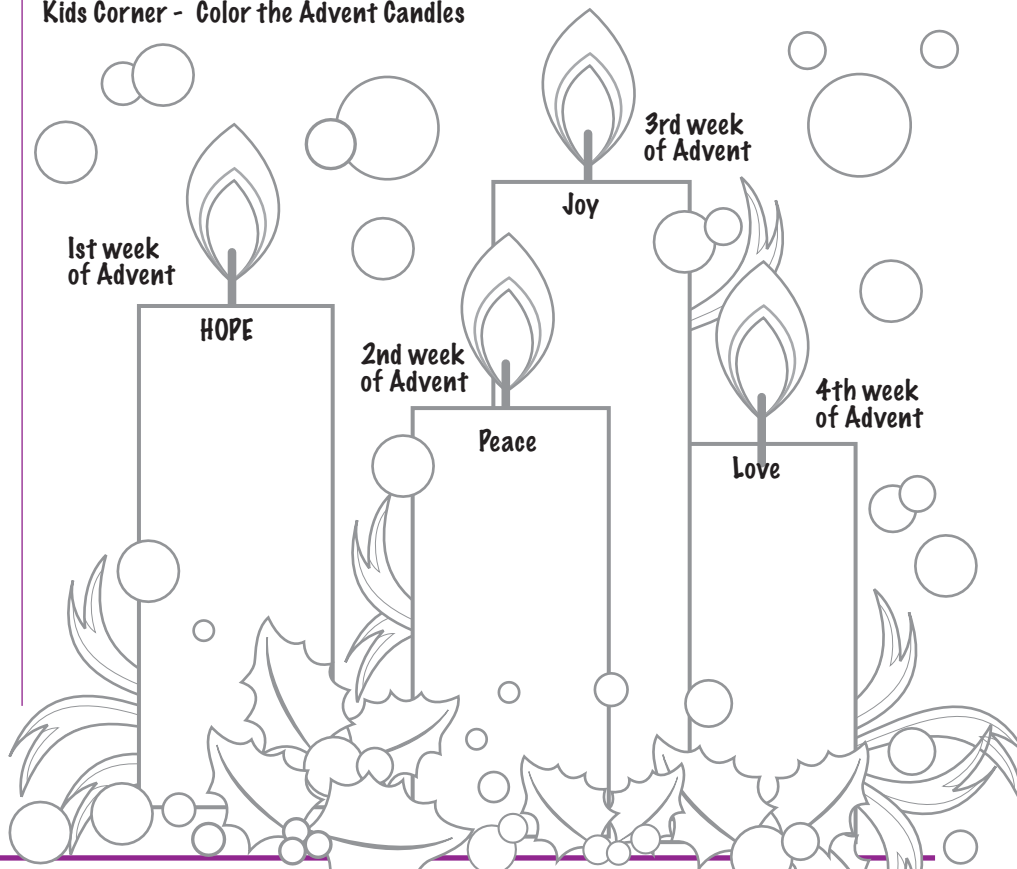
- Intercessory Prayer**
7.15pm (Eng, Thu, Adoration Chapel)
- Infant Jesus Devotions**
5.30pm (Thu, followed by Mass)
4.00pm (Sun, followed by Mass)
- Divine Mercy Devotions**
Fri, after 5.30pm Mass
Sun, 12.30pm (Mandarin)

We celebrate the first Sunday of Advent year after year and we know that Advent is a time of preparation and waiting in joyful hope for Christ's coming.

But how are we going to prepare and experience His coming in the context of our lives today and right now at this very moment? With so much fear and uncertainties in our lives, broken relationships, challenges at work and at home and our faith in God are so often put to the test. These are the very realities of our life.

