



# Catholic Church of the Holy Trinity

18<sup>th</sup> Sunday in Ordinary Time, Year B, 4 August 2024

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; 12:00pm and 5:30pm

### Public Holiday

8am

## Parish Office

### Monday - Friday

9am - 6pm

### Saturday/Sunday

9am - 1pm

### Public Holidays

Closed

## Columbarium

### Every day

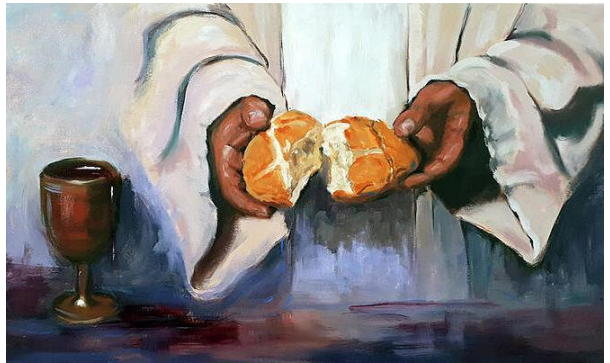
6:30am - 6pm

### Public Holiday

Closed by 10am

## Church Wedding

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



“I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.”

John 6:35

### Hour of Prayer

5 August, Monday, 8pm  
Chapel

### Public Holiday Mass (National Day)

9 August, Friday, 8am (instead of usual 9am)  
Main Church

## 18<sup>th</sup> Sunday in Ordinary Time, Year B

**Exodus 16:2-4, 12-15;**

**Ephesians 4:17, 20-24;**

**Psalm 77:3-4, 23-25, 54;**

**John 6:24-35**

*What is this? (Exodus 16:15)*

Interesting question! The Israelites had complained that they longed for bread. And God promised to give them their fill of bread. So why were they puzzled by what they saw that morning in the desert? Because what God provided for them didn't look like any bread they had ever seen. In fact, the name of this mystifying substance, manna, is a clever play on the Hebrew phrase man hu, which means "What is this?"

The crowds in today's Gospel had a very similar response. They wanted Jesus to feed them again, as he had done miraculously the day before (John 6:10-13). But instead of food, he offered them the Bread of Life, his own body and blood. Jesus was promising to feed them in a completely different way than they had expected, and that didn't make sense to them. You can imagine them asking, "What is this?"

It can be a challenge to recognize how God is providing for us, especially if our prayers aren't answered in the way we desire. Or when our hearts are set on one thing, but God gives us something different. And when God provides for us in ways we don't expect, we might ask, "What is this?"

Nowhere is this more clear than when we receive the Eucharist at Mass. What might look like simple bread and wine is actually Jesus himself, who heals, forgives, and brings life. We might come to Mass looking for one thing, only to

find that Jesus offers us something deeper. We want answers, but he gives us his very self. We want a way out of a problem, but he gives us his grace to walk through it. In this unlikely form of bread and wine, we find the One who is the answer to all of our needs!

So let's trust that God knows the sustenance we need. He hears the cries of our hearts and he provides for us in ways we could never imagine. Let's open our hearts to receive the Bread of Life that he gives us today!

*"Jesus, help me to receive what you provide for me."*

*Reflection from Word Among Us*

### Parish Activities

#### Monday, 5 August

- 7:00pm – 9:30pm : Jesus Youth
- 7:45pm – 9:30pm : Mandarin RCIA
- 8:00pm – 9:00pm : Hour of Prayer

#### Tuesday, 6 August

- 7:15pm – 9:00pm : Legion of Mary  
Mandarin  
(圣母颂报)
- 7:30pm – 9:30pm : Legion of Mary  
Mandarin  
(天主之母)
- 8:00pm – 9:30pm : Christian  
Meditation

#### Wednesday, 7 August

- 9:00am onwards : Church Cleaning  
(by Willing  
Hands)

10:00am – 12:00pm : JOY ministry,  
for the elderly  
7:30pm – 9:30pm : Charismatic Prayer  
Community

