



Catholic Church of the Holy Trinity

14th Sunday in Ordinary Time, 9 July 2023

20 Tampines St 11
Singapore 529455
Tel: 67842332
UEN: T08CC4049A
holytrinity.org.sg



Priests

Fr Frederick Quek 67841211
Fr Luke Zhang 67846418
Fr Shaun Lim 67865043
Parish Office 67842332
htadmin@holytrinity.org.sg

Mass Timings

Weekday

6:30am; 6pm

Saturday

6:30am; 5:30pm

Sunday

6:45am; 8:30am (Mandarin);
10:15am; 12pm & 5:30pm

Parish Office

Monday - Friday

9am - 6pm

Saturday/Sunday

9am - 1pm

Public Holidays

Closed

Columbarium

Monday - Friday

9am - 6pm

Saturday

10:30am - 6pm

Sunday

Open during Mass timings

Public Holiday

Closed

Weddings

Wedding bookings to be made
1 year in advance. Please
enquire at the Parish Office.



“Come to me, all you who labor
and are overburdened, and I will
give you rest.”
Matthew 11:28

Sunday Meditation

14th Sunday in Ordinary Time, Year A

**Zechariah 9:9-10; Psalm 145:1-2, 8-11, 13-14; Romans 8:9, 11-13;
Matthew 11:25-30**

I am meek. (Matthew 11:29)

Does it bother you that Jesus called himself meek? We often equate meekness with weakness, and who wants to think of Jesus as weak? But surprisingly, meekness is the exact opposite. It requires strength—a strength that exercises control and restraint over our impulses so that we can manifest the presence of God.

Today's first reading from Zechariah gives an excellent illustration of a meek ruler. He banishes the chariot and the warrior's bow and proclaims peace to the nations (Zechariah 9:10). Instead of provoking aggression and conquering with force, he is a "just savior" whose meekness diffuses anger and violence (9:9).

That's the type of meekness and gentle strength that Jesus showed throughout his life. Jesus wasn't one to be always "spoiling for a fight." Think about the way he calmly passed through the midst of a crowd that wanted to kill him (Luke 4:30). Or the way he quietly endured his passion and death. Though he was harshly treated, like Isaiah's Suffering Servant, "he submitted and did not open his mouth" (Isaiah 53:7). As the Son of God, Jesus could have reacted with terrifying displays of power. But he exercised self-control and refused to let anger overpower him. And because he responded in a peaceful way, he disarmed his enemies.

Jesus calls us to learn the same gentleness from him. So consider: where do you need a little more meekness? Ask the Holy Spirit to help you. Maybe you need the grace to curb your tongue instead of responding angrily to an insult. Maybe you need the

strength to react thoughtfully when you see injustice instead of flying off the handle. The more you practice, the more you imitate Jesus, the more his grace can lay a foundation of gentleness and meekness in your heart.

Reflection from Word Among Us

Parish Activities

Sunday (9 July)

- 10:00am – 11:20am : Mandarin
Divine Mercy
4:00pm – 5:00pm : Legion of Mary
(Mother of Holy
Innocents)

Monday (10 July)

- 7:00pm – 9:30pm : Jesus Youth
7:45pm – 9:30pm : RCIA Mandarin

Tuesday (11 July)

- 7:30pm – 9:30pm : Legion of Mary
Mandarin
(天主之母)
8:00pm – 9:00pm : Christian
Meditation

Wednesday (12 July)

- 9:00am onwards : Church Cleaning
(by Willing
Hands)
10:00am – 12:00pm : JOY for the
elderly
7:45pm – 9:30pm : RCIA
8:00pm – 9:30pm : Charismatic
Prayer
Community

Thursday (13 July)

- 10:00am – 12:00pm : Catholic Praying
Mothers
10:00am – 11:30am : Legion of Mary

Parish News

- (Mary, Full of Grace)
- 7:30pm – 9:30pm : Legion of Mary (Our Lady of Charity)
- 7:45pm – 9:30pm : RCIA English
- 8:00pm – 9:30pm : Lectors
- 8:00pm – 9:30pm : Legion of Mary Mandarin (圣母升天)

Friday (14 July)

- 7:15pm – 9:15pm : Legion of Mary Mandarin (圣母领报)
- 8:00pm – 9:00pm : Divine Mercy Devotion

Saturday (15 July)

- 9:00am onwards : Church Cleaning (by Willing Hands)
- 10:30am – 1:00pm : Confirmation Mass
- 1:00pm – 2:30pm : Legion of Mary (Mary, Star of the New Evangelisation)
- 3:30pm – 5:00pm : Legion of Mary (Queen of Angels)

Other Timings

Rosary Prayer

Weekdays: 5:25pm @ Chapel

Saturday & Sunday: 4:55pm @ Main Church

Sacrament of Confirmation

Confirmation Mass will take place on Saturday, 15 July, 10:30am. Please pray for our confirmands.

Archdiocese Events

SFX Major Seminary Annual Vocation Retreat

Friday, 11 Aug – Saturday, 13 Aug
Montfort Retreat Centre,
622 Upper Bukit Timah Rd

The seminary will be having their annual vocation discernment retreat from 11 to 13 Aug, for men 21-35 years old. This 3-day-2-night retreat serves as an excellent introduction into the life of a priest as well as the seminary. Please scan the QR code below, or follow the link to the sign-up form @

tinyurl.com/vcaug2023



