



ASH WEDNESDAY & THE SEASON OF LENT

Dear Friends,

The Season of Lent is soon upon us and Ash Wednesday this year falls on 22 Feb. Below are some historical facts & information regarding practices pertaining to Ash Wednesday & the Lent Season.

Ash Wednesday is not a holiday in the Eastern Church, and developed only in the West (it is neither a holiday for Singapore & Malaysia). Orthodox Churches begin Lent on a Monday, known as "Clean Monday." Ash Wednesday as an official day of fasting dates to at least the 8th century, since it appears in the Gregorian Sacramentary from that period. Originally, Lent began on a Sunday. However, in order to bring the number of days of Lent to 40 (the days Jesus fasted in the wilderness), the beginning of Lent was eventually transferred to a Wednesday.



The Council of Nicaea (A.D. 325) set the date of Easter as the Sunday following the 14th day of the paschal full moon, which is the full moon whose 14th day falls on or after the vernal (spring) equinox. The reason was because that was the date of Passover in the Jewish calendar, and the Last Supper (Holy Thursday) occurred on the Passover. Therefore, Easter was the Sunday after Passover.

Originally, Ash Wednesday was the day when public penitents in Rome began their penance. Recall that in the early Church, penance was often public and protracted. It was only later that private confession and penance began, for pastoral reasons. When public penance gradually fell into disuse by the 8th century, Ash Wednesday became a day of penitence and fasting for all members of the Church. Today, Ash Wednesday is a universal Fast day in the Catholic Church. Many Western Protestant churches also observe Ash Wednesday, including Anglicans, Lutherans, Presbyterians, and United Methodists.

In the Western Church, Ash Wednesday is the first day of Lent, the 40-day period of fasting before Easter. On Ash Wednesday, ashes are blessed, mixed with either holy oil or water, and placed upon the head with the sign of the cross, or sprinkled on the forehead. The ashes are made from burning palm branches blessed the previous year on Palm Sunday. When the priest imposes the ashes he says either "remember man you are dust, and to dust you will return" (see Genesis 3:19), or "turn away from sin and be faithful to the Gospel" (Mark 1:15).

The ashes serve a dual purpose. First, as the above words imply, we are reminded of our mortality and humanity as we begin the Lenten Fast. Second, the ashes are a Biblical symbol of repentance, sorrow, and humility. There are many cases in the Scriptures of wearing ashes as a sign of penitence, often while wearing sackcloth. In 2 Samuel 13:19, Tamar puts on ashes and tears her clothes as a sign of sadness and repentance. In Esther 4:1-3, after learning of the king's decree to kill all Jews, Mordecai tears his garments, and puts on sackcloth and ashes. His fellow Jews do the same thing, as well as beginning to fast. The prophet Jeremiah (6:26) urges his readers to "gird on sackcloth and roll in ashes."



Fasting is a major component of Ash Wednesday, and Ash Wednesday is an official fast day of the Church, along with Good Friday. Fasting has a long history in the Church. In Acts 13:1-3, it was while "worshipping the Lord and fasting" that the Holy Spirit led the Apostles to set apart Paul and Barnabas for their work. In Matthew 9:14, Jesus assumes that after he leaves the earth his followers will fast. The history of the Church is filled with stories of fasting and its spiritual value. However, Jesus warns us not to be obvious about our fasting, or only fasting to impress others. Thus, Ash Wednesday is based on the biblical concept of repentance, and the ashes and fasting that are associated with repentance.

The minimum the Catholic Church expects is fasting on Ash Wednesday and Good Friday, and abstinence on the Fridays of Lent. Fasting means eating only one full meatless meal on that day. However, one may still eat a breakfast and even a lunch in addition to a full meal if the two additional small meals do not add up to a second full meal. Snacking is not allowed. Drinking coffee, tea, juices, etc, between meals is permitted on fast days. Abstinence requires abstaining from meat, and soups and gravies made from meat, for the entire day. Meat is defined as the "flesh meat of warm-blooded animals." This is the reason why Catholics often eat fish on Fridays, but anything meatless works. The requirements are slightly different for those of certain ages. Fasting is only required of those from ages 18-59, and abstinence is required of all people 14 and older, although parents are expected to teach their children the reasons behind their fasting, etc. Those with health conditions are excluded. These are simply the minimum expectations. Additional forms of self-denial, within reason, can also be spiritually beneficial.

Have a fruitful Lent!

CONTACT US

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SEVENTH SUNDAY IN ORDINARY TIME 18 / 19 Feb 2012

AT A GLANCE

MONDAY 20 FEB

7th Week, Ordinary Time

TUESDAY 21 FEB

St. Peter Damian, Bishop & Doctor
memorial

WEDNESDAY 22 FEB

ASH WEDNESDAY

Masses will be at 6.55am, 1.15pm,
6.30pm and 8.15pm.

