



The Daily Examen is a prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. This ancient practice in the Church can help us see God's hand at work in our whole experience. Go to IgnatianSpirituality.com

An Advent Examen

✠ As we reflect on how we have spent our time, we find that so much of our time, despite busy activity, is actually spent **waiting**. We wait for news, we wait for results, and we wait, waiting with others who are also waiting. At Advent, we turn to God in prayer. We are called to this **prayer-in-waiting** over this season. Prayerfully, we not merely await the Lord, but we wait with Him who is already present in the sacrament, in the Word, in our brothers and sisters who gather with us. With Him, we seek, yet again, the Light that He offers as we traverse the toils of the day and meet the rest of night. The Light of Christ is for all who yearn to walk in His ways. In this Light, we experience His teaching and healing, and will soon hold the infant King and proclaim "*Gloria in Excelsis Deo*".

Saint Paul's letter to the Philippians reminds us that "our citizenship is in heaven, and it is from there that we are expecting our Saviour." In the course of the year, we may have veered away from seeking God, and found the thrills and spills of the world to keep us occupied. We may have forgotten that we are God's people. The Saviour of the world sits at the right hand of the Father, and we, His brothers and sisters, are to live and act as persons of the Father's kingdom. Our Lord Jesus Christ has already shown us the way to true Christian living, and we have rituals and sacraments that make His presence real. As we wait, we ask Our Father to show us His face in the **Word-Made-Flesh** in our midst.

An Awareness Exercise for Advent

1. Ask God for the grace to wait for the Lord's coming.
2. Pray for the Light of Christ to shine in and around you.
3. Recall how and where you may have waited, with or away from God.
4. Ask for God's forgiveness for the moments you neglected God.
5. Look towards the coming of the Lord at Christmas.

(Spend 10-15 minutes in prayer for the above exercise)

Journeying with Significant Others in Advent

The season of Advent is a time of joyful anticipation for the coming of the Infant Jesus Christ. It is the time of the year where we slowly wind down from our hectic activities with the hope of spending time with our loved ones and time for ourselves. It is also an opportune time for quiet reflection to take stock of the recent past and dream about the future. Here too the Catholic Church gathers her faithful to spend time in prayer and reflection to welcome the Infant Jesus into our midst and into our hearts. She wants to remind us of what is most essential in our faith journey, our personal relationship or encounter with Jesus. We are invited to make room in our hearts as the innkeeper made room for the birth of the Infant Christ in a humble stable carved from a cave.

As we spend time in prayer and contemplation on our way to Bethlehem, St Ignatius' Spiritual Exercises suggest that we use all our five senses to see, touch, smell, listen and taste the goodness of God at the Nativity scene. God in His immense love continues to give us the infant Jesus through the *fiat* of Mary, and the ever-faithful presence of Joseph, her spouse. In the Bethlehem narrative, we often focus on the Holy Family and overlook the presence of others that made the Nativity of Jesus possible. Those significant others were the **innkeeper**, whose accommodating gesture made it possible for Mary and Joseph to stay in one of his stable caves meant for

his animals, the other **travellers** who respected the privacy of an expecting mother, the **shepherds** whose joyful presence surprised the Holy Family, and most important of all, the **midwife** who helped Mary deliver the Son of God into our troubled world.

So what am I trying to suggest here, if you have not noticed yet? The Significant Others in this Bethlehem narrative, and in our own lives too. In our Advent preparation, we may have to encourage and remind each other to make this journey as a family and a faith community towards our spiritual Bethlehem. Mindful that we do not get to heaven alone, we need to help, support and encourage each other to get there. The season of Advent is about journeying with one another, especially with our significant others towards the birth place of Christ, not so much out there, but rather in here, where we worship and give thanks to God for giving us Jesus our Saviour.

As we begin our Advent journey, let us bring another person or significant others with us, in prayer or contemplation, since the journey is best appreciated if two or three gather in His name. And, the journey is as important as the destination itself, and, in some instances, more important than the end point. For some of the best sceneries or experiences towards the summit are often along the way, and one that is shared with a significant other.

FR CHARLES SIM, SJ

FR LESLIE RAJ, SJ

PARISH NEWS

FIRST FRIDAY – SACRED HEART OF JESUS MASS

Friday 7 December, 8.00pm

Please note that there will be NO 6.00pm Mass. Come with family and friends to renew your consecration to the Heart of Jesus. All are welcome.

SSVP would like to thank all parishioners for their generous support and donation to the SSVP Milk and Diapers Programme. Total amount received from their recent donation drive was \$28,614 as of 30 Nov 2018. Your kind contribution, be it donation, sponsorship or volunteering will go a long way to help support the needy babies in our 2019 programme.

