



# Catholic Church of the Holy Trinity

5<sup>th</sup> Sunday in Ordinary Time, 4 February

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 67843190  
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

### Everyday

6:30am - 6pm

### Public Holiday

Closed by 10am

## Church Wedding

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



“And he went all through Galilee,  
preaching in their synagogues and  
casting out devils.”

Mark 1:39

## Eve of Chinese New Year

9 Feb, Fri - 6:30am

*Evening Mass will be at 5:00pm*

## Chinese New Year Mass

10 Feb, Sat - 8:30am (Mandarin)

10:15am (English)

5:30pm (Usual Sunset Mass)

## Sunday Meditation

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

Job 7:1-4, 6-7; Psalm 146:1-6

1 Corinthians 9:16-19, 22-23; Mark 1:29-39

*My days . . . come to an end without hope.  
(Job 7:6)*

Poor Job! He had lost his possessions, his family, and his health. But perhaps worst of all, he had lost his hope. Now there was nothing for him to do but suffer and wait for death to take him out of his misery. He was convinced that he would “not see happiness again” (Job 7:7).

We all need hope, but it’s not something we can manufacture on our own. Instead, we need something to pin our hopes on, and that was what Job was lacking. Like Job, if we don’t see something on the horizon that will improve our current situation, we will find it hard to keep going.

Perhaps that’s how the people in Jesus’ time felt as well. They had been living under harsh Roman occupation, and they didn’t know when God would come to rescue them. But then Jesus came on the scene. In today’s Gospel, he heals Peter’s mother-in-law and then spends the evening healing people and casting out demons (Mark 1:32-34). What hope this must have sparked, not only in the people he had cured, but in everyone who had witnessed such divine power! Perhaps he really was the Messiah they had been waiting for!

The next morning, Jesus told the disciples that he was going to other villages in Galilee to preach and heal. “For this purpose have I come” (Mark 1:38).

For this purpose I have come. Jesus came to give us hope: to heal us of our sins and free us from the power of death. He came to give us life in him, a life that begins now but will last into eternity.

Perhaps you are tempted to feel hopeless about a difficult situation in your life. Or maybe you’re discouraged about what the future will hold. But remember what Jesus said: he came for a purpose, and that purpose is being fulfilled in your life and in the world even now. He is the horizon you can look to whenever you are tempted to give up hope. May we always keep our eyes on him!

*“Jesus, you are my hope, now and forever.”*

*Reflection from Word Among Us*

## Parish Activities

### Sunday, 4 Feb

4:00pm – 5:00pm : Legion of Mary  
for Children  
(Mother of Holy  
Innocents)

### Monday, 5 Feb

7:45pm – 9:00pm : RCIA Mandarin  
8:00pm – 9:00pm : Hour of Prayer,  
Chapel

### Tuesday, 6 Feb

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

### Wednesday, 7 Feb

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

### Thursday, 8 Feb

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

- 10:00am – 12:00pm : Catholic Praying Mothers
- 7:30pm – 9:30pm : Legion of Mary (Our Lady of Charity)
- 7:45pm – 9:30pm : RCIA
- 7:45pm – 9:30pm : Society of St Vincent de Paul
- 8:00pm – 9:30pm : Lectors
- 8:00pm – 9:30pm : Legion of Mary Mandarin (圣母升天)
- 8:00pm – 9:30pm : Legion of Mary Mandarin (诸圣之母)

### Friday, 9 Feb

#### Eve of Chinese New Year

6:30am

5:00pm

### Saturday, 10 Feb

#### Chinese New Year

8:30am (Mandarin)

10:15am (English)

5:30pm (Usual Sunet Mass)

### Other Timings

Rosary Prayer before Mass

Weekdays: 5:25pm @ Chapel

Saturday & Sunday: 4:55pm @ Main Church

## Parish Schedule

### **RCIA 2024/2025**

The next RCIA journey will begin on 6 June. Application forms are located at the foyer and notice board.

For enquiries: [rciaht@gmail.com](mailto:rciaht@gmail.com)

### **Catechism Registration 2024**

Registration for Level 1 Catechism is open for children born in 2017 via [mycatholic.sg](http://mycatholic.sg). Instructions can be found on [tinyurl.com/catechism2024](http://tinyurl.com/catechism2024).

### **Hour of Prayer**

5 Feb, Monday

8:00pm, Chapel

Come and pray for the universal church.

### **Chinese New Year 2024**

#### Eve 9 Feb, Friday, Chapel

6:30am

5:00pm

Adjusted for reunion dinner.

#### 10 Feb, Saturday, Main Church

Chinese New Year Masses

8:30am (Mandarin)

10:15am (English)

Saturday Sunset Mass at 5:30pm as usual.

#### 11 Feb, Sunday

Usual Sunday Mass timings

#### 12 Feb, Monday, Main Church

Public Holiday Mass

9:00am only

### **† Lent 2024 †**

#### Ash Wednesday Masses

14 Feb, Wednesday, at Main Church

6:30am

6:00pm

8:00pm

#### Stations of the Cross

Beginning on 15 Feb

In Teochew, every Thursday

8:00pm, Chapel

Beginning on 16 Feb

In English, every Friday

3:00pm, Chapel

6:30pm, Main Church

#### Lenten Reflection Booklet

(Digital version)

<http://tinyurl.com/lenten2024>

## Archdiocese Events

### **SHINE Retreat 2024**

20 - 23 March

Office for Young People

Calling all Polytechnic, ITE and Private diploma students between ages 16 and 23! SHINE is a Catholic encounter retreat for all who are currently studying or waiting to be enrolled in Polytechnic, ITE, or private diploma institutions! Jesus called out to Lazarus to become fully alive! As you enter a new academic year, he is inviting you in the same way. Come and accept his invitation! Register via link: [tinyurl.com/Shine2024](http://tinyurl.com/Shine2024)

### **Beginning Experience**

8 - 10 March

Lifesprings Canossian Spirituality Centre

Beginning Experience (BE) is a peer ministry for separated, divorced and widowed individuals. The ministry helps those who are divorced, separated or widowed to come to terms with their loss and be healed, so that they can be free to love themselves, others and God. Register via link: [tinyurl.com/be-sg-wkd](http://tinyurl.com/be-sg-wkd)

### **Angelico Art Award 2024**

Inviting artists to explore their faith by participating in Angelico Art Award 2024. This round, artists will reflect on the theme, "The Greatest of These is Love" (1 Cor 13:13). Two categories are available: Youth (13-24 years) and Open (25 years and above). Please submit your art via the website: [www.angelicoart.com](http://www.angelicoart.com)

### **Ephesians 6:10-17: Armour of God Retreat**

6 – 7 April

St Francis Xavier Retreat Centre

A stay-in retreat that unpacks the spiritual and practical implications in Ephesians 6:10 – 17 and helps leaders to be equipped with the "whole armour of God". Register via link: [www.catholicleader.sg](http://www.catholicleader.sg)

**Fr Fred, Fr Luke, Fr Shaun  
and parish staff  
wishes all parishioners a  
blessed Lunar New Year**

