

HAVING A HEALTHY AND HOLY BALANCE IN LIFE

The Twelve came back from their first mission full of excitement. They probably wanted to talk about all they had experienced. The people kept coming to them so much so they didn't allow Jesus and his companions a chance to get a bite to eat. Jesus saw this moment, not as the time to bask in their glory or brag about their achievements, but to go away to a lonely place and rest for a while. Success can sometimes go to one's head. It can be a time of temptation. Why stop while the going is good? In such times we tend to think we can have more power, more fame, and more popularity.

Jesus knows our human nature and our needs. He shows us how to have a healthy and holy balance in life - there's a time to work and a time to rest; a time to be active and a time to be reflective; a time to serve others and a time to care for one's self.

Often we can be too self-centred and become *myopic* and unaware of the needs of others around us. At other times we become so busy with all our duties that we neglect to attend to our own self resulting in tiredness, burnout, and breakdown. Many of us find it very difficult to say "no" without feeling guilty. Finding a healthy and holy balance in life is not easy but it is an effort we have to make every day.

300 Thomson Road, Singapore 307653
T 6255 2133
F 6356 9910
E secretariatcssr@novenachurch.com
W novenachurch.com
PETITION & THANKSGIVING LETTERS
novenaletterscssr@novenachurch.com

For all his efforts to get away to that lonely place and rest, Jesus and his companions come face to face with a large crowd. They are lost and hungry *like sheep without a shepherd*. He realizes instantly this is not the right time to rest. It is the time to serve. This moment captures the human tension of the need to get away from it all and our duty to respond compassionately to the call of charity. When Jesus faces such a moment he puts aside his time of rest and reflection. He gathers the people and nourishes them with his teaching. He knows how to do the right thing at the right time. This is the key to a healthy and holy balance in life.

In her classic book, *A Gift from the Sea*, Anne Morrow Lindbergh shares her reflection on our need to get away from it all and our responsibility to the duties of love. On one of her retreats by the sea she picks up a shell to remind herself of her need to rest in midst of her daily duties. She takes it home and places it on her desk and tells it: *You will remind me that unless I keep the island-quality intact somewhere within me, I will have little to give my husband, my children, my friends or the world at large.*

Perhaps we can pick up something as a gift from the Lord that will remind us every day of "the island-quality" - the lonely place and the time to rest - we all need in order to have a healthy and a holy balance in life.

Reflection by Clement Lee, CSSR

Novena notes

16th Sunday of Ordinary Time

Year B

22 July 2018

Readings & Responses for the Week

Sun, 22 July	Jer 23:1-6; Eph 2:13-18; Mk 6:30-34 The Lord is my shepherd; there is nothing I shall want.
Mon, 23 July St. Bridget of Sweden, Religious	Mic 6:1-4,6-8; Mt 12:38-42 I will show God's salvation to the upright.
Tue, 24 July St. Sharbel Makhluf, Priest	Mic 7:14-15,18-20; Mt 12:46-50 Let us see, O Lord, your mercy.
Wed, 25 July St. James, Apostle	2 Cor 4:7-15; Mt 20:20-28 Those who are sowing in tears will sing when they reap.
Thu, 26 July SS. Joachim and Anne	Jer 2:1-3,7-8,12-13; Mt 13:10-17 In you, Lord, is the source of life.
Fri, 27 July	Jer 3:14-17; Mt 13:18-23 The Lord will guard us as a shepherd guards his flock.
Sat, 28 July	Jer 7:1-11; Mt 13:24-30 How lovely is your dwelling place, Lord, God of hosts.

WEEKDAY MASS (MON - FRI)
Time: 6.30am, 12.15pm, 6.30pm
Confession: Half an hour before Mass

SUNSET MASS (SAT)
Time: 6.30pm

SUNDAY MASS
Time: 8am, 10am, 12noon, 5.30pm

PUBLIC HOLIDAY
Time: 8am, 6.30pm

SATURDAY MORNING MASS
Time: 7am

SATURDAY NOVENA DEVOTION
English: 8am, 9.30am, 11am, 1pm, 4pm, 5.30pm
Mandarin: 2.30pm
Confession: After every Novena Service except after the 11am service.

DAYS OF OBLIGATION
Time: 7pm (Eve of Day of Obligation)
6.30am, 12.15pm, 7pm

Novena notes

The New Bell Tower



On the top of the Bell Tower, it is the specially forged Rosary Cross. There are 3 of the original bells bearing the inscription, "These bells are a thanksgiving to our Mother of Perpetual Help, A.D. 1964."

St Alphonsus de Liguori, Founder of the Redemptorists and Patron of our Church

We shall celebrate our Patron's feast day at all Masses on 29th July 2018. Please continue to pray for the Redemptorists and also pray for more vocations to the Redemptorist Congregation.

Novena in preparation for Annual Procession 2018

The Novena in preparation for Annual Procession is in the 3rd week. The Theme for this special Novena is: "Called To Love!" All are welcome and bring along your family and friends.

7 July : Love is always Patient and Kind

14 July : Love is not Envious

21 July : Love is not Boastful or Conceited

28 July : Love is not Selfish

4 Aug : Love is not Resentful

11 Aug : Love Delights in the Truth

18 Aug : Love is always ready to Excuse and to Trust

25 Aug : Love is always ready to Hope

1 Sept : Love Endures to the End

During this 9 week Special Novena, write a short Thanksgiving on the front of the specially provided heart-shaped papers. On the back, write the Names of your families for the Consecration of Families on the Day of the Annual Procession. Drop your "Hearts" in the special boxes at the front foyer and along the veranda of the Church.

Novena Annual Procession

The Annual Novena Procession will be on Sunday, 2nd September 2018 at 6.00pm.

Specially printed Annual Procession Envelopes are available around the Church compound. All collections collected will be used to defray the cost of the Annual Procession. We thanks you for your generous support.

Novena Youth Night

Theme : Unstoppable Love

Inviting all youths aged 13 to 32. Join us for an evening of worship and praise on Monday the 3rd of September, the day after our annual procession as we soak in the plentiful, crazy and unstoppable love of our Lord. Love knows no boundaries and the LORD is calling you to experience him in a special, fun and intimate way. So come prepared to be completely mesmerized and changed by his love.

Safety Checks

For our peace of mind and the safety of all, our Ministers of Hospitality will be carrying out a simple check of bags and bulky items being brought into the Church.

Please give them your full cooperation. Thank you.

Maintenance of the new church

Now that our building fund target has been met, all further donations will go towards our Church Maintenance Fund.

You can donate by cheque. You can now also donate via GIRO.

Kindly issue your cheque payable to:

Redemptorist Fathers Maintenance Fund.

Those who wish to donate via GIRO, please obtain the GIRO Form from the Reception desk.

Our credit card machine can now accept donations to the Maintenance Fund via Pay Wave.

Thank you very much for your generous support.

No Eating and Drinking inside the Church, please.