Jesus spoke in today's Gospel about the facts of life, "There will be signs in the sun and moon and stars, on earth nations in agony, bewildered by the clamour of the ocean and its waves; men dying of fear as they await what menaces the world, for the power of Heaven will be shaken!" However, "they will see the Son of Man coming in a cloud with power and great glory. When

Kids Corner - Color the Advent Candles



Sion Adorers - Holy Hour
7.45pm - 8.45pm (Sat, Adoration Chapel)

Hour of Mercy (Adoration Chapel)
3.00pm (Daily)

Counselling at SPP
Family Life Society Counselling every Monday 11.00am - 2.00pm and 6.30pm - 9.00pm. Call 6382 0688 for appointment

Church of Saints Peter & Paul
225-A Queen Street, Singapore 188551
Tel: +65 6337 2585 Fax: +65 6334 5414 email: sts.peterpaul@pacific.net.sg
www.sppchurch.org.sg

We welcome literary contributions to The Apostles. Please email your submission to spptheapostles@gmail.com. You can also download The Apostles at: <http://sppchurch.org.sg/downloads.html>

these things begin to take place, stand erect, hold your heads high, because liberation is near at hand.'

These words of Jesus give us the confidence to face these realities of life. It challenges us to remain steadfast in faith and hope in Him in the midst of our preparation for His coming.

Let us pray for the grace at every Mass during this season of Advent and to be able to listen to his words and to be strengthened by His body when we receive Him at the Eucharist, so that we can "stay awake". That is to be open to God in our lives, to stay connected and be in communication with Him through our daily reflections and prayers. Let us invite him to lead us and transform our lives today so that we are prepared to stand with confidence before the Son of Man as Jesus had mentioned in today's Gospel. - Little Flower

Parish Priest
Rev Fr Anselm Phang OCD

Asst Parish Priest
Rev Fr Joseph Koh OCD

Provincial-Delegate
Rev Fr Thomas Lim OCD

Parish Secretary
Ms Martha Loh, Ms Jannie Lui

Church Donations
Please make your cheque payable to :
(i) Church Of Sts Peter & Paul -for contributions/donations for on-going maintenance of our Church or parish projects and Mass offerings;
(ii) Church Of SPP Building Fund - for contributions/donations to our Church building fund;
(iii) Carmelite Fathers for contributions/donations to the Carmelite Friars (SPP), OCD Missions, Frairs Formation.



the apostles

First Sunday of Advent 29 November 2009 Year C

ADVENT - This week sees the beginning of a new church liturgical year with the First Sunday of Advent. We will be using a new Sunday missal with the readings for Year C. The Gloria will not be sung until Christmas.
Advent Reflections 2009 - Have you received your copy of the booklet? Obtain your copy from the Church or from our Secretariat.

We are ONE today! It was exactly 52 weeks ago that we first launched The Apostles. I wrote in this column about making changes in our lives. With the grace of God, we made it through the first year. It was an exciting project for us then (it still is) and it was also a huge challenge. No one knows what lies ahead, but we believe this is the journey He wants us to take.

It was a rollercoaster ride for us. Never did we imagine that a weekly bulletin have so much to do with so little time.

At times I wanted to give it all up as it was a struggle for us to do this on a weekly basis and at the same time manage our own career. Time was never a luxury for us and our faith was constantly tested. Each time we wanted to give up, we would receive emails of encouragement or someone would come up to us to say that we had done a great job with The Apostles. We also had people coming up to us to say they wanted to help and it is indeed nice, and we thank God for them. Our apologies if there are mistakes, like grammar and spelling. We hope they do not annoy you too much. We will definitely strive to improve and make The Apostles a wonderful reading material for you.

Many things have happened in the past year. Have we asked ourselves what changes have we made in our lives to walk closer with Christ?

Today marks a new beginning, a new liturgical year to start afresh and to take up the challenge if we have not stayed awake. This is a good time for us to reflect and to act on it now.

We hope that The Apostles have in one way or another helped you grow in mind, body and soul in the spirit of Christ. We would like to encourage you to share with us how The Apostles have changed or enlightened your lives and the lives of people around you.

Here is to another great year ahead. Have a blessed Advent. We would like to thank everyone who have played a part in The Apostles. God Bless.

In the service of the Lord,
The Apostles team. ■



When we launched the Apostles a year ago, I remembered the title of my article was "We are One". That would have sounded so prophetic a year ago. Today, we would probably shrug it off and take everything for granted. Everyone on The Apostles Team (especially SM) can testify that everything that happened for The Apostles is possible only because of the Holy Spirit.