THURSDAY 23 FEB

St Polycarp, Bishop & Martyr,
memorial

FRIDAY 24 FEB

Friday after Ash Wednesday

SATURDAY 25 FEB

Saturday after Ash Wednesday

SUNDAY 26 FEB

First Sunday of Lent

☛ Parish Event

📄 Special Notice

✝ Liturgy Related

🚗 Outward Bound



INFANT BAPTISM: Sun 4 Mar | 3pm

Preparation Course:

Wed 29 Feb | 8pm | Main Church

Baptism Application Form:

Available from Parish Office, church racks or website. Submit completed form with a copy of child's Birth Certificate to Parish Office **1 week** before Baptism date.



EUCHARIST

Sat: 6.55am (Morning Mass)
Sat: 5.30pm (Sunset Mass)
Sun: 7.30am (Mandarin), 9am, 10.45am,
12.30pm, 5.30pm, 7.15pm
3rd Sun: 3.30pm (Indonesian)
Weekday: 6.55am (with Morning Prayer)
& 6.30pm



NEXT WEEK'S READINGS

R1 Gen 9: 8-15
R2 1 Pt 3: 18-22
G Mk 1: 12-15



CHURCH OF ST MARY OF THE ANGELS

5 Bukit Batok East Ave 2, Singapore 659918 | info@stmary.sg | www.stmary.sg

Parish Office

Tel: 6567 3866 | Fax: 6562 1824

Columbarium Office

Tel: 6560 6361

PILGRIM TRAVELERS

"Do not deal unfairly," says the Lord. Christians are called to conduct their affairs fairly. If they do so, they will dwell securely in the land, according to the Lord.

All creation belongs to God, and humans are pilgrims traveling through on their way home in God's heavenly reign. Here is not a lasting city. As a body of passers-by, Christians set their sight on the glory of Christ's risen body. In Christ, members love God above all and their neighbours as themselves.

With such love, how could one not deal fairly?

Seventh Sunday in Ordinary Time, Year B. Illustration ©1999 S. Erspamer. Text, James A. Wilde, PhD ©2000 OCP. All rights reserved.



HIGHLIGHTS

Chill Out With Francis

Feb 26 | From 5.30pm

Want to follow Christ in the footsteps of St Francis? We're inviting young men between 18 and 35 to join the Franciscan Friars for an evening of fellowship, starting with the Eucharistic celebration at 5.30pm, followed by dinner in the friary and a healthy dose of hearty conversations, before ending the night with prayer as a community - a perfect way to end the week. For more information, contact Fr Derrick, OFM ✉ johnderrick@stmary.sg

Social Worker Required

The parish is looking for a qualified social worker (MSW/BSW) to address the social needs of parishioners, to liaise with appropriate community resources, and to co-ordinate family life ministry activities. Interested applicants, kindly send your Curriculum Vitae along with education certificates to Fr John Paul Tan, OFM ✉ jptan@stmary.sg

See page 2 for more Highlights...



NOVENA

To Our Lady:
Sat, 5pm
To St Anthony:
Tue, after 6.30pm Mass



ROSARY DEVOTION

Mon-Sat, after Morning Masses
Family Rosary: Every Sat, 4.30pm



RECONCILIATION

20 mins before Sunday Masses, or by personal appointment with priest

HIGHLIGHTS

What is Vatican II all about?

The 2nd Vatican Council started in 1962. This year marks the 50th anniversary since this council started. As part of this celebration, our parish has organised a series of talks throughout 2012. You are invited to come for the 1st series of talks, which will give a broad overview and introduction to Vatican II, on the following dates:

21 Feb 2012	Vatican II – Introduction, Background, History	
28 Feb 2012	Vatican II & Me	Speaker : Arthur Goh, Director - Singapore Pastoral Institute
6 Mar 2012	Vatican II & My Work	Venue: St Clare Hall Time : 8 – 10pm
13 Mar 2012	Vatican II & My Parish	To register: ✉ aff@stmary.sg
20 Mar 2012	Vatican II & My Neighbour	

NCC SECRETARIAT

Stephen Wong, Pastoral Assistant | stephen@stmary.sg

NCC MEETINGS FOR THE COMING WEEK

Mon, 13 Feb – Fri 17 Feb 2012

The following Neighbourhood Christian Community (NCC) will be having their meetings for the coming week:

