

Who is our real King and where do we stand?  
- written by Y.C. Tan

A ruler of a great nation died and arrived at the Pearly Gates. St. Peter saw him and asked, "What is your name?" The great ruler bellowed, "I'm the ruler of a great nation!" St. Peter, who wasn't intimidated by the man, continued to ask sternly, "What good things have you done for the people?" The ruler pondered for a while and replied, "Under my ruling, my nation flourished and my people are well-fed. Though my father died, but I'm not the murderer because he was stabbed by my subordinate and not stabbed by me! Though I lied to gain the respect of my people, but I didn't commit perjury and my nation was very peaceful and stable!" St. Peter nodded and replied, "Excellent! Though we'll send you to a very hot place but we would not call it 'Hell'. Though you will be there for an indefinite period of time but we would not call it 'eternity'."

The Gospel of the Last Sunday in Ordinary Time of Year B was an interesting confrontation between Jesus and Pilate. Superficially, Pilate who had more wealth and political muscles seemed to be more powerful and at an upper hand. On the contrary, Jesus seems to be less powerful and at a disadvantage.

Once again, it reminded me of the show on the Gospel of St. Luke that we've watched during one of the RCIA sharing. I wondered what kind of man was Pilate who was so well dressed, washed his hands in declaration of Jesus' innocence but yet had Him scourged and crucified. To appease the crowd, he even

### Pauline Catechism

Dear readers, thank you for participating in the sms survey cum video voting contest. Here are the results.

**Results of survey:** Which is your favourite format of Pauline Catechism in 2009?  
2) Faith-related video clips

(As a result, we will continue to introduce interesting and meaningful video clips that help to deepen our faith for the remaining issues in 2009.)

**Results of video voting contest:** Which of the following is your favourite video clip?

### 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)

released the notorious Barabbas. For his job, power, prestige and status, Pilate stooped like a blind man who could not even uphold the truth, law and justice. On the other hand, Jesus who was battered and clad shabbily, stood up tall to the greater truth, love and peace.

"So Pilate said to Him, "Then you are a king?" Jesus answered, "You say I am a king. For this I was born and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice." (John 18:37) So, who is the real king?

Pilate was depicted as a stature with authority but he was fragile. Ironically, Jesus seems to be vulnerable physically but He stood firmly like a giant.

Indeed that our Lord Jesus Christ is the Universal King who consistently manifests the calm and peace that comes from being firmly rooted in the truth and love. He is the Son of God who needs no fine clothes, magnificent house, lavish lifestyle, soldiers and servants.

Sadly, I think that our world and society is similar to that whereby we sometimes put on pretentious displays of great power but remain small, fragile and fearful. Praiseworthy, if we look around the Church community, we could still spot quite a number of individuals who are seemingly small, battered, weak or meek but in their strong faith in Christ and unity, they could really wield great power in His Name and for His Glory.

So, once again who is our real king and where do we stand? ■

### E) A Worth of Sacrifice

(<http://www.youtube.com/watch?v=OAt7r8HX6RM&feature=related>)



Congratulations to the following lucky draw winners!

- 1) **Martin Wu** S8109713E
- 2) **Alycia Lum** S8933250H
- 3) **Lily Heng** S1177813E

### Sion Adorers - Holy Hour

7.45pm - 8.45pm (Sat, Adoration Chapel)

### Hour of Mercy (Adoration Chapel)

3.00pm (Daily)

