

In the Gospel this weekend, Jesus said: "How **happy** are you who are **poor**: yours is the **kingdom** of God. Happy you who are **hungry** now: you shall be **satisfied**. Happy you who **weep** now: you shall **laugh**."

Find the underlined words and colour the words.

S	W	L	A	U	G	H	E	P	S
H	A	R	P	M	Y	A	R	O	T
P	G	T	W	L	N	P	K	H	O
L	O	S	I	G	H	P	P	R	K
N	H	M	K	S	G	Y	N	L	I
I	W	U	H	R	F	D	W	K	N
H	P	G	N	M	O	I	E	H	G
M	S	W	I	G	D	R	E	L	D
Y	R	P	O	O	R	M	P	D	O
O	N	K	M	P	I	Y	H	R	M



We welcome literary contributions to our weekly newsletter (articles, observations, book reviews, etc). Please email your submissions to spptheapostles@gmail.com. Include a short introduction of yourself to our readers. Thank you.

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)

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>

Please note that our cash-card car park barrier system is implemented with effect from Mon 11 Jan 2010. The rate are as follows: **Monday to Saturday: 7.00 am to 9.00 pm - \$1.50 per half hour or part thereafter Sunday: Free parking (10 minutes grace period)** The Church gates will be closed from 9.00 pm to 6.00 am. Parking rates for vehicles parked in the Church compound after closing hours will be levied \$10/ per hour or part thereafter from Monday to Saturday. Church worshippers attending Masses, a 'Mass-Time' grace period will be granted from 6.00am to 9.00 am and from 4.30 pm to 7.30 pm.

The Lighter side of The Apostles
the beagle with yellow slippers




Luke 6:20-26 Looking at his disciples, he said: "Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who hunger now, for you will be satisfied. Blessed are you who weep now, for you will laugh. Blessed are you when men hate you, when they exclude you and insult you and reject your name as evil, because of the Son of Man. "Rejoice in that day and leap for joy, because great is your reward in heaven. For that is how their fathers treated the prophets. "But woe to you who are rich, for you have already received your comfort. Woe to you who are well fed now, for you will go hungry. Woe to you who laugh now, for you will mourn and weep. Woe to you when all men speak well of you, for that is how their fathers treated the false prophets.


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 you 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.

Information is correct at time of publication.



Pauline Catechism
P6 Pupils' Reflections on Saint Angela Merici

 You helped the poor girls. You made sure that they received an education. You convinced and gathered volunteers to help you. We admire your dedication and courage. We commend you for endlessly striving to serve God. May we follow in your footsteps.
- By Melanie Foo Yan Ni

 There was once a woman from Italy, whose name was Angela Merici. She wanted to help the marginalized, and against all odds she tried. While others turned their backs to women's plight, Angela was one of the few that saw the light. Angela was willing to try, even when things seemed impossible. The thing we have to learn from her is if you believe in the Lord, anything is possible.
- By Terisha Ann Tan

LENTE REFLECTION 2010 BOOKLET: Walking With God
Life is a journey, how do we travel well? The Singapore Pastoral Institute and Caritas Singapore publish reflections for small groups during the Advent and Lenten seasons. This year's Lenten theme "Walking with Christ" highlights the image of life as a pilgrimage. What really matters in life's journey? How do we walk closely with Christ and with our fellow disciples of the Lord? Gather your family or community and let the Lenten Reflections guide your contemplation and sharing as you prepare for the wonder of Easter. Look out for the Lenten Reflections booklet this weekend and be sure to pick up your complimentary copy at your parish.



An American tourist turned up at the Scottish coast for the New Year Holiday. He asked a local old man sitting at the embankment, "What would the weather be like tomorrow?"
"It would be the kind of weather that I like," the old man replied without missing a beat.
"Will there be bright sunshine?"
"I don't know."
"Will there be rain?"
"I don't need to know."
"Well then, if it's the kind of weather that you like, what exactly do you mean?"
The old man said, "For a long time now, I have begun to understand that I am not able to control the weather. So no matter what the weather is like, that would be the kind of weather that I like."