### Thursday, 8 August

10:00am – 11:30am : Legion of Mary  
(Mary, Full of  
Grace)  
10:00am – 12:00pm : Catholic Praying  
Mothers  
7:30pm – 9:30pm : Mandarin Lectors  
7:30pm – 9:30pm : Legion of Mary  
(Our Lady of  
Charity)  
7:45pm – 9:30pm : RCIA  
7:45pm – 9:30pm : SSVP  
8:00pm – 9:30pm : Lectors  
8:00pm – 9:30pm : Legion of Mary  
Mandarin  
(圣母升天)

### Friday, 9 August

*Public Holiday*  
*8am Mass only*

### Saturday, 10 August

9:00am onwards : Church Cleaning  
(by Willing  
Hands)  
10:30am onwards : Confirmation  
Mass  
1:00pm – 2:30pm : Legion of Mary  
(Mary, Star of the  
New  
Evangelization)  
2:00pm – 3:00pm : Legion of Mary  
(Queen of the  
Angels)  
7:30pm – 9:30pm : Neocatechumenal  
Way

### Other Timings

Rosary Prayer before Mass

Weekdays: 5:25pm at Chapel

Weekends: 4:55pm at Main Church

Prayer for Priests

Tuesdays: 4:50pm at Chapel

## **Parish Events**

### **Hour of Prayer**

Come and pray together for the universal  
church.

5 August, Monday, 8pm, Chapel

### **Confirmation Mass**

Teenagers from L10 Catechism will be  
receiving the Sacrament of Confirmation,  
please keep them in your prayers.

10 August, Saturday, 10:30am

## **Archdiocese Events**

### **Cantonese Retreat 2024 : The Puzzle of Grace – Rainbow after the Storm**

Saints Peter and Paul Cantonese Group is  
organising a retreat for Cantonese-  
speaking Catholics.

Church of Saints Peter and Paul  
9 August, Friday, 9am – 5:30pm

### **Walk with Caritas Family**

Caritas is organising a fundraising  
walkathon for its organizations. For more  
information and registration, please visit:  
<https://give.asia/walkwithcaritasfamily>

Ficus Green, Bishan-Ang Mo Kio Park  
5 October, Saturday, 8am – 11am



## 1. Official souvenirs for the Papal Visit

Items are available for purchase, please visit:

[www.catholicfoundation.sg/popefrancis2024/](http://www.catholicfoundation.sg/popefrancis2024/)

Or scan the QR code:



**2. Results of the 1<sup>st</sup> Ballot** will be released at 10am, 5 August. Please check your myCatholicSg account.

If you are unable to attend the Pope's Mass, please decline your ticket on myCatholicSg as these slots can be added to the 2<sup>nd</sup> round of balloting.

Unsuccessful ballots from the 1<sup>st</sup> round of balloting will automatically be included in the 2<sup>nd</sup> round.

## 3. 2<sup>nd</sup> Ballot with "restricted view"

Another round of balloting has been added due to overwhelming response. Details as follows:

Start: 10am, 5 August,

End: 11:59pm, 18 August.

Results: 10am, 19 August

For more information:

<http://www.popefrancis2024.sg/2ndballot>

## Farewell and God's Blessings Sister Rosa and Sister Victorine



The Church of Holy Trinity would like to thank Sr Rosa and Sr Victorine for more than 30 years of service to our parish. The sisters will be moving to another mission on 5 Aug 2024. They will be saying farewell on 4 Aug at the 8:30am Mass for Sr Rosa and 10:15am for Sr Victorine.

We wish them all the best in their next mission journey.

"Shalom, Fr Fred, all the priests and parishioners. We wish you, au revoir as we, FMM Sisters, move on to another mission. As Missionaries, our hearts are broken and mended many times!! We, and each of the FMMs, thank you the past 30 years, for your support and care that has helped us in our mission. May God show his face to you and give you peace always!"  
-Sr Rosa and Sr Victorine