Bukit Timah Area

Blk 2 Jalan Rajawali | Wed 22 Feb 8pm

Bukit Timah NCC | Sebastian ☎ 9088-6686

Bukit Batok Area

Blk 267 Bukit Batok East Ave 4 | Wed 22 Feb 10:15am

Mystical Rose NCC | Monica ☎ 9328-6862

Blk 251 Bukit Batok East Ave 5 | Wed 22 Feb 8pm

Bukit Batok East View NCC | Helen ☎ 9479-7964

14 Burgundy Rise | Fri 24 Feb 8pm

Burgundy Hill NCC | Dominic ☎ 9656-7125

Bukit Panjang Area

Blk 654 Senja Road | Thur 23 Feb 8:30pm

Bukit Batok NCC | Rey ☎ 9680-4761

Blk 183 Jelebu Road | Fri 24 Feb 12:30pm

Lady of The Holy Rosary NCC | Josephine ☎ 9763-2671

Choa Chu Kang Area

Blk 681 Choa Chu Kang Crescent | Thur 23 Feb 8:30pm

Yew Tee NCC | Gani ☎ 9154-8405

Blk 638A Choa Chu Kang Crescent | Fri 24 Feb 8pm

Mary's Soldiers NCC | Gina ☎ 9168-3047

Blk 453 Choa Chu Kang Ave 4 | Fri 24 Feb 8pm

House of Harvest | Vickirama ☎ 9757-9117

Bukit Gombak Area

Blk 386 Goodview Gardens Bukit Batok West Ave 5

| Fri 24 Feb 8pm

Jesus in Our Midst NCC | June ☎ 9645-5469

Malayalam Community

Blk 367 Bukit Batok Street 31 | Sat 25 Feb 7:30pm

St Anthony's Community | Tom ☎ 8118-0902

Please contact the respective NCC coordinators for more details.

CATECHETICAL OFFICE

Agatha Cheong, Director | acheong@stmary.sg

Registration for Adult Confirmation

Closing date for registration is 15 Mar. Forms can be obtained at the parish office or downloaded from the church website.

A copy of the baptism certificate is to be enclosed with the registration form. Classes start on 19 Mar at 7.30pm in Classroom 5.

Please email ✉ acheong@stmary.sg or ✉ joan@stmary.sg

Registration for Children Baptism (RCIC)

Classes for children from Primary 1 to 6 who wish to receive baptism in 2013 will start on 21 Apr at 4pm in Classroom B3. Closing date for registration is 31 Mar. Registration form can be downloaded from the church website and emailed to ✉ joan@stmary.sg or ✉ acheong@stmary.sg.

AROUND ST MARY'S

Holy Land Pilgrimage | Mon 9 Apr – Tue 17 Apr 2012

The parish is organising a Holy Land Pilgrimage in April, led by Fr Joseph Lee. Those interested to make this spiritual journey may indicate their intention by registering at the Parish Office. As there are only limited confirmed seats for one bus, places will be allocated purely on a first-come basis and when initial booking payment is required. The departure day will be on Monday after Easter Sunday.

Journey through Lent with Heartspace

Sundays Feb 26, Mar 4, 11, 18 and 25 | 2-5pm | Room 11
Heartspace will open its studio on Sunday for duration of Lent. Come for a moment to reflect on and create the images of this season with paint, pastels or even clay. You need not be an artist to participate this faith journey. Everyone will benefit from the sessions with a little imagination and prayer.

Little Rock Bible Ministry

Registration is open to 26 Feb. A 5-session programme, 'Biblical Walk through the Mass', starting 29 Feb and ending 29 Mar. Please refer to SMOTA website, Feb issue of Tomorrow or LRBM banner on church notice board for details of this. For more info: ☎ www.stmary-lrbm.org.sg

RCIY

The new RCIY cycle for inquirers will commence on 13 Mar every Saturday, 3.30pm at Assisi Room. This is an introduction for youth aged 13-19 to find out more about the faith. If you feel called to join the Catholic faith or would simply like to learn more about it, you're most welcome to join us! Catholics who are interested in serving with the RCIY team are also welcome to make inquiries with us.

For more info, visit our booth after Mass or contact: Andrew Martin ☎ 9100-4832 ✉ andndrew@hotmail.com

Volunteer Carpark Supervisors on Weekdays

The parish would like to invite volunteers to supervise the use of the car parks on weekdays. Interested volunteers can submit their names and contact numbers at the parish office.

Collection of Palm Leaves for Ash Wednesday

The parish is now collecting old palm leaves for ash Wednesday. Kindly drop them at the collection points near the entrance doors.

Knights are Recruiting!

Want to serve the Lord at the sanctuary? Want to enjoy closeness to Him that no one else does? The Knights of The Altar are having a recruitment drive on 19 and 26 of February, 8.30am to 8.30pm, at the Piazza.

We are looking for boys who:

- Have received First Holy Communion

- Open to learning about and spending more time in church

If you feel a deep calling to serve your Lord as an Altar Server, come visit us at our booth and find out more from one of us!