### Counselling at SPP

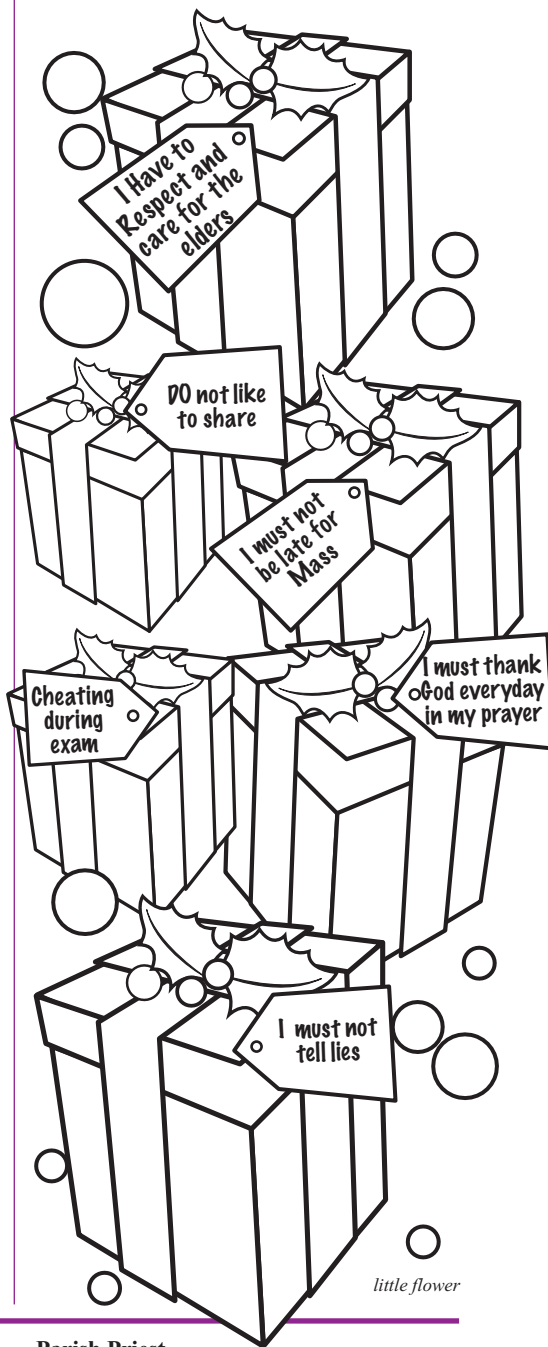
Family Life Society Counselling every Monday 11.00am - 2.00pm and 6.30pm - 9.00pm. Call 6382 0688 for appointment

### 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](mailto:sts.peterpaul@pacific.net.sg)  
[www.sppchurch.org.sg](http://www.sppchurch.org.sg)

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

**Kids Corner** - To prepare yourself for the birth of Jesus, let your hearts be filled with JOY in giving your best gifts to Jesus. Color the gifts that you would offer to keep our baby Jesus smiling.



### 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

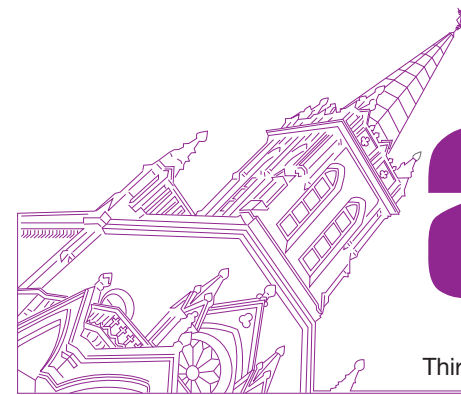
Please make you cheque payable to :

(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

Third Sunday of Advent

13 December 2009 Year C

### ADVENT PENITENTIAL SERVICES

Appended is the schedule for the City District Advent Penitential Services. All sessions will begin at 8 pm.

**Mon 14 Dec 09:**  
Church of Our Lady of Lourdes

**Tue 15 Dec 09:**  
Church of St Bernadette

**Wed 16 Dec 09:**  
Novena Church

**Thu 17 Dec 09 (English):**  
**Sat 19 Dec 09 (Mandarin):**  
Church of Sts Peter & Paul

**Fri 18 Dec 09:**  
Church of St Michael

**Mon 21 Dec 09:**  
Church of St Teresa

### KLS RETREAT 2009



The Kenosis Living Spring (KLS) Holistic Retreat was successfully held from Thu 26 Nov to Sat 28 Nov 09 at Montfort Centre, 622 Upper Bukit Timah Road. The objectives were to reflect on how we had been living our lives, renew our commitment to holistic living and be recharged for the year ahead. Fr Anselm Phang, OCD was the Spiritual Director. The retreat focused on prayer, meditation, sacraments, physical exercises, detoxification and a wholesome diet. Principles of health were also presented based on insights from the China Study, the American Institute of Cancer Research Report (AICR), and other sources. Food preparation and dry skin brushing were also demonstrated. Sharing of experiences among the 12 participants was enriching and helped to empower each other in striving to live holistically. A holistic plant-based, mainly organic diet was adopted and as one participant put it "Vegetarian food can be so tasty and satisfying!" Another participant summed up the retreat as "I definitely will come back for future retreats and let my friends know about this"



## LOAF AND BE BLOWN AWAY

Father Anselm Phang

We already have had a week of hope and a week of peace and that would have made us quite busy. We were invited to fill up every valley and to level every mountain. I guess we are still at it in order to build a highway to the Lord. Making this way would enable us to encounter the Lord and it would also allow the Lord to come easily to us. But what if we decide not to go with the message from Isaiah; from Baruch; and from Luke?