Yes, it is a baby step and we look ahead to another year of serving the community through The Apostles. But for now, has The Apostles fulfilled her promise of helping the community and the individual readers?

"The days are coming, says the LORD, when I will fulfill the promise I made to the house of Israel and Judah." (Jeremiah 33:14)

The last time I heard about broken promises was not so long ago. Some people do that as a hobby; some as a profession. For the Lord, He will fulfill the promise.

The Advent season is always a time for us to prepare for the coming of the Lord. The Lord has given us every opportunity to move towards him. My promise is true and his fulfillment real. That is reason enough for us to look forward to his coming.

Advent is also the beginning of the Church's liturgical year. It is so wonderful to be able to chart our direction right from the start. In order for us to recognize the promise of the Lord and his fulfillment, we must be primed for this spectacular moment. And when I say moment, it may well be one long spectacular moment or many mini moments making up the mega moment. I believe the Lord wants our response and our participation in the plan of salvation.

Therefore in order for us to help fulfill the Promise, we must begin to beg the LORD; "Make known to me your ways, LORD; teach me your paths. Guide me in your truth and teach me, for you are God my savior. For you I wait all the long day, because of your goodness, LORD." (Psalm 25:4-5)

When people know about the promise of God and how he is going to fulfill it, would they unbridle their energy and channel it into other avenues? That would be so non-sequitur. St Paul exhorts us, "So as to strengthen your hearts, to be blameless in holiness before our God and Father at the coming of our Lord Jesus with all his holy ones. (Amen.) Finally, brothers, we earnestly ask and exhort you in the Lord Jesus that, as you received from us how you should conduct yourselves to please God--and as you are conducting yourselves--you do so even more." (1 Thessalonians 3:13 - 4:1)

Yes, we must conduct ourselves to be blameless; holy; pleasing to God; and even more. We are not to be unrestrained in our pursuit of instant gratification. Jesus also warns us, "Heaven and earth will pass away, but my words will not pass away. 'Beware that your hearts do not become drowsy from carousing and drunkenness and the anxieties of daily life, and that day catch you by surprise like a trap. For that day will assault everyone who lives on the face of the earth. Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man.'"

So what does it take to fulfill the Promise? How can this Advent engage you to the extent that you would be able to fulfill the Promise?

FIRST SUNDAY OF ADVENT
(29 NOVEMBER 2009)

READINGS: Sunday Missal (Year C):
Page 31
Responsorial Psalm: "To you, O Lord, I lift up my soul."
Prayers of the Faithful: Page 33

Readings for the Week:
Mon 30 Nov – Sat 5 Dec 09
Mon: Rom 10: 9-18/Mt 4: 18-22
Tue: Is 11: 1-10/Lk 10: 21-24
Wed: Is 25: 6-10/Mt 15: 29-37
Thu: Is 26: 1-6/Mt 7: 21,24-27
Fri: Is 29: 17-24/Mt 9: 27-31
Sat: Is 30: 19-21,23-26/Mt 9:35-10:5-8

REFLECTION

The Gospel reading at the start of the new liturgical year makes for sobering consideration. Instead of soaring praise to uplift our spirits in preparation for the celebration of Christ's birth ahead, we are given portents and warnings. We are told about "signs in the sun, the moon, and the stars", of "distress among nations", of "people fainting from fear and foreboding" of what is to come upon the earth. All the makings in fact, of a typical Hollywood disaster movie!

And yet, St Luke also goes on to tell us of "the Son of Man coming in a cloud" with power and great glory", urging us to stand up and raise our heads because our redemption is drawing near! For many of us, we have forgotten what Christmas means, how some 2,000 years ago, Christ was born to be among us, and that his earthly mission was to be our saviour and redeemer.

But two millennia ago, and today, we do not seem to recognise this most precious of gifts in our midst. Then, and now, are we losing our way "with dissipation and drunkenness and the worries of this life"? Will we be alert and vigilant to what is to come, praying with strength and faith so that we can indeed "stand before the Son of Man"?

