

四旬期第四主日是一个喜乐的主日。进堂咏说：「耶路撒冷，喜欢吧！」我们走向复活节的路程已经走了一半了，今天，教会建议我们停一停，欢乐一下。福音告诉我们一个天生的瞎子的事，他因耶稣治好了他而欣喜万分。的确，我们的喜乐与光明有关。当我们没有光而必须处在黑暗中时，我们很难欢乐起来。相反的，当我们在光亮中观看天主所有的工程时，我们便可以颂扬天主，我们的心中也充满了喜乐。

和平之后天主堂

堂区通讯

**每月第三主日第二次捐献：**为教区关怀基金筹款，以帮助有需要援助的人。请大家慷慨解囊。

**四旬期弥撒前静默默想：**默想以缓慢、深刻并信靠天主的方式塑造我们。让我们学习体会天主如何深深地居住在我们内。让默想成为你四旬期旅程的一部分。所有周末弥撒开始前二十分钟，让我们静下心来进行默想。

**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。

**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。

**这周的主日餐厅服务：**由Neo Catechumental Way 负责。欢迎前来，彼此交流，建立友谊。让我们一起建立一个充满喜乐和友爱团聚的堂区大家庭。

**东区忏悔礼：**3月17日（星期二），圣三堂，10.30 am 和8 pm；3月18日（星期三），永援圣母堂，10.30 am 和8 pm；3月19日（星期四），圣家堂，10.30 am 和8 pm；3月23日（星期一），上主慈悲堂，8 pm；3月24日（星期二），圣斯德望堂，8 pm；3月25日（星期三）和平之后堂，8 pm。

**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。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！”。欢迎大家出席。

**公教初级学院(CJC)2026年四旬期之夜：**诚挚邀请所有年龄介于15至19岁的天主教青年参加“2026年四旬期之夜”！本活动获得Office for Young People (OYP) 的支持下举办，旨在于这个四旬期为参与者创造更深刻与基督相遇的机会，同时促进来自不同学校与堂区的天主教学生彼此建立联系与友谊。活动日期与时间：3月27日（星期五）下午5时30分至晚上9时30分（包括晚餐），地点：CJC Auditorium。费用：免费。报名截止日期：3月23日（下午5时）。有兴趣的天主教青年可通过<https://tinyurl.com/cjclent26> 报名。请注意：报名者须获得家长 / 监护人同意，并通过上述链接下载同意书。请在抵达CJC时提交同意书的纸本或电子副本。请参考堂区周刊英文版说明。



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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**  
15 March  
1 Sam 16:1,6-7  
Eph 5:8-14  
Jn 9:1-41  
**Monday**  
16 March  
Is 65:17-21  
Jn 4:45-54  
**Tuesday**  
17 March  
Ez 47:1-9,12  
Jn 5:1-3,5-16  
**Wednesday**  
18 March  
Is 49:8-15  
Jn 5:17-30  
**Thursday**  
19 March  
2 Sam 7:4-5, 12-14,16  
Rom 4:13, 16-18,22  
Mt:1:16, 18-21,24  
**Friday**  
20 March  
Wis 2:1,12-22  
Jn 7: 1-2,10, 25-30  
**Saturday**  
21 March  
Jer 11:18-20  
Jn 7:40-52

Joy of encountering Christ

Today, we celebrate Laetare Sunday, also known as the Sunday of rejoicing. The gospel shows us the joy that comes from encountering Christ. In the story, the blind man does not look for Jesus; Jesus is the one seeking him out. He puts mud on the blind man's eyes and sends him to wash. When the man washes, he can see again. This restoration of physical sight leads to a deeper understanding. At first, the man calls Jesus "the man called Jesus." Later, he refers to Jesus as "a prophet." Finally, when Jesus reveals Himself as the Son of Man, the man responds in faith, saying, "Lord, I believe," and he worships Jesus. In contrast, the Pharisees, who can see with their eyes, become spiritually blind. They hold on to their certainty, status, and control. The healed man, despite being questioned and rejected, stays open and brave. His journey goes from darkness to light, from ignorance to faith.