Instead you should say, "If the Lord wills it, we shall live to do this or that." (James 4:15). The proverb of success for the New Year rests on knowing that our New Year begins with the Lord's blessing; it will be packed with events and persons that will remind us of the Lord's presence; and it will end with the Lord's favour on us.
The Lord certainly enjoys blessing us. **The LORD bless you and keep you! The LORD let his face shine upon you, and be gracious to you! The LORD look upon you kindly and give you peace! (Numbers 6:24-26)**
And we are privileged that in the Year of

the Tiger, the Lord wants to embrace us evermore tightly with his powerful blessing.
Our Year of Blessing will be filled with persons, places, events and experiences that remind us of His Holy Presence. His love emanates from his Sacred Heart and his Will shines forth with the rays of sunshine and even in the sheets of rain. The Psalmist echoes the ever-present blessing, "Fill us at daybreak with your love, that all our days we may sing for joy. Make us glad as many days as you humbled us, for as many years as we have seen trouble. Show your deeds to your servants, your glory to their children. May the favor of the Lord our God be ours. Prosper the work of our hands! Prosper the work of our hands!" (Psalm90:14-17)
Indeed, the Lord's favour is upon us from the beginning to the end. His right hand will be on us with or without a time frame. This is so because the Lord really loves us and cares for us. The relationship between us and God is so intimate; we cannot be separated from each other. Our Holy Father writes, "In the human being heaven and earth touch one another. In the human being God enters into his creation; the human being is directly related to God...

Each human being is known by God and loved by him. Each is willed by God, and each is God's image. Precisely in this consists the deeper and greater unity of humankind – that each of us, each individual human being, realizes the one project of God and has his or her origin in the same creative idea of God." (Pope Benedict XVI 'Let God's Light Shine Forth')
Since the Lord is blessing us, let us entrust ourselves to the Lord and take all and whatever blessing the Lord shall bestow upon us. That is the kind of year you will like. May this New Year usher in a renewed commitment to seek first the kingdom of heaven (cf Matthew 6:33). Therefore in the New Year and everyday of our lives, may the Lord be blessed. ■

The parish priest, the Carmelite Friars of St Elijah community, and the team of The Apostles wish all parishioners
a HAPPY AND PROSPEROUS LUNAR NEW YEAR

SIXTH SUNDAY IN ORDINARY TIME (14 FEBRUARY 2010)

READINGS: Sunday Missal (Year C):
Page 257

Responsorial Psalm: "Happy the man who has placed his trust in the Lord."

Prayers of the Faithful: Page 260

Readings for the Week:

Mon 15 Feb – Sat 20 Feb '10

Mon : Jm 1 : 1-11/Mk 8: 11-13

Tue : Jm 1 : 12-18/Mk 8: 14-21

Wed : ASH WEDNESDAY

- See Sun Missal Pg 80

Thu : Deut 30: 15-20/Lk 9: 22-25

Fri : Is 58: 1-9/Mt 9: 14-15

Sat : Is 58: 9-14/Lk 5: 27-32

REFLECTION

One of the days, I was watching television on Health documentary and it states that to clear the heart and mind is to live at peace and out of stress. It is true that its how we can find joy and happiness. What is so elusive? The word beatitudes literally means happiness or blessedness. If we are to seek and be filled with joy and happiness then do not be oppressed by poverty, hunger, mourning and persecution. Poverty and hunger seeks nourishment and strength from God's word and power of the Spirit. Mourning and persecution over a life of sin will enjoy the freedom of guilt. The World changes only when we change. Not forgetting that the presence of God for everyone depends on how we ask or God's presence in us. "Once greed is aroused, one's intuitive knowledge of the good is shattered. He will then be unable to tell right from wrong and instead of intelligence and insight, there will be ignorance and folly-the folly of greed. From the Roots of Wisdom. "Sharing worries, pleasures, likes and dislikes with the people constitutes righteousness. When there is righteousness the people will go." Tai Kung's Six Secret Teachings. - Lector's Ministry ■

S SPIRITUAL FOUNDATION OF OUR HEALTH (Part 2)

Kenosis Living Spring (Wendy Yeo - Herbalist)

THOUGHTS

To be alert in spiritual warfare means to be constantly examining the source of our thoughts. We must learn to listen closely to our thoughts and be on guard, always judging who is inspiring us. Jesus tells us that our cross, however heavy, is manageable if we carry it with His help. He tells us that life on earth is not always fair, it is true, but that perfect justice awaits us in heaven. He wants us to forgive others and be at peace with the flaws of those around us. We should get into the habit of conforming our thoughts to Christ's thoughts. In this way we have peace that eludes followers of the world.

