



THE IGNATIAN

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ADVENT MESSAGE



Imagining the nativity scene

One of the most insightful contemplations in the Spiritual Exercises of St. Ignatius is the one on the nativity of Our Lord. Ignatius asks us to use our senses in imagining the sight, sound, smell, taste and touch of the scene. Unlike the sanitised nativity scene we often encounter in Advent and Christmas, the events of that night were far from perfect. Mary gave birth to Jesus in a dark, dirty and smelly stable. Certainly Joseph did not know what to do. There was no comfort at all in that place; what more of a plan.

Yet, in this imperfect and unplanned setting, God came amongst us on earth. Therefore, we can ask ourselves this reflective question. Do I think that my life needs to be perfect, or that my prayers need to be perfect and planned, or that my retreats have to be perfect before I can focus on God and ask God to be present in my life? I'd say no.

Have a happy and blessed Christmas in spite of what is going on in your lives and in the world.



Fr. Francis Lim, S.J.

**Regional Superior of the Jesuits
of Malaysia-Singapore**

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Opening hours:
Mon - Sat: 9.30am - 5.30pm
Closed on Sundays
and Public Holidays

**St Francis Xavier
Adoration Chapel**
Kingsmead Centre Level 1
Opening hours:
Mon - Sat: 10am - 5pm

| Retreat @ KC

SEASON OF CREATION: LOVE OF GOD IN CREATION

An intimate group of seven retreatants gathered over 1 - 3 September 2023 at Kingsmead Centre for the above retreat. The retreat started early Friday morning with a Mass and as it also coincided with the Singapore Presidential Election, participants were given Friday afternoon to go to their respective polling stations to cast their votes.

MAS Regional Superior, Fr. Francis Lim S.J. led the retreatants through *Gratitude for Creation* and each was reminded that in the beginning, God had put chaos into order. Many loved his image of the water falling like a dome with small windows that rain could then fall unto earth.

Each session had a sub-theme such as *Gratitude and God, Gratitude for My Life, From the Beginning, Contemplating God in Nature,*

God is Still Creating Anew for Me, Finding God in All Things and All is a Gift from God Above. Many of the participants were touched knowing that God is still continually creating us day by day.

There were also opportunities for spiritual conversations in the evening and the participants gained insights, felt assured and found comfort in their prayer journeys. They all found sacred spaces and places for silence, prayer, reflection and journaling.

Some delighted in the symphony of the palm leaves swinging in the wind. Others marvelled at the ants living in harmony under the big tree which grows in silence. Everyone was happy, relishing and being more aware of the *Season of Creation: Love of God in Creation.*





Retreats @ KC

FR MICHAEL ROSSMANN, SJ, IN SINGAPORE

Thursday, 10 August 2023, 7:45pm,
Fr. Michael Rossmann, S.J., an American Jesuit, arrived in Singapore, taking his first steps into Southeast Asia. A doctoral student at the Gregorian University in Rome, and author of the award-winning book *'The Freedom of Missing Out'* and *'One Minute Jesuit'* podcast originator, Fr. Michael was invited by Kingsmead Centre and the MAS Vocation Promotion and Young People teams to present several talks and retreats in Malaysia and Singapore.

At Kingsmead Centre, Fr. Michael presented three evening talks - *Freedom of Missing Out* on 14 August, *The Spiritual Exercises in Contemporary Times with Young People* on 5 September and *Modern Day Discernment* on 6 September 2023. Each evening gathered a crowd of about 100 people, eager and excited to hear about the new FOMO and Discernment, incorporating

the Spiritual Exercises and living the dynamics in contemporary times. Fr. Michael charmed and inspired many to think outside the box and to become more aware of how God constantly invites one to move from fear to freedom in our commitments.

Media is another area of Fr. Michael's expertise, being the originator of *'One Minute Jesuit'* podcast. Fr. Michael explored how media could be used to share the Gospels and reach out to a wider audience, especially the young. The two retreats Fr. Michael facilitated and assisted by the KC Spirituality Team, saw 18 retreatants benefitting from their weekend stay at KC.

Fr. Michael inspired the 312 participants at the 3 evening talks and 2 weekend retreats with his youthfulness, generosity of insights and the American smile. We are grateful for his presence here with us and are delighted with his new found love for durians, all 101 varieties!





**KINGSMEAD
CENTRE**
Spirituality
.....
AUG - SEP
.....
TALKS & RETREATS
WITH FR MICHAEL
ROSSMANN



23 AUG 2023

TALK: PEEK INTO THE MINDS OF THE ELDERLY

Participants were enlightened by Mr. John Ooi who spoke about the concerns and issues of the elderly, as well as what can be done by individuals and the church as a community to help the elderly meet their needs, to live their remaining years with enthusiasm. Mr. Ooi is the developer and facilitator of the *Making Your Olden Years Turn Golden* workshop. This talk is part of the series of talks organised by KC Counselling to promote well-being and better mental health management.



29 AUG 2023

TALK: BUILDING BRIDGES – PARENTING WITH A HEART



The REACH West Team, NUHS gave useful tips and tools to help parents create a supportive and emotionally enriching environment for their children’s mental health and overall well-being.

Among the topics covered by the team were ‘Help Children Manage Their Emotions’, ‘Becoming Your Teen’s Emotional Coach’ and ‘Understanding Screen Time and Device Usage’.

