



Catholic Church of the Holy Trinity

1st Sunday of Lent, 9 March 2025

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Priests

Fr Frederick Quek 67841211
Fr Luke Zhang 67846418
Fr Abel Antony 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

Daily

6.30am - 6pm

Church Wedding

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



“Do not put the Lord your God to the test”
Luke 4:12

Hour of Prayer

10 March, 8pm, Chapel

Come and pray together for the universal church

Stations of the Cross

Thursday, 8pm at Chapel, in Teochew

Friday, 3pm at Chapel and
after 6pm Mass at Main Church, in English

Holy Trinity Family Day

Walk and Pray

15 March, 8am to 12.30pm
SunPlaza Park and Eco Green Park

1st Sunday of Lent, Year C

Deuteronomy 26:4-10;

Psalms 91:1-2, 10-15;

Romans 10:8-13; Luke 4:1-13

If you are the Son of God . . . (Luke 4:3)

Well, that's one way for the devil to try to trip Jesus up! Get him to doubt his Father's love and care for him. Come on, Jesus! You're the Son of God. You don't need to punish yourself like this. Look, here are some rocks you could use! Or, Son of God? No one will ever believe you—you look like an everyday carpenter. If you want followers, you need to do something dramatic. I know! How about jumping off the roof of the Temple? That will draw people to yourself much more quickly!

But as tempting as all this must have been, Jesus could see through the devil's twisted logic. Being the Son of God isn't about special perks and privileges. It isn't about never going hungry or never being able to walk out the front door without being met by admirers. It's about being like your Father: pouring yourself out to lift up the wounded. It's about loving everyone selflessly, even if it means giving up your life on a cross.

As a child of God, you, too, will encounter temptations this Lent. You may be tempted to hold a grudge, to treat someone poorly, or to break your Lenten resolutions—or to commit any number of sins. But no matter what you face, it's founded on some version of the lie that the devil tried to use on Jesus. It's the false notion that God is holding something back from you, so you'll need to bend some

rules—or break them—so you can get what you think you need.

As the old saying goes, “Forewarned is forearmed.” So when you find yourself wanting to justify sin, recognize the voice of the tempter and stand firm. When you find yourself doubting God's goodness, label those thoughts as coming from our enemy, the accuser. And run to Jesus for help. He knows exactly how to overcome the devil!

“Jesus, be my shield and strength in times of temptation!”

Reflection from Word Among Us

Parish Activities

Monday, 10 March

- 7.45pm – 9.30pm : RCIA Mandarin
- 8.00pm – 9.00pm : Hour of Prayer
- 8.00pm – 9.30pm : Ex-Co Meeting

Tuesday, 11 March

- 7.30pm – 9.30pm : Legion of Mary
Mandarin
– 天主之母
- 8.00pm – 9.30pm : Christian
Meditation

Wednesday, 12 March

- 9.00am onwards : Church Cleaning
by Willing Hands
- 10.00am – 12.00pm : JOY Ministry
for the elderly

Thursday, 13 March

- 10.00am – 11.00am : Catholic Praying Mothers
- 10.00am – 11.30am : Legion of Mary – Mary, Full of Grace
- 7.00pm – 9.00pm : Legion of Mary – Our Lady of Charity
- 7.30pm – 9.30pm : Bible Sharing
- 7.30pm – 9.30pm : RCIA
- 8.00pm onwards : Stations of the Cross (Teochew)
- 8.00pm – 9.30pm : Lectors
- 8.00pm – 9.30pm : Legion of Mary Mandarin

Friday, 14 March

- 7.15pm – 9.15pm : Legion of Mary Mandarin – 圣母颂报
- 3.00pm onwards : Stations of the Cross
- After 6.00pm Mass : Stations of the Cross
- 8.00pm – 9.00pm : Divine Mercy Devotion

Saturday, 15 March

- 8.00am onwards : Church Cleaning by Willing Hands
- 8.00am – 12.30pm : Holy Trinity Family Day - Amazing Grace
- 1.30pm – 3.00pm : Legion of Mary (Youth)
- 3.15pm – 5.00pm : Legion of Mary - Queen of 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 News

Hour of Prayer

10 March, 8pm, Chapel
Come and pray together for the universal church.

Holy Trinity Family Day

Walk and Pray - “Amazing Grace”

15 March, Saturday,
8am – 12.30pm
SunPlaza Park and Eco Green Park



Inviting all parishioners for a walk and pray to SunPlaza Park for a picnic, followed by Eco Green Park for an interactive scriptural journey through 9 stations. Please scan the QR code for registration and more information.

Movie Nite

21 March, Friday, 7.30pm – 9pm
Parish Hall

Watch a movie “The Case for Christ” followed by a meaningful reflection and discussion on the film.

Crucis Singapura 2025

12 April, Saturday

Jesus Youth invites all to a unique ‘Way of the Cross’ experience where participants walk barefoot (optional) across the island marking the sign of the Cross. Please register by 6 April at <https://singapore.jesuyouth.org>

Archdiocese Events

His Seven Last Words on the Cross A Lenten Reflection

28 March
8pm – 10pm
La Salle House



Speaker Br Collin Wee, FSC. This Lent, take up your cross; listen to and reflect on Jesus' words to you from the cross. For registration or more information, please scan the QR code.

Choice Weekend Program

29 to 31 March
La Salle House,
490 East Coast Rd



For young adults aged 18 to 40. Choice weekend is a stay-in program to explore deeper relationships with family, friends, God and self. For registration or more information, please scan the QR code.

Events by Office for Young People, at 2 Lorong Low Koon

SHINE25 Retreat

1 to 5 April
Calling all Polytechnic, ITE and Private diploma students aged 16 to 25 for a Catholic encounter retreat. Register at <https://tinyurl.com/Shine25P>

Seeds Of Growth Sessions

5 & 12 April, 10am – 12.30pm
Calling all A-levels/IB students! There'll be worship, faith formation sessions, prayer, and fellowship. Come and grow in friendship with God, and fellow students!

Training courses by Catholic Leadership Centre

Companions

12 April and 17 May
Agape Village, 7A Lor 8 Toa Payoh
As followers of Jesus, we are all called to accompany one another in our journey to holiness. Come experience this walk with us.

Heart-to-Heart Conversations

5 April or 3 May
Kingsmead Centre, 8 Victoria Park Rd
Listening is the foundation of accompaniment. This recollection provides participants the space to reflect and listen to God's Word.

To register or find out more for both courses, go to www.catholicleader.sg

Retreats by Cenacle Sisters, at La Salle House, 490 East Coast Rd

Paschal Triduum: Holy Week Retreat

17 to 20 April
Daily input sessions, spiritual direction, Sacraments and Liturgies for the Holy Week. More information and registration: <https://tinyurl.com/paschaltriduum2025>

Praying the Middle Years:

A Midlife Retreat

17 to 18 May
Who am I? How have my relationships impacted me? How would I like to live meaningfully and fruitfully? Undertake a spiritual journey towards a more intimate relationship with self, others and God. More information and registration: <https://tinyurl.com/PTMY2025>