ADVENT PENITENTIAL SERVICE

Church of St Ignatius: Tuesday, 18 December, 8.00pm

As this is a communal celebration, we invite you to remain for the closing prayer and blessing at 9.30pm

WEST DISTRICT PARISHES' PENITENTIAL SERVICES:

All penitential services start at 8.00pm

Friday, 14 December: Blessed Sacrament Church

Wednesday, 19 December: Holy Cross Church

Thursday, 20 December: St Mary's of the Angel Church

Friday, 21 December: St Francis of Assisi Church

SOLEMNITY OF IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY

There will be recitation of the Rosary on Saturday, 8 December, at 5.15pm before the 6.00pm mass

SPECIAL CHRISTMAS MASS AND PARTY FOR THE AGED, SICK AND HOUSEBOUND by the PaCes Ministry. Friday 28 December, 2.30-5.00pm. Sign-up forms at Place of Gathering.

CHRISTMAS EVE CHILDREN'S PAGEANT & CAROLLING

Monday 24 Dec, 5.30pm

Children (aged 6 -10) joining the Christmas Eve Pageant at 5:30pm (before the 6pm Mass), will meet for practices in the St Ignatius Hall on December 9, 16 and 23, 2pm-3.30pm. Parents' help during rehearsals and pageant is much needed. Bring along Nativity costumes if you have them. Email stig.nativity@gmail.com

WEEKEND CATECHETICAL PROGRAMME

New registrations for 2019 is NOW CLOSED. If you have missed the enrolment period, please email us directly at stignatius.wecat@gmail.com.

CHARISMATIC RENEWAL COMMUNITY

Celebrate THANKSGIVING MASS at our final meeting for the year this Wednesday 5 December, at St Ignatius Hall. Mass celebrated by Fr Tom Curran OCD. All are welcome

to join us and invite a friend. Praise & Worship begins at 7.30pm, followed by Mass at 7.50pm, and dinner fellowship until 9.30pm.

NCC DAY OF RECOLLECTION/YEAR END MASS AND FELLOWSHIP

Members of all NCCs are invited and encouraged to attend a recollection and Mass, followed by lunch, celebrating the end of the year. Saturday 8 December, 9.00am to 2.00pm. Please inform your respective NCC facilitators of your attendance.

BIBLE ConX

Master Bible quotes in a fun and easy way at Bible ConX on Saturday 12 December, at St Ignatius Hall, 8.30am to 5pm. Register at <https://form.jotform.me/BibleApostolate/bible-conx-registration-or-scan-barcode>. Enquiries: Magdalene at 9152 8227 or batstigsingapore@gmail.com



LANDINGS ARRIVAL

Landings Ministry is coming to St Ignatius. The outreach program helps welcome back those who have been estranged from the Church. Contact Fr Jerome if you are interested in becoming coordinators and facilitators.

MIND YOUR STUFF

Parishioners are advised to keep watch on their personal belongings, especially handbags and valuables, while receiving communion, and within the Church compounds. Check to ensure you have not left anything behind when leaving.

RIP NEWS– RISEN IN THE LORD

Fr Gerald Keane, SJ – 92 years old

Born in Ireland: 2 November 1926

Departed in Singapore: 27 November 2018

NCC NEWS

Unless otherwise stated, all meetings start at 8.00pm.

ZONE B DISTRICT 1

Tuesday, 4 December, room SH-E

Programme: 1) Recitation of the Rosary, 2) General prayer of intercession 3) Discussion and reflection 4) Christmas carolling followed by fellowship

ZONE B DISTRICT 3

Thursday, 20 December, Rm SH-F

Programme: 1) Gospel Sharing – Daily Word of God
2) Introduction to Ignatian Spirituality

ZONE B DISTRICT 2 GROUP 1

Thursday 6 December. Contact: lennard.thean@gmail.com

Programme: Gospel of Matthew by Jeff Cavins

Fr Colin Tan, SJ Parish Priest ★ Fr Matthew Tan, SJ Assistant Parish Priest ★ Fr Jerome Leon, SJ Assistant Parish Priest

Angela Kurnadi Parish Administrator ★ Suzie Wee Parish Accountant ★ Jeremy Aloysius Catechetical Director ★ Gerard Robert Youth Coordinator ★ Cheryl Lek Youth Coordinator

Robert Ong Sacristan ★ David Saw Operations Manager ★ Steven Leong Facilities Manager ★ Therese Gian Communications Manager

Am I Praying, O Lord?

The girl chatted with a woman seated next to her in a faith-formation program. The woman confided that she prayed everyday, but did not feel close to God. Her morning prayer was the Rosary, a devotion to our Lady, and daily petitions. She prayed the Divine Mercy chaplet at 3pm, and another set of the Rosary and devotion to a saint before she slept. She regularly attended talks to deepen her faith too. Yet, she felt distant from God.