Lent is about moving toward light, not staying in darkness. Jesus wants to heal our blindness, prejudices, fears and self-deceptions. Sometimes, this process may lead to misunderstanding or opposition. But in the end, there is joy, that is, the joy of seeing and being seen by Christ

Reflective question:

**Am I willing this Lent to let Jesus open my eyes, even if it challenges me?**

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

# Queen of Peace Parish



## SUNDAY CANTEEN

This Sunday's canteen will be run by the  
**Neo Catechumenal Way**  
Come, connect and build relationships. Together we can foster a  
unique QOP atmosphere of joy, hospitality and fellowship.

## LENTEN PENITENTIAL SERVICES 2026

Church of the Holy Trinity 圣三堂	Tues, 17 March 2026 10.30am & 8.00pm
Church of Our Lady of Perpetual Succour 永援圣母堂	Wed, 18 March 2026 10.30am & 8:00pm
Church of the Holy Family 圣家堂	Thurs, 19 March 2026 10.30am & 8.00pm
Church of Divine Mercy 上主慈悲堂	Mon, 23 Mar 2026 @ 8.00pm
Church of St Stephen 圣斯德望堂	Tues, 24 Mar 2026 @ 8.00pm
Church Our Lady Queen of Peace 和平之后堂	Wed, 25 Mar 2026 @ 8.00pm

## Other Announcements

### Catholic Junior College Lenten Evening 2026

Catholic Junior College (CJC) is hosting its annual Lenten Evening programme, and you're warmly invited to attend.

**Date: Friday, 27 March 2026**

**Time:**

**5.30 to 6.30pm: Registration & Dinner**

**6.30 to 9.30pm: Programme including input, prayer, group sharing, praise & worship, and the Sacrament of Reconciliation**

**Venue: CJC (129 Whitley Road, Singapore 297822)**

**Cost: Free**

Please visit this link: <https://go.gov.sg/cjclent26> to sign up by **Friday, 20**

**March 2026.** We hope to see you there!



"Jesus Youth invites you to join '**Crucis Singapura**' – a unique '**Way of the Cross**' prayed while walking barefoot across the island marking the sign of the Cross. Since its inception in 2011, this annual event has invited young people to reflect on the Passion of Christ through a contemplative experience, sharing in His suffering through the Crucis Singapura journey. Participants will walk in pairs across 4 pre-defined routes, varying from about 4-8 km. Registration is free. **Register by Sunday, 22nd March via the QR code in the notice board or directly via Jesus Youth Singapore website.**

# 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

*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.**



*To prepare our hearts for Easter*

### LENTEN DAY OF RECOLLECTION:

#### "JOURNEYING WITH CHRIST TO THE CROSS"

**When: Sat, 21st March from 9.30 to 12.30pm**

**Where: House of Mary Level 2**

Facilitated by Fr Shaun Lim

**No registration required**

Join us for a Group Study on "**WISDOM & WORKS OF MERCY**" which will commence on **Monday, 23 Mar 2026 9:45-11:45am OR 7:30-9:30pm.** It comprises 11 sessions.

10 sessions delve into the Most Holy Trinity as the key to bringing the faith from our heads to our hearts and out into our lives. In the study, we focus on 3 points of Communion:

1. Communion with the Trinity
2. Transforming Communion with Christ
3. Mission of Communion

Session 11 will guide us to put our faith into action with Works of Mercy.

Register via <https://tinyurl.com/WWM2026> or scan QR Code

For more details, contact Andrew +65 9862 3153 or ask the team stationed outside the canteen after Saturday evening and Sunday morning Masses.



### GIFT PROGRAMME CONTRIBUTIONS

**This weekend,** being the 3rd weekend of the month, there will be a 2nd collection for Catholic Foundation's GIFT (Giving in Faith & Thankfulness) programme. GIFT is a regular giving programme to rally support for and fund the Archdiocese's organisations and initiatives for youth, evangelisation, catechesis, formation, and others.

Please drop your contributions or GIFT envelopes into the collection bags. Do consider signing up for a regular pledge, as it is the most reliable way of supporting the Church. Visit [catholicfoundation.sg](http://catholicfoundation.sg) to contribute online or find out more.