

BEC St. Catherine & St. Paul

Quarter 1 (Jan - Mar) 2023
Newsletter

Jan 2023

Welcome our members from St. Paul Core Members: Celine, Juliana, Valerie & Agatha

**Facilitating Faith Sharing in BECs
Session 1**

Attended by CC & Secretary of BEC SS3/St. Catherine

Date : Sat 14th Jan 2023
Time : 10.00am – 12.30pm
Venue : Room 1.1 & 1.2



Chalice of Faith 2023





- 9th Jan Demise of Agnes Fernandez (under BEC St. Paul) - may her soul rest in peace.
- 14th Jan BECCOT Formation **“Facilitating Faith Sharing for BECs”** facilitated by Sharman, attended by Emily Bong (CC) & Michelle Long (Secretary).
- 18th Jan Martin Jalleh’s Talk – **“Living the Spirituality of Gratitude”**. Few St. Catherine members joint in this zoom talk.
- 19th Jan BEC Reflection Paper Jan – Theme: Education.
- 24th Jan Demise of Mary Lee (under BEC St. Paul) - may her soul rest in peace.
- 28th Jan Visited homes of William & Juliana, and Bob & Prem, sharing SIC Chinese New Year Angpow ~ wishing them good health and God’s blessings for the lunar new year.

LIVING THE SPIRITUALITY OF GRATITUDE!

Discover Why Gratitude has been Considered as “the Ultimate Spiritual Practice”!

“I will give thanks to the LORD with my whole heart.”
Psalm 9:1

Catholics can change the world by being “bearers of gratitude”! - Pope Francis

18 Jan. (Wed.), 2023 (7.40 - 10pm)
PI join in early – limited places!

THE HIGHEST PEAK OF THE CHRISTIAN SPIRITUALITY THAT IS ROOTED IN CHRIST IS GRATITUDE. PAUL CALLS IT ABUNDING IN THANKSGIVING.

He spoke a prayer of thanksgiving before performing miracles.

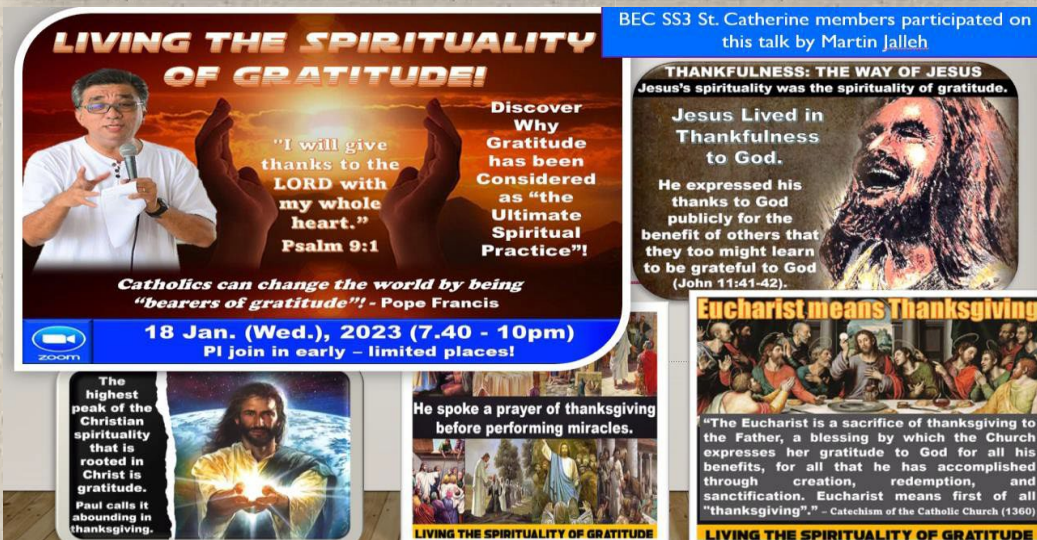
THANKFULNESS: THE WAY OF JESUS
Jesus’s spirituality was the spirituality of gratitude.

Jesus Lived in Thankfulness to God.
He expressed his thanks to God publicly for the benefit of others that they too might learn to be grateful to God (John 11:41-42).

Eucharist means Thanksgiving.

