



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!)

Kids Corner - Cross out every other word to read the message and discuss it with your parents in what ways you and your family can prepare your hearts to receive Jesus this Christmas.

Prepare the right ways as of in the good Lord To make all His right paths into straight. In every of valley all shall thou be totally filled. Also and in every high mountain also and the hill that shall thou be then made very low. Then and all the very crooked will shall too be all made all straight. Also and all the very rough and ways shall made to smooth. Then and the all the flesh too shall all see into the all salvation from of the God.

little flower

- 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)



Sacrament of Matrimony - written by Jess

My cell group just had our last session two weeks ago and the last topic was on the Sacrament of Matrimony. It is a tough topic as we know least about it. From what I know, marriage between Catholics is definitive but I did not really know the reason behind it. As I pored through the materials related to this topic, I realised that marriage is not just about a contract between the Christian spouses but a covenant between the spouses who consent to mutually give themselves to each other completely and totally and this is sealed by God Himself.

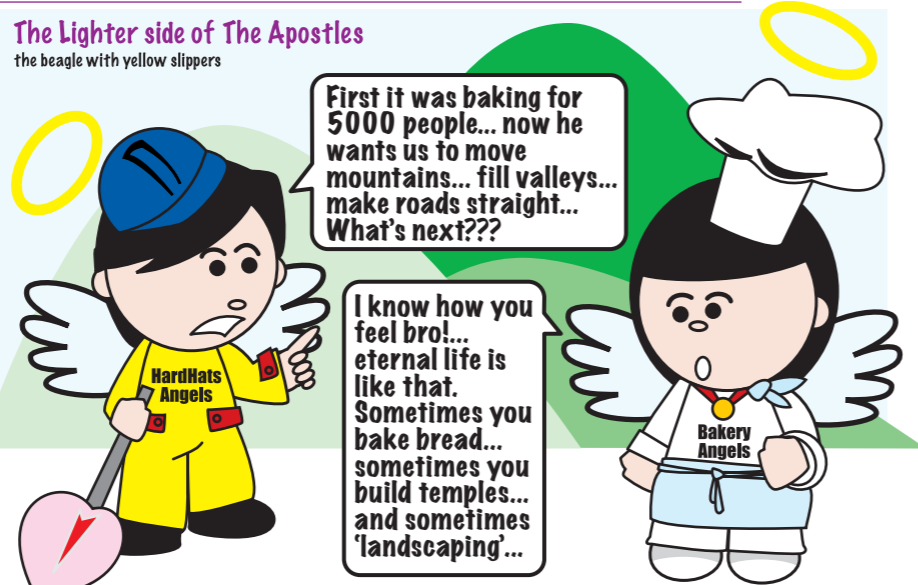
This is similar to Jesus (who is the groom) giving up Himself for the Church (which is the bride) and through the Sacrament of Matrimony, Christ will bestow the grace on the couple to give them strength to tolerate and forgive each other's faults and temper, continue to be faithful to each other whatever the future lies, just like God's covenant of unconditional love and fidelity to His people. In this way, the marriage is indissoluble and definitive.

But this is not all. The couple is called by God to share in His creative love when they have children who are to become the citizens of heaven and so in a way, through the couple's family life, Christ gives them here on Earth a foretaste of the wedding feast of the Lamb.

From what we have learnt, we are overwhelmed by how wonderful and liberating Sacrament of Matrimony is. For me, it is the awareness that God is journeying with us in this somewhat impossible mission, if we allow Him to step in. Moreover, now, I will see a married couple with their children in a different light: I see God's love for them through the display of love that they have for each other.

The Lighter side of The Apostles

the beagle with yellow slippers



First it was baking for 5000 people... now he wants us to move mountains... fill valleys... make roads straight... What's next???

I know how you feel bro!... eternal life is like that. Sometimes you bake bread... sometimes you build temples... and sometimes 'landscaping'...