Patrician Meeting - An Open Forum

11 Mar | 2.30pm to 4.30pm | Classrooms 6 & 7

Theme: Contraception

All Catholics are welcome. Organised by The Legion of Mary @ SMOTA. For more information, please contact:

Cheryl ✉ cheryledinateo@gmail.com or

Vina ✉ etansari@yahoo.com.sg

miniSTRY: St Francis Kids' Club

Register NOW for Y2012

Be part of our Family Faith Formation programme with your Pre-school children, ages 4, 5 & 6 years in Y2012.

Choose from either Saturday (4 - 5pm) or Sunday (10.30

- 11.30am). We begin with combined Opening Session on

26 Feb 2012 (3 - 5pm) @ St Clare Hall. Thereafter, weekly

sessions on respective days continue. To assist in our

administration/preparation, please register NOW via Email.

For more info, contact: Carol Seow ☎ 9636-3655

✉ carolseowlee@gmail.com

miniSTRY: Choir Kids (Ages: 7 to 16)

Choir practice resumes for Lent/Easter Celebrations THIS Sunday, 5 Feb, and continues EVERY WEEK until Easter Sunday.

Time: 12noon* to 1.30pm. Venue: Room B11 @ St Clare Centre (Dance Studio).

(*Teens join practices at 12.20pm after Catechism Classes)

New interests please text: "Parent's name+Child's name" to

☎ 9636-3655 (Carol) or ✉ carolseowlee@gmail.com

MANDARIN CORNER 堂区通讯

招募辅祭员

日期: 19和26/2/12

时间: 早上8. 30分到晚上8. 30分

地点: 在教堂的广场

我们在寻找:

—那些已领第一次圣体

—愿意开放的来学习并愿意花更多时间在教堂的男孩。

天使驿站

日期: 2012年2月26日 (星期日)

时间: 下午5点到晚上8. 30分

地点: 圣佳兰中心课室B1到B4

对像: 所有还不认识天主教信仰的人。

我们提供丰富的晚餐、茶水和节目。

欲参加者清一定要向黄修女报名,

以方便我们准备足够的晚餐和茶水。

联络: 黄修女 9239—6226

RCIA Retreat

RCIA catechumens and candidate with their catechists, sponsors and core team members are having their stay-in Retreat this weekend. The Life Direction Team will help the catechumens to find God's will in their lives and it is an opportunity to let Christ goes near to them. It is a time of conversion of mind and action and a desire to celebrate the sacraments. Please pray for them as they are spending time together in prayer and reflection.

ScreamFree Parenting

Mar 10 | 9am-12 noon | Rooms B1, B2,B3

Want to know how you can parent without "Screaming", come and join us for the talk on ScreamFree Parenting.

ScreamFree Parenting is the principle-based approach that's inspiring parents everywhere to truly revolutionize their families.

The Scream Free principles invite parents to focus on themselves, grow themselves up, and calm themselves down relationships in the process. Speaker of the session: Mr Vijoo George, Certified reality therapist and Solution focused Counsellor- Family Life Society.

Register: ✉ neetha@stmary.sg ☎ 65673866 Ext 114

✉ ht Wong55@singnet.com.sg

Family Life Ministry's Next PSG Session

26 Feb (1st Sunday of LENT) | 3pm – 5pm | Classroom 2

Come and join us in CREATING POSITIVE CONVERSATIONS on how we can Speak and Live the Faith & Share on: 'What Catholic principles we should teach our children and when do we begin', 'How do we love God if we don't love our neighbour', 'Trials & Temptations are part of our lives but with God's help we can Survive'.

Video Clips on 'We are the Reason Christ suffered & died' and 'Temptation of CHRIST' (Mark 1:12-15) Silent Reflection/Faith Sharing/Tea & Fellowship.

All are Welcome and bring others with you. (Non-Christians are welcome too). Further enquiries:

Parent Support ☎ 9699-3134 | ✉ ht Wong55@singnet.com.sg

2012年四旬期证道会

主题: 通过信德之门

地点: 耶稣复活堂 (大巴窰)

时间: 7. 45pm-9. 45pm

形式: 苦路善功、弥撒与证道

日期: 2月29日 (星期三)

主祭: 萧永伦神父

讲题: 耶稣是信德之门

日期: 3月7日 (星期三)

主祭: 董立神父

讲题: 基督是天主子

日期: 3月14日 (星期三)

主祭: 沈再德神父

讲题: 基督是活水

圣灰仪礼

日期: 22/2/2012 星期三

时间: 早上6. 55分, 下午1. 15,

傍晚6. 30分 和 晚上 8. 15分

日期: 3月21日

(星期三)

主祭: 蔡汉坤神父

主题: 基督是光

日期: 3月28日

(星期三)

主祭: 郑肇强神父

讲题: 基督是复活与

生命