



# Catholic Church of the Holy Trinity

5th Sunday in Ordinary Time, 5 Feb 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](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 are the salt of the earth...**  
**You are the light of the world...**  
**(Matthew 5:13,14)**

### Palm Collection for Ash Wednesday

**25 Jan (Wed) – 18 Feb (Fri)**

**Please deposit your old palms in the  
baskets at Foyer.**

## Sunday Meditation

### 5th Sunday in Ordinary Time, Year A

Isaiah 58:7-10; Psalm 112:4-9; 1 Corinthians 2:1-5; Matthew 5:13-16

*Your light must shine before others, that they may see your good deeds and glorify your heavenly Father. (Matthew 5:16)*

How are our good deeds like a shining light? And why do they bring glory to God? A key to understanding Jesus' words lies in today's first reading from Isaiah.

The reading describes what have come to be called the corporal works of mercy: feeding the hungry, clothing the naked, sheltering the homeless, giving to the poor (Isaiah 58:7, 10). By performing these works, we imitate our heavenly Father, whose mercy knows no bounds. So when people see these "good deeds" (Matthew 5:16), they see how God loves them: with generosity, mercy, and faithfulness. We believe that God himself reaches out to people through our actions. He is helping us display a "family likeness" to him, and it points anyone who sees us back to him.

In a broader way, our works of mercy can also contribute toward the kind of society that reflects God's priorities. How? The mercy we show people changes our own hearts. We see other people as beloved children of God, and that affects the way we act. And people notice. When, for instance, we sacrifice a night out so that we can give ztime or money to the needy, our corner of the world begins to look a little more like God's kingdom. When his generosity starts to overcome our selfishness or materialism, we help the people around us see that something different, something better, is possible. And, as Isaiah says, our "light shall break forth like the dawn" (58:8).

What concrete ways can God show his mercy through you? Start at your parish. It likely has programs to serve the poor or reach out to those in need. Maybe you could work at a homeless shelter or even start an outreach like serving lunches at a soup kitchen.

Get involved, and let the light of God's likeness shine forth.

*"Father, I want my actions to glorify you!"*

**Reflection from Word Among Us**

## Parish Activities

### Sunday, 5 Feb

10:45am – 12:00pm: Training for Stations of the Cross in Teochew

11:30am – 1:00pm : Legion of Mary (Mary, Star of the New Evangelization)

### Tuesday, 7 Feb

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

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

### Wednesday, 8 Feb

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

### Thursday, 9 Feb

10:00am – 11:30pm: Mandarin Bible Study

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

9:00am – 12:00pm: Catholic Praying Mothers

7:00pm – 9:30pm : Legion of Mary (Our Lady of Charity)

7:00pm – 9:30pm : Society of St Vincent de Paul Meeting

7:45pm – 9:30pm : RCIA English

8:00pm – 9:30pm : Lectors

8:00pm – 9:30pm : Legion of Mary Mandarin (圣母升天)

### Friday, 10 Feb

7:15pm – 9:15pm : Legion of Mary, Mandarin (圣母领报)

8:00pm – 9:00pm : Divine Mercy Devotion

## Parish Activities

### Saturday, 11 Feb

- 9:00am onwards : Church cleaning  
(by Willing Hands)  
9:00am – 11:30am: Society of St Vincent  
de Paul Ration Day  
10:00am – 12:00pm: Holy Trinity Youth  
3:30pm – 5:30pm : Legion of Mary  
(Queen of Angels)

### Other Timings

Rosary Prayer

Weekdays: 5:25pm at Chapel

Sunday & Saturdays: 4:55pm at  
Main Church

## Parish & Ministry News

### Teochew Stations of the Cross

Stations of the Cross in Teochew will take place every Thursday, from 23 Feb – 30 Mar, at the Chapel.

### Calling for Help

#### Traffic Wardens

Contact our Traffic Wardens on Sunday at the parish office or  
[htadmin@holyltrinity.org.sg](mailto:htadmin@holyltrinity.org.sg)

#### Holy Trinity Choral Ministry

Our Choral Ministries are seeking for organists/pianists and singers. Contact Audrey at [audreychoo2015@gmail.com](mailto:audreychoo2015@gmail.com)

## Archdiocese Events

### BCC02: Scripture

Every Tuesday, 7 – 28 Feb

7:30pm – 10:00pm

Online via Zoom

Organized by Office of Catechesis. Learn about the fundamental principles that upholds and animate the themes of Sacred Scripture. Register:

<https://tinyurl.com/bccscripture2023>

## Archdiocese Events

### Jesus Encounter Retreat #2

Wednesday, 8 Feb – Sunday, 12 Feb

Catholic Spirituality Centre,  
1261 Upp Serangoon Rd, 53796  
Fee: \$400

Come see and experience the love of the Father through a personal encounter with Jesus in the power of the Holy Spirit as He leads, guides, heals and restores.

Register: [bit.ly/cscjer2](http://bit.ly/cscjer2)

### Praying with Candidates in Our Prayer Space

Every Thursday, 16 & 23 Feb,

7:30pm – 10:00pm

Catholic Archdiocesan Education Centre,  
2 Highland Road, 549102

Organised by Office of Catechesis:

Understand prayer ministry, why we pray for each other and how the Holy Spirit ministers through us in prayer. Register:

<https://tinyurl.com/prayerspaces2023>

### Encouraged Retreat 2023

Friday, 17 Feb – Sunday, 19 Feb

LifeSprings Canossian Spirituality Centre  
100 Jln Merbok, 598454

Organized by Courage Singapore:

A retreat for parents and spouses of people who identify as LGBT. For a weekend of prayer and reflection on God's call to accompany our loved ones who identify as LGBT. Register:

[spdicourage@gmail.com](mailto:spdicourage@gmail.com)

### Helping Your Children Cope with Stress and Anxiety

Friday, 17 Feb, 8:00pm – 9:30pm

Online via Zoom

Organised by Catholic Family Life with Dr Tan E-Ching

Learn ways to help your child cope with stress and anxiety. As a parent, learn how you can support them in such times.

Register: [https://bit.ly/CCWSA\\_website](https://bit.ly/CCWSA_website)

## Archdiocese Events

### **Prayer 101: An Introduction to Silence & Prayer for Young Adults**

Saturday, 18 Feb – Sunday, 19 Feb

Saturday, 25 March – Sunday, 26 March

Kingsmead Hall,

8 Victoria Park Rd 266492

For adults 21 to 35 years old. An introduction to silence and prayer through forms of prayer in the Ignatian tradition and the different important elements in a retreat setting.

Fees: \$80

Register: <https://bit.ly/2023Prayer101>

### **64<sup>th</sup> Beginning Experience Weekend**

Friday, 10 March – Sunday, 12 March

Fee: \$230

Affiliated to Catholic Family Life.

Beginning Experience Weekend is for the permanently separated, divorced or widowed men and women. To help single-again individuals move from their grief to a new beginning, to be healed and free to love themselves, others and God.

Register: <https://tinyurl.com/BE-SG-WKD>

## In a thousand words...

### **Fr Joe's Farewell & Deacon Shaun's Welcome (29 Jan 2023)**

All the best  
Father Joe!

