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Hindsight is 20/20!

Someone noted wryly that in the year 2021, the phrase 'hindsight is 20/20' will be overused. "20/20" is considered the best eyesight possible - perfect vision; and "hindsight" is to look back into the past and examine certain decisions then made.

Many say that "20/20 hindsight" is unfair. It is easier to make a better decision now when we have more information than in the past when we had to decide. It is also easier to say what decision we would have made when we have the benefit of knowing now the consequences of a past decision: "Had I know this was going to happen, I would never have ..".

Below, are the top five regrets of the dying, as witnessed by a palliative-care nurse caring for patients in the last 12 weeks of their lives (Blog: Inspiration and Chai) :

1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.

When people realise that their life is almost over and look back clearly on it, it is easy to see how many dreams have gone unfulfilled. Most people had not honoured even a half of their dreams and had to die knowing that it was due to choices they had made, or not made. Health brings a freedom very few realise, until they no longer have it.

2. I wish I hadn't worked so hard.

All of the men she nursed deeply regretted spending so much of their lives on the treadmill of a work existence. They missed their children's youth and their partner's companionship. (Female patients also spoke of this regret, but many of them had not been breadwinners.)

3. I wish I'd had the courage to express my feelings.

Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result.

4. I wish I had stayed in touch with my friends.

Often they would not truly realise the full benefits of old friends until their dying weeks and it was not always possible to track them down. Many had become so caught up in their own lives that they had let golden friendships slip by over the years. There were many deep regrets about not giving friendships the time and effort that they deserved.

5. I wish that I had let myself be happier.

This is a surprisingly common one. Many did not realise until the end that happiness is a choice. They had stayed stuck in old patterns and habits. The so-called 'comfort' of familiarity overflowed into their emotions, as well as their physical lives. Fear of change had them pretending to others, and to their selves, that they were content, when deep within, they longed to laugh properly and have silliness in their life again.

The Year 2020 is starting with a promise. Let's not end it with regrets and 'what-ifs'. So with God on our side, there will be no need for 20/20 hindsight!

A Blessed New Year!

Reflection by Ros

Novena notes



Feast of The Holy Family
 Year A
 29 December 2019

Readings & Responses for the Week

Sun, 29 December	Sir 3:3-7,14-17; Col 3:12-21; Mt 2:13-15,19-23 O blessed are those who fear the Lord and walk in his ways.
Mon, 30 December	1 Jn 2:12-17; Lk 2:36-40 Let the heavens rejoice and the earth be glad.
Tue, 31 December	1 Jn 2:18-21; Jn 1:1-18 Let the heavens rejoice and the earth be glad.
Wed, 1 January Mother of God	Num 6:22-27; Gal 4:4-7; Lk 2:16-21 O God, be gracious and bless us.
Thu, 2 January	1 Jn 2:22-28; Jn 1:19-25 All the ends of the earth have seen the salvation of our God.
Fri, 3 January	1 Jn 2:29-3:6; Jn 1:29-34 All the ends of the earth have seen the salvation of our God.
Sat, 4 January	1 Jn 3:7-10; Jn 1:35-42 All the ends of the earth have seen the salvation of our God.

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

SUNSET MASS (SAT)
 Time: 6.30pm

Time: 8am, 10am, 12noon*, 5.30pm
 *2nd & 4th Sunday - Mass in Tagalog, subject to the availability of priests.

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

29th December, Feast of the Holy Family

On this, the Sunday within the Octave of Christmas, we honour the Holy Family of Jesus, Mary and Joseph. In honouring them, we also honour all families, big or small. And in honouring all families, we honour the family of God, the Church. But most especially, we focus in on the hidden, day-to-day life of the Holy Family of Nazareth.

What was it like to live day in and day out in the household of St. Joseph? What was it like to have Jesus for a son, Mary as a wife and mother, and Joseph as a father and husband? Their home would have certainly been a sacred place and a dwelling of true peace and unity. But it would have also been so much more.

The family home of Jesus, Mary and Joseph would have been, in numerous ways, just like any other home. They would have related together, talked, had fun, disagreed, worked, eaten, dealt with problems, and encountered everything else that makes up daily family life.

Of course, the virtues of Jesus and Mary were perfect, and St. Joseph was a “just man.” Therefore, the overriding characteristic of their home would have been love.

But with that said, their family would not have been exempt from daily toil, hurt and challenges that face most families. For example, they

would have encountered the death of loved ones, St. Joseph most likely passed away prior to Jesus’ public ministry. They would have encountered misunderstanding and gossip from others. Our Blessed Mother, for example, was found with child out of wedlock. This would have been a topic of discussion among many acquaintances for sure. They would have had to fulfill all daily chores, earn a living, put food on the table, attend gatherings of family and friends and the like. They would have lived normal family life in every way.

This is significant because it reveals God’s love for family life. The Father allowed His Divine Son to live this life and, as a result, elevated family life to a place within the Trinity. The holiness of the Holy Family reveals to us that every family is invited to share in God’s divine life and to encounter ordinary daily life with grace and virtue.



Operating hours of Church Reception

Please take note of the operating hours for the Reception on the following days :

31st December 2019 : 9am to 1pm
1st January 2020 : Closed

Operating hours of St. Alphonsus Bookroom

Please take note of the operating hours for the bookroom on the following days :

31st December 2019 : 11am to 3pm
1st January 2020 : Closed

Family Healing Service

There will be a Family Healing Service on 3rd January 2020. It will be at 8pm in Novena Church. All are welcome.

New Year Mass Times

New Year’s Eve – 31st December
Rosary at 10pm
Mass at 10.30pm

New Year’s Day – 1st January 2020
Mass as usual at 8am & 6.30pm

Please take note that there will be **No** lunch-time Mass 1st January 2020 being public holiday.



The Redemptorists wish all of you “A Blessed 2020 New Year”. May God and our Mother of Perpetual Help keep you in their loving care.