

St. Peter Canisius International Catholic Parish Jakarta

Monthly Bulletin – November 2023

FULLY HUMAN FULLY ALIVE

"All change in the quality of a person's life must grow out of a change in his vision of reality"

(John Joseph Powell)

Beloved Sisters and Brothers,

The theme for the pastoral message this month <u>"Fully Human Fully Alive"</u> reminds me of a wonderful book I read some 20 years ago by John Joseph Powell with the exact title with emphasis on the importance of a

correct vision of life. We often forget, the author argues, that our ideas and attitudes generate our emotional responses. These responses grow out of the way we see ourselves, other people, life, the world, and God. Our persistently negative emotions may be an indication that there is a distortion or delusion in our thinking caused by, for instance, unrealistic ideas and interpretations. To fully enjoy life, the author suggests, we must learn to identify and correct the distortions in our thinking: "What we have to do is work with our vision. We must become more and more aware of its contents, discover its distortions, and replace faulty perceptions with those which are true. The truth alone can make us free."



One major vision we need to work on, according to the author, is our idea of God. In the Gospels Jesus tells us about His Father who loves us

completely without reservation. The parable of the Prodigal Son shows how Our Father has been waiting for our return despite our grave sinfulness. Do we embrace such an idea of God as a loving Father as the Gospels tell us? Or do we work extremely hard to win God's love through our services and charitable activities? Our vision of God will determine how we live and conduct ourselves.



It is no coincidence or simple matter that Jesus shares with us the vision of God as a loving Father. God knows how fallible and prone we are to sins. But God wants us to grow and become His genuinely loving children. For us to grow, we truly need unconditional love that allows room for our mistakes and sins. If we had an idea of God simply as the Almighty, it would be difficult for us to grow since we would be overburdened by our sinfulness. But the realization that our God is a loving Father will help us rise from our failure and weakness: "Wherever you are in your development, whatever you are doing, with a strong affirmation of all your goodness and good deeds, with a gentle

understanding of your weakness, God is forever loving you. You do not have to change, grow, or be good to be loved. Rather you are loved so that you can change, grow, and be good."

Indeed, a loving condition is necessary for our growth to be fully human. Only when we attain personal maturity can we experience being fully alive. To attain this goal, we need to set such loving conditions in our family, society, and the world. Unfortunately, this is difficult to come by. Our society has become increasingly individualistic driven by profit, power, and fame. Families often fail to provide a loving and nurturing environment for children to grow up in. Our world has seen so much conflict, war, natural disaster, as well as mental health issues, especially among young people. We are all responsible for the creation and maintenance of the nurturing



conditions for personal growth. God wants us to be fully human and fully alive. Let us embrace this vision of reality more fully so that our world may become a much better place to live.

Fr. Thomas Hidya Tjaya, S.J.



ONLINE & OFFLINE MASS SCEHDULE



ST. PETER CANISIUS INTERNATIONAL CATHOLIC PARISH CHOIR SCHEDULE FOR NOVEMBER 2023 OFFLINE/ONLINE FROM ST. THERESIA

CHOIR SCHEDULE FOR NOVEMBER 2023 OFFLINE/ONLINE FROM ST. THERESIA				
DATE	DAY	MASS	TIME	CHOIR
Nov 4	Sat	31st Sunday Ordinary Time	3:30PM	Eucharistic Sounds Choir
Nov 5	Sun	31st Sunday Ordinary Time	3.00PM	ELFACS Choir
Nov 11	Sat	32nd Sunday Ordinary Time	3:30PM	Eucharistic Sounds Choir
Nov 12	Sun	32nd Sunday Ordinary Time	3.00PM	The Choir Immortal
Nov 18	Sat	33rd Sunday Ordinary time	3:30PM	Eucharistic Sounds Choir
Nov 19	Sun	33rd Sunday Ordinary time	3.00PM	ELFACS Choir
Nov 25	Sat	Solemnity of Our Lord Jesus Christ, King of the Universe	3:30PM	Eucharistic Sounds Choir
Nov 26	Sun	Solemnity of Our Lord Jesus Christ, King of the Universe	3:00PM	The Choir Immortal
CANISIUS CHAPEL				
DATE	DAY	MASS	TIME	CHOIR
Nov 5	Sun	26th Sunday Ordinary Time	6:00PM	Genesis Choir
Nov 6	Sun	27th Sunday Ordinary Time	6:00PM	Genesis Choir
Nov 19	Sun	28th Sunday Ordinary time	6:00PM	Youth Choir
Nov 26	Sun	Solemnity of Our Lord Jesus Christ, King of the Universe	6:00PM	Genesis Choir

Note: *Online Mass is only on every Sunday 03:00 pm from St. Theresia Church.



