

四旬期第一主日**22/02/2025**

这四旬期第一主日的礼仪告诉我们有关试探和与恶神搏斗的事。的确，四旬期是个为继续走天主的路、更坚决遵循天主旨意而做精神奋斗的时期。天主的旨意是爱的旨意，因此，我们要更坚决地对抗我们以各种形式表现出来的自私。

我们的目标是度慷慨的爱的生活，只有正直的方法才能达到这个目标。我们的目标也是全心全意地侍奉上主，这样才能生活在爱天主和爱近人的爱中。我们可以长时间默思耶稣受试探的意义，来使我们的内心得以坚强，好能慷慨有效地进行四旬期中的奋斗。

和平之后天主堂**堂区通讯**

本堂英语苦路敬礼：四旬期期间的星期五11.30 am 苦路敬礼，12.15 pm 午间英语弥撒；5.55 pm 诵念玫瑰经，6.30 pm 英语弥撒；7 pm 苦路敬礼。

通告：这个星期日 (22/02/26) 没有餐厅服务。

婴孩领洗：将在4月11日 (星期六) 举行。你可在秘书处索取申请表格。

通告-FORMED：FORMED 是一个数码平台，无论你身在何处、处于灵修成长的任何阶段，都能随时支持你的灵修旅程。通过视频、音频、电子书和学习指南，深入了解天主教信仰的基础、圣事、圣经、圣人、死亡议题以及日常生活中的挑战。内容生动且具备坚实的神学基础，适合不同年龄层、灵修需要与人生阶段的人士。

FORMED 已由本堂区订购，教友可免费使用，邀请大家上网注册。请参阅堂区周刊英文说明。

教委2026四旬期宣道：日期: 2月25日-3月25日 (五个星期三)，时间: 7:45PM 开始；地点: 圣雅丰索堂。主题: 活出真我。形式: 7.45 pm 苦路敬礼、8.20 pm 弥撒/宣道会。2月25日: 黄飞翔神父，讲题: 停下追逐‘神迹’的心。3月4日: 彭志顺神父，讲题: 放下比较的尺。3月11日: 陈一强神父，讲题: 信仰不是打卡。3月18日: 张利勇神父，讲题: 连接生命的源头。3月25日: 黄财龙神父，讲题: 对天主说“我愿意！”。欢迎大家踊跃出席。

2026年四旬期反思手册：主题: “你们应该是圣的，因为我是圣的。” (Be Holy, For I Am Holy) 请上网one.org.sg 下载。欢迎使用反思手册。

华垦2026年共融之夜 (一)：夫妻同行户外拜苦路。日期: 2月27日 (星期五)，时间: 7:30 - 9:00 PM。地点: 圣若瑟堂 (武吉知马)。报名: 国栋、秋妹9627 4096 亚福、素金8595 4952。这是一个夫妻携手前行，彼此支持的美好时刻。让我们一同在祈祷与默想中，深化夫妻间的爱。

守圣时 (主礼: 主徒会士张思谦蒙席)：日期: 2月28日 (星期六)，时间: 10:00AM - 11:00AM，地点: 武吉知马圣若瑟堂小堂(Chapel)。主徒会 (CDD) 敬邀2月28日 (星期六)，相聚于武吉知马圣若瑟堂小堂 (Chapel) 朝拜圣体中的耶稣，与主相逢宁静中。守圣时将于上午10点开始至11点结束，请大家尽量在9点半前抵达，准备好心灵，静默等候主耶稣。主题: 基督门徒之旅。

**CHURCH OF OUR LADY QUEEN OF PEACE**

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cornelius.ching@catholic.org.sg**MASS SCHEDULES**

Saturday Sunset Mass : 5:00pm

Sunday Mass: **7.30am (Mandarin), 9:15am,
11am and 5.00pm (English).**Weekday Masses: **12:15pm & 6:30pm**Public Holiday: **Mass at 9:00am.****Novena Devotion:**Saturday at **4:15pm.****Sacred Heart Devotion:**1st Friday of the month at
12.00noon & after evening mass
except during Lent**Adoration Room :10am to 9pm****Readings:****Sunday**

22 Feb

Gen 2:7-9,
3:1-7Rom 5:12-19
Mt 4:1-11**Monday**

23 Feb

Lev 19:1-2
Mt 25:31-46**Tuesday**

24 Feb

Is 55:10-11
Mt 6:7-15**Wednesday**

25 Feb

Jona 3:1-10
Lk 11:29-32**Thursday**

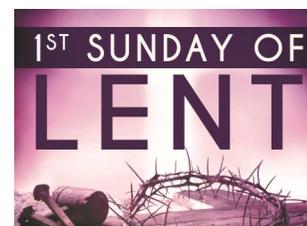
26 Feb

Est 4:17
Mt 7:7-12**Friday**

27 Feb

Ez 18:21-28
Mt 5:20-26**Saturday**

28 Feb

Deut 26:16-19
Mt 5:43-48**Choose God in the Desert**

Lent leads us into the desert with Jesus, a place of silence, struggle, and truth. In today's Gospel, Jesus is tempted at his weakest moment, after forty days of fasting. The temptations are familiar: to satisfy

immediate needs, to seek security and control, and to gain power and recognition. Yet each time, Jesus refuses to take the easy way out. He chooses trust in the Father instead of self-reliance, obedience instead of compromise.

