



# BEC St. Catherine

Quarter 4 (October – December) 2022  
Newsletter

# Oct 2022

## BEC Reflection

SALT OF THE EARTH AND LIGHT OF THE WORLD: COMMUNION, PARTICIPATION AND MISSION

October  
2022

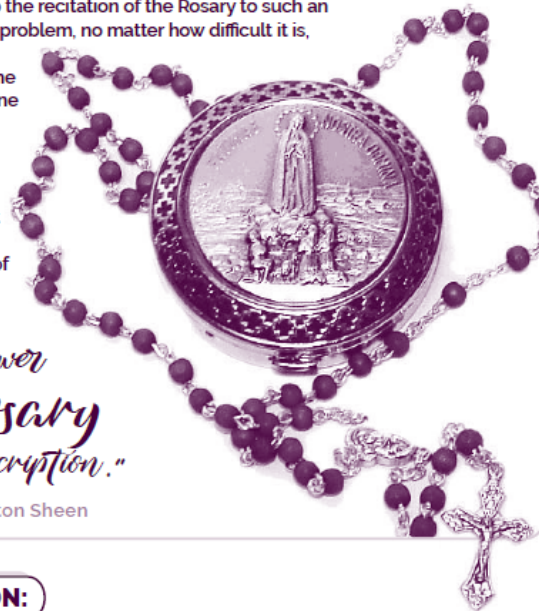
### (7 Oct) Feast of Our Lady of the Rosary

"The Most Holy Virgin in these last times in which we live has given a new efficacy to the recitation of the Rosary to such an extent that there is no problem, no matter how difficult it is, whether temporal or above all spiritual, in the personal life of each one of us, of our families... that cannot be solved by the Rosary. There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary."

- Sister Lucia of Fatima

*"The power of the Rosary is beyond description."*

- Venerable Fulton Sheen



#### INTRODUCTION:

Since October is the month of the Rosary, it is a good time to re-evaluate the role of the rosary in our lives - to remind ourselves that this Gospel-inspired prayer is also the subject of exhortation of our Blessed Mother whose Feast of the Holy Rosary we celebrate on 7th October - for our personal salvation and the redemption of the world.

7<sup>th</sup> Oct

**Rosary at home of Leonard & Sulo**

- 1<sup>st</sup> live Rosary since MCO
- October Reflection Paper sharing

25<sup>th</sup> Oct

**Rosary at home of Reeta & Sheila Narayanan**

## Liturgy of the Hours

October 2022

OUR LADY OF THE ROSARY  
EVENING PRAYER

#### INTRODUCTION

V - O God, come to our aid  
R - O Lord, make haste to help us  
Glory be...

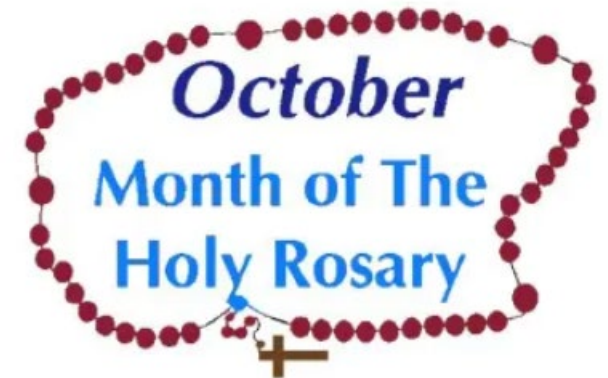
*Hail Mary  
Gentle Woman*

Hail Mary, full of grace  
The Lord is with you  
Blessed are you among women  
And blessed is  
the fruit of your womb, Jesus  
Holy Mary, Mother of God  
Pray for us sinners now  
and at the hour of death,  
Amen.

Ch:

*Gentle woman, quiet light  
Morning Star, so strong and bright  
Gentle mother, peaceful dove  
teach us wisdom, teach us love.*

1. You were chosen by the Father  
You were chosen for the Son  
You were chosen from all women  
And for woman shining one
2. Blessed are you, among women  
Blessed in turn all women too  
Blessed they with peaceful spirits  
Blessed they with gentle hearts



# Nov 2022

9<sup>th</sup> Nov **Core team meeting @ Emily Bong home**

20<sup>th</sup> Nov **BEC SS3. ST. Catherine Coffee Morning**

- Thank you for all those who have assisted – some not in the pictures, Leonard, Sulo, Veronica, Ann Dass, and all those who have donated to our Coffee Morning

27<sup>th</sup> Nov **SIC Parish Assembly**



# December 2022

14<sup>th</sup> Dec

On line (Zoom) session with Martin Jalleh on the topic  
"Christmas Through the Eyes of Mary"  
Organized by BEC's of SS3

## BEC OF SS 3

Brings to you this  
Special Advent Talk

### MARY'S CHRISTMAS! Christmas Through the Eyes of Mary!



An Inspiring, In-depth & Insightful talk on the meaning  
& message of Christmas today by Martin Jalleh

14 Dec. (Wed.), 2022 (7.45-10pm)  
Organised by the BECs of SS3

Mary's Christmas

#### MARY'S CHRISTMAS – BECS OF SS3 (14/12/2022)



We would like to take  
this opportunity to  
wish all our BEC  
members a Blessed  
Christmas & Happy  
New Year

#### MARY'S CHRISTMAS – BECS OF SS3 (14/12/2022)



# Important Reminders:

- All BEC members are encouraged to participate online spiritual exercises / activities organized by the Parish or other church groups
- The Core team would like to thank all contributors in the group chat i.e. daily support via greetings, words of encouragement, information on health and feast days, and most importantly prayers etc. on a daily basis. This act of love and sharing will continue to encourage each other as an Easter people in our faith journey. God bless us all.
- While sharing of news is good, we asked that everyone please investigate and validate the authenticity of the news to ensure it's still relevant before sharing/forwarding to everyone in the group.



# Up Coming Holy & Feast Day:

22<sup>nd</sup> Feb

*Ash Wednesday*

6<sup>th</sup> April

*Holy Thursday*

7<sup>th</sup> April

*Good Friday*

9<sup>th</sup> April

*Easter Sunday*