YOUTH FELLOWSHIP ACTIVITIES



Topic: HAMAS & ISRAEL- The Bibilical &

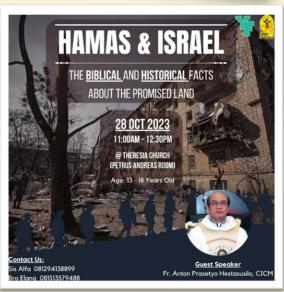
Historical Facts about the Promised Land

Speaker: Fr. Anton Prasetyo, CICM

Date: Saturday, 28 Oct 2023

Time: 11:00pm to 12:30 pm

The last month's YF session stood out as it focused on educating our young participants about the ongoing conflict between Israel and Palestine. The attendance at this YF session was unprecedented, with a total of 72 youths taking an active role and engaging with the speaker to deepen their understanding. Here are a few reflections from the participants:



Reflection #1 By Ananda, (ACS School)

This youth fellowship was a bit different than the last one but still enjoyable, I had a good time listening to



what Fr. Anton said and mostly understood the topic. About the Hamas and Israel war, I hope everything goes well and I hope we can stop the war as fast as possible. I learned more about the promised land, and I hope to put the knowledge I learnt from this youth fellowship into my everyday life, and in the future, I also hope to learn more about the land God gave to us a long time ago.

Reflection #2 By Aimee, (ACS School)

I have learned about the Palestine and Israel war. The war has already started since hundreds or years ago. Palestine was Goliath that had fought with David. David is from Israel. Here neither of both parties are willing to find a truce or an agreement therefore they kept the war going. They both want the promised land which is Jerusalem. In some places in Israel there are some areas that Muslims cannot enter, and

Catholics can. Then the pastor was in one of these building, he saw the footsteps of Muhammad from the Muslim religion. In the gates, people placed their long gone families in hope that when Jesus comes back he will enter from that gate. In the map it was also shown that the land of Palestine keeps getting smaller and smaller. I plan to use this knowledge to know who do I support. According to what Fr. Anton said, the catholic church doesn't support Israel or Palestine. The Catholic Church only prays for peace of both countries. Therefore, I will also pray for peace.



WORLD FOOD DAY 2023 - PARISH INITIATIVE



Food is seen as a basic human right, and yet one in nine people globally experience chronic hunger. As far

back as 1945 the United Nations recognized food as not a privilege, but a right, and that's why they created World Food Day, observed annually on October 16, in 1979. It's a day of observance to draw attention to the plight of the hungry. This year's celebration of World Food Day, 16th Oct 2023 brings us face to face with one of humanity's greatest challenges: overcoming hunger once and for all is an ambitious goal.



Pope Francis says, "To throw food away means to throw people away". Keeping this in mind to

commemorate the World Food Day, STPCICP has initiated a drive to raise awareness and support to end world's hunger in a small way starting from 23rd Sept to 19th Nov 2023. Let's all join our hands together as parishioners and concerned citizens to end the hunger in the world. We welcome your kind contribution for a greater mission: Support us in bringing the Pope's words into every home: You can direct transfer to Bank Account <u>PGDP Internasional Santo Petrus Canisius</u>, Acct No. 664 177 7773, Bank Danamon — Cabang Usman Harun, Jakarta. Please end your transfer amount with Rp. 99/- (Ninety-nine). For example, if you wish to give 100K donate, kindly transfer to this parish account number the amount of Rp. 100.099,-. Additionally, we have placed a black box at the entrance of the Church, wherein you can drop your contribution.

Please contact **Sis Silvy on her HP No. +62 811-146-113** or the Parish Office on how you can support this noble initiative.

MONTH OF THE HOLY SOULS



The month of November is dedicated to the Holy Souls in Purgatory. It is a time when Catholics pray for and remember the souls of the deceased who may be in purgatory, a state of purification and final preparation for entering the presence of God in Heaven.

The importance of the month of November in the Catholic Church lies in the emphasis on prayer and remembrance for the faithful departed. It's an opportunity for Catholics to offer their prayers, sacrifices, and good works to help the souls in purgatory find their way to eternal peace and union with God. Many Catholics visit cemeteries and light candles for their deceased loved ones, and special Masses and prayers are offered for the deceased during this month.





