



Catholic Church of the Holy Trinity

3rd Sunday of Lent, 12 March 2023

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Singapore 529455
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Priests

Fr Frederick Quek 67841211
Fr Luke Zhang 67846418
Deacon 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

Public Holiday

9am

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

Preparations to be made
1 year in advance.

Enquire at Parish Office



“Sir, give me this water, so that I may
not be thirsty or have to keep coming
here to draw water.”
(John 4:15)

Stations of the Cross

Every Thursday in Teochew

8:00pm @ Chapel

Every Friday in English

3:00pm @ Chapel

6:30pm @ Main Church

Sunday Meditation

3rd Sunday of Lent, Year A

Exodus 17:3-7; Psalm 95:1-2, 6-9; Romans 5:1-2, 5-8; John 4:5-42

While we were still helpless . . . (Romans 5:6)

Do you think of yourself as “helpless”? “Of course not,” you might reply. “I have God-given abilities; I have family and friends to support me. I can take care of myself in lots of ways.”

But this isn’t the type of “helplessness” that St. Paul is talking about in our first reading. He’s saying that Jesus didn’t wait for us to help ourselves out of sin; he gave us his help by dying on the cross for us. He offered his mercy even before we asked for it! This sounds a bit like the father of the prodigal son in yesterday’s Gospel, doesn’t it?

The story of the Samaritan woman in today’s Gospel shows this principle in action as well. From the outside, this woman might not have seemed all that helpless. But Jesus saw her vulnerability and powerlessness. As a woman married many times who was now living in sin, she was helpless to integrate herself into society. That’s why she went to draw water at midday, when all the other women would not be there (John 4:6-7). She was helpless to explain her irregular marital situation when Jesus brought it up (4:16-17). And she was helpless against whatever fallen drives or external forces kept pushing her from one relationship to the next (4:18).

But Jesus came to her in all that helplessness and offered her the water of life. He didn’t wait for her to get her act together. He didn’t wait for her to seek him out. He came to her and engaged with her. He gave her hope that her life could change, that she could be saved, and that she could be restored. Simply put, in her helplessness, Jesus helped her.

He can do that for you, too! Even now, Jesus wants to help you, even if you don’t think of yourself as “helpless.”

He sees your need, and he has just the right amount of grace and love to fill that need. So let Jesus come to you and help you today.

“Jesus, I need you!”

Reflection from Word Among Us

Parish Activities

Sunday, 12 March

4:15pm – 5:00pm : Legion of Mary Jr
(Mother of Holy Innocents)

Monday, 13 March

8:00pm – 9:00pm : Hour of Prayer

Tuesday, 14 March

7:00pm – 9:00pm : Jesus Youth

7:30pm – 9:30pm : Legion of Mary,
Mandarin (天主之母)

8:00pm – 9:00pm : Christian Meditation

Wednesday, 15 March

9:00am onwards : Church cleaning
(By Willing Hands)

7:30pm – 9:30pm : Extraordinary
Ministers Lenten
Reflection

8:00pm – 9:00pm : Charismatic Prayer
Community

Thursday, 16 March

10:00am – 11:30am: Legion of Mary
(Mary, Full of Grace)

10:00am – 12:00pm: Catholic Praying
Mothers

7:00pm – 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)

Parish Activities

Friday, 17 March

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

Saturday, 18 March

- 9:00am onwards : Church cleaning
(By Willing Hands)
10:30am – 12:00pm: Holy Trinity Youth
11:30am – 1:00pm : Legion of Mary
(Mary, Star of the
New Evangelization)
6:45pm – 8:00pm : Tamil Monthly
Prayer

Other Timings

- Rosary Prayer
Weekdays: 5:25pm at Chapel
Sunday & Saturdays: 4:55pm at
Main Church

Parish News

Lenten Penitential Service

Service will be held on Monday, 27th
March, 10:30am and 8:00pm at the Main
Church.