“The Eucharist is a sacrifice of thanksgiving to the Father, a blessing by which the Church expresses her gratitude to God for all his benefits, for all that he has accomplished through creation, redemption, and sanctification. Eucharist means first of all “thanksgiving.”” – Catechism of the Catholic Church (1360)

LIVING THE SPIRITUALITY OF GRATITUDE



BEC SS3 STS. CATHERINE & PAUL
19TH JANUARY 2023
REFLECTION PAPER GATHERING VIA ZOOM

BEC SS 3 (St. Catherine & Paul) – 19th January 2023
Reflection Paper Gathering



Can I contribute my time to serve as a teacher in my parish?

DISCUSSION

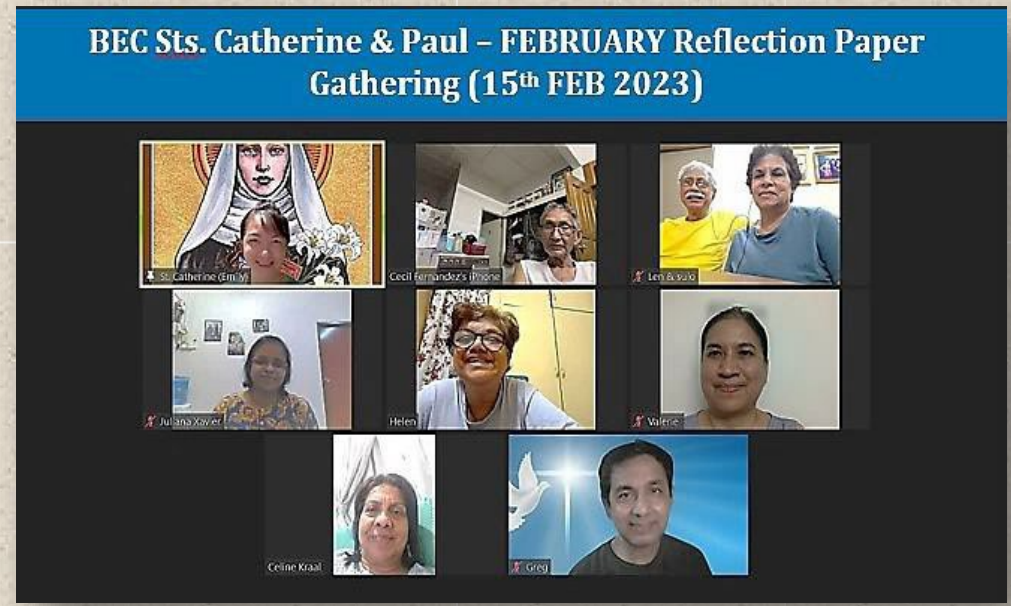
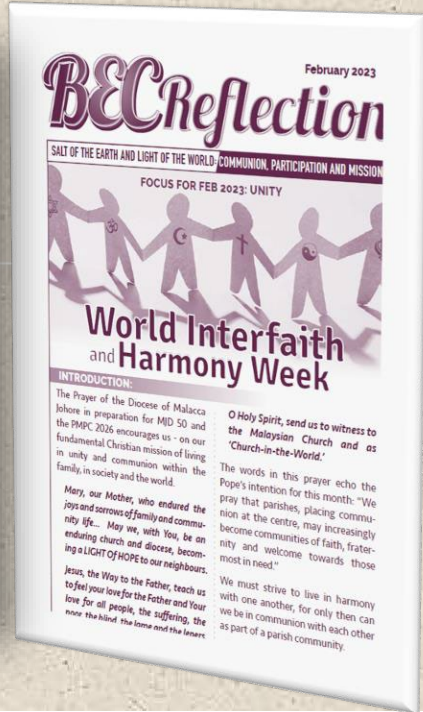
PERSONAL REFLECTION

Can I contribute my time to serve as a teacher in my parish?



Feb 2023

- 4th Feb** Visited homes of St. Paul's Mrs. Grace Roberts & Mrs. Hilda Cocheril by Emily & Celine ~ sharing of SIC's CNY gift of Angpow and wishing them God's blessings.
- 8th Feb** 1st Core member meeting via Zoom, hosted by Emily Bong (CC), attended by St. Catherine (6) & St. Paul (4) core members. Among items discussed:
 - BECCOT's updates
 - Planning of 2023 calendar for both BEC's
- 15th Feb** BEC February Reflection Paper hosted by Emily Bong.
- 19th Feb** Demise of Vironica Christina (Jln SS3/50). Prayers attended by Emily (CC) & several St. Paul Core Members.



