

APR - JUNE 2019 PROGRAMMES

Entering the Paschal Triduum: A Day of Quiet Prayer & Reflection



Paschal Mystery.

The sacred Paschal Triduum marks the end of Lent, and is a three-day celebration of the death and resurrection of Jesus Christ. Although the Paschal Triduum take place over three days, they are liturgically one-day that unfolds the unity of Christ's

Spend time on this day to prepare yourself to enter Holy Week and the sacred Paschal Triduum. The programme will include 3 input sessions as well as time for quiet prayer and reflection.

Facilitator:

Fr Agustinus Tanudjaja, SJ

Date:

Saturday, 13 Apr 2019

Time:

9.30am – 5.30pm

Contribution:

\$60

Register by 3 Apr:

tinyurl.com/tri19

Marital First Responder Workshop



affirm, and offer perspective. The advanced skills are taught using the acronym CAR: challenge, advise, and suggest resources.

Thus participants will learn to discern when they should listen, give guidance, or direct friends and family members to seek professional counselling help.

In this training workshop, participants will learn the seven essential skills needed to help individuals with marital issues. These seven skills can be captured in two acronyms: LEAP and CAR. Participants will learn LEAP: to listen, empathise,

Facilitator:

Fr Charles Sim, SJ Ph.D.

Date:

Saturday, 27 Apr 2019

Time:

9.30am – 5.30pm

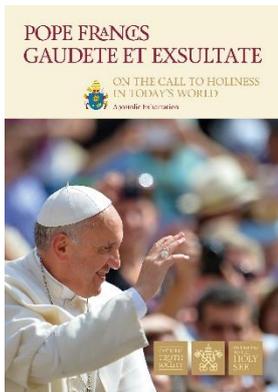
Contribution:

\$150 (includes lunch & tea)

Register by 17 Apr:

tinyurl.com/mfr19

Reading with the Pilgrim: Face to Face to Face



This is a series of 3 evening gatherings for reading, praying, and sharing Pope Francis' Apostolic Exhortation, *Gaudete et Exsultate (Rejoice & Be Glad): On the Call to Holiness in Today's World*.

Participants are to obtain their own personal copy of *Rejoice & Be Glad* and start reading. Active participation outside of and at sessions are required to benefit fully.

Facilitator:

Fr Christopher Soh, SJ

Dates:

Tuesdays,

7, 14 & 21 May 2019

Time: 7.30pm - 9.30pm

Contribution:

\$90

Register by 1 May:

tinyurl.com/pilgrim19

Easter Day of Reflection



"Christ the Lord is risen. Raise your joys and triumphs high."

Are you seeking a richer relationship with our Risen Lord, or looking to embrace the gladness and joy of Eastertide?

This day will offer time for quiet prayer, personal reflection and spiritual conversations in small groups. Spend time to listen to God through your imagination, Scripture, and colloquy, as well as ponder the mystery of Resurrection through art.

Facilitator:

Margaret Tang

Date:

Saturday, 25 May 2019

Time:

9.30am – 5.30pm

Contribution:

\$60

Register by 15 May:

tinyurl.com/edoq19

How To Change When You Can't Change



Why don't New Year's resolutions, exercise plans, and diets work to change bad habits? Why does science say it takes 2 months to change a destructive habit and how can it take less? What can I do to recover "the serenity to accept the things I cannot change and the courage to change the things I can and the wisdom to know the difference"?

In this retreat, we will look at what the Gospel and science says about what helps those who change successfully.

Facilitator:

Fr Matthew Linn, SJ

Dates & Times:

Fri, 31 May (7.30pm) to

Sun, 2 June (5pm) 2019

Contribution:

\$270 (non-AC),

\$330 (AC)

Register by 21 May:

tinyurl.com/linn19