Open your eyes and you will see a host of devotions and spiritualities that make us lazy and we must be wary of that. Given the choice of shaping up a highway to the Lord and the alternative of lighting a candle, what would you choose? If we think that lighting a candle is all that we need to do to establish a relationship with God, then it is possible we can be lulled into a false security. We can become so disconnected that when the reality sets in, the situation may seem totally unpleasant and it plunges us into intense distress and then we start hating ourselves and blame everything on God.

In the gospel reading today (Luke 3:10-18), three groups of people came to see John the Baptist. Each group asked John, "What are we to do?" You can tell they are all lazy people. John the Baptist says it clearer, "You snakes, who told you that you could escape from the punishment God is about to send? Do those things that will show that you have turned from your sins." (Luke 3:7-8) People are asked not to hoard but to share and give. The hoarding nature belongs to the godless. Just think, if the rich buy up all the rice and hoard it, they can control the price and make the poor die of hunger. Is it happening already? Eh, this sharing and giving business, is there any money to be made from it? John asks for repentance of this sin.

The people who bring wealth to the country are asked not to cheat - not in the dark and

certainly not in the day. If for the sake of a dollar and there is cheating and lying; dare we think of what people will do just to save their own face. In the final instance, John the Baptist exposes the irony of the soldiers robbing and extorting the people whom they are supposed to defend.

In each instance, John points out how people have forgotten their true goal in life and have resorted to cheap tricks just to cover their laziness. Lazy people cannot put forth the effort to complete any goal and mission in life. They lack understanding of the work they have to do when they are not the beneficiaries of that piece of work or they are not able to see the result of this work immediately or directly. They could not care less about their work and hence their work is in vain. "So then, we should not be sleeping like the others, we should be awake and sober." (1 Thessalonians 5:6). Fact is, are we one of the loafers? Are we giving ourselves every reason to be lazy?

Now, why this sudden crusade against those who loaf? Simply because sloth is a sin. It can derail a person from their actual goal in life - union with God. We need to understand the slothful ones because if we do not affirm the lazy and empower them, then we will lose them like the chaff - blown away and destined for the eternal fire. In Advent, while waiting for the coming of the Lord, we certainly must stay vigilant and watchful. This way, we can stay on course and be baptized with the Holy Spirit and with fire. This way we can experience reconciliation and the true meaning of Christmas.

May you have joy in giving; joy in sharing; joy in contentment; joy in commitment; joy in working; joy in burning away the laziness. May you experience joy when you are with someone you love; and love being with the One who loves you Rejoice. ■

Advent Reflections 2009 Have you received your copy of the booklet? Obtain your copy from church or from our Secretariat.

### THIRD SUNDAY OF ADVENT (13 DECEMBER 2009)

READINGS: Sunday Missal (Year C):

Page 39

**Responsorial Psalm:** "Sing and shout for joy; For great in your midst is the Holy One of Israel."

**Prayers of the Faithful:** Page 41

#### Readings for the Week:

Mon 14 Dec – Sat 19 Dec 09

Mon : Nm 24: 2-7,15-17/Mt 21: 23-27

Tue : Zep 3: 1-2, 9-13/Mt 21: 28-32

Wed : Is 45: 6-8,18,21-25/Lk 7: 18-25

Thu : Gn 49: 2,8-10/Mt 1: 1-17

Fri : Jer 23: 5-8/Mt 1: 18-25

Sat : Jgs 13: 2-7,24-25/Lk 1: 5-25

### REFLECTION

In today's Gospel, John the Baptist mentioned that Christ will baptise us with the Holy Spirit and fire. He proclaims that Christ is the Light and he is a witness to the Light.

Let us ask ourselves, "What must we do" to let the Light of Christ shine through us so that others too can see the image of Christ in us.

Are we a witness to this Light of Christ through our actions and thoughts? Are we radiating the Light of Christ by sharing and giving ourselves to those in need?

The third Sunday of Advent is a JOY. We should rejoice and be filled with the joy of Christ. For some of us, it is difficult to experience joy when we are immersed full of despair and are heavily burdened with guilt and sins. We should repent and turn to God for forgiveness. It is only through this Joy of Christ that is in us that we are able to be loving and forgiving.