Family Apostolic Ministry (FAM)



Topic: How Communication Creates Intimacy in Marriage Life

Communication is a foundational element in creating intimacy in a marriage. When a couple communicates effectively, it deepens their emotional connection, strengthens trust, and fosters a sense of togetherness. A Good communication can lead you into an emotional connection with your partner or spouse.



How communication affects your marriage life?

Communication is the currency, means key to an intimate and nurturing relationship where both parties can share private feelings, turn to each other for mutual support and work out joint solutions to their problems.



According to Pope Francis in his recently released apostolic exhortation "Amoris Laetitia" (The Joy of Love) on love in the family, wrote that married couples need to create opportunities for communication heart- to - heart.

In Amoris Laetitia, Pope Francis addresses families "Communication is an art learned in moments of peace in order to be practiced in moments of difficulty" means husband and wife need help in discovering their deepest

thoughts and expressing their feelings both in good times and bad times.

To have an effective communication is the key to a meaningful relationship, by creating a healthy communication and listening with empathy to each other, when husband and wife are not responsive, you may have a problem, and if the lack of listening with empathy continues, it could be a bad sign that your marriage life will be in trouble.



There are few reasons why couple not communicating:

- IGNORANCE: Lack of communication skills and the need to know the partner more
- **FEAR:** Refers to concern about rejection and being vulnerable which could prevent the person from being honest

- DISCOURAGEMENT: Harsh words make the partner defensive and unable to listen, focusing instead on protecting the self of making a similar attack
- **INATTENTION:** Not paying attention to the partner, no eye contact, even if they are physically together.

As defined by *Nat Turner*; Good communication is the bridge between confusion and clarity. By having a good communication, better communication means better marriage satisfaction.





The question is how you can improve and make your communication better with your spouse.

One of the ways is by expressing feeling to each other; Positive feelings are easy to share but difficult to share negative feeling. There are 2 ways to express them: You or U-message and I or I-message. Below is the example to help you on how to construct your U-message (with negative feelings) into I-message (with positive feelings):

Here one particular case for your practice:

Case:

Your partner often comes home at night without telling you in advance so that it makes you worry and creates misunderstandings. To tell your partner that you are not comfortable with this, there are roughly two

choices of messages that you might say:

Using U-Message:

Well, you always come home at night without any news, where have you been?

Using I-message:

I'm not comfortable that you come home at night without giving news. I feel worried and think about bad things happened.

To give you more understanding, I-message is a communication technique that focuses on my feelings rather than the condition or behaviour of the partner, I-message or message sentences that use the word "I" allow the speaker to express his/her feelings without blaming the other person. Pattern: "I feel + My Feeling + Because..."

U-messages suggest blame, and encourage the recipient to deny wrongdoing or to blame back.

Between U-message and I-message as written above, which one is the most comfortable for your partner to hear from you? Definitely, you will pick I-message because it is expressed with more positive feeling rather than U-message, right?



Hope you find this article useful and easy to practise to deepen your effective communication with your partner or spouse in your marriage life ©

Praying for the Departed Souls

Join us in honouring a cherished tradition in our Parish this November. Throughout the entire month, we have placed a dedicated box at the altar for the purpose of praying for the departed souls of our loved ones. You are warmly invited to take part in this tradition by simply placing the names of the departed



souls in an envelope and dropping them into the box.



We extend this invitation to all our parishioners, encouraging you to keep this sacred tradition alive by offering your prayers for the souls of the departed. If, for any reason, you are unable to attend Mass in person but still wish to provide special prayers for your loved ones, you can send their details to the parish office via email or WhatsApp (WA).

Your special mass intentions for these souls will be printed and subsequently, these names will be placed in the black box at the altar in our Church, and this act of remembrance will continue throughout the entire month of November.

Let's all take a moment every day in this month and every month to pray for all the deceased souls by praying this prayer: "Remember Lord, those who

have died and have gone before us marked with the sign of faith, especially those for whom we now pray. May these and all who sleep in Christ find in Your presence light, happiness, and peace. Through Christ our Lord, Amen."

