

The Most Holy Trinity

Today, we celebrate the Solemnity of the Most Holy Trinity – three persons in one. The three readings give us some insight into this most holy mystery.

In the first reading from Proverbs, the Wisdom of God shares how God as Master, created the world. As I reflect on the text, I can see what an awesome visual feast it is to our senses, beyond the craft of the best cinematographer and it is real, not a make-believe animation that the entertainment world has created.

The second reading from the Romans assures us that 'by faith and through Jesus that we have entered this state of grace in which we can boast about looking forward to God's glory'. It assures us that our sufferings bring "patience . . . perseverance and hope" because the love of God has been poured into our hearts by the Holy Spirit which has been given us.

These words resonate with me as I have experienced how the Holy Trinity can bring about a positive disposition to suffering to reshape our lives.

Journeying with dementia is a marathon, not a race. Good moments come and go and the marathon continues. The journey with mum began some three years ago. It has changed my lifestyle, the way we communicate and interact. Guided by the Holy Trinity, I began to see the world with a different lens.

I view my co-workers' absence from work for a multitude of reasons more patiently. Despite the stress points, I was given the grace to carry their load. I know that would not have been possible if my paradigm had not shifted. In the past, I would have spent unproductive time protesting the injustice inflicted on me. I did a frequency log and recorded the number of times negative thoughts and judgement surfaced. I noticed that these thoughts reduced in the last two months. There was more peace and acceptance. I recalled that after two very stressful weeks of medical check-ups for mum, a colleague sent me her resignation letter, I was pretty taken aback but I understood that there was nothing more I could do for her and quickly planned the next course of action.

I could sense the change in me – less emotion and more productive action. I realized that the change in me had taken place gradually. I reflected that the Holy Trinity is such a powerhouse and to be able to tap on it, I would need to get into the rhythm, talk less and listen more. Cut out the noise from my own voice to listen better. My prayer life took on a different turn.

Indeed, we are blessed to be able to experience such a personal, loving and wise God in an intimate way. He sent Jesus to save us and Jesus gave us the Holy Spirit that will lead us to the complete truth.

Reflection by Hope

Trinity Sunday
Year C
16th June 2019

Readings & Responses for the Week

Sun, 16 June	Prov 8:22-31; Rom 5:1-5; Jn 16:12-15 How great is your name, O Lord our God, through all the earth!
Mon, 17 June	2 Cor 6:1-10; Mt 5:38-42 The Lord has made known his salvation.
Tue, 18 June	2 Cor 8:1-9; Mt 5:43-48 My soul, give praise to the Lord.
Wed, 19 June SS. Philip Minh, Priest & Comps, Martyrs	2 Cor 9:6-11; Mt 6:1-6, 16-18 Happy the man who fears the Lord.
Thu, 20 June	2 Cor 11:1-11; Mt 6:7-15 Your works, O Lord, are justice and truth.
Fri, 21 June St. Aloysius Gonzaga, Religious	2 Cor 11:18, 21-30; Mt 6:19-23 The Lord rescues the just in all their distress.
Sat, 22 June St. Paulinus of Nola, Bishop SS. John Fisher, Bishop, & Thomas More	2 Cor 12:1-10; Mt 6:24-34 Taste and see that the Lord is good.

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

Holy Trinity Sunday, 16th June 2019

Trinity Sunday is the first Sunday after Pentecost to honour the Father, Son and Holy Spirit. Although the word “trinity” does not appear in Scripture, it is taught in Matthew 28:18-20 and [2 Corinthians 13:14](#). The concept of the trinity can never be completely understood or rationalized, but it is clearly taught in Scripture.

Understanding of the scriptures is by faith which comes through the work of the Holy Spirit; therefore, it is appropriate that this mystery is celebrated on the first Sunday after Pentecost, when the outpouring of the Holy Spirit first occurred.

On Trinity Sunday, the Church ponders with joy and thanksgiving what the Father, Son and Holy Spirit have done to accomplish our salvation. It is brought to remembrance how Christians should respond to the love God has shown us, praising Him and giving Him glory. We remember the Father as our Creator, the Son as our Saviour and the Holy Spirit as our Comforter.

Trinity Sunday honours the most fundamental of Christian beliefs—belief in the Holy Trinity. The human mind can never fully understand the mystery of the Trinity, but we can sum it up in the following formula: God is three Persons in one Nature. There is only one God, and the three Persons of God—the Father, the Son, and the Holy Spirit—are all equally God. Three in One, and One in Three.



Feast of Corpus Christi, 23rd June 2019

Please take note that there will be procession of the Blessed Sacrament on 23rd June 2019 immediately after the 5.30pm evening Mass.

Maintenance of Aircon

We are in the midst of doing some maintenance work to the air-conditioners in the Church. We apologise for any discomfort you may experience during Masses and Novena Devotions while the work is being done.

RCIA Chinese Programme

The New Chinese RCIA programme (2019/2020) for Adults will begin on 29th June 2019. Application forms can be obtained at the Church Office.

Tagalog Mass

Please take note there will be a Tagalog Mass on 23rd June 2019 at 12 noon.

St. Anne Church Feast Day

In preparation for the Feast of St Anne, parishioners will be here next Saturday, 22nd June 2019 to promote their Food and Fun Fair coupons for their celebration on 28th July 2019. Please give them your generous support.



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