

The second Bus Exploration to Changi Village

By Peter Koh

On 19 October, fourteen Seniors arrived at Kallang MRT to take Bus No.2 to Changi Village.



It was an enjoyable one-hour ride spotting places like Changi Golf Club, Changi Chapel Museum, and School of Commandos etc.

The ride each way to and fro, gave a good break – a form of destressing and fellowship.



The makan at Changi Village was rewarding because one got to eat a variety of dishes as each person ordered a different item to share.

So eventually I got to try red snapper, beehoon soup, nasi lemak, satay beehoon, beef satay, chendol, and green bean fritter and even fried banana ball.

Such is the power of Group Dynamics!



CHURCH OF ST MARY OF THE ANGELS
HOSPITALITY & COMMUNITY

Twilight

St Mary's Seniors Newsletter

Mission Statement
To promote a purposeful, productive, healthy and happy lifestyle
14th Year - November 2023

Remember All Saints Day is a Holy Day of Obligation - Thursday 1 November 2023

*Wishing St Mary's Seniors
Love, peace and ultimate happiness
On All Saints Day.*

All Souls Day - Friday 2 November 2023

All Souls Day is not a Holy Day of obligation. However, on the occasion of All Souls Day, let us remember our departed loved ones and pray for them.



Dear Father, Help me to keep my eyes on Jesus. Despite the hostility poured on him by sinners, he obeyed you, even to the point of death. Help me submit to your discipline, for I know that it assures me that I am your legitimate child, not just a slave. Help me to respect your discipline, as from a heavenly Father, even more than discipline I received from my earthly father.

Help me bear up under the painful aspects of your discipline, understanding that it yields the fruit of righteousness.

Teach me to rely on you and trust you, as a small child does a father. Let me become as a little child, that I may enter your Kingdom!

In the name of Jesus I ask. Amen.

Reprint from: "Heartlight.org"

Watching the Movie on St Francis of Assisi

By Teresa Koh

St Mary's Seniors Group organised a screening of the Movie on St Francis of Assisi on 28 September. With the feast of St Francis approaching on 4th October, we extended the show to interested parishioners. About fifty of us gathered to watch the 102 minutes show which certainly helped us to know and appreciate this saint who started the Franciscan Order. Besides enjoying the movie on a large television screen, there were some simple yet yummy snacks for us to fellowship over during intermission of the movie.



The day's matinee ended meaningfully with the famous song of St Francis ***Make Me a Channel of Peace***, as well as acknowledgment of thanks to Serena Yeo (Hospitality & Community Office) and Bernard Lim (Digital & Communication Office) for their assistance in ensuring the movie went smoothly. Alleluia!

Exploring Singapore via Bus Rides

By Teresa Koh

With some Seniors attending the Mind Your Movement Course for three consecutive Thursdays, beginning 12 October, I decided to take the other Seniors on bus rides to explore parts of our Homeland.

An article in the newspaper on 14 August by Kayne Yeo on "Explore Singapore on these ten Scenic Bus Routes" caught my interest. I thought it was a great idea to hop on one double-decker bus and grab a seat at the front row (upper deck of the bus) for a panoramic view of the places the bus will pass. It can also be very therapeutic!

So, on 12 October about ten Seniors met at Clementi MRT Station to take a train to Bedok Station.



On arrival, we went to explore the variety of hawker-fare at the nearby centre.

After a hearty lunch, we headed to Bedok Bus Interchange to take Bus 35.

Bus 35 encompasses a two hour wonderful coastal ride.



We were treated to scenic coastal views along Tanah Merah Coastal Road, passing by Laguna Country Club, Tanah Merah Ferry Terminal and Changi Naval Base before heading back to Bedok Bus Interchange.



We then went for some dessert and drinks before going back to Bedok MRT station for our journey home with plans in minds for our next exploration.

Sally Lim (right, in blue) commented: In my 79 years this is the first time I am on a double decker bus! The outing was enjoyable, fun and 'shio' with the like-minded friends, good weather and lots of laughter. A cheap and great way to spend time together.

