

balance, intimacy, sexuality, dealing with in-laws and parenthood. Come and make it a family event, as there will be child-minders who will watch your children while you and your spouse spend quality couple time rediscovering the fullness of marital joy. Date: Sun, 26 Mar '17. Time: 1.00pm to 5.30pm. Venue: Church of the St Ignatius, 120 King's Road Singapore 268172 To Register: <http://tinyurl.com/CepRegForm>. For more info, Andrea at 98579075, email goto_cep@hotmail.com, or visit www.cep-sg.org or [fb.com/sg.cep](https://www.facebook.com/sg.cep)

UNDERSTANDING RELATIONSHIPS - Organised by Cenacle Sisters. 10 Feb (8.00pm) to 12 Feb (1.00pm) @ Choice Retreat House. Looking at ways to make your Valentine's Day more meaningful? Come and spend time, together as a couple or as an individual, to understand aspects of human sexuality from a developmental perspective, how sexuality helps us grow in self-intimacy, intimacy with others, God and all creation. Call or SMS: 9722-3148; E: cenaclemissionsingapore@gmail.com; W: www.cenaclemission.com

AT HOME RETREAT - by Cenacle Sisters & team. Beginning Feb 13 – Apr 17 (every Monday)

from 7.15pm to 9.30pm @Church of Sts. Peter and Paul, 225A Queen Street. A ten-week programme based on the Spiritual Exercises of St. Ignatius of Loyola, which enables one to know Jesus Christ more intimately in the midst of the daily routine of life. It includes a weekly meeting of faith sharing, daily prayer using Scripture, and spiritual direction. As the At Home Retreat period falls within Lent, the retreat theme of "Journeying from Ashes to Easter" is a timely opportunity for us to deepen our Lenten pilgrimage. Call: 9722-3148; E: cenaclemissionsingapore@gmail.com; W: www.cenaclemission.com

PRAYING OUR LIFE'S QUESTIONS : A VOCATION RECOLLECTION by Cenacle Sisters. 25 Feb (9.00am) - 26 Feb (1.00pm) @ Choice Retreat House. This retreat will help young women pray and discern some common questions: What will I do with my life? Is this all there is to life? Does God have a plan for me? It offers you a glimpse into one's life option - religious life in the Cenacle, by providing you information and experiences about the Sisters. Open only to single women, 21-35 years . To register: www.cenaclemission.com E: cenaclemissionsingapore@gmail.com



READINGS: Sunday Missal (Year A) Pg 498

RESPONSORIAL PSALM: The good man is a light in the darkness for the upright.

READINGS FOR THE WEEK: MON 6 February - SAT 11 February 2016

MON: GN1:1-19, MK 6:53-56 **TUE:** GN 1:20 - 2:4A, MK 7:1-13 **WED:** GN 2:4B-9, 15-17, MK 7:14-23 **THU:** GN 2:18-25, MK 7:24-30 **FRI:** GN 3:1-8, MK 7:31-37 **SAT:** GN 3:9-24, MK 8:1-10

Prayer As Relationship

Our Friendship with God

Many of us remember the oldest and best definition of prayer: "raising the mind and heart to God." I suspect that most of us practiced the first part, raising our mind to God, better than the second part, lifting up our hearts. That imbalance can too often make the experience of praying "dry" or "unfulfilling".

What this definition probably intended to say was that prayer involves our whole person in a relationship with God. Using the various relationships of our lives as a guide, we can come to new insights about prayer.

A wise spiritual guide once said, "We are as good at praying as we are at the other relationships of our lives. If you want to get better at prayer, work on the key relationships in your life."

Take a close friendship or marriage, as an example. We wouldn't imagine that what makes the relationship work is trying to find a half an hour, early in the morning, to sit in a chair and close our eyes and think heavy thoughts about the other person. We know instinctively, even if we hadn't ever put it into words, that a key relationship in our life

is a matter of the heart. The other person means a lot to me. I'm not just attracted to the other, but the other is someone whose desires and dreams and vision are very important to me. And, if this relationship is one that is growing in love, the other is one I want to serve - give of myself for.

It's a Matter of the Heart

Relationship always involves a strong desire to be with. A relationship will fade if we have no continuing interest in spending time with the other, or connect with the other. Even when our time together might be limited, we have feelings for the other which sustain the relationship. The closer the relationship, the stronger those feelings. In a marriage relationship, I might not see my spouse as much as I'd like, but I know that my job or my care for our children or time shopping - whatever I do when we are apart - is all done because of our relationship, to further the goals of our life together and our mission together. Intimacy in the bedroom is an important, but small part of the relationship's bond. If the other intimacy and connections are there, then the bedroom time is wondrous. If the relationship of the heart is not connecting us when we are apart, intimacy in the bedroom can become quite problematic.