In our preparation for this Advent season, let us not get carried away with shopping and partying and other excesses. Remember the most trying and difficult of circumstances our Lord came to be born, in the middle of a long journey for our Blessed Mother and Joseph, on the run from a tyrant who had ordered their deaths, and on that most holy night, in a most humble manger in a stable.

In the silence of prayer and careful reflection over these next few weeks, let us prepare and be ready for our Lord's coming. - *SPP Lectors Ministry*

NUTRITIONAL SUPPLEMENTS

Kenosis Living Spring (Wendy Yeo - Herbalist)

Flax seed oil - In recent years, countless words have been written about fat - how much we need and which types are "good" and "bad". It is not enough to know which foods are high or low in fat; we also need to know the different kinds of fats contained in various foods and to understand why some fats are better than others.

The two major types of essential fatty acids (polyunsaturated fats) are omega-3 and omega-6 which cannot be synthesised by the body. Omega-3 fatty acids are found in oils from cold-water fish (e.g. tuna, herring and sardines). They are involved in regulating blood pressure, blood clotting and immune response, as well as for the normal functioning of the brain, spinal cord and the retina of the eye.

Omega-6 fatty acids are found in vegetable oils (e.g. sunflower and corn oil). They are essential for growth, cell structure and the maintenance of a healthy immune system. One of the best sources of omega-3 fatty acids is flax seed oil (also known as Linseed Oil) obtained from a blue flowering plant that is grown on the Western Canadian Prairies for its oil rich seeds. This natural oil is highly recommended for the general well being and whole body nutrition and is considered to be nature's richest source of omega-3 fatty acids that are required for the health of almost all body systems.

Flax Seed Oil contains omega-6 and omega-9 essential fatty acids, B vitamins, potassium, lecithin, magnesium, fibre, protein, and zinc and also provides approximately 50% more omega-3 oils than what you could get from taking fish oil, minus that horrible "fishy" after taste. Sounded good to me already!

Some nutritionists, researchers, and scientists believe that flax seed oil could be the most important health-promoting supplement next to a multi-vitamin. Nearly every system in the body can benefit from flax seed oil's natural properties, including the cardiovascular system, immune system, circulatory system, reproductive system, nervous system, as well as joints.

Just look at this list of facts and studies of what Flax Seed Oil can and may accomplish:

- Research shows low incidence of breast cancer and colon cancer in populations that have high amounts of lignan in their diet. Flax is 100 times richer in lignan than most whole grains.
- Studies show that Omega-3 fatty acids help lower cholesterol and blood triglycerides, and prevent clots in arteries, which may result in strokes, heart attacks and thromboses.
- Helps protect the body against high blood pressure, inflammation, water retention, sticky platelets and lowered immune function.
- Shortens recovery time for fatigued muscles after exertion.
- Increases the body's production of energy and also increases stamina.
- Accelerates the healing of sprains and bruises.
- Eases weight loss in people afflicted with obesity.
- Stimulates brown fat cells and increases the metabolic rate making it easier to burn off fat.
- Improves the absorption of Calcium.
- Strengthens finger and toenails.
- Can improve eyesight and perception of colours.
- Can often improve the function of the liver.
- Can relieve the side effects and stop development of many forms of cancer.
- Can relieve some cases of Asthma.
- Helpful in the treatment of Eczema, Psoriasis, and Dandruff.

continued on page 4

Pauline Catechism

1st Anniversary Celebration

Dear readers, I hope you've had an enriching experience visiting the online resources and reading the catechists' articles in this section throughout the year. The CCD ministry would like to take this opportunity to thank you for your sincere support and to gather some feedback from you. We would really appreciate if you could take a little time to participate in the following sms survey cum video voting contest.

SURVEY: Which is your favourite format of Pauline Catechism in 2009?

- 1) Websites with catechism resources
- 2) Faith-related video clips
- 3) Catechists' articles

VIDEO VOTING CONTEST: Which of the following is your favourite video clip?