This is spiritual warfare and it begins with our thoughts. Never in our walk is it more important to trust God than when one is in the middle of a spiritual battle. Even the most holy and prayerful person can suddenly find himself tumbling about in the grip of something that feels like a roller coaster. Such pain and confusion! This should be our first clue, of course, that we are being targeted. It is no problem once you know it's the devil. But usually someone else has to tell you that.

The enemy can come in the form of a hurtful comment from a friend, a quarrel with some one dear to us, contentious phone calls, ugly emails, computer freezing, files lost, car broken down, a misunderstanding where our words are twisted and thrown back at us in mockery.

We will sometimes appear foolish if we work for heaven, particularly in the eyes of those who work for heaven but do so safely within the limits of worldly acceptance. The more we love God, the more we are asked to work for God and therefore, the more committed we must be to have quiet time with God in prayer. In this way we will move comfortably and safely through the most severe attack through prayer.

HOW DO WE KNOW WHEN WE ARE UNDER ATTACK

When we are being attacked, we feel hurt, anxious, upset. Our thoughts are unruly and what formerly seemed comfortable and right seems unsafe and frightening, and sometimes feel as though we are underwater and cannot find the surface. We sometimes cannot get our bearings. Angry at times and rebellious. Following are some thoughts consistent with resistance: I am not putting up with this nonsense. I am quitting this assignment. I am not going to make peace with that person. How dare this person behave this and that way. It is not fair. What is God thinking giving me a job like this, and why is this person treating me

WHAT DO YOU HAVE TO SAY?

This will be a new column in The Apostles. We want you to participate in this discussion. We will be posing some questions and we want to hear from you, the congregation. Let us know your thoughts on questions we post here. There is no right or wrong. You can send in your comments/views to spptheapostles@gmail.com. We look forward to your comments and we will publish them on the 4th week of the month. Thank you.

Roar!!!!

Happy Lunar New Year to everyone!!!

Red colour has have always been an auspicious colour for the Chinese community. But do you know what does red colour represent in the Catholic Community?

Do you know some of the other colours in the Catholic Church?

like that etc.? I am not holy enough for this. I do not have enough money to pull through for my family. God has overestimated my capacity for humiliation this time. I have messed it all up. I am worthless to Christ. Nothing is going well. It's all a big disaster.

Let us ask ourselves this question:

"Do we have a food or shelter emergency today, at this moment?" If not, then why worry about tomorrow. So let us get on with His work. It insults Jesus to show so little trust in Him. God's enemy will always plant thoughts of impending disaster for our missions and loved ones. We need to continue on a path of differentiating between our needs from wants. If we separate our needs from our wants, the enemy's power will diminish and the Lord will provide what we require. If in times when we do not have our needs especially in emergency situations, we must wait peacefully for the Lord to send help, offering our sacrifice up to Him.

We all behave differently when we are attacked, depending on our personalities and the nature of the attack. Some get tearful, some angry, some frustrated or confused, some depressed and quiet, some loud and aggressive. In this situation there is a temptation to respond in kind when someone comes to us aggressively or in an argumentative or confrontational manner.

WE MUST RESIST THIS TEMPTATION!

Heaven rejoices when we resist the temptation to further the enemy's plans. We must struggle heroically against the temptation to judge the one attacking us. Face hurts with dignity and understanding, seeking no revenge. If we respond like the Lamb, with the example Jesus has set for us, the enemy's ugly plan will lay in shreds at his feet. Nature often looks at the exterior of a person, but GRACE turns itself to the inward intention of the act. NATURE is often mistaken, but GRACE trusts in God and is not deceived. We must strive to treat others as Jesus would, especially when they hurt us. If we view our attacker with compassion, we will be correctly identifying the true enemy.