Sunset Mass	: 5.30pm
Rosary	: 4.30pm (Saturday)
Sunday Masses	: 8.30am (Mandarin), 11.00am (English), 2.00pm (Cantonese), 4.00pm (English)
Weekday Masses	: 7.20am and 5.30pm
Interspersory Prayer	: 7.15pm (English, Thursday)
Infant Jesus Devotion	: 5.30pm (Thursday, followed by Mass)
Divine Mercy Devotion	: 12.30pm (Sunday Mandarin)
Sion Adorers - Holy Hour	: 7.45pm - 8.45pm (Saturday)
Hour of Mercy	: 3.00pm daily
Counselling @ SPP	: 7.00pm - 9.00pm (Monday, call church secretariat 6337 2585 for appointment)
Adoration Chapel	: 8.00am - 9.00pm (Mon to Sat), 8.00am - 7.00pm(Sun)

SACRAMENT OF RECONCILIATION - The Sacrament of Reconciliation will be administered from 5.00pm - 5.20pm on weekdays and Saturday at the makeshift confessional at the baptistery (back of the church). On Sunday, it will be available 30 minutes before each mass.

Parish Priest: Rev Fr JOHN CHUA OCD (email: hkchuajohn@yahoo.com), **Asst Parish Priest:** Rev Fr EDWARD LIM, OCD, **Priests in Residence:** Rev Fr TOM CURRAN, OCD, Rev Fr GREGORY HON, OCD, Rev Fr JOSEPH KOH, OCD and Fr JEFFREY TAN, OCD, **General-Delegate:** Rev Fr THOMAS LIM OCD, **Parish Secretary:** Ms Martha Loh, **Parish Clerk:** Ms Jannie Lui, **Liturgical Co-ordinator:** Alex Wong, alexdominic@gmail.com

Church Donations - Please make your cheque payable to:

- (i) Church of Sts Peter & Paul - for contributions/donations for General Operations & Maintenance of the Church;
- (ii) Carmelite Fathers - for contributions/donations to the SPP Friars Community, Friars Formation;
- (iii) Soc of St Vincent de Paul (Conf St Peter) - for donations to the Society of St Vincent de Paul for the poor and needy.

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Words, gestures and rituals express and give shape to the relationship of the heart. "I love you." "Thank you." "You are wonderful." "I need you." "I'm sorry." A smile, an embrace, a gesture of vulnerability, a self-revealing story, a gift full of meaning, doing something together. Our song, our favorite place, a special reading, a special menu, a tradition we've developed. These are just a few examples of the hundreds of ways a relationship develops and grows.

Finding Intimacy with God in Our Everyday Lives

How could prayer be a relationship with God, if it only remains a lifting of our minds to God? We need very special times of intimacy with God, but that time needs to be prepared for and built up to. To enrich our relationship with God, engages our hearts. That involves finding intimacy with God in the midst of our everyday busy lives, much like we do with the other important relationships of our lives. Perhaps as we pay more attention to what gives life and intimacy to these relationships, we might grow in the affective side of our relationship with God.

If this stirs a desire for that kind of relationship with God, one place to begin is to let God tell me about how loved I am. The God who says, "You are precious in my eyes and I love you." [Isaiah 43:4] If I'm open to God's expressions of affection toward me, that can open my heart to stir up affection in the form of grateful response. Love needs only a spark to get started. It takes ongoing care to keep the fire from going out. With special care, it can become a long lasting, warm and comforting, life-long relationship.

Daily Prayer This Week

Every week we are trying to find intimacy with our Lord in the midst of our everyday life. We use the stories about Jesus in the readings of the week to help us. Because our days

are so busy, those stories make connections among what we are experiencing, God's Word to us and the desires that are coming to the surface in us.

This week we can let various parts of this week's rich scripture readings touch us, depending on what is going on in us. It all begins with our beginning the day, establishing a connection. With the briefest of rising prayers, we can talk with our Lord about what we anticipate needing that day.

One day I might know that, with what I have to face that day, I need to ask that the healing Jesus be with me. I might be able to name what needs healing. "Lord, you know the fear that is developing in me as I face this meeting today." "Lord, take this anger away from my heart." "Most loving Lord, have mercy on me and heal this pattern that plagues me and takes away my happiness, my freedom, my ability to love."

On another day, I may know that I'm right in the middle of the struggle over my disregarding what God really wants me to do, using legalistic excuses to avoid God's will. I might beg, "Lord, I've become such a hypocrite. Purify my heart so I can see as you see, judge as you judge and love as you love. Help me be truly religious, truly compassionate, truly your disciple today."

