



# Catholic Church of the Holy Trinity

1<sup>st</sup> Sunday of Lent, 26 Feb 2023

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Singapore 529455  
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[holytrinity.org.sg](http://holytrinity.org.sg)



## Priests

Fr Frederick Quek 67841211  
Fr Luke Zhang 67846418  
Deacon Shaun Lim 67865043  
Parish Office 67842332  
[htadmin@holytrinity.org.sg](mailto: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 - 1pm

#### Sunday

Open during Mass timings

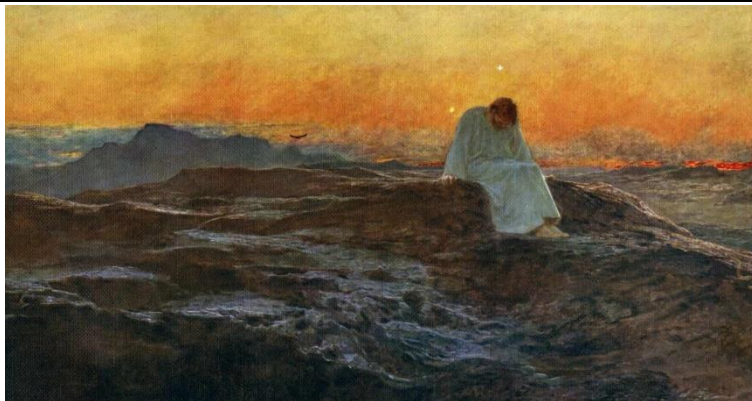
#### Public Holiday

Closed

## Weddings

Preparations to be made  
1 year in advance.

Enquire at Parish Office



“You must worship the Lord your  
God, and serve him alone.”  
(Matthew 4:10)

### Stations of the Cross

Every Thursday in Teochew

8:00pm @ Chapel

Every Friday in English

3:00pm @ Chapel

6:30pm @ Main Church

## Sunday Meditation

### 1<sup>st</sup> Sunday of Lent, Year A

**Genesis 2:7-9; 3:1-7; Psalm 51:3-6, 12-13, 17; Romans 5:12-19;**

**Matthew 4:1-11**

*You will be like gods. (Genesis 3:5)*

We know what the first sin was: Adam and Eve disobeyed God by eating the forbidden fruit. But do you know what the first temptation was? “You will be like gods” (Genesis 3:5).

This is the temptation that has always plagued humanity. Like gods, we want to be in control. We want to decide what’s right and wrong. We want the power, honor, and glory that belong only to the Lord.

This is the same temptation that Jesus conquered in his battle with Satan in the desert. In today’s Gospel, the devil tries to tempt Jesus to rebel against his Father’s plan. He taunts Jesus, saying, “If you are the Son of God . . .” (Matthew 4:3, 6). In other words, If you are really who you claim to be, don’t wait for your Father’s permission. Go ahead and act like God!

But Jesus “did not regard equality with God something to be grasped” (Philippians 2:6). Though he was God incarnate, he submitted to his Father’s will each and every day. Finally, he undid that first sin of Adam when he offered himself on the cross to save us (Romans 5:12, 15).

This Lent, ask the Spirit to help you recognize where you are being tempted to rebel against God. It may be something subtle, like persisting in a bad habit. Or it may be something more obvious, like resisting God’s will in a difficult situation.

Don’t get discouraged if you see signs of rebellion. Instead, let the words of St. Paul in today’s second reading encourage you: through Jesus’ death and resurrection, we have all received an “abundance of grace” (Romans 5:17).

That grace can help you overcome any temptation—including the temptation to be your own god! This Lent, just keep asking for God’s grace, and trust that it will never run out.

*“Jesus, give me the grace to submit to you in all things.”*

### Reflection from Word Among Us

## Parish Activities

### Sunday, 26 Feb

10:20am – 11:40pm: Mandarin Divine Mercy

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

### Tuesday, 28 Feb

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

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

8:00pm – 9:30pm : Mandarin Bible Studies

### Wednesday, 1 March

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

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

### Thursday, 2 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

## Parish Activities

### Friday, 3 March

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

### Saturday, 4 March

- 9:00am onwards : Church cleaning  
(by Willing Hands)
- 9:00am – 11:30am: St Vincent de Paul  
Ration Day
- 10:30am – 12:00pm: Holy Trinity Youth
- 11:30am – 1:00pm : Legion of Mary  
(Mary, Star of the  
New Evangelization)

### Other Timings

Rosary Prayer

Weekdays: 5:25pm at Chapel

Sunday & Saturdays: 4:55pm at  
Main Church

## Parish & Ministry News

### Traffic Wardens Needed

Approach our Traffic Wardens on  
Sundays, or contact the parish office at:  
[htadmin@holyltrinity.org.sg](mailto:htadmin@holyltrinity.org.sg)

### 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.

## Archdiocese Events

### Special Needs Catechesis Dialogue

Monday, 27 Feb 7:30pm – 9:30pm

Catholic Archdiocesan Education Centre  
2 Highland Rd, 549102

Organised by Office of Catechesis:  
Understand how the Office is catechizing  
for special needs and how you can become  
collaborators through the dialogue.

Register: [www.catechesis.org.sg/2023-courses-events/SN-Dialogue](http://www.catechesis.org.sg/2023-courses-events/SN-Dialogue)

## Archdiocese Events

### Canossa Catholic Primary School Stall

The school canteen has vacancies for  
Chinese Economy Rice and Western Food.  
Interested parties may contact the school  
at [CCPS@moe.edu.sg](mailto:CCPS@moe.edu.sg) or 6844 1418.

### Theology of the Body Course

5 Thursday Evenings, 2 – 30 March

8:00pm – 10:00pm

Online via Zoom

Understanding Sexuality, Love and the  
Meaning of Life is critical for marriage  
and sexual morality. It concerns the entire  
Gospel, Bible and Mission of Christ. A  
must for all in family, youth ministry and  
teen or adult catechesis; and all who want  
to make sense of sexual moral confusion  
and scandals in the Church and the world.  
Register: <http://tinyurl.com/ACT-Talk-Signup>

### Wisdom is the Cross – Lenten Retreat

Friday, 3 March – Sunday, 5 March

Montfort Centre

624 Upper Bukit Timah Road, 678212

Enter the depths of mystery of the  
Wisdom of God, not in mere philosophy  
but in carrying the cross.

Register: [www.montfortcentre.org/events-1/wisdom-is-the-cross-2023](http://www.montfortcentre.org/events-1/wisdom-is-the-cross-2023)

### 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.  
Fee: \$64.80

Register: [tinyurl.com/shine23p](http://tinyurl.com/shine23p)

*View the bulletin online at:*  
[holytrinity.org.sg/weekly-bulletin/](http://holytrinity.org.sg/weekly-bulletin/)