Eternal rest grant unto them, Oh! Lord, and let perpetual light shine upon them. May they rest in peace. Love always, in the name of Jesus. Amen

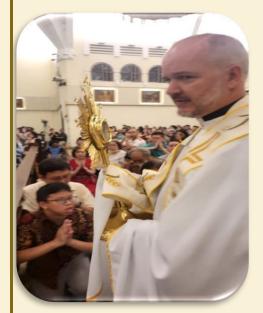
Parish Retreat – Healing Service



We are grateful for the wonderful evening we shared on **October 14, 2023, at St. Theresia Church**, where we explored the **Miracles and Power of The Sacraments with Sr. Briege McKenna and Fr. Pablo Javier Escriva de Romani**, followed by a meaningful Eucharistic Healing Service.

Having Sr. Briege McKenna visiting our parish has always brought its own particular joy. Her warmth in greeting us and jolly ways of conveying her reflections, have brought us enthusiasm for her talk session which was held on Saturday, 14th October 2023 at St. Theresia Church. Our parish was once again blessed with her visit together with Fr. Pablo Javie Escriva de Romani. The Church was packed as the talk was held, themed *The Miracles and Power of The Sacraments and Eucharistic Healing Service*. The two were assisted

by Fr. Sylvester Asa, CICM who translated their every word to Bahasa Indonesia to ensure all the parishioners were able to understand easily.



Our hearts were enlightened to hear stories of the miracles that have occurred through each beautiful sacrament. Those real-life stories gave hope to those who were ill and praying for healing, be it their mind, body and life situations. It also reminder us how blessed we are to be in the Catholic faith with 7 powerful sacraments to support and strengthen our faith journey.

The evening reached its pinnacle during the Eucharistic Healing service. Fr. Pablo graciously moved through the Church, approaching parishioners with measured steps, while Sr. Briege, with translations by Fr. Sylvester, offered healing prayers. This profound moment unfolded as every parishioner knelt, hands raised in praise, gazing earnestly at the Blessed Sacrament, and engaging in continuous, humble prayer for healing and divine mercy. During this sacred experience, tears flowed freely as many felt the touch of the Lord's presence. The atmosphere was charged with an extraordinary sense

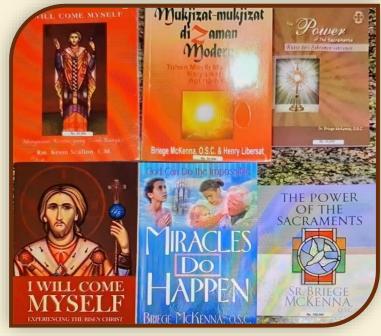
of worship and praise that left an indelible impression on all who were in attendance.

After the Eucharistic Healing, Fr. Pablo & Sr. Briege served everyone who wished to have their books autographed. Although the line was very long, both Fr. Pablo & Sr. Briege were very warm, welcoming and kind. The evening got even better when the choir sang their praises through the most beautiful hymns. Our very own parish priest, Fr. Moko also contributed to singing his favourite hymns.

It was indeed a memorable, beautiful and blessed evening to be once again empowered by the given reflections and a wonderful encounter with Jesus Christ himself.











CCD CORNER



Throughout October, CCD hosted a series of events:

- 1. On Saturday, October 7, 2023, CCD Volunteers participated in a workshop led by Fr. Moko. The workshop focused on coping with the challenges of daily life and strategies to safeguard against depression.
- 2. On Saturday, October 28, 2023, CCD hosted its annual mandatory meeting for parents of First Holy Communion (FHC) and Confirmation students. This engaging meeting included a variety of enlightening sessions, such as: **Fr. Moko's** enlightening discussion on managing the challenges of daily life and building resilience against depression.

Sis Geline's guidance on fostering faith growth in children through effective parenting.

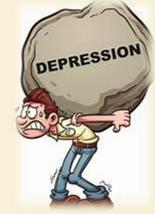
Bro Dolphy's informative session for Confirmation parents on the selection of a saint's name and sponsor, a vital requirement for the sacrament of Confirmation.

A thoughtful CCD volunteer penned a summary of Fr. Moko's 07th Oct 23's illuminating session, capturing its essence as follows:

"Your feelings are not a fact!" This was the key message I learnt from the session with Fr. Moko. It is common nowadays to hear someone say that they feel depressed. This happens

because our thoughts are dominated by pervasive negativity. But these negative thoughts nearly always contain gross distortions, which is the root cause of our suffering. But luckily, we now have the tools to practice self-therapy, as recommended by David Burns in his book, 'Feeling Good: The New Mood Therapy'. He tells us there are 10 types of distortions that exist. Personally, my biggest distortion would either be disqualifying the positive or jumping to conclusions.