The girl was intrigued: "It seems that you spend a lot of time talking to God and listening about God. When do you listen to God?"

The lady looked confused: "What do you mean? I spend a few hours praying everyday, don't I?"

The encounter reminded the girl of a recent lunch with a childhood friend who was troubled that she could not pray anymore. The friend said, "I used to pray the Our Father and Hail Mary everyday, but this is becoming dry. I find it easier to talk to Jesus, making up imaginary conversations with Him. I could be driving or buying groceries, and I'd speak to Him; or I'd just be quiet and imagine Him sitting next to me. When I have a problem, I would tell Him, 'I can't solve this; it's beyond me. You help take care of it, ok?' Then I'd go to sleep. Interestingly, when I wake up, the problem doesn't seem as bad."

The first woman was certain she was praying, while her friend was convinced she was not. Both were unsure if they truly communed with God, who is silent and invisible, when indeed both are praying. What, then, is prayer? There is no simple answer. If we

ask 10 people, we would receive 10 distinct replies, because we are trying to describe an experience often inexpressible with words.

The saints are case in point. "Prayer is the raising of one's mind and heart to God" (St John Damascene); "Prayer is a surge of the heart; it is a simple look turned towards heaven" (St Therese of Lisieux); "Prayer is the encounter of God's thirst with ours" (St Augustine). There is no fixed definition, yet, the saints all spoke of an intimate bond that comes from a profound encounter: they experienced God, and they knew Jesus intimately. But they didn't get there overnight. Nobody does.

For saints and many Christians, to pray is to invite the living Christ into their lives. Our relationship with Jesus is

a journey we must walk, with the Gospel as our guide. Praying with the Gospel teaches us to see with His eyes, hear with His ears, and feel with His heart. Just like in courtship or friendship, we can't borrow someone else's experience. Listening to another person's testimony or preaching may be uplifting, but it remains as head knowledge until we personally encounter Jesus – our awareness of Him slowly grows.

Without praying with the Gospel, our understanding of God only comes from our imagination. Without recognizing who Jesus truly is, everything else – the rosary, the devotion, the heart-to-heart imaginary conversation – is incomplete. One can't imagine and describe the sweetness of honey unless they have tasted it.

To pray is to allow God's sweetness to touch us. Prayer does not change God's mind; it changes us, allowing us to be transformed by Christ. Our prayer life slowly shapes who we are: as a tree is known by its fruit, so are we by our prayer life. As we grow in our relationship with Jesus, our relationship with ourselves and with others deepen too. We can't be touched and loved by God, and remain the same person.

Prayer is a two-way conversation, though we tend to be more proficient in vocalizing and petitioning. In Advent, as we prepare our hearts to receive Christ, let us remind ourselves that to pray is also to have a quiet heart to hear. Mother Teresa said, "God speaks in the silence of the heart. Listening is the beginning of prayer. Listen in silence because if your heart is full of other things you cannot hear the voice of God."

Are we listening to the Voice within?

Prayer and Song

I was searching my mind and heart for one thing that I could do to please God this Advent. A little voice told me, "I am pleased when you sing your love and praises to me, because when you sing, you hear my words." Hymns and songs that bear the words of the One who loves us; the One we are waiting for to tell us that He never ever left us -- He is living, breathing and moving within us, through us, with us and for us.

St Paul's tells us that when we sing we obey God:

"Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God." (Col 3:16)

When we sing as a community we are building up one another: " – but be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart...(Eph 5:19)

When we sing, we are spiritually strengthened for trial. When Paul and Silas are unjustly imprisoned for the sake of the Gospel, what do they do? Sing! (Acts 16:25)

So this Advent I am going to sing my love to Our Lord lift up my whole life to Him in thanksgiving and praise. And to live it out in deeds too because the song will stay in our hearts and His love and Spirit will guide us to do the right thing according to His will.

Will you join me? Sing more heartily at mass and even better, join a choir.

ROSITA ABREW

ROSINA SIMON

JESUIT NEWS

THE CHRISTIAN LABYRINTH OF MEMORY AND DESIRE

Labyrinths are about walking the journey of life and death, feeling lost and getting found, and learning to listen to the quiet voice of the Spirit on the way. Come, pray the labyrinth using Ignatian spiritual exercises.

