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PETITIONS & THANKSGIVING LETTERS

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Novena Notes



Spiritual Training for Heaven.

We receive different forms of training in life. As toddlers, we were trained to use the potty. As students, we learned about responsibility and teamwork through many activities. At work, we are trained to improve our skills, attitudes and performance. Some people acquire new training when they change careers or retire.

How would spiritual training for Heaven fit into your life? In the Scripture readings for the 21st Sunday in Ordinary Time, we learn that God invites all nations to *'witness my glory'* (1st Reading from Isaiah) but not everyone can enter Heaven except *'by the narrow door'* (Gospel from Luke).

This *'narrow door'* is to accept training from God! The 2nd Reading from the Letter to the Hebrews mentioned training three times. It is heartening to read that *'The Lord trains the one he loves'*. It involves the Lord correcting, reprimanding and punishing us. Furthermore, *'Suffering is part of your training'* and *'punishment is most painful at the time'* but *'it bears fruit in peace and goodness'*.

Training with its elements of correction, reprimand, suffering, punishment, pain and goodness reminds me of the relationship between a coach and an athlete. In this case, God is our coach to ensure that we act and behave correctly to enter His kingdom.

The training metaphor has also been popularly used. St Paul wrote about an athlete training to win a crown, gaining for himself the eternal prize of Heaven (1 Corinthians 9:24-27). Authors David L. Johnson and Richard A. Hansen had the imagery in their book, *'Training Guide for Heaven: Running for the Prize'*.

Your spiritual training to enrich virtues of faith, love, charity and humility could include regular prayer, meditation, fasting, service to others and daily scripture reading. My favourite scripture reflection websites are Association of Priests, Catholic Daily Reflections, Catholic.sg and wordonfire.org.

You could read books or listen to talks by Fr Donald Calloway, whose conversion story from a sinful life has inspired millions of people. His popular books are *'No turning back: A witness to mercy'*, *'Champions of the Rosary'*, *'Consecration to St Joseph'* and *'Virtues of the Saints: 15 Heavenly Habits for Children'*.

You could attend spiritual retreats on topics like Conversion Experience and Divine Mercy. Or you could complete Certificate and Diploma courses at the Catholic Theological Institute of Singapore - in English or Mandarin, on campus or online and in Singapore or from overseas. May God guide you in your spiritual training for Heaven.

Reflection by Peter Ling

Readings & responses for the week

21st Sunday in Ordinary Time

Sunday, 24 AUGUST	Is 66:18-21, Heb 12:5-7,11-13; Lk 13:22-30 Go out to the whole world; proclaim the Good News.
Monday, 25 AUGUST St Louis	1 Thess 1:1-5,8-10, Mt 23:13-22 The Lord takes delight in his people.
Tuesday 26, AUGUST	1 Thes 2:1-8; Mt 23:23-26 O Lord you search me and you know me.
Wednesday 27, AUGUST St Monica	1 Thes 2:9-13; Mt 23:27-32 O Lord you search me and you know me.
Thursday 28, AUGUST St Augustine, Bis & Doc	1 Thes 3:7-13; Mt 24:42-51 Fill us with your love that we may rejoice.
Friday 29, AUGUST The Passion of St John the Baptist	Jer 1:4,17-19; Mk 6:17-29 My lips will tell of your justice, O Lord.
Saturday 30, AUGUST Blessed Virgin Mary	1 Thes 4:9-11; Mt 25:14-30 The Lord comes to rule the people with fairness.

NOVENA DEVOTIONS ON SATURDAY

8.00am, 10.00am, 12.00pm, 4.00pm, 5.30pm

2.00pm (Mandarin)

MASS ON WEEKDAYS

12:15pm, 6.30pm

9.00am, 6.30pm Public Holiday

(confession will be 30 minutes before Mass)

MASS ON SATURDAY

7.00am, 6.30pm (Sunset)

MASS ON SUNDAY

8.00am, 10.00am, 12.00pm, 5.30pm
(confession will be 30 minutes before Mass)

SAFE MANAGEMENT MEASURES UPDATE

No booking is required. There will not be standing room allowed in the main church.

RECEPTION OPERATING HOURS

Monday to Friday 9.00am to 8.00pm

Lunch Hour 11.45am to 12.45pm

Saturday 7.30am to 8.00pm

Sunday 8.30am to 1.30pm & 4.30pm to 7.00pm

Closed on Public Holiday

GIFTSHOP OPERATING HOURS

Monday, Tuesday, Wednesday & Friday
10.30am to 6.30pm

Lunch Hour 12.15pm to 12.45pm

Saturday 8.30am to 6.30pm

Sunday 9.00am to 1.30pm

Closed on Thursday and Public Holiday

SCHOLARSHIPS & BURSARIES



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ANNOUNCEMENTS

4th & 5th Sept (Thursday & Friday)
Theological & Missiological
Symposium 9am to 6pm

5th Sept (Friday)
Novena Youth Rally
Event Workshop 6.00pm
Mass 8pm (NO 6.30pm mass)
Youth Rally 8.40pm

6th Sept (Saturday)
Mass: 7 am
Novena Devotion 8.00am, 10.00 am,
12pm, 2pm Mandarin 4pm and
5pm (Moved from 5.30pm)
NO 6.30pm Evening Sunset Mass
Reds Concert 8 pm

7th Sept (Sunday)
8am mass only
Annual Procession
4.15pm Pre -Event
5pm Rosary and Mass

CONSECRATION OF FAMILIES

Forms for Consecration of the Families are available at the Reception Lobby. After you have filled in the names of families for consecration, please drop the form in the boxes provided or scan the QR code.



CALENDER OF EVENTS





**The Novena Church,
celebrating its 75th Anniversary,
invites you all**

Thursday, 4th September	Theological & Missiological Symposium 9.00am – 6.00pm, Auditorium (Level 2, Pastoral Block) Registration required
Friday, 5th September	Novena Youth Rally 2025 5.30pm, Novena Church
Saturday, 6th September	The REDemptorist Concert 8.00pm, Novena Church
Sunday, 7th September	Annual Novena Procession 2025 4.15pm, Songs of Gratitude & Hope 5.00pm, Rosary Procession 5.30pm, Mass & Consecration of Families

APPEAL ENVELOPES

We kindly appeal for your generosity to support us in defraying the cost of our Annual Procession. You can donate through the special envelopes found around the church. Please drop off your love offerings in any church donation boxes. Thank you for your support.