To change our thoughts, we need to identify the corresponding negative thought we had prior to and during the depression, and to develop a more realistic self evaluation system. The world is simply a series of positive, neutral, or negative events. Our thoughts then interpret and give conscious meaning to these events, which trigger an emotional response in us. It is up to us to change our thoughts! — By Sis Mariska



This was greatly appreciated by numerous parents, who, following the session, had a variety of questions for Fr. Moko. They also expressed their desire for more such enriching workshops in the future. Our next CCD Volunteers Workshop with Fr Moko is scheduled to take place on Sat 27 Jan 2024, from 9am-12noon. If you are interested in our Workshops, to volunteer or to learn more about our Parish CCD programme, pls email our CCD General Coordinator, Suyi Kamdani at ccdjakarta@gmail.com





Altar Servers



05 LOAVES & 02 FISH OUTREACH PROGRAM FOR THE NEEDY

In celebration of World Food Day in October, our Altar Servers have reinstated <u>their "The 5 Loaves & 2 Fish</u> <u>Program"</u> to bring a ray of happiness to those less fortunate and share the spirit of giving.

As programmed from the beginning of the year, the Altar Servers of our parish simultaneously spread lunch boxes around Jakarta on Saturday, 21 October 2023.

1. Jakarta Utara: Melissa, Jillian & Spencer

2. Jakarta Selatan: Stefan & Stella

3. Jakarta Pusat : Skyla

4. Jakarta Barat : Jesslyn & Sharon

5. Jakarta Selatan: Marielle & Patricia

For many of our new altar servers, this proved to be an entirely unique experience they had not encountered before. This initiative also served as a revelation, allowing them to witness the stark realities of the world and how even their modest contributions can bring smiles to the faces of the less fortunate. Some of our altar servers were deeply moved by this initiative, prompting them to document their experiences, hoping to inspire others to participate in such noble acts of service to those in need:

Reflection #1 By Skyla (Jakarta Pusat)

Helping others is something that brings me joy. Last Saturday, I had the opportunity to give out food and drinks for those in need and it has been an incredibly humbling experience for me. As I roll down the window of my car, I was greeted with **grateful smiles** and **heartfelt expressions** of appreciation. I handed out the food and could see the gratitude in the eyes of those receiving the food. Despite the challenges they were facing, their smiles reminded me of the importance of **compassion and kindness**. The experience made me realize the significance of simple gestures. It doesn't take much to make a difference in someone's day. Every act of kindness, no matter how small, can have a big impact. I felt a sense of fulfilment knowing that I could help in my own little way. I hope to continue spreading kindness and making a positive difference in the lives of those around me, one meal at a time.



Reflection #2 By Jesslyn (Jakarta Barat)

Hi, my name is Jesslyn Chin. Me and my friend, Sharon went to Kapuk area in West Jakarta on Saturday (21 October 2023) around 9am to celebrate World Food Day by delivering food packets for the homeless. At first, I was scared to give the food to them directly, but after I saw their happy faces after receiving the food, it didn't look scary at all. It was really a great experience because it opened my eyes that there were so many people that didn't have a house to live in and didn't have enough money to buy food. The most touching moment was when we met this man who was pulling cart and when I wanted to give him the food, there was a little kid who showed his face to us and came out from the cart. The man was asking us politely if he could have 1 more bento box from us. This activity made me feel so grateful for what I



have and even though 1 Bento box is a simple thing for me, but it means a lot for them who need it.

Reflection #3 By Sharon (Jakarta Barat)

I had so much fun with Jesslyn doing five loaves and two fishes.we strolled around jakarta barat, along the way we found a lot of people to give the food to. We feel so happy for them, because they were really happy for the giving. We feel really lucky that we had this opportunity to give to those in need. It helps me to reflect that we have to be grateful for everything we have. We had a great time.





COME AND JOIN OUR PARISH INITIATIVES



Dear Parishioners, inviting all of you to join our different parish initiatives to serve the Lord and the community. Your talents are your blessings from Lord, please use for the benefits of the community. Below are various Parish communities / groups / sections / ministries or activities you can join and contribute in different ways.



One of the aims is to introduce to our wider parishioners; including the newly baptized among us, that we have group/community with specific activities that they may join or be involved in.