WHAT IS IT THAT THE ENEMY SEEKS TO SPOIL?

The answer is often PEACE, be it peace in the home, workplace or the world at large. The enemy could seek to destroy a relationship that is necessary for GOD'S PLAN TO ADVANCE. Remember that the enemy is the destroyer of Peace. We must always work to establish and maintain Peace.

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places." Ephesians 6:12 ■

Events in our Parish

CARMELITE LENTEN RETREAT 2010 - We invite you to "ENTER THE CLOISTER" in this year's retreat, 26 - 28 Feb. The cost is **S\$150/** pax, twin sharing at Montfort Centre. Please register early with the SPP Secretariat.

LUNAR NEW YEAR falls on a Sun, Mass times in our SPP Church will be as for normal weekend. Please note - NO evening Masses on Mon 15 Jan and Tue 16 Jan '10 (PH). The morning Mass will be as usual at 7.20 am.

ASH WEDNESDAY - The Blessing and Imposition of Ashes will be held on 17 Feb '10 at 7.20 am (Eng), 6.00 pm (Mandarin) and 8.00 pm (Eng). The faithful is reminded to note that Ash Wednesday is a day of penance to be marked by fasting and abstinence.

LENTEN TRIDUUM 2010 - Hear Fr Gino Henriques CSsR on the "Ministry of the Cross" at our SPP Annual Lenten Triduum 2010. The 3-day programme is as follows:

Day 1: Thu 18 Feb

- **Jesus, the Perfect High Priest**

Infant Jesus Novena - 5.30 pm

Eucharistic Celebration - 6.00 pm

Day 2: Fri 19 Feb

- **Jesus, the Priest & Victim**

Stations of the Cross - 5.30 pm

Eucharistic Celebration - 6.00 pm

Day 3: Sat 20 Feb

- **Jesus, the Priest & Redeemer**

Eucharistic Celebration 5.30 pm

Healing Service – Following Mass. All are welcome

SOLEMN PROFESSION - We are very happy to announce our Church of Sts Peter and Paul will be celebrating the Solemn Profession of Friar Paul of Christ Crucified, OCD (Anuphong Srisuk) and the Silver Jubilee of Religious Profession of Friar Joseph Koh of Our Lady of Mount Carmel, OCD at 6.30 pm on Fri 19 Mar '10. The Solemnity of St Joseph Spouse of the Blessed Virgin Mary and Principal Protector of the Carmelite Order.

DIACONATE ORDINATION - We warmly welcome His Grace, Archbishop Nicholas Chia, DD, Archbishop of Singapore who will be present in our Church of Sts. Peter and Paul on Thu 25 Mar '10, The Solemnity the Annunciation of the Lord, at 6.30pm to preside in the Diaconate Ordination of Friar Paul Anuphong Srisuk, OCD.

NEW RCIA Process Commencement

English - 1 Jun 10 7.30pm

Mandarin - 4 Jun 10 7.30pm

Cantonese - 4 Jun 10 8.00pm

CCD - No CCD classes on 14 & 21 Feb '10 due to Chinese New Year celebration.

THE GREAT ST JOSEPH FOOD & FUNFAIR - Volunteers from St Joseph's Church (Upper Bukit Timah) will be visiting our SPP Church at our weekend masses on 27 & 28 Feb 10 to sell tickets for their Food & Fun Fair.

BAPTISM - Kenneth Mathias Khoo Hong Xuan & Timothy Ryan Khoo Yi Xuan, twins of Mark and Rachel Khoo were baptized on Sun 7 Feb 10. We warmly welcome them to our parish community.

DAILY PRAYER - Our SPP Church prays the Lauds led by the Carmelite Friars every weekday morning after the 7.20 am Mass.