Rosary @ the Grotto

During Lent, Rosary prayers at the grotto
will change from the first Fridays of the
month to the first Tuesdays of the month
due to Stations of the Cross.

IT & Media Ministry

Our parish is gathering a team to operate
the church's AV systems and social
media. Please contact Gary at 6784 2332
or gary.teo@holytrinity.org.sg with your
interests.

Traffic Wardens Needed

Approach our Traffic Wardens on
Sundays or contact parish staff in the
office or at htadmin@holytrinity.org.sg.

Archdiocese News

Online Lenten Reflection Booklets



Scan the QR code for the
downloadable version of
the Lenten Reflection
Booklet from Office of
New Evangelization,

Archdiocesan Pastoral Council

Led by Cardinal William Goh, the
Archdiocesan Pastoral Council (APC) is
made up of clergy, religious, and lay
people. Their role is to discern the
people's hopes and concerns and develop
a pastoral plan for the Catholic Church
in Singapore. Visit www.catholic.sg/apc/

Archdiocese Events

Intercession Retreat #7

Saturday, 18 March & Sunday, 19 March

9:00am – 6:00pm each day
Catholic Spirituality Centre
1261 Upp Serangoon Rd, 534796
Conducted by CSC Retreat Team and
Vincent Lee: Understand the power of
intercession and the qualities of an
intercessor.

Sign up @ bit.ly/CSCIntRet7

BRAVE Steps

Every Tuesday 21, 28 March; 11, 18 April

8:00pm – 10:00pm, Via Zoom
A new psycho-spiritual program
organised by Clarity Singapore to explore
the intersection between mental health
and our Catholic faith. Learn faith-based
coping strategies, signs and symptoms of
common mental health conditions and
how to journey with others in your
mental health journey.

Sign up @ tinyurl.com/bravesteps2023

Archdiocese Events

Module 2 of My Personal Compass 2023

Every Thursday, 23 March – 4 May,

7:30pm onwards

CANA at Catholic Centre

55 Waterloo St, 187954, Level 3

What is a virtue? Why are virtues so central to the Church's moral teachings and tradition? How do they help us to become more fully human?

Sign up @ tinyurl.com/MPC2023Mod2

CBN Lenten Retreat 2023

Saturday, 25 March, 9:00am – 5:00pm

Agape Village, MPH 1, Level 1

7A Lorong Toa Payoh, 319264

Organised by Catholic Business Network (CBN) and lead by Fr Francis Lim, SJ:

Come for a day of recollection with a talk and sharing around the theme “Finding Joy @ Work with Christ”.

Sign up @ bit.ly/CBNLENT23

Learning to Listen and Facilitate

2 Saturdays, 25 March & 1 April,

9:00am – 5:00pm

Catholic Archdiocesan Education Centre

2 Highland Rd, 549102

Organized by Office of Catechesis: In this course, participants will learn how to listen authentically which is key in facilitating small faith-sharing groups.

With its practical components, this course hopes to equip those in the ministry with facilitation tools that can deepen their craft in catechesis.

Sign up @ tinyurl.com/FCC-LLF

Archdiocese Events

SHINE 23 Retreat

Monday, 27 March – Fri, 31 March

Office for Young People

2 Lorong Low Koon, 536449

Annual retreat organised by Office for Young People for Polytechnic, ITE & Private Diploma students. Come for an opportunity to encounter Jesus and to know the various Catholic communities and friendships that can support your spiritual journey across the institutions.

Sign up @ tinyurl.com/shine23p

Crucis Singapura

Saturday, 1 April

Walking barefoot across the island. This is an annual Lenten event organized by Jesus Youth where young people reflect on the Passion of Christ and partake in the Lord's suffering as they walk. Participants choose a parish and walk in pre-determined routes towards the same destination – Church of the Holy Spirit. The event will conclude with a final prayer and blessing at 3pm.

Sign up @ singapore.jesusyouth.org/crucis-singapura-2023/

View the bulletin online at:

holytrinity.org.sg/weekly-bulletin/