

今天的福音引导我们深入耶稣的灵魂，向我们介绍一篇他向天主父的祈祷：这是一篇赞颂、谢恩的祈祷，使我们发现耶稣最深层的情感。那是天主圣子从心灵深处向天主父的感恩：深挚的感恩，表现在耶稣一生的每一个时刻。在这台弥撒里，让我们为自己能够担负起耶稣良善心谦的轭而祈祷，好能获得内心的平安，困难中的安慰，以及与他人相处中的平安。我们也可以照耶稣圣心的意愿，为世界和平祈祷。他的轭是甘怡的，他的担子是轻松的，因为他到处带来和平。

和平之后天主堂

堂区通讯

第一主日第二次捐献—圣文生互助会基金：请大慷慨解囊。

这周的主日餐厅服务：由Family Life Ministry 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。

婴孩领洗：将在9月5日（星期六）举行。你可在秘书处索取申请表。

华文成人慕道团/新的慕道旅程：新的慕道旅程在7月2日开始，每逢星期四晚上7:45-9:30。询问/报名：玛丽亚 98334590、蔡梅卿9668 1954。

华文夫妇恳谈会（华恳）：这个主日（7月5日）上午十点半在达味楼3.3课室，有华恳团队来和平之后作宣传。欢迎有意了解华恳的兄弟姐妹前来出席。

ACTS Singapore 11月及12月短期传教之旅：线上报名将于2026年6月26日开放，并于2026年7月26日截止。你可上网acts-singapore.com 查阅详情。请参阅英文版消息。

讲座与圣体治愈祈祷聚会：日期：7月12日（星期日），时间：1 - 4:30 PM，地点：圣安多尼圣堂礼堂，地址：25 Woodlands Ave 1 S(739064)。讲题：这病不至于死，主讲：张利勇神父。形式：敬拜赞美、讲座、明供圣体、圣体医治、见证与共融茶叙。询问：范洲南9684 8989，陈顺添9764 7146，郑碧虹9088 2655。欢迎主内兄弟姐妹和教外朋友一起来参与。报名：入场免费，无需报名。主办：圣安多尼堂神恩复兴团体。

公开讲座-- 通往爱的GPS：日期：9月12日（星期六），时间：10am - 2pm，地点：圣伯纳德堂一楼礼堂（Parish Hall），主讲：唐绮珍修女。形式：敬拜与赞美、见证与分享、讲座、午餐、写信与敬礼。报名费：S\$15。报名：表格点击链接<https://acams.org.sg/acams/2026-gps-for-love>。由新加坡天主教华文教委（ACAMS）举办。

2026 华文婚前预备班（10月4日+10月11日）：日期：10月4日（星期日），时间：9 AM - 5 PM，地点：天主教中心(CANA The Catholic Centre)。报名：请上教委网页扫描二维码填写表格。报名费：每对新人S\$ 220。联系人：秀琼 (98524047)，美璉(97315662)。



CHURCH OF OUR LADY QUEEN OF PEACE

4 Sandy Lane, Singapore 437321 www.queenofpeace.sg
Secretariat: 6744 2879 Email: admin@queenofpeace.sg

Parish Priest: **Fr Shaun Lim** 6744 0347
shaun.lim@catholic.org.sg
Asst Parish Priest: **Fr Francis Lee** 6744 2397
fsmlee@queenofpeace.sg
Asst Parish Priest: **Fr Cornelius Ching** 6747 4401
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: Mon—Fri: 12:15pm & 6:30pm

Saturday: 7.30am

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

Divine Mercy Chaplet: recited after

6.30pm Mass every last Fri of the month.

Readings:

Sunday

5 July

Zec 9:9-10

Rom 8:9,11-13

Mt 11:25-30

Monday

6 July

Hos 2:16-185,

21-22

Mt 9:18-26

Tuesday

7 July

Hos 8:4-7,

11-13

Mt 9:32-38

Wednesday

8 July

Hos 10:1-3,

7-8,12

Mt 10:1-7

Thursday

9 July

Hos 11:1-4, 8-9

Mt 10:7-15

Friday

10 July

Hos 14:2-10

Mt 10:16-23

Saturday

11 July

Is 6:1-8

Mt 10:24-33

Come to me, and I will give you rest

In the first reading, the prophet Zechariah urges us to "Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! Look, your king is coming to you..." These words of the prophet call us to rejoice because God Himself approaches us. He is neither distant nor indifferent; instead, He consistently seeks to draw near, offering peace to our weary and restless hearts.