Luke 3:3-6 He went into all the country around the Jordan, preaching a baptism of repentance for the forgiveness of sins. As is written in the book of the words of Isaiah the prophet: "A voice of one calling in the desert, 'Prepare the way for the Lord, make straight paths for him. Every valley shall be filled in, every mountain and hill made low. The crooked roads shall become straight, the rough ways smooth. And all mankind will see God's salvation.'"

- 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>

- 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.



the apostles

Second Sunday of Advent

6 December 2009 Year C

Be Watchful! Be Alert!

Written by Y.C. Tan

On 5th of November 2009, at Fort Hood, a sprawling Army post in Texas, United States of America, thirteen people were killed after a mass shooting. One of the victims was a 21-year-old female soldier named Francheska Velez who was nine weeks pregnant and preparing to return to her home at Chicago in December. It's like any ordinary day but that's where her life and the life of her unborn child came to an end. As a matter of fact, it was just another ordinary day for so many of the Fort Hood victims.

On the 33rd Sunday Homily, the Breaking of Word instilled much somberness in me. The Day of the Lord's coming in the clouds of heaven is a fact that yet to be fulfilled. In other words, like the fateful day at Fort Hood, it may be just another ordinary day but also a day of great insight and surprise for so many of us! "But of that day or hour, no one knows, neither the angels in heaven, nor the Son, but only the Father. Be watchful! Be Alert! You do not know when the time will come." (Mark 13:32-33)

Perhaps, we could also parallel The Day of the Lord's coming with the end of our lives whereby we may or may not have signs of the end of our lives, e.g. heart attack, disease, old age, etc., but we do not know what is the exact day of our death - it's a mystery. Since the day we're born, our time in this world is finite. We're like some vulnerable little stars disappearing from the sky "But the wise shall shine brightly like the splendor of the firmament, And those who lead the many to justice shall be like the stars forever." (Daniel 12:3) Ultimately, it's heartening to know that there's still light at the end of the tunnel! Praise the Lord!

I think all we could do is to face the facts and be prepared. We must be ready as we live our lives by that door which is always open to receive us - not a door to doom but a door to eternal life. It may be today, it may tomorrow, but someday we'll be called to pass through that door to eternal life. But are we prepared?

Before I embark the RCIA journey, I'm a perfect candidate of complacency who's contented to hide in the shadows cowardly. Lately, I'm at the verge of breaking into cold sweat when I come to realise my shortsightedness and the cruel shortfall in my readiness. I've got to pull my socks up!

Let us pray that in God's Grace, Love and Hope, we can shine as brightly as the wise little stars from now till eternal life.



REWRITE YOUR STORY

Father Anselm Phang

I was on the ferry from Batam to Singapore recently. I chose to sit in the open deck because I wanted some fresh air. And since I was early, I was spoilt for choice as to where I wish to sit. But just as I'd thought we were about to depart, there came 2 busloads of passengers and they brought the motor down. What disappointed me most was many of these passengers whipped out their cigarettes once they'd found a seat and started puffing away. There were at least 2 signs banning smoking on the deck but they blatantly ignored everyone else and I was beginning to get smoked out and agitated. Then something happened to me.

I realized that if I continue in this discomposure, I will reach Singapore a time bomb and immigration will certainly not allow me to pass through. I would have been a huge liability to the safety of others.

I decided to rewrite my story. I can move FROM "Inconsiderate chimneys violated my healthy space and made me sick" TO "They cannot not take away my life and I showed great patience". And I want to make this move. By rewriting my story, I come to peace with painful memories and present discomfort.

On the Second Sunday of Advent, I see our Gracious Lord rewriting our stories and wow, our stories become very the power: "Jerusalem, take off your robe of mourning and misery; put on the splendor of glory from God forever". (Baruch 5:1)

This verse reminds us of the beginning of the wonderful transformation of each one of us. In life, it is so easy for us to succumb to the rigours of nasty events. Most of the time we willingly play the victim but we have to muster our faith and courage to trust in God again. In fact, by rewriting our stories with our faith and courage, we regain control of our lives again. We do this simply by telling our stories. No matter how sad or traumatic, retelling our stories set us free. This is narrative therapy. And this happens because

God remembers us. (Baruch 5:5). He will rewrite the stories for us.