The team of presenters included Ms. Stephanie Seow (Principal Occupational Therapist), Ms. Natalie Yap (Psychologist Associate), Ms. Sarah Lam (Senior Psychologist), Mr. Nabil Syukri (Psychologist Associate), Ms. Sonia Khatani (Clinical Psychologist) and Mr. Nicholas Sii (Psychologist Associate).

13 OCT 2023

TALK: CONNECTED COUPLES, STAY STRONG & COMMITTED

How do couples maintain a close and loving relationship? Ms. Lissy Ann Puno, Counselling Psychologist at the International Counselling & Psychology Centre, shared effective and healthy relational skills with participants to help them nurture their relationships. Ms. Lissy explained the stages of a marital relationship and advised couples on how to avoid the buildup of disillusionment that can create disconnection.



15 NOV 2023

TALK: CAREGIVING – A JOURNEY OF LOVE AND STRENGTH

The path of caregiving often brims with challenges and uncertainties. Dr. Seng Boon Kheng, Professor and Head of the Master of Social Work Programme at the Singapore University of Social Sciences (SUSS) spoke about the complexities of informal caregiving, the challenges faced by caregivers and strategies to lighten the load. Participants gained useful insights into their journey of caregiving.



UPCOMING TALK > SPEAKER: DR PHILIP YAP
18 DEC 2023, 7.30PM @ KINGSMEAD CENTRE
For more info, go to <https://kingsmeadcentre.sg>

| 27 - 30 AUG 2023

KC WELCOMES DELEGATION FROM SJFS KUCHING

From 27 to 30 August 2023, KC hosted friends from the St Joseph's Family of Schools (SJFS) Kuching Delegation whilst they were in Singapore. Nine friends stayed at KC and spent most of the daytime visiting various Catholic schools in Singapore. Fr. Stan led the group to Singapore and KC welcomed them with a simple lunch. KC was happy to host our friends from Kuching and to support them in the collaboration efforts.



| 3 - 5 NOV 2023

CHURCH OF THE HOLY SPIRIT YOUTH MINISTRY LEADERS RETREAT

A group of 10 young people, consisting of incoming and outgoing leaders of the Youth Ministry at the Church of the Holy Spirit in Singapore, spent their weekend (3 - 5 November 2023) on retreat at Kingsmead Centre.

Fr. Jerome Leon, S.J. accompanied them on their retreat, where they found time and space to pray, rest, share in each other's company, and get some clarity where God is leading them

individually and as a faith community. The youth leaders were happy to explore the possibilities of working with Kingsmead Centre and Fr. Jerome on future projects on spirituality and formation.



11 - 13 NOV 2023

THE ROMAN CATHOLIC PRISON MINISTRY RETREAT 2023

Over the Deepavali weekend from 11 - 13 November 2023, members of the Roman Catholic Prison Ministry (RCPM) attended a group retreat at Kingsmead Centre directed by Fr. Jerome Leon, S.J. Twenty-two RCPM members attended the retreat. The theme of the retreat was "meditating on the two



greatest commandments - to love the Lord, and to love one's neighbour". The retreatants were invited to reflect on their relationship with God, deepen their self-understanding, and sense where the Spirit is leading them in their daily lives and ministry.

19 NOV 2023

DAY OF RECOLLECTION: SSVP



Sunday, 19 November 2023, the Thirty-third Sunday of Ordinary Time according to the Liturgical Calendar, was also designated by the Church as the World Day of the Poor.

On that day, 25 members of the Society of St. Vincent de Paul (SSVP) came to Kingsmead Centre for a day of recollection facilitated by Fr. Jerome Leon, S.J.

The event was organized by the SSVP Conference of St. Mary of the Angels, and attended by members from other conferences.

Attendees were first invited to rest and reflect on the topic of "poverty" in light of the Gospel. The day of recollection ended with the celebration of the Eucharist.



9 NOV 2023

THE GOLDEN YEARS... A QUIET MORNING RECOLLECTION

Thirty-eight ladies gathered at Kingsmead Centre on Thursday, 9 November 2023 for 'A Quiet Morning Recollection'. It was wonderful to welcome them from the various parishes in Singapore - St. Joseph's (BT), Holy Family, Our Lady of Lourdes, Holy Cross, Holy Trinity, SFX, OLPS, COTT, Christ the King, St. Anthony's and St. Ignatius. It was the first time for some of them. They appreciated the simple, rustic and serene surroundings of KC and the short morning programme.

There was time for quiet reflection, silence, prayer and spiritual conversations. The recollection was based on the theme 'Reflect, Remember, Receive with Mother Mary and St. Joseph'.

The morning ended with the Examen and a decade of the Rosary. A number of ladies gave feedback with hope for more similar morning sessions at KC and appreciated the focus on the 'Golden Years' - young seniors and seniors' community.



SHARINGS FROM PARTICIPANTS:

'I have not done a retreat for the last 13 years ... this was timely for me.'

'God's word spoke to me richly after the input session and during my quiet prayer time. Sharing with others was insightful for me.'

'This morning allowed me to pause and slow down to spend time with the Lord.'



'I found the morning hours helped me focus on praying the Ignatian way which I have not done for some time already. Thank you.'