At present our Parish has the following communities/groups/sections/ministries or activities:

- Ushers
- Lectors
- Choir/ Youth Choir
- Altar Servers
- EMHC Extraordinary Ministries of Holy Communion
- CCD Confraternity of Christian Doctrine
- RCIA Rite of Christian Initiation of Adults
- Komsos Social Communication
- JFC Jesus Friend of Children
- YF / YFC Youth Fellowship / Youth for Christ
- CYS Catholic Youth Society
- YAPro Young Adult Professionals
- FAM Family Apostolic Ministry
- VFF Virtual Faith Forum
- SMPG Santa Monica Prayer Group
- LOJF EF Light of Jesus Family English Feast
- CFC Couples for Christ
- ONLINE Comm.



The fundamental question many parishioners ask: How Can I Serve in the Church?

God has given you special talents and gifts that you can use to support your local congregation, help your community, and serve God's children everywhere. You follow the example of Jesus Christ as you seek to meet individual needs one person at a time. Some of the most important service you will give will be informal, simple acts of kindness and love toward individuals without being asked or assigned to do so. You can help others feel God's love and reach their potential as you share your time, talents, and means to help meet their needs. Part of your personal growth and learning will come as you serve in the Church and help others learn and grow as well. As you get to know others in your local congregation, you will realize that you have much to offer them.

Come Join Us, Let's make use of our talents and time to support our Parish in different ways....

YOUR KIND CONTRIBUTION MATTERS

As a vibrant and united community, we have the wonderful opportunity to make a positive impact together through our generosity and support. Our parish thrives on the spirit of compassion and togetherness, and we invite each and every one of you to contribute to the growth and well-being of our spiritual family. We thank all Parishioners for your continued generous contribution for our Parish. You have wholeheartedly supported and helped our parish. You may use the QR code below to pay through Gopay, OVO, Dana, Shopee, T-money or direct transfer to Bank Account - PGDP Internasional Santo Petrus Canisius, Acct No. 664 177 7773, Bank Danamon — Cabang Usman Harun, Jakarta, or Bank Mandiri Account No. 103.000778611-0



Here is the QR Code for receiving offering and gifts for Mass intentions. Please end your transfer amount with Rp. 22/= (twenty-two) for Mass intentions. For example, if you wish to give 100K gift for Mass intention, kindly transfer to this parish account number the amount of Rp. 100.022,- Thank you and God bless you and your family for your continuous support.

For all other Parish operations cost, you can donate any amount to the above-mentioned bank accounts or by using QR code.





We are here to respond should you need any information

Please do not hesitate to contact us @ St. Peter Canisius International Catholic Parish office. Jl. Gereja Theresia No. 2, Jakarta Pusat - DKI Jakarta. Telephone. +62-21-3917806 / WA +62 811 8039 728, Email. office@expatcatholicparish.org

https://www.expatcatholicparish.org/

Online Parish Prayers: October

Novena to St. Jude

Saint Jude, often referred to as the patron saint of hopeless cases, is a revered figure in Christian tradition. He is known for his intercession in situations that seem impossible or without hope. Many turn to Saint Jude in times of great distress or when facing seemingly insurmountable challenges. His unwavering faith and dedication to the cause of hope make him a beacon of inspiration for those in need of divine assistance. Saint Jude's steadfast support reminds us that even in the most challenging circumstances, there is always a glimmer of hope and the possibility of miracles.

St. Jude, Pray for us! \mathbb{A}





Noveana to Blessed Carlo Acutis

Blessed Carlo Acutis, a modern-day Catholic youth, is a shining example of devotion and piety. He is celebrated for his deep faith, particularly his devotion to the Eucharist and the Blessed Virgin Mary. Carlo's life was marked by his love for the Church and his passionate commitment to spreading the message of the Gospel through the use of technology. He created a website to catalogue Eucharistic miracles, aiming to help others grow closer to their faith.

Blessed Carlo Acutis, pray for us! 🔬 🞖

Month of the Holy Rosary

October month was dedicated to our beloved **Mother Mary** by conducting daily online Holy Rosary which was attended by many of the parishioners. October is traditionally dedicated to honoring the Blessed Virgin Mary, often referred to as "Mary's Month." It's a time when Catholics express their deep devotion and seek her intercession for guidance and protection. This special month is marked by prayer, reflection, and acts of devotion to the Mother of Jesus.

Mother Mary Pray for all the Parishioners 🚜