Both the Gospel of Luke, Isaiah, and Baruch dramatise this rewriting using a powerful visual - "Every valley shall be filled and every mountain and hill shall be made low. The winding roads shall be made straight, and the rough ways made smooth, and all flesh shall see the salvation of God." (Luke 3:5)

Everything that happens to us - happens for a reason. This reason is ordained in God. That is why our stories are sacred. And since they are sacred stories, we, in the throes of pain and agony, can access these disconnected memories and reshape them.

Paul reminds us of this, "I am confident of this, that the one who began a good work in you will continue to complete it until the day of Christ Jesus. And this is my prayer: that your love may increase ever more and more in knowledge and every kind of perception, to discern what is of value, so that you may be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ for the glory and praise of God." (Philippians 1:6, 9-11)

We are created for the glory of God. St Irenaeus would say, "The Glory of God is Man fully alive." If you are still wallowing in your sob story, don't wait. "The Lord has done great things for us; we are filled with joy." (Psalm 126:3) This is the time for us to see God. This is the time for him to rewrite our life story.

Let us thank our loving God. He remembers us. We are precious to Him.

SPP CHURCH ADVENT CONCERT
09 - 4 Dec 09 (Fri), 7.15pm - 9.30pm.
Programme highlight • guitar performance • polyphony choir performance Music Appreciation Talk By Guest Speaker; Professor in Sacred Music.

**SECOND SUNDAY OF ADVENT
(6 DECEMBER 2009)**

READINGS: Sunday Missal (Year C):
Page 35

Responsorial Psalm: "What marvels the Lord worked for us! Indeed we were glad."

Prayers of the Faithful: Page 37

Readings for the Week:

Mon 7 Dec – Sat 12 Dec 09

Mon : Is 35: 1-10/Lk 5: 17-26

Tue : Gn 3: 9-15,20/Lk 1: 26-38

Wed : Is 40: 25-31/Mt 11: 28-30

Thu : Is 41: 13-20/Mt 11: 11-15

Fri : Is 48: 17-19/Mt 11: 16-19

Sat : Zep 2: 14-17/Lk 1: 26-38

REFLECTION

A week have passed, what have we done to "stay awake" and "prepare the way of the Lord and make His path straight"? As we prepare for the way of the Lord, let us ask ourselves "What is the way of the Lord?" that is mentioned in today's Gospel.

Many of us find it hard to discern God's way because we are caught up with our earthly affairs and busy life-style that we cannot focus on the right path to walk in His ways. As for some of us, our pride and arrogance makes it difficult to humble ourselves and be obedient to His ways.

In this second week of Advent, let us reflect and make a checklist of what are the obstacles that prevents us from making way for the Lord?

As Christmas draw closer, we will be busy with Christmas shopping, decorating our house for the festive season, getting involved with Church preparations and caroling practices leaving ourselves with little or no time to prepare our hearts for Jesus. We spent so much time with preparation work that we forget the greatest joy is to have Jesus in our hearts. As much as we want our house to be clean and nicely decorated for our guest during Christmas, don't we want our hearts to be clean and to make room for Jesus?

Let us spend this Advent season wisely through the sacrament of reconciliation by confessing our sins and ask God for forgiveness so that we can see the salvation of God. - *Lectors Ministry*

Nutritional Supplements (Part 5)

Kenosis Living Spring (Wendy Yeo - Herbalist)

Flaxseed (Cont'd)

Disease Prevention: Flax Seed Endorsed by the FDA (by Bob Kennedy)

The discovery of Flaxseed caused the National Cancer Institute to become interested in studying flax in 1989. The NCI issued grants to several research institutes including the Clinical Research Branch of the Food and Drug Administration. The results were reported at the conference in New Orleans.