- A) The Stool**
(http://www.tangle.com/view_video.php?viewkey=a82729ccf5215bd87406)
- B) Cardboard Testimony**
(http://www.tangle.com/view_video.php?viewkey=6583e82eda426d372539)
- C) Love Letter from God**
(http://www.tangle.com/view_video.php?viewkey=bbb04ab3b2c1fb244f33)
- D) Graffiti Bridge to Life**
(http://www.tangle.com/view_video.php?viewkey=03e32ba9913c798f3859)
- E) A Worth of Sacrifice**
(<http://www.youtube.com/watch?v=OAt7r8HX6RM&feature=related>)



Just send in your sms with the following information: <IC No> <Full name> <Contact number> <1/2/3> (for response to survey) <A/B/C/D/E> (for your favourite video clip) to **Veronica Lee at 92761302**. Each person is only entitled to send in one sms. There will be a lucky draw and three winners will be selected among the readers who vote for the most popular video clip.

Closing date: 6 Dec 2009, midnight

A Retreat that is a Real Treat!

written by Y.C. Tan



One beautiful morning, an old moneylender and his two young grandsons were having a stroll around a cemetery near a Church. They're having a great time enjoying the cool crisp air and listening to the birds chirping. Then, the old man stopped, stood before a tombstone and said to his first grandson, "There is the final resting place of an honest lady who owed me \$1000. She worked and saved but paid all her debts before she died. I'm sure she is in Heaven now." The old man's first grandson nodded obligingly. Then, they continued to stroll happily. Everything was good till the old man stopped and stood before a newly erected tombstone. The old man pointed to it and said to his second grandson, "There is the final resting place of a man who owed me \$500. He didn't pay his debts before he died. I'm sure he is in Hell now." Then, the old man's second grandson smiled and replied, "Oh, grandfather! Let's rejoice for this man who still owe you \$500!" The old man was shocked and asked the little boy why they should be rejoicing. The boy shouted gleefully, "You won't be poor as you'll have some money to draw on when you're in Hell!"

Between 7 to 8 November 09 is a special RCIA Retreat on "Discipleship". As it's my first spiritual retreat, I couldn't help but let my imagination run wild, envisioning the catechumens, inquirers, sponsors and facilitators sitting with their legs crossed, eyes shut and

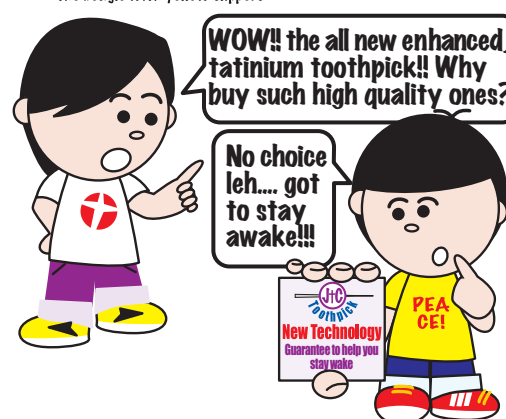
mouth closed, living on nothing except water, air and meditation for two days! On the contrary, the retreat was definitely not the kind of daunting experience I had imagined. There was lots of singing, teaching, eating and sharing; yet enlightening. Gradually, I began to appreciate the goodness of the retreat that allowed us to calm our minds and detach ourselves from all the meaningless moneymaking and hectic activities created by the modern world. Such distractions separate us from spiritual aims. I think that with a good motivation, good spiritual teachers and a good environment, a retreat can be one of the most positive and beneficial spiritual experiences one can benefit from. During the Retreat, it also offered the opportunity for us to reflect and share our experience that certainly would enhance our journey of Faith.

At the end of the 2 days retreat, I'm quite certain that most of us have brought with us precious gifts that money can't buy: the true spirit of discipleship, a quick oral affirmation from our group, a more positive perspective of Christian life, a closer bond and unity. On top of that, the 32nd Sunday Homily further affirms that we can't draw on our money to buy us passports to the Kingdom of God. We've to be more humble, loving and generous just as demonstrated by the poor widow who gave God absolutely everything she had. Her heart and faith were big and trust level is high.