Dates/ Times: Friday, 7 December (7.30pm) – Sunday, 9 December (5pm)

Facilitator: Fr Michael Hansen, SJ

Contribution: \$270 (non-AC), \$330 (AC)

Register: <http://tinyurl.com/mhansen18>

Jesuit Regional Curia, Telephone: 6469 7356

Fr Christopher Soh, SJ, Fr James Tan, SJ

Kingsmead Hall, Jesuit Community, Tel: 6466 3225

Fr Gerald Tseng, SJ, Fr Charles Sim, SJ, Fr Leslie Raj, SJ, Fr Agustinus Tanudjaja, SJ,
Fr Gregory Tan, SJ, Msgr Philip Heng, SJ, Fr Adrian Danker, SJ,

Kingsmead Centre, Tel: 6467 6072 Jesuit Mission Office Tel: 6463 6022

ARCHDIOCESAN NEWS

CATHOLIC FOUNDATION is renewing its annual appeal for the GIFT (Giving in Faith & Thankfulness) campaign. GIFT invites every Catholic to make a regular pledge to support the operational and building needs of the archdiocese. Every Catholic is also encouraged to pray and volunteer for the archdiocese. More information can be found in the GIFT pamphlets that will be distributed during Mass, and at gift.catholicfoundation.sg.

CANA invites you (especially teens, parents, catechists) to "KEEPER" – when pregnancy happens between a girl and boy in teenhood, what happens? It puts life in a new position: what to do, what decisions have to be made, and by whom? The film approaches the complex question of pregnancy for teenagers, and in particular, from the boy's perspective. This film was first screened at CANA Film Festival 2018 and is being brought back by popular demand.

Date/Time: Saturday 15 December 2018; 3.00-5.15 pm

Venue: 55 Waterloo Street, #02-01

Registration: canatheplacetobe2013@gmail.com or call 63384080

IS THE CHRISTMAS STORY TRUE?

Some have argued that the events surrounding the birth of Jesus are literary creations which ought not to be understood as history. Does this obscure the meaning and message of Christmas? Or are there grounds to assert the basic reliability of the text? Join us for this Advent special.

Date/ Time: Tuesday 18 December; 7.30-9.00pm

Venue: CANA the Catholic Centre, 55 Waterloo Street #02-01

Speakers: Keenan Tan & Nick Chui

Church Office

120, King's Road, Singapore 268172 or
8, Victoria Park Road, Singapore 266492

Entrance via 8 Victoria Park Road

Kingsmead Hall (Priests' Residence), St Ignatius Hall, Sacred Heart Hall, Kingsmead Centre (for Ignatian Spirituality & Counselling)

Sunday Masses

Saturday: 6.00pm

Sunday: 6.45am, 8.15am, 10.15am, 12.15pm and 6.00pm

Weekday Masses

Monday – Friday: 7.00am & 6.00pm

Saturday: 7.00am

Confessions

Every Friday & Saturday: 5.40pm

Every Sunday Mass: 20mins before Mass begins

Infant Baptism (each month)

Briefing for parents & godparents (compulsory):

1st Sunday, 3.00pm

Baptism: 2nd Sunday, 3.00pm sharp

Registration forms are available at front of Church office

Weddings

Couples must make themselves known to the priest at least one year before the wedding.

Contact: Sacristan, Robert Ong (8511 4614)

Visiting Hours (Columbarium)

Open daily from 6.30 am to 8.00 pm (including weekends & Public Holidays)

Memorial Mass at the Main Church every

4th Friday, 6.00 pm for all deceased

parishioners and families, followed by prayers in Columbarium.

Inigo Bookstore

Wednesday to Saturday: 4.30pm to 7.00pm and during Sunday Masses. Closed on Monday and Tuesday

Sick, Elderly and Homebound

Please contact the parish office if help is needed for parishioners hospitalised (regardless of hospital).

In emergencies, you may also contact priests' residence at 6466 3225

Bereavement

Please contact the parish Sacristan, Robert Ong (8511 4614) for help and advice before contacting the funeral director.

Church of St Ignatius has no official social media account.

WEEKLY

Rosary Devotion in Church

Monday to Saturday, after 7am Mass and Monday to Friday 5.15pm to 5.45pm, except first Friday of the month

Intercessory Prayers

Tuesday, 2.30pm in Sacred Heart Hall Adoration Room, Level 2

Catholic content online, login:

www.FORMED.org; parish code: 4904ed

Gentle Light

Tuesday, 10am – 12noon in St Francis Xavier Chapel (Kingsmead)

Thursday, 10am – 12noon in Sacred Heart Canteen (Room SH-A)

Divine Mercy Devotion

Every Wednesday after 6.00pm Mass in the Main Church.

Christian Meditation

Friday, 2.30pm in St Francis Xavier Prayer Room (Kingsmead)

MONTHLY – in Main Church

Sacred Heart of Jesus Mass

Every 1st Friday, 8.00pm (No 6.00pm Mass)

Followed by **Eucharistic Adoration by Generation CHRIST!**

Children Eucharistic Adoration

Every 3rd Friday, 7.45pm. No session in June and December

Memorial Mass

Every 4th Friday, 6.00pm, followed by prayers in the Columbarium