The prediction is that flax will likely be found in many new foods in the near future. Researchers studied the possible effects of flaxseed on various metabolic systems. Their findings reveal:

- levels of 1.25 and 2.5% flax in the diet stimulate the immune system.
- flax increases vitamin D levels and increases the retention of calcium, magnesium and phosphate.
- ground flaxseed has no negative effects on the liver or intestinal tract and does not lower blood vitamin E levels.
- flax is very high in lignans which have anti-tumour properties and may be linked to a low incidence of breast and colon cancer.
- flax contains a high level of antioxidant of 800 ppm.
- 10% level of flax in the diet of rats could mimic the results of Tamoxifen - the mammary cancer drug - but with no side effects.
- adding 8% flax to the diet could only help diabetic conditions caused by a high fat diet.
- moderately high levels of flax, compared to the same level of oat bran, are better in

lowering LDL and have favourable effects on insulin activity.

- flax is a stable product and stores well.

Great Recipes using Flaxseed oil

Flaxseed Oil is an ideal ingredient for many different recipes. From Blueberry Smoothies to Banana Pancakes, you are bound to find a recipe to suit the whole family. Flaxseed Oil can be consumed through these delicious recipes or can simply be mixed into yogurt or poured over your morning cereal. Here are some recipes.

BLUEBERRY SMOOTHIE

100g blueberry
2 cups low fat milk, soy, almond or rice milk
1 - 2 Tablespoon Flaxseed Oil

In a blender, milkshake maker or Vita-mix, combine all ingredients and mix. Variation: Ice-cream may be added for a thicker shake.

BANANA PANCAKES

Lovely tasting pancakes using flaxseed oil to create a delicious syrup.

Pancakes

1 1/2 Cups wholemeal plain flour
3 Teaspoon baking powder
1 1/2 -2 Cups milk (low fat or soy)
1 Tablespoon butter
2 Bananas

Syrup

1/4 Cup Maple Syrup
1/4 Cup Flaxseed Oil

Combine the flour and baking powder. Sift into bowl. Pour the milk into the flour mixture and mix thoroughly. Preheat a fry pan and add

INFANT JESUS CHRISTMAS NOVENA

2009 - Our SPP Church will be celebrating the annual IJ Christmas Novena from 16 Dec to 24 Dec 09. The programme is as follows. Mass will follow immediately after each novena session. All are welcome.

- Wed 16 Dec: 5.30 pm**
- Shepherd of God
- Thu 17 Dec: 5.30 pm**
- Preacher of the Word
- Fri 18 Dec: 5.30 pm**
- Guardian of the Truth & Leader of the Community
- Sat 19 Dec: 5.00 pm**
- Comforter of the Sick & Dying
- Sun 20 Dec: 4.00 pm**
- Baptizer of the Catechumen
- Mon 21 Dec: 5.30 pm**
- Minister for Confession & Repentant Sinners
- Tue 22 Dec: 5.30 pm**
- Supporter of Holy Matrimony
- Wed 23 Dec: 5.30 pm**
- Celebrant of the Holy Eucharist
- Thu 24 Dec: 5.00 pm**
- Promoter of the Infant Jesus (No Mass)
- Fri 25 Dec: 11.00am**
- Christmas Day & Baptism of Infants

some butter. Drop spoonfuls of batter onto fry pan. Add the banana slices to the top of the pancake. Cook until browned and then flip and cook the other side. Combine the maple syrup and flaxseed oil together and pour over the pancakes. Serve with yoghurt, cream or ice-cream.

FLAXSEED OIL SALAD DRESSING

This recipe makes a creamy, nutritional salad dressing:

3 Tablespoons Flaxseed Oil
7 Tablespoons Low Fat Cottage Cheese / Yogurt/ Soya

Mix thoroughly, and then add vinegar to taste, soy sauce and other herbs or spices of your own choice.

The above recipes are very nutritious and healing for the whole family. Try it and you will see the difference in your health within a week. ■

ROFL
remembering our fantastic lord



**\$8.00!!
ON SALE NOW!!**

Events in our Parish

CONGRATULATIONS to all our young brothers and sisters and who have received their PSLE results. We continue to pray that you get the school of your choice. Congratulations also to all the parents who have sacrificed much. God bless you all.

