



# Catholic Church of the Holy Trinity

5<sup>th</sup> Sunday of Lent, 17 March

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.



“Unless a wheat grain falls on the  
ground and dies, it remains only a  
single grain” - John 12:24

## Hour of Prayer

Monday, 18 March

8:00pm, Chapel

## Stations of the Cross

*In Teochew*

Thursday, 21 March

8:00pm, Chapel

*In English*

Friday, 22 March

3:00pm, Chapel  
6:30pm, Main Church

## Sunday Meditation

### 5<sup>th</sup> Sunday of Lent, Year B

Jeremiah 31:31-34; Psalm 51:3-4, 12-15; Hebrews 5:7-9;

John 12:20-33

*When I am lifted up from the earth, I will draw everyone to myself. (John 12:32)*

This is not the first time in John's Gospel that Jesus uses the image of being "lifted up" to describe his crucifixion (John 12:32). Earlier, Jesus compared Moses' lifting of the serpent in the desert to himself being "lifted up" (3:14). Then, speaking to the religious leaders, he said, "When you lift up the Son of Man, then you will realize that I AM" (8:28).

Of course, after Jesus was nailed to a cross, he was physically lifted up. But John's repeated use of the phrase goes beyond that. Jesus' crucifixion, as horrible and painful as it was, was also an exaltation. That's because through his cross and resurrection, Jesus saved the world. It was a victory over sin, Satan, and death.

This is the paradox of the cross. It was through Jesus' suffering and death that he was glorified—and brought glory to his Father's name (John 12:28). It was by becoming that grain of wheat that falls to the ground and dies that Jesus was able to produce "much fruit" (12:24). That "fruit"—our salvation—is why we reverence the cross. It is also why Jesus could talk of his impending death as a lifting up. It was truly a triumph of love over death.

Jesus also promised to "draw everyone" to himself (John 12:32). This, too, was the fruit of his sacrifice. The cross removed the barrier of sin that blocked

our relationship with the Father. Now, forgiven and made blameless through Jesus' blood, we have become sons and daughters of God. Drawn into the heart of the Trinity, we can enjoy eternal life with God, both now and forever.

Today at Mass, gaze at the crucifix above the altar and let it speak to you of God's infinite love for you. Then praise and thank Jesus for his willingness to suffer and die so that you might live. Today is a day overflowing with grace. So turn to the Lord and affirm your faith. Tell Jesus that you believe he is who he says he is. Entrust your life to him. As you do, your faith will continue to grow, and you will trust even more deeply in Jesus' promise of eternal life.

*"Jesus, I exalt your name over all the earth!"*

*Reflection from Word Among Us*

## Parish Activities

### Monday, 18 March

7:45pm – 9:30pm : RCIA Mandarin

8:00pm – 9:00pm : Hour of Prayer

### Tuesday, 19 March

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

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

### Wednesday, 20 March

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

10:00am – 12:00pm : JOY Ministry,  
for the elderly

7:30pm – 9:30pm : Charismatic  
Prayer  
Community  
Talk

8:00pm – 9:30pm : Extraordinary  
Ministers Prayer

### Thursday, 21 March

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 : 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)

8:00pm – 8:30pm : Teochew Stations  
of the Cross

### Friday, 22 March

9:00am onwards : Cleaning and  
Cutting of Palms

6:30pm – 7:00pm : Stations of the  
Cross

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

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

### Saturday, 23 March

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

10:00am – 12:00pm : Primary  
Catechism  
Eucharistic  
Adoration

10:30am – 12:00pm : Holy Trinity  
Youth

1:00pm – 2:30pm : Legion of Mary  
Youth (Mary,  
Star of the New  
Evangelisation)

3:30pm – 5:00pm : Legion of Mary  
(Queen of  
Angels)

7:30pm – 9:30pm : Neo-  
Catechumenal  
Way Mass

### Sunday, 24 March

10:00am – 11:20am : Mandarin  
Divine Mercy

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

### Other Timings

Rosary Prayer before Mass  
Weekdays: 5:25pm @ Chapel  
Saturday & Sunday: 4:55pm @ Main  
Church

## Parish Schedule

† Lent 2024 †

### Hour of Prayer

Every Monday during Lent  
8:00pm, Chapel

Join in prayer for the universal Church.

### Stations of the Cross

Every Thursday in Teochew  
8:00pm, Chapel

Every Friday in English  
3:00pm, Chapel

6:30pm (after 6pm Mass), Main Church

<b>East District Lenten Penitential Service 2024</b>	
<i>18 March</i> Church of the Holy Family	10:30am 8:00pm
<i>19 March</i> Church of Divine Mercy	10:30am 8:00pm
<i>20 March</i> Church of St Stephen	8:00pm
<i>21 March</i> Church of Our Lady Queen of Peace	8:00pm

### **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)

### **Prayers for RCIA Elect**

Please pray for our brothers and sisters in RCIA who are preparing to receive the sacraments during Easter Vigil Mass on 30 March. Their names can be found via [tinyurl.com/HTRCIA2024](http://tinyurl.com/HTRCIA2024)

### **Charismatic Prayer Community**

*20 March, 8:00pm*

A talk on "The Cross, Mercy and Discipleship" by Alfred Pang.

### **Cleaning of Palms**

*22 March, 9:00am*

*Level 1 Church Lobby*

Calling for volunteers to help with washing and cutting the palm branches. Cutting appliances and gloves will be provided.

### **April Infant Baptism**

*Parents and Godparents*

*Preparatory Session: 13 April*

*Rite of Baptism: 20 April*

Application forms are located at the main entrance and notice board area at level 1.

## **Archdiocese Events**

### **Marriage Encounter Weekend**

English: 5-7 Apr, 31 May-2 June  
Mandarin: 15-17 March, 16-18 Aug  
Bahasa Indonesia: 19-21 Apr, 20-22 Sep

Good marriages can always be made better! To deepen your couple relationship, visit [www.wwmesg.org](http://www.wwmesg.org), or sign-up by contacting Reenie at 9676 7889, or email at [mewkend@gmail.com](mailto:mewkend@gmail.com)

### **Catholic Junior College Lenten Evening 2024**

22 March, 5:30pm - 9:00pm  
(includes dinner and tour of campus)  
Catholic Junior College Auditorium

Catholic Junior College warmly invites all youth aged 15 to 18 to participate in Lenten Evening 2024! Held in collaboration with the Office for Young People (OYP), this event aims to create an opportunity for participants to encounter Christ more deeply, as well as forge bonds across Catholic students from different schools. Register via [tinyurl.com/cjclentenevening](http://tinyurl.com/cjclentenevening)

### **New Wine Parish Conference 2024**

12 Apr - 7:30pm to 9:30pm  
13 Apr - 9:30am to 4:00pm  
St Francis Xavier Seminary Building

What makes a Parish truly welcoming? How do we play our part to extend warmth and welcome to friends and strangers alike, so they feel welcomed and belonged when they come to our parish? Join the Office for the New Evangelisation (ONE) at this year's New Wine Parish Conference as we explore how we can unlock heartfelt hospitality and be the welcome for others! Register via [bit.ly/newwine2024](http://bit.ly/newwine2024)