



# Catholic Church of the Holy Trinity

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

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## 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

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.



“He who eats my flesh and drinks my blood  
lives in me and I live in him.”

John 6:51

## Hour of Prayer

Come and pray together for the universal  
church.

Monday, 19 August, 8:00pm

Chapel

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

**Proverbs 9:1-6;**

**Ephesians 5:15-20;**

**Psalms 33:2-3,10-15;**

**John 6:51-58**

*My flesh is true food, and my blood is true drink. (John 6:55)*

In 1975, while traveling to Saigon, Vietnamese Bishop Francis Xavier Nguyen Van Thuan was arrested and thrown into prison. His family sent him a bottle labeled “medicine,” which was actually wine, as well as some hosts broken into small pieces. With these essentials, he shared the power of Jesus in the Eucharist with his fellow prisoners:

“The six Catholics in my group of fifty prisoners . . . slept close together in order to be able to pray during the night. At nine-thirty every evening . . . , I bent over my wooden board and celebrated Mass, by heart of course, and distributed Communion to my neighbors under their mosquito nets. We made tiny bags from cigarette paper to protect the Blessed Sacrament.

“Every week there was an indoctrination session. . . . My Catholic companions took advantage of the break to pass around the Blessed Sacrament to other groups. Jesus Christ was at work, curing physical and mental suffering. Many of the others who had lost their faith came back during those days.

“At night, the prisoners took turns and spent time in Adoration. The Blessed Sacrament helped tremendously. Even Buddhists and other non-Christians were converted. The strength of the love of Jesus is irresistible. The darkness of the prison turned into light, the seed germinated silently in the storm.

“I spent nine years in solitary confinement, and during that time I said Mass every day at three o’clock, the hour of Jesus’ death on the cross. . . . They were the most beautiful Masses of my life.” (The Road to Hope)

After thirteen years in prison, Bishop Nguyen Van Thuan was released. Named a cardinal in 2001, he died a year later. All his life, Jesus in the Eucharist was his “true food” and “true drink” (John 6:55). May the Eucharistic Lord always be ours as well!

*“Jesus, Bread from Heaven, nourish and sustain me all the days of my life!”*

*Reflection from Word Among Us*

### Parish Activities

#### Monday, 19 August

7:45pm – 9:30pm : Mandarin RCIA

8:00pm – 9:00pm : Hour of Prayer

#### Tuesday, 20 August

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

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

8:00pm – 9:30pm : Legion of Mary  
Mandarin  
(诸圣之后)

#### Wednesday, 21 August

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

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

8:00pm – 9:30pm : Charismatic Prayer  
Community

Prayer for Priests  
Tuesdays: 4:50pm at Chapel

### Thursday, 22 August

10:00am – 11:30am : Legion of Mary  
(Mary, Full of Grace)  
10:00am – 12:00pm : Catholic Praying Mothers  
7:30pm – 9:30pm : Bible Timeline  
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

### Friday, 23 August

9:30am – 11:30am : Evergreen  
Mandarin,  
for the elderly  
7:30pm – 9:30pm : Legion of Mary  
Mandarin  
(圣母领报)  
8:00pm – 9:00pm : Divine Mercy

### Saturday, 24 August

9:00am onwards : Church Cleaning  
(by Willing Hands)  
10:30am – 12:30pm : Holy Trinity Youth  
11:00am – 12:00pm : Infant Baptism  
1:00pm – 2:30pm : Legion of Mary  
Youth (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

## Parish Events

### **Catholic Education Sunday**

The archdiocese celebrates Catholic Education Sunday on the weekend of 24<sup>th</sup>/25<sup>th</sup> August. Students from St. Anthony's Canossian Primary School and Holy Trinity's Little Shepherd's School House will be giving out prayer cards after Mass on Saturday and Sunday.

## Archdiocese Events

### **Exam Mass and Reflection by Office for Young People**

Inviting JC/IB students to prepare spiritually for the upcoming exam season. Sign Up:  
[tinyurl.com/JCIBexammass24](https://tinyurl.com/JCIBexammass24)

6 September 2024, Friday, 2pm to 5pm  
Catholic Centre, Level 8

## Pope's Mass 2024



### 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. 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

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

For more information:

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

## Lourdes Experience 2024



7 December 2024,  
Singapore Indoor Stadium  
Event is expected to last 5 hours.

### Registration for Parishioners who are Wheelchair, Trolley or Bed-Bound

Registration is open for parishioners who wish to attend the event but are sick and wheelchair-bound, or bed/trolley-bound.

General public registration will begin in October.

#### Requirements:

1. Fill in application form, they are available at Foyer TV or Notice Board area.
2. Doctor must sign off on the application form.
3. Seat is allocated for 1 accompanying caregiver.
4. Email completed form to [lourdesexperiences@gmail.com](mailto:lourdesexperiences@gmail.com) by Tuesday, 3<sup>rd</sup> September.

For more information:

<https://www.tinyurl.com/LE2024SG>