



1) 我在生活中有实践法律的教导吗?

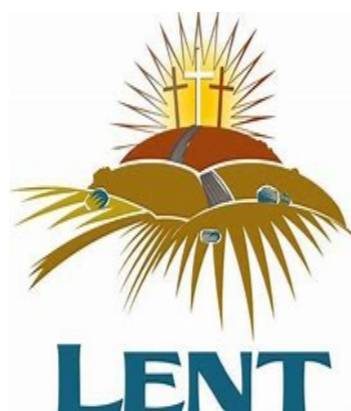
2) 我是否了解我与天主之间的盟约?

“你们当爱你们的仇人，当为迫害你们的人祈祷，好使你们成为在天之父的子女。” (玛 5:44 - 45)



四旬期的准备

四旬期是逾越节（复活节）前的隆重准备期。每一位基督徒都应该为自己的逾越节作准备，即为自己的复活——生活的革新作准备。将要领洗的慕道者，藉着入门圣事使自己出死入生，作新生的人；已经领洗的教友们藉着追念自己的洗礼，更深一层的进入基督的奥体，使自己更进一步的基督化。在此时期内，基督徒特别以祈祷、斋戒、克己、行爱德善工、在日常生活中努力避恶行善、补赎自己的罪过、听从福音的训导、准备心灵以迎接基督的复活。



“天主，祢嘱咐我们，每年要洗心革面，欢欣地准备逾越节的庆典，使我们能切实奉行祈祷和仁爱的工作，领受重生的圣事，而获得祢无比的恩宠，成为祢钟爱的子女。” (四旬期颂谢词)

四旬期的重点是要信友联同基督拒绝魔诱，战胜罪恶；在生活中以牺牲及善功净化心灵，以荣主爱人作为精神的斋戒。祈祷、守斋和施舍是-四旬期旅程上的神修工具。

“天主，在这四旬期的开始，求祢赐给我们去恶从善的力量，帮助我们藉着克己斋戒、祈祷悔罪，好能战胜邪恶的势力，不断地归向祢。” 【来源：天主教信德网】

下周庆节预告

2月26日【周三】圣灰礼仪日(需守大小斋)

弥撒及领圣灰礼取消。

教友们可在广播上 (YouTube或Catholic SG) 收看或收听平日及主日弥撒视频。或下载教委资讯网，查阅更多有关的讯息 (acams.org.sg)



圣十字架堂

450 Clementi Ave 1 Singapore 129955

堂区愿景：成为一个以基督为中心，有共融灵修的团体群，成员做为刻意门徒，被派遣去福传和侍奉。

2020年2月22/23日 常年期第七主日

读经一：肋未纪 19:1 - 2, 17 - 18

读经二：格林多人前书 3:16 - 23

福音：圣玛窦 5:37 - 48

福音与我



仁爱与宽恕

传统观念的生活方式使我们误解了今天的福音教导，认为基督徒要忍受侮辱、压迫和剥削。其实，这些并非耶稣的原意，以暴制暴只能得到短暂的和平，因为对方也会积蓄反击，那么冤冤相报何时了。宽恕，非暴力抗法，和加倍迎合是耶稣的爱心教导。新伦理道德观念是迎接仁慈天主的恩赐，将天主之国展现在人间。

爱近人，恨仇人是世俗的一般准则。耶稣却要求门徒超越这个准则，学习天主的慈悲和无私的爱，为仇人祈祷和宽恕，共同分享来自天主的平安。(参考2020每日圣言)

萧永伦神父	6777 1173
henry.siew@catholic.org.sg	
Fr Robertus	6776 1330
robertito_doginho@yahoo.com	
Fr Martin Low	6777 2523
mlloww@hotmail.com	
秘书处	6777 5858
holycross@singnet.com.sg	
传真机	6773 5676

弥撒时间

平日弥撒：6.30am 及 6.15pm

午间弥撒：12.15pm

周六黄昏：4pm 九日敬礼，4.45pm(英语)，6.30pm(华语)

主日弥撒：7.30am, 9.30am, 11.30am 及 5pm

公共假日：8am，无黄昏弥撒

周五圣时：每月第一个周五 8pm

圣体室开放：每天 7am-10pm

和好圣事：周六及主日所有弥撒开始前15分钟

婴儿洗礼：每逢1月/3月/5月/7月/9月及11月的第一个主日，12.45pm

殡葬：请与堂区秘书处联系有关葬礼及神父等的安排

婚礼：请在婚礼前6个月联系堂区秘书处有关教堂的预订事宜

辅导咨询服务：请于周一至周五 10am-5pm 拨电：63820688 预约

第二次收捐：第一主日为圣文生善会。第三主日为天主教基金会。

Public Masses and large gatherings have been suspended but our church remains open for private prayer. The Cenacle is closed but the main church is open to all from 8am to 10pm daily.
The sacrament of Reconciliation is available via appointment only.
The parish office remains open.

