



Catholic Church of the Holy Trinity

19th Sunday in Ordinary Time, Year B, 11 August 2024

20 Tampines St 11
Singapore 529455
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holytrinity.org.sg



Priests

Fr Frederick Quek 67841211
Fr Luke Zhang 67846418
Fr Shaun Lim 67843190
Parish Office 67842332
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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

9am

Parish Office

Monday - Friday

9am - 6pm

Saturday/Sunday

9am - 1pm

Public Holidays

Closed

Columbarium

Every day

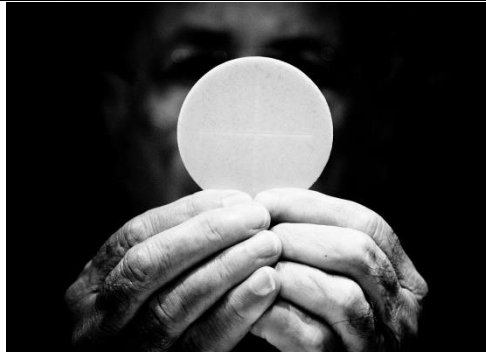
6:30am - 6pm

Public Holiday

Closed by 10am

Church Wedding

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



“Anyone who eats this bread will live for ever;
and the bread that I shall give is my flesh,
for the life of the world.’

John 6:51

The Assumption of the Blessed Virgin Mary (Day of Obligation)

Mass Timings:

Wednesday, 14 August,
8pm - Main Church

Thursday, 15 August

6:30am, 6pm, 8pm - Main Church

19th Sunday in Ordinary Time, Year B

1 Kings 19:4-8;

Ephesians 4:30-5:2;

Psalms 33:2-9;

John 6:41-51

*This is enough, O Lord! Take my life.
(1 Kings 19:4)*

Elijah is fed up. Fleeing for his life into the desert, he finds his way to a broom tree, where he collapses in despair. Alone and exhausted, he prays for death: "This is enough, O Lord! Take my life" (1 Kings 19:4).

But God doesn't answer his prayer. Instead, he sends an angel to care for Elijah's needs. "Get up and eat," the angel commands the disillusioned prophet, lest "the journey will be too long for you" (1 Kings 19:7). Elijah awakes and discovers that God has miraculously provided him with bread and water to strengthen him. Elijah had given up hope in the Lord, but the Lord had not given up on Elijah.

At some point, we may feel we have come to the end of our rope. Trials or grief, sickness or disappointment can rob us of our hope. Like Elijah, we might tell the Lord, "Enough!"

In those moments, our God is close to us, even if we can't feel it. Just as the Lord saw Elijah under that solitary broom tree, he sees us. He sees you. And just as he provided for Elijah, he will provide you with bread as well so that your journey won't be too much. But it won't be ordinary bread; it will be the "living bread that came down from heaven" (John 6:51). It will be nothing less than Jesus' own flesh and blood, the Eucharistic bread that gives us eternal life.

Today as you go to Mass, come to Jesus with an open, sincere heart. Don't be afraid to be honest with him; tell him about your needs and your burdens. Then, as you receive his Body and Blood, receive his strength and hope. Even if you can't receive Jesus sacramentally today, he is still with you. He is filling you with the grace you need to continue on. He will answer your cry for help. He will never give up on you!

*"Thank you, Lord, for sustaining me.
Jesus, I trust in you!"*

Reflection from Word Among Us

Parish Activities

Monday, 12 August

7:45pm – 9:30pm : Mandarin RCIA

Tuesday, 13 August

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

7:30pm – 9:30pm : Legion of Mary
Mandarin
(圣母领报)

8:00pm – 9:30pm : Christian
Meditation

8:00pm – 9:30pm : Lectors

Wednesday, 14 August

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

10:00am – 12:00pm : JOY ministry
for the elderly

*The Assumption of
the Blessed Virgin Mary Mass Timing
8pm*

Thursday, 15 August

*The Assumption of
the Blessed Virgin Mary Mass Timings*
6:30am, 6pm, 8pm

Friday, 16 August

- 7:30pm – 9:30pm : Legion of Mary
(Our Lady of
Charity)
- 7:30pm – 9:30pm : Couples for Christ
- Teaching Night
- 7:30pm – 9:30pm : Divine Mercy

Saturday, 17 August

- 9:00am onwards : Church Cleaning
(by Willing
Hands)
- 10:30am – 12:30pm : Holy Trinity Youth
- 11:00am – 12:00pm : Infant Baptism
Preparatory
Session
- 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

Archdiocese Events

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

Pope's Mass 2024

UNITY  **HOPE**

POPE FRANCIS SINGAPORE 2024

1. Official souvenirs for the Papal Visit

Items are available for purchase, please visit:

www.catholicfoundation.sg/popefrancis2024/

Or scan the QR code:



2. 2nd 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

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

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

For more information:

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