March 2023

15th Mar *BEC March Reflection Paper gathering hosted at the home of Juliana Xavier (St. Paul)*

17th – 19th Mar *SIC Lay Leaders' Retreat @ The Pines, Fraser's Hill attended by Emily Bong. Other core member from St. Paul & St. Catherine were invited but could not attend.*

30th Mar *40th Day Prayer of Late Vironica Christina (member of BEC St. Paul) attended by Celine, Valerie, Tanee & Emily.*

21st Mar *Homebound visit by Father Martin for both St. Catherine & St. Paul BEC. Thank you Greg for arranging & fetching for Father Martin to visit our BEC Homebound members.*

BEC Reflection

March 2023

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

FOCUS FOR MAR 2023: PRAYER

World Day of PRAYER

INTRODUCTION:

All Christians know the importance of prayer. This month we are invited to consider prayer and its place in our life. It helps to understand prayer as a way of entering and staying in our relationship with God.

Prayer requires sincerity, time, patience, and consistency because prayer helps us develop an intimate relationship with God. St Theresa of Avila is a saint we can learn from about prayer though Carmelites are known to follow the contemplative style of prayer. St Theresa speaks of prayer as an intimate sharing between friends. It is to make or take time frequently to be alone with God, who we know loves us. The important thing is not to think much but to love much, and so do that which best stirs us to love.

This is similar to our relationship with one another. There must be sincerity, trust, time, patience, and constancy to develop an intimate relationship with a loved one such as our families, good friends, and spouses.

Thus far, we are talking about personal prayer. We must be people who pray. Prayer enriches our Sunday worship at mass and even when we pray as a BEC. St Theresa of Avila tells us that prayer is how we grow spiritually. Prayer draws us into communion with Christ. Prayer enlarges our hearts and enriches every aspect of our life. It makes our friendships with the Lord (with others and with the saints) all the more beautiful and our life all the more full.



17th-19th Mar



DEMISE ~ members of BEC St. Paul:

- 09 Jan: Agnes Fernandez
- 24 Jan: Mary Lee
- 19 Feb: Vironica Christina

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May they rest in peace. Amen



*Rest
in
Peace*



BEC SS3 STS. CATHERINE & PAUL 2023 LENT PROJECT



Orang Asli house in **Kg Remengkong Nenasi, Pahang** was badly damaged by the flood. They have appealed for help to build a new house. There are 6 people using this hut.

The estimate cost of building a simple house is approximately RM5000

Lent 2023

The combined effort of Sts. Catherine & Paul:
LENT PROJECT – ORANG ASLI

- Thank you for all your donations.
- We managed to collect a total of RM5,700.00 from both BEC's for the Orang Asli community.

SS3 BEC St. Paul & Catherine 2023 LENT Project - Orang Asli

This is Ahmad. He has been suffering from muscular disintegration of muscle for the past 4 years. He is seeking help for building materials to build a small house as he has been squatting from one place to another. As such he is appealing to your BEC to bless him with a small hut.



This is another family in Kg Kedaik Rompin whose house is attacked by white ants and they are just depending on a plastic for their roof.

This is Hashim's house and he needs the following to complete his house.

- 2 lorry load of sand
- 3 bundle of cement bricks
- 15 pcs of zinc -12'

Total Approx cost Rm2,500



This is Lokman. 15 pax stays in this house and he wants to extend 3 more rooms. He has requested: 30 bags cement, 4 BRC, 3 Lorry sand, 10 zinc. Total approx cost Rm2,300

Note: The above pictures & write up are from John Chin

If you wish to donate to the above Orang Asli families (any amount is most welcome) - please bank in your donations to:

**Celine D'cruz a/p Francis D'cruz
MAYBANK Acct# 114253 181553**

**We will close all donations by Sunday (16 APRIL 2023).
Thank you & God bless.**

Important Reminders:

All BEC members are encouraged to participate in LIVE / ONLINE spiritual exercises/activities organized by the Parish or other church groups such as:

- Posting of prayer requests/intentions by the Archdiocese or Prayer Ministries.
- Holy Hour at Parish level / other church activities arranged by BECCOT.
- Come together to participate/pray in the monthly BEC Reflection Paper gatherings and Rosary months in May & October.

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, 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.