We may not be able to receive the Lord physically but we can still seek Him spiritually!
Use this traditional prayer and receive the Lord in your heart!

ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are in the Blessed Sacrament, I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen

ASH WEDNESDAY — 26 FEBRUARY

This is a day of penance, marked by fasting and abstinence.

Mass will be suspended.

You may logon to <https://go.catholic.sg/mass> or listen via <http://radio.catholic.sg> to pray in solidarity with the grace of spiritual communion.



DONATION BY CORPORATE PAYNOW

Dear Parishioners,

As you are aware, public masses in our Archdiocese have been temporarily suspended since 15 Feb 2020. Masses have been broadcast on Youtube and CatholicSG Radio.

As the parish will still need funds for the general operations and maintenance of the church, we seek your kind generosity and support to continue making a weekly donation to the Church by electronic bank transfer using PayNow at the current time.

Here is what you need to do: Step 1: Select bank transfer
Step 2: Key in Parish **UEN # T08CC4054D**
Step 3: Check Name – **Church of the Holy Cross**
Step 4: Key in amount
Step 5: Key in Ref – Mass Collection

Alternatively, you can issue a cheque and mail it to the Parish Office. If any parishioner choose to give cash, please drop the cash in the existing donation box at the Parish.

Thank you once again for your generosity. God bless.

Parish Priest,
Fr Henry Siew



Church of the Holy Cross

450 Clementi Ave One Singapore 129955 www.holycross.org.sg

OUR VISION: To be a communion of communities with intentional disciples centred on Jesus Christ, commissioned to evangelize and to serve.

22 & 23 February 2020

**Seventh Sunday
in Ordinary Time**

First Reading

Leviticus 19:1-2, 17-18

Second Reading

1 Corinthians 3:16-23

Gospel

Matthew 5:38-48

REFLECTION

FOOLISHNESS

Sometimes the idea of repentance seems old-fashioned, naïve, even foolish. But if you're looking for real foolishness, you'll find it in today's readings.

We begin with Leviticus and the admonition, "Take no revenge and cherish no grudge" (Leviticus 19:18). We've heard that message before, of course, so we might forget how far it is from the so-called "practical realities of life." Saint Paul warns us about being practical, though. Whoever considers oneself wise had better "become a fool," because "the wisdom of this world is foolishness in the eyes of God" (1 Corinthians 3:18, 19).

This "foolishness" continues in the Gospel: "Offer no resistance to one who is evil" (Matthew 5:39). In fact, offer the other cheek when you've been slapped. Hand over your coat as well as your shirt. Be like God, who sends sunshine and rain on the bad as well as the good. "So be perfect," says Jesus, "just as your heavenly Father is perfect" (5:48). Copyright © J. S. Paluch Co.



© J. S. Paluch Co., Inc.

MASS SCHEDULE

Weekdays:

Lauds - 6.15am, Mass - 6.30am
Vespers - 6pm, Mass - 6.15pm
Lunchtime Mass - 12.15pm

Saturday:

Lauds - 6.15am, Mass - 6.30am
Novena - 4pm
Sunset Mass - 4.45pm
Mandarin - 6.30pm

Sunday:

7.30am, 9.30am, 11.30am & 5pm
Tagalog (Every 1st Sun) - 2.30pm

Public Holiday:

Morning Mass @ 8am
No Lauds before Mass

P.A.R.I.S.H Holy Hour:

Every 1st Friday at 8pm

Prayer Room Opening Hours:

Everyday - 7am to 10pm

Sacrament of Reconciliation:

15 minutes before evening Masses on Saturday and all masses on Sunday.

Infant Baptism:

@12.45pm 1st Sunday of:

Jan, Mar, May, July, Sep & Nov.

Funeral Arrangements:

Please check with the Parish Office for the availability of the Priest and Church before confirming the timing for cremation or burial.

Wedding:

Please contact the Secretariat, at least six months before for availability of dates.

Para Counselling Services:

Call 63820688 from Monday-Friday between 10am – 5pm to make an appointment.

2nd Collection

1st week of the month - for the Apostolate of St Vincent de Paul.

3rd week of the month - for GIFT Program of Catholic Foundation.

Fr Henry Siew	henry.siew@catholic.org.sg	6777 1173
Fr Robertus	robertito_doginho@yahoo.com	6776 1330
Fr Martin Low	mlowww@hotmail.com	6777 2523
Secretariat	holycross@singnet.com.sg	6777 5858
Fax		6773 5676