The Gospel reminds us that temptation itself is not sin; even Jesus was tempted. What matters is the choice we make. Lent gives us space to recognise the voices that pull us away from God, such as wanting comfort without sacrifice, having faith without trust, and seeking success without humility. Like Jesus, we are invited to respond not with our own strength, but with God's Word and a heart anchored in prayer. As we journey through Lent, Jesus shows us that faithfulness in small, hidden struggles shapes who we become and prepares us for life with God and service to others.

Reflective question:

What temptation most distracts me from trusting God fully, and how is Lent inviting me to respond differently?

Prayer for Living for Liturgical Year A by Verbum Dei Missionaries, Singapore

Queen of Peace Parish

ONE's Lent to Easter Reflection Booklet - Be Holy, For I Am Holy

Through Scripture, reflections, and questions for personal and group use, the Office for the New Evangelisation's combined Lent to Easter Reflection Booklet supports individuals, families, ministries, and communities as we journey inward to receive God's love more deeply, and outward to share that love with others. Our Lenten practices do not end with Lent, but continue into Easter, where we renew our baptismal call to live as God's holy people. Get your copy by scanning the QR code or visiting one.org.sg.



Other Announcements



PIETA is a support group for bereaved parents who have united in faith to seek God's comfort, wisdom and hope. The monthly session, run by bereaved parents, is for prayer, reflection and the breaking open of the WORD OF GOD. Any parent who has lost a child (regardless of age and no matter how recent or long ago) is invited to the sessions to journey together in faith.

The next monthly session will be face-to-face from **7:30 to 9:15pm** on **Tues 24 February 2026**. The venue will be at the **Catholic Archdiocesan Education Centre, 2 Highland Road, unit LG-01, Singapore 549102** (next to the Church of Immaculate Heart of Mary). Please email PIETA for directions: pieta.singapore@gmail.com
Website: <https://pieta.familylife.sg/>

No Cross, What A Cross!

What does the Cross mean in your life - a burden to avoid or the very source of God's wisdom and power?

Date: 6 - 8 March 2026

Time: Friday, 7pm - Sunday, 1pm

Venue: Montfort Centre, 624 Upper Bukit Timah Rd, S678212

This Lenten retreat invites you to rediscover the Cross through the words of St. Paul and the spiritual insight of St. Louis Marie de Montfort.

Register at: <https://www.montfortcentre.org/events-1/no-cross-what-a-cross>

Shine Retreat

Calling all Polytechnic, ITE and Private diploma students between 16-25 y/o! SHINE is a Catholic encounter retreat for all who are currently studying or waiting to be enrolled in any local Polytechnic, ITE, or private diploma institutions! Jesus invites you to come and walk with Him as you enter into a new academic year!

Date & Time: 21 March (Sat) - 25 March (Wed) (FULL STAY-IN)

Retreat Venue: 199 Ponggol Seventeenth Ave, (S)829645

Retreat fee: \$87.20 (incl. 9% GST) [includes a t-shirt]

Registration: tinyurl.com/SHINE26P

Enquiries? Write to Melissa at melissa.oyp@catholic.org.sg.

Queen of Peace Parish

STATIONS OF THE CROSS DURING LENT

Fridays Lunchtime Masses

11.30am: Stations of the Cross (no Angelus)

12.15pm: Lunchtime Mass

If you are driving, please follow instructions of the Outdoor Hospitality Ministers.

Friday Evening Masses:

5.55pm: Rosary

6.30pm: Mass

7.00pm: Stations of the Cross



SILENT MEDITATION BEFORE MASS DURING LENT STARTING

21ST / 22ND FEB

Meditation forms us slowly, faithfully, and deeply. In turning inward, we learn how deeply God dwells within us.

Make meditation a part of your Lenten journey. Meditation starts 20 minutes before all weekend masses.



How to Lent is a new series on FORMED that aims to equip Catholics with the tools to understand and practice the pillars of Lent: prayer, fasting, and almsgiving. Guided by priests and religious, this series will challenge our preconceived notions about Lent, laying out a roadmap for entering the season with a purpose. Don't let Lent sneak up on you like it did last year. Use **How to Lent** to prepare more purposely this Lent.



For parishioners who do not have an account with FORMED yet, register as follows:

1. Go to formed.org/signup
2. Enter your email and click "Next"
3. Enter your name, agree to the Terms of Use, and click "Sign Up"
4. Select your parish "Our Lady Queen of Peace, 4 Sandy Lane, Singapore" then click "Sign Up"
5. You will then be taken to the main Formed site and should be automatically signed in and be able to access all the content

For parishioners who have previously accessed FORMED:

Go to formed.org

1. In the upper right corner, select "Sign In."
2. If you are already actively logged on, you will be brought to the main Formed site.

SUNDAY CANTEEN

Canteen will be **CLOSED** this Sunday.