It is time now to reflect on the steps we need to take to radiate this JOY to those around us, believers and non believers and especially to who are less fortunate than us in every aspect. They could be poor in spirit, mind, body and soul or may be financially challenged in today's difficult environment. When do we want to act upon it and answer to God's call and let this Light of Christ shine unto them to that they too can experience Christ bring in us all. - *Lectors Ministry*

#### Nutritional Supplements (Part 6) *Kenosis Living Spring (Wendy Yeo - Herbalist)*

**Choosing the right nutritional health supplement** Nutritional deficiency is almost impossible to avoid in these modern times. With our busy lifestyle, the ever-tempting convenience of fast food, it is now very difficult to enjoy excellent daily nutrition. The problem with most people is that they base their health on how they feel. Just because you feel healthy and in perfect fit now, does not mean you do not need supplements. When it suddenly strikes - an illness, a health problem, a sign of old age, weakness - we begin to search for a dietary or herbal supplement to help us get out of the hole we have unfortunately dug for ourselves. This is not to say, though, that health supplements should replace proper nutrition. Besides, nutritional supplements are still supplements. They work by complementing your diet to make sure you get the right nutrients that you need.

Many people have complained that they have been taking supplements but have barely seen any difference. The problem is that people do not really choose supplements seriously. They take the one most available, or perhaps the cheapest. They believe in all these bold claims from websites and end up getting low quality products. To take full advantage of what dietary supplements can offer, you must choose the right supplement to take. It is only by taking your choice seriously will you be able to live a fuller, and better life. So, choose well from now on. What, then, constitutes a good nutritional health supplement? The answer to this question is the same consideration that makes living food healthy.

**Your supplement should be complete** A good supplement should have all the needed nutrients you need in optimal amounts. It is called a whole-food supplement. Why take three or more supplements comprising single, isolated nutrients when you can get everything you need with just one? When you isolate one of the nutrients and take it in high doses, especially in synthetic form, your body may treat it like a foreign substance. For example, pharmaceutical companies are jumping onto the phytonutrient bandwagon, realising that these have a certain appeal to health-seekers. They usually strip out a single phytonutrient and put it into a capsule or tablet. The problem is that phytonutrients are almost certainly not meant to be consumed one at a time. There is not a single fruit or vegetable in the world that contains only one kind of phytonutrient, vitamin or mineral. The best supplement combines the phytonutrients, enzymes, coenzymes, trace elements, antioxidants, vitamins and minerals which work together synergistically.

**Your supplement should be bio-available** Good supplements are those that can be readily absorbed and used up by the body. To find out, you have to check the nutrient form and the ingredient contained in the supplement. I will discuss later how some supplements can potentially be wasted and not absorbed at all. For best results, buy chelated nutritional health supplements. Chelated multivitamins are those wherein the nutrients are bound into each other. They escort each other until they reach the mainstream, thus helping proper absorption.

### 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!)



**Thank you everyone!**

We hope you have enjoyed this book. Do pass it around to help spread the Word of God.

**Your supplement must be all natural** Natural is always best when it comes to supplements. This just means that your supplement must be free from dyes, allergens or artificial preservatives. Additives are almost always present in most, if not all supplements, and they actually serve special purposes. They usually just pass through and are not absorbed. While they virtually can't be avoided, you must take extra care to choose one that does not contain allergens. When only synthetic vitamins are consumed, there is generally no synergy or balance. It is similar to taking a drug or medication.

**Your supplement should be laboratory-tested** A reputable health company should have a series of lab tests (both in-house and independent) done. This is important to make sure that your supplement contains what it should.

**Tablets or Capsules?** You probably have been led to believe that capsules are best when supplements are concerned. This is true for the most part. However, there is now a tablet form which is in fact better than capsules. This is known as the enteric coating tablet. This coating remains intact inside your stomach and only dissolves as soon as it enters your small intestine. This proves most efficient as this is where real absorption of nutrients takes place. These enteric coating tablets cost a little more, but they usually give better results than capsules.

#### Other considerations for choosing your supplement

**What information is contained in the label?** The label on the bottle is a good tool for evaluating a good health supplement brand. The label should tell you the names of the nutrients contained and the amount contained, the form of the ingredient used, and the number of tablets. The label should also provide you basic information about the health company (address, contact information), recommended dosage, and manufacturing dates, among others.

**How credible is the supplement brand or health company?** Here are several factors you need to check with your supplement manufacturer. This includes GMP (good manufacturing practice) compliance, pharmaceutical grade production, as well as quality control measures. The supplements should be tested and analysed independently for its effectiveness, purity and potency. You will know all these information when you contact their customer service. If they are accessible and accommodating with your inquiries, you might have found yourself a good supplement brand.

**How much do I know about supplements?** For best results, you should also know some information about supplements. You should know how vitamins work together, such as how vitamins E and C should be taken together as they mutually reinforce each other.

It is also good to know the correct balance in taking multivitamins to make sure that they work as effectively as you want them. Many people are not aware that taking too much can actually do more harm than good. Once you have answered all these questions, you are now ready to choose from among the supplements available today.