After the 2 days Retreat, my spiritual view and attitude towards the Catholic faith took a new standpoint. I believe all the participants would share the same sentiment too. The Retreat is a real treat! Thank you God and all brothers and sisters who made the Retreat possible!

The Lighter side of The Apostles

the beagle with yellow slippers



Luke 21:25-28/34-36 "And there will be signs in sun and moon and stars, and on the earth distress of nations in perplexity because of the roaring of the sea and the waves, people fainting with fear and with foreboding of what is coming on the world. For the powers of the heavens will be shaken. And then they will see the Son of Man coming in a cloud with power and great glory. Now when these things begin to take place, straighten up and raise your heads, because your redemption is drawing near." "But watch yourselves lest your hearts be weighed down with dissipation and drunkenness and cares of this life, and that day come upon you suddenly like a trap. For it will come upon all who dwell on the face of the whole earth. But stay awake at all times, praying that you may have strength to escape all these things that are going to take place, and to stand before the Son of Man."

so in Christ we who are many form one body, and each member belongs to the others. *Roman 12:5*
同样，我们众人在基督内，也都是一个身体，彼此之间，每个都是肢体。 *罗马书 12:5*

The Church of Saints Peter & Paul Thanksgiving Mass
The Church of Saints Peter & Paul 感恩弥撒

31 December 2009
1730hrs
reflection / healing / mass
2015hrs
dinner / countdown
Venue
Church of Sts Peter & Paul

Dinner price is at \$40 per person • \$30 for youths 16 years old and below

For more information and ticket sales, please call or email to:
Emily: 9127 7266,
email: emily_yeo_86@yahoo.com.sg
OR Tricia is 9823 3922,
email: tricia_yeo_@hotmail.com

Events in our parish

MEMORIAL MASS - The late Rev Fr John Mary Chin, OCD, first Provincial of Taiwan-Singapore Delegation of the Carmelite Community has passed on to his eternal glory on 17 July 2009 (Solemnity of Our Lady of Mount Carmel) in Taiwan at a ripe age of 94. The late Fr Chin started the Singapore Foundation in 1996 and was also appointed the first Carmelite Parish Priest of the Church of Sts Peter & Paul from 1998 to 1999. He stepped down as Provincial Delegate and parish priest in 1999 and retired to Taiwan. A Memorial Requiem Mass for the late Rev Fr. John Mary Chin, OCD will be celebrated at our Church of Sts Peter & Paul, Queen Street on Sat 28 Nov 09 at 11 am followed by the interment of his ashes in the Church Columbarium. All are welcome. We thank God for the gift of Fr John Mary Chin. Let us as a community pray for the repose of his soul. May he rest in peace.

LET US PRAY - We pray for the repose of the soul of our late brother LAWRENCE LIM KIAN LEE (97) who was called home to be with the Lord on 19 Nov 09. Our late brother was a very ardent and active member of our Church community. He was among the pioneers of our SPP Board of Wardens who attended the very first meeting in April 1949 convened by one of our earliest parish priest, the late Fr E Becheras. Brother Lawrence served the church until he was physically unable to do so. We thank him for his strong attachment, commitment and dedication to the Church and will always remember him in our prayers.

What is Christmas without a little party?

Well, look no further as ARISE brings you Christmas with the Stars. Come 26 Dec, 6.00pm-10.00pm, our Praise & Worship room will be transformed into a glamorous stage for any of you aspiring performers to show us your skills in our starry talent show. For the rest of you, come decked as a star and you may just win a prize for your efforts. There will also be an exciting gift exchange and a fabulous dinner banquet under the stars. Tickets are priced at \$5 and may be purchased from Marie 9106 4427 Tricia 9823 3922 or any of our ARISE committee members. A yuletide celebration with food, presents, and tons of fun, Christmas with the Stars will be a party not to be missed! (Do bring a gift valued at \$5 for the gift exchange if you are coming!)



This is no joke... it is NOW on sale at only \$8.00!!