COUNSELLING SERVICES - Family Life Society (FLS) is making its counselling services available at our SPP Church every Monday from 11.00 am to 2.00 pm and from 6.30 pm to 9.00 pm. Lay Counsellors trained by FLS will be available to provide a listening ear and help to those in need. Parishioners may call 6382 0688 (weekdays from 9.00 am to 5.00 pm) to make an appointment. Website: <http://www.familylife.sg/>

Please give money after proper discernment. Refrain from giving money to anybody. You may wish to give the money to the causes as singled out in the Apostles. Thank you.

Closing hours for Adoration Room on Sat, 13 Feb '10 is 7.00 pm and on Sun, 14 Feb '10 is 6.00 pm. **Columbarium will be opened** from 7.00 am to 7.00 pm on Sat, 13 Feb '10 and Sun, 14 Feb '10. **Adoration Room and Columbarium will be closed** on Mon, 15 Feb '10 and Tue, 16 Feb '10.

Events around our Parish

VOICES FOR PEACE - We cordially invite you to a special interfaith concert by Fr Cyprian and Friends on Fri 19 Feb '10 from 7.30 pm - 9.30 pm at the Church of St Mary of the Angels. Seating: first-come-first-served basis. Fr Cyprian Consiglio OSB Cam is a Catholic monk of the Camaldolese Congregation, musician, composer, author and teacher. He currently lives in Santa Cruz, California. For more information, visit his website. www.cyprian.consiglio.com

DIOCESAN VOCATION DISCERNMENT - Calling young boys and men 18-40 years (single, Catholic with "A" level qualifications). Come and find your answers to the vocation discernment recollection scheduled on 26 & 27 Feb '10 at the SFX Major Seminary. Registration: seminariansonline@gmail.com

MARRIAGE PREPARATION COURSE (MPC)

- For couples intending to get married - 1st Quarter Course starts 28 Feb 2010. First-come-first-served basis. Application forms obtainable in church office or at www.catholic.org.sg/mpc Enquiries: John & Joan @ 9848 2864 or email: marthasohsk@yahoo.com

Spring-cleaning - Written Y.C. Tan

As I stroll along the streets, I noticed that the pretty and cheerful Christmas trees, colourful lights and decorations were removed and it kind of depressed me when it's time for them to come down. Walking into any supermarket, I saw the Christmas goodies were either on some kind of sale or removed from the shelves, replaced with varieties of Chinese traditional snacks and goodies. Well, I've come to accept the fact that the Christmas and New Year stuff got to make way for the splashes of reds here and there to welcome the Lunar New Year.

After all, Christmas and New Year were already behind us and I've also gotten the hang of writing every date ending with the "2010". On the other hand, the newness of the Gospel on the Third Sunday is something that has not worn off. It's about the new and beginning of Christ's public ministry. At Nazareth, Jesus put forward a prophecy fulfilled; something imperative is beginning and unraveling.

There's a saying, 'old habits die hard' and mine is hoarding and stashing some worn off clothes, letters and even some shopping bags. I always think that everything in my room is essential but it's not! I know it's time to organise or de-clutter my room when I'm spending far too much time looking for things and realize that I'm living in a chaotic sea of clutter, most of which is of no use to me on a day-to-day basis. To me, spring-cleaning is something imperative that is beginning.

Looking back, for many years I've been trapped under not just the chaotic sea of clutter in my room but also the rubble of weakness and sin. However, my life will never be the same after I've got to know Him better and I knew that it's time to remove the filthy rubble in my life too. I shouldn't hoard to them any longer as they got to make way for Him and my life should start over, like Christ, announcing a new beginning.

As I'm doing spring-cleaning and discarding the junks for the coming Lunar New Year, I would visualize myself cleaning the filthy debris of weakness and sin in me. As I'm cleaning the windows, I would visualize His love for us, letting in the radiating light into the room in our hearts. Surprisingly, the agonising chore of spring-cleaning has become a pleasant physical and spiritual exercise! De-cluttering space to make room for God has also become a wonderful process!

Though the new year is getting older and older each day but God's work is far from finished. It's just the beginning; something imperative is beginning and unraveling.

Would like to take this opportunity to wish everyone a Blessed Lunar New Year! ■