On other days, I might be in a "foreign" territory, or at least one that seems quite a distance from believing territory. I might ask, "Dear Lord, keep me safe here. Give me courage here. Help me find intimacy with you here. And let me see the faith of so many of your people here."

Some day this week, let's imagine how Jesus has pity on our hunger and feeds us. And every night this week, let's express our gratitude for receiving what we asked for in faith, from the One who is waiting to give us what we need.

PARISH NEWS

SPP CNY LUNCH - 12 Feb '17 from 12.15pm - 3.00pm at Grand Banquet (at Hotel Royal Queens Level 2). Price: \$40 per pax

MINISTRY DAY (18 & 19 FEB 2017) - Ministries of the parish of the Church of Sts Peter & Paul will be showcasing their individual ministry at all masses. Do take this opportunity to visit them at the tentage in the car park for better understanding of their function and approach the members present if you have any question. On **18 Feb** there will be Holy Hour with exposition of the Blessed Sacrament for all ministry members at 3.00pm and with banner procession and blessings at the 5.30pm mass. On **19 Feb** the canteen will be open for sale of finger food at all masses. Beverages are complimentary. There will also be special performances by some ministries after each mass at the praise and worship room. All are welcomed. The car park will be partially closed on both days for this event. Please follow the instructions of the hospitality ministers.

ALTAR SERVERS MINISTRY - We are in a very urgent need for Altar Servers as the number is decreasing at a rapid pace. Altar Servers are urgently needed for all masses. We will be very glad if Primary and Secondary School students are willing to help out at the masses. To sign up as a member of the Altar Servers Ministry, please go to sppaltarservers.tumblr.com/SignUp. We will greatly appreciate your service to our church.

MASS WITH PRAYERS FOR HEALING - 4 Feb '17 (Sat). Church of Sts. Peter and Paul, Main Church. 2.00pm - Praise and Worship. 2.25pm to 4.00pm - Mass followed by prayers for healing. Mass will be celebrated by Fr. Tom Curran. For enquiries, please email praiseatworksg@yahoo.com or call Kristyn at 9817 0152. Organised by SACCRC and Praise@Work

SPP UKULELE CLASS is open for registration. As one of the action items to our last Parish Assembly feedback, we have established the Ukulele group in 2016 as our evangelization and fellowship platform. The group completed two outreach events in 2016. You are invited to be part of us in the 2017 outreach activities. The new ukulele class started on 9 Jan '17 in room 8 at 7:30pm. Please contact our church office at 63870530 for registration, or contact Michael Cheuk 94763277 for more details

SPP is planning to embark on the **Emergency Preparedness Programme** and is seeking volunteers who have experience and knowledge in the following areas: security agencies, medical professionals, first aid, emergency planning and management to form a Taskforce. Please leave your name, contact details, your expertise/knowledge area, the Mass/es you usually attend in SPP with the Parish Office. We thank you for stepping forward to help the Parish, for the safety of all our parishioners!

NEWS AROUND THE PARISH

DEDICATION MASS - The Mother Church invites you to the Dedication Mass on Tue, 14 Feb '17 at 6.45pm. You are also warmly encouraged to attend the following 12 days of celebrations at the Cathedral of the Good Shepherd. Refer to www.cathedral.catholic.sg for details.

CATHOLIC THEOLOGY NETWORK is organizing the following session. Date : Wed, 15 Feb '17, 730pm to 9.00pm (begins with Vespers). Venue : St Joseph's Church, Victoria Street, Conference room. Topic title: "Some atheists are known to do more good works than Catholics. What is their motivation?" Synopsis: Is God the origin of morality, or does it originate purely from human experience, e.g. of learning from mistakes, observing the world and the behaviour of others? This talk explores the source of morality and considers arguments from both perspectives. Presenter : Nick Chui. About the presenter: Nick has a Masters in Theological Studies from the John Paul II Institute for Marriage and Family. He teaches History and Religious Education in a Catholic school and has been involved in adult and youth formation for over a decade.

COUPLE EMPOWERMENT PROGRAMME (CEP) 2017 - Would you like to rediscover the fullness of marital joy? Intimacy is the very essence of a sacramental marriage - Do you sometimes wonder if you could rekindle marital intimacy with your spouse? Couple Empowerment Programme (CEP) is a programme for married couples who wish to discover more about building strong marriages, and to raise emotionally well-balanced children. It is faithful to the Catholic Church teachings and incorporates well-studied life skills by modern day marriage sociologists, psychologists and psychiatrists. CEP helps couples deal with the issues that plague present day marriages such as work-life