MASSES FOR CHRISTMAS - The following are the times for Christmas in our SPP Church-

- **Thu 24 Dec:**
9.00 pm (Mandarin)
Midnight (English)
- Caroling in Church at 11.00 pm.
- **Fri 25 Dec:**
8.30 am (Mandarin)
11.00 am (English). *NO Evening Mass.*

FEAST OF THE IMMACULATE CONCEPTION - The Solemnity of the Immaculate Conception BVM is celebrated on Tue 8 Dec 09. You are invited to an Hour of Adoration at 11.45 am followed by Eucharistic Celebration at 1.00 pm in our SPP Church. All are welcome.

RECOLECTIONS FOR COMMUNION MINISTERS - A non-residential Recollections Weekend will be held for Communion Ministers within City District parishes on Fri 11 Dec (2.30 pm to 5.30 pm) and Sat 12 Dec 09 (9.30 am to 4.30 pm) at St Teresa's Church. Msgr Eugene Vaz has kindly consented to act as Spiritual Facilitator. The talks will include: 'Why a Communion Minister?' and 'The Theology of the Holy Eucharist'. Sessions will include daily Mass, holy hour, confessions & counselling.

MASS FOR THE FAITHFUL DEPARTED - As Christmas Day falls on Fri 25 Dec 09, the mass for the faithful departed will be celebrated the following week, that is, on Wed 30 Dec 09.

DAILY PRAYER - Our SPP Church prays the Lauds led by the Carmelite Friars every weekday morning after the 7.20 am mass. All are welcome. You may purchase the book "Everyday Prayer from The Divine Office" at \$16/- from the Parish Office.

MASSES ON NEW YEAR'S DAY - Mass times at our SPP Church on Fri 1 Jan 2010 will be at 8.30 am (M) and 11 am (E). NO evening Mass. We celebrate the Solemnity of the BVM Mother of God on that day.

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/>

Events around our Parish

ADVENT@CANA - Gather round the crib for an evening of story-telling and reflection on the mystery of the Incarnation in our lives. Experience the Christmas story from fresh perspectives and let the new insights prepare us

to receive Christ anew this Christmas. Date: Thu 17 Dec 09 at 7.30 pm. Facilitated by Ms Edwina Yeow. Registration: cana@catholiccentre.com.sg or call 6336 4467 / 6336 4815 (love offering).

CHRISTMAS RESIDENTIAL RETREAT

- "After studying both the theory and practice of leadership for more than 35 years, I have found that Jesus of Nazareth is the greatest leadership role model of all time." Ken Blanchard, Co-Founder of Lead Like Jesus and Co-Author of The One Minute Manager. Join the "Lead Like Jesus Christmas Residential Retreat" which will be held at LifeSprings Canossian Spirituality Center, 100 Jalan Merbok from Sat/Sun 19-20 Dec 09 (with Sunday Mass). Contributions: Residential (air-con room twin-sharing): \$260/- per person. Residential (fan single room): \$250/- per person. Meals & refreshments will be provided. For registration, call 64662178 or email: lifsprng@singnet.com.sg Website: http://www.life_springscanossian.com/ Registration by 13 Dec 09 (max 40 participants). Contact Brenda at lifsprng@singnet.com.sg or Tel: 6466 2178 for registration pack.

CATHOLICISM 101 - Why is scripture important to Catholics? Why is Jesus important? Wondering where to get an introduction to Catholic Teaching? SPI will be offering an introductory level course 'Catholicism 101' designed for those who are curious about Catholic belief. It will be held at 55 Waterloo Street, Level 8 Auditorium from 7.30 pm - 9.30 pm on Thursdays, beginning 4 Feb 2010. Call 68583011 for more details. Application forms are now available at our SPP Church Secretariat. Registration closes 14 Jan 2010.

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 圣彼得及圣保禄堂

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

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>)



VOTE NOW!

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 ■