In today's Gospel, Jesus echoes the same invitation: "Come to me, all you who labour and are overburdened, and I will give you rest." His rest begins when we stop pretending that we can manage life on our own strength. It happens when we stop striving to be "enough" for others and for society's expectations, and when we accept the limits of our control over things we cannot change, such as the future, other people, and the outcomes of our efforts. Jesus promises that He will be with us and help bear the weight of our burdens. Today, let us turn to Jesus and receive the rest that we are truly searching for.

Reflective question:

What burden do I want to bring to Jesus, and what rest do I most desire today?

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
Family Life Ministry

Come, connect and build relationships. Together we can foster a unique QOP atmosphere of joy, hospitality and fellowship.

Other Announcements

Conversations that Matter

Navigating Sexuality & Values with Your Teen

11 July 2026 (Saturday) | 1:30pm - 4pm

Church of the Holy Spirit, Auditorium (Level 4)

Fee: \$20 per pax | \$35 for 2 pax

This session supports parents in navigating important conversations on sexuality and values, are concerned about the influences shaping their teen's decisions, and desire to build trust and deeper connection while guiding their child with care. You will learn simple and relatable language to communicate values with empathy and clarity, and pick up tools to build trust so your teen feels safe approaching you – even on difficult or sensitive topics.

Come and learn how to accompany your teens with greater confidence.

Register at familylife.sg/CTM_A or scan the QR code.



A Spring Day for Our Dis-ease: Spirituality for Busy People

This weekend retreat offers a sacred pause.

Discover the peace that your heart longs for

11-12 July 2026 at La Salle House (stay in retreat)

Finding Peace in a Stressed-Out World

Discover the roots of stress, practical ways to build resilience and emotional balance, and how to move beyond coping towards flourishing

10 July 2026 (Friday) | 7:30pm – 9:30pm

St Joseph's Institution International, High School Assembly Hall

Fee: Love offering

Register at familylife.sg/findingpeace or scan the QR code



ACTS Singapore—November & December Mission Trips

Online registration opens on 26 June 2026 and closes on 26 July 2026.

Mission	Dates
Manila - Philippines	28 Nov – 4 Dec
Kompong Thom - Cambodia	28 Nov – 5 Dec
Phnom Penh (Teuk Thla) - Cambodia	28 Nov – 5 Dec
Phnom Penh (Tuol Kork) - Cambodia	28 Nov – 5 Dec
Battambang - Cambodia	5 Dec – 12 Dec
Ta'Om - Cambodia	5 Dec – 12 Dec



Details? Please visit
acts-singapore.com

Queen of Peace Parish

GOD THE FATHER Devotional Prayers

Tuesday 7th July at 7.30pm

Room 3.3 House of David.

All are welcome.



QOP WAKE PRAYER GROUP

QOP wake group is looking for volunteers to join us to pray for the deceased.

To find out more, please call Anthony at 9422 5245

33 DAYS TO MORNING GLORY

Small Group Retreat & Consecration

Dates: 24 Aug to 28 Sep 2026, culminating on 3 Oct with Consecration to Mother Mary. Six consecutive Mondays

Times: 9:45-11:45am OR 7:30-9:30pm

Venue: AM: QOP, House of Mary (Rm 5.2)

PM via Zoom

Learn from the saints how their relationship with Mother Mary impacted their lives. Come and receive the endless graces through her.

Let us all put ourselves under Mother Mary's care and protection. Through Mary to Jesus!

Register via QR Code on Notice Board

Contact Andrew 9862 3153 or Katherine 96339612 for more details.

Landings is a ministry that welcomes Catholics seeking to return to the Church. Through small group conversations, prayer, and reflection, we offer a safe, non-judgmental space to help returnees rediscover their faith at their own pace.

A new LANDINGS journey of 10-weeks begins **every Monday from**

17 Aug to 26 Oct 2026, here at QOP and

concurrently at Church of Holy Spirit.

Scan the QR code for more information,



P1 REGISTRATION :

CHIJ (KATONG) PRIMARY OPEN HOUSE

"Catholic education is more than helping our students to get good grades or to compete for entry to the best schools. Our young people are looking for something more, something that is all encompassing. They seek for those things that can truly give them meaning and purpose in living a fulfilling life. Catholic education seeks to give them a holistic education for life and love; not just for a career, not just for tomorrow, not even for this life on earth only but for eternal life.

– Archbishop William Goh

CHIJ (Katong) Primary provides a holistic education as the school is all encompassing and works in partnership with parents as they nurture their daughters/wards

From Girls to Women of Grace and Substance.

We look forward to your daughter joining us in 2026.