### Events in our Parish

#### 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

**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.**

#### WATERCOLOUR ART EXHIBITION

Welcome to "Encounters" - an Art Exhibition displaying recent artworks and efforts of 19 students. The opening ceremony will be held on Sat 19 Dec 09 at 3.00 pm by our parish priest, Fr Anselm Phang, OCD. Exhibition timing: Sat 19 Dec - 1.00 pm to 7.00 pm; Sun 20 Dec - 10.00 am to 7.00 pm. All are welcome.

**SPP ENGLISH PRAYER GROUP** - Prayer for Priests, Religious, Seminarians and New Aspirants on 17 Dec 09 (Thu) at 7.15pm to 9.00pm at the Adoration Chapel. There will be NO Intercessory Prayer on 24th. Dec. (Christmas Eve) and 31 Dec 09, (New Year's Eve). Intercessory Prayer will resume on 7 Jan '10 (Thu) at 7.15pm to 9.00p m.

**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 11.00 am (E). NO evening Mass. We celebrate the Solemnity of the BVM Mother of God, on that day.

**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.

**INFANT BAPTISM** - will be held at the 11.00 am Mass on Christmas Day, Fri 25 Dec 09. A briefing session for parents and godparents will be conducted on Fri 18 Dec 09 at 7.30 pm in Meeting Room 8 (2nd storey).

**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](mailto:cana@catholiccentre.com.sg) or call 6336 4467 / 6336 4815

#### 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/person. Residential (fan single room): \$ 250/person. Meals & refreshments will be provided. For registration, call 64662178 or email: [lifsprng@singnet.com.sg](mailto:lifsprng@singnet.com.sg) Website: [http://www.life\\_springscanossian.com/](http://www.life_springscanossian.com/) Registration by 13 Dec 09 (max 40 participants). Contact Brenda at [lifsprng@singnet.com.sg](mailto:lifsprng@singnet.com.sg) or Tel: 6466 2178 for registration pack.

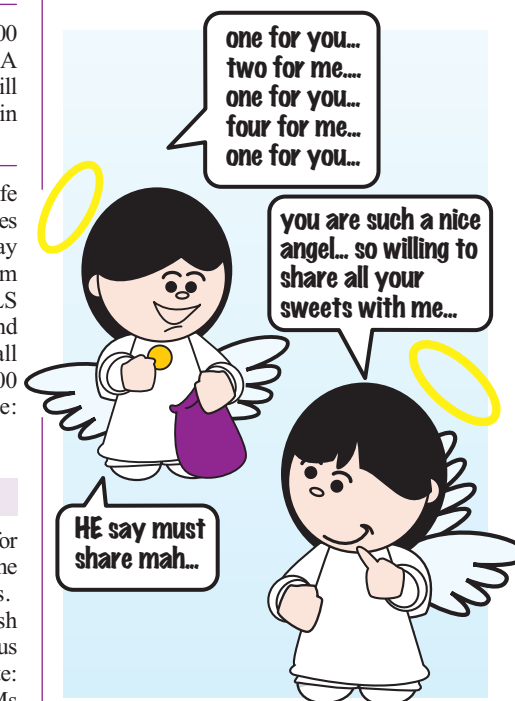
**CATHOLICISM 101** - Why is scripture important to Catholics? Why is Jesus important? Wondering where to get an introduction to Catholic Teaching? SPI will be offering an introductory level course 'Catholicism 101' designed for those who are curious about Catholic belief. It will be held at 55 Waterloo 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.

#### MARRIAGE PREPARATION COURSE (MPC)

- For couples intending to get married - First Quarter Course starts 28 Feb 2010. Allocation of places is on a first-come-first-served basis. Application forms obtainable in church office or website: [www.catholic.org.sg/mpc](http://www.catholic.org.sg/mpc). Enquiries: John & Joan @ 9848 2864 or email: [marthasohsk@yahoo.com](mailto:marthasohsk@yahoo.com).

### The Lighter side of The Apostles

the beagle with yellow slippers



**Luke 3:10-15** "What should we do then?" the crowd asked. John answered, "The man with two tunics should share with him who has none, and the one who has food should do the same." Tax collectors also came to be baptized. "Teacher," they asked, "what should we do?" "Don't collect any more than you are required to," he told them. Then some soldiers asked him, "And what should we do?" He replied, "Don't extort money and don't accuse people falsely - be content with your pay."

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 聖彼得及聖保羅堂



**Hurry!!  
Get your  
tickets  
TODAY!**

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](mailto:emily_yeo_86@yahoo.com.sg)

OR Tricia is 9823 3922,  
email: [tricia\\_yeo\\_@hotmail.com](mailto:tricia_yeo_@hotmail.com)