



St. Peter Canisius International Catholic Parish Jakarta

Monthly Bulletin – March 2023

MENTAL HEALTH

Beloved Sisters and Brothers,

On January 1st, 2023, the New Year Day, with some friends I visited a home for disable or handicapped children, *Panti Sayap Kasih*, a multiple disabilities orphanage in Woloan - Tomohon, North Sulawesi. It is run by the "Brothers of Seven Sorrows" (Bruder-Bruder Tujuh Keduakaan), a local and diocesan religious Congregation. At that moment there were 28 children from various ages, who were suffering from physical, psychological and mental disabilities, such as cerebral palsy, mental retardation, etc. I was so touched to see them and I tried to communicate with them, even by signs only. Every one of them cannot support his/herself and is accompanied by his or her caregiver. Wheelchair is a kind of his/her home to sit or to lie down. Another building was just finished to accommodate other 28 disable children. There I met not only the Brothers, but also the caregivers and volunteers who have a heart for these children; they work to make the children feel loved and cared for. Also, the Brothers and the caregivers regularly visit other disable children in their homes in the villages for home care, either because their parents want to keep them or because there are not enough rooms in *Panti Sayap Kasih*.



Fr. John Mangkey's visit
to Orphanage

Since it was my first visit, I was speechless to see the children. On the one hand, I was filled with a feeling of compassion and care. But, what could I do? Previously I already channeled the generosity of a family benefactor, and also the Brothers already contacted me to form a kind of link to find support and benefactors in order to lighten the sufferings of these innocent children. On the other, I also saw them as human beings, God's children, created in the image and likeness of God and they own their human value and dignity. In 1996 Pope John Paul II remarked: "Whoever suffers from mental illness always bears God's image and likeness in him, as does every human being. In addition, he always has the inalienable right not

only to be considered as an image of God and therefore as a person, but also to be treated as such."

The love imperative as taught by Jesus resonates in my heart. During his life Jesus had a compassionate heart to the sick and suffering people. Jesus approached them and recovered them from their diseases. In the parable about the last judgment the Lord said: "I was sick and you visited me" (Matt 25:36). Jesus came "to set free the oppressed" (Lk 4:18-19) and "to heal every kind of sickness" (Matt 4:23).



As his followers we are called to treat all who are ill, whether physically or mentally, as they were Christ himself.

As we are now in the Lenten journey, one of the practices we are expected to do is charitable work. We are reminded about our active charity to those who are in need of our support and help, among them those

who suffer from mental illness and to make an active response. Those children may not be so privileged as us and others, but they are God's children entrusted to our care. They need an access to "basic healthcare, which is the responsibility of everyone and an essential element of the common good" (Compendium of the Social Doctrine of the Church, 166). Let their living conditions be the focus of our particular concern, as they need to be treated with a "special form of primacy in the exercise of Christian charity" (Idem, 182).

Let them not feel stigmatized or alone. In a document *"For I am Lonely and Afflicted"* issued by the Catholic Bishops of New York State, 2014, it is stated: "In our society, those with mental illness are often stigmatized, ostracized and alone. The suffering endured by mentally ill persons is a most difficult cross to bear, as is the sense of powerlessness felt by their families and loved ones. As the Psalmist called on God to deliver him from affliction and distress, so, too, does the person with mental illness cry out for healing. Our Judeo-Christian tradition calls us to be witnesses of God's love and mercy and to be instruments of hope for these individuals."

The Catholic Church has been known as the champion of the rights of the weak, including the psychologically frail or ill, and offers them friendship and a spiritual home. Let us be active part of it. Let our charitable work reach out the most needy ones. And let us create a good atmosphere of mental health for everyone in our home and family, in our community and society.



Fr. J. Mangkey, MSC



ONLINE & OFFLINE MASS SCEHDULE



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

DATE	DAY	MASS	TIME	CHOIR
Mar 04,	Sat	2nd Sunday Lent	3:30PM	Eucharistic Sounds Choir
Mar 05,	Sun	2nd Sunday Lent	3.00PM	ELFACS Choir
Mar 11,	Sat	3rd Sunday Lent	3:30PM	Eucharistic Sounds Choir
Mar 12,	Sun	3rd Sunday Lent	3.00PM	The Choir Immortal
Mar 18,	Sat	4th Sunday Lent	3:30PM	Eucharistic Sounds Choir
Mar 19,	Sun	4th Sunday Lent	3.00PM	ELFACS Choir
Mar 25,	Sat	5th Sunday Lent	3.00PM	Eucharistic Sounds Choir
Mar 26,	Sun	5th Sunday Lent	3:30PM	The Choir Immortal

CANISIUS CHAPEL

DATE	DAY	MASS	TIME	CHOIR
Mar 05,	Sun	2nd Sunday Lent	6:00PM	Genesis Choir
Mar 12,	Sun	3rd Sunday Lent	6:00PM	Genesis Choir
Mar 19,	Sun	4th Sunday Lent	6:00PM	Youth Choir
Mar 26,	Sun	4th Sunday Lent	6:00PM	Genesis Choir



Youth Fellowship Activities



On Saturday, 25th Feb 2023, Fr. Moko conducted a great YF session on ***Fratelli Tutti*** and covered much on fraternity love and friendship. Children now need to approach-talk-listen-know and understand others. How we can open more hearts and break walls. Also, it's ok not to be okay at times, there will always be a friend or family who we can share and talk to. Some of the reflections written by the participants:

REFLECTION #1. By: Cheska (Pondok Indah Confirmation Group)

In today's youth fellowship, I learned that we should work together to achieve the things that make our world peaceful and good. We're not living in a good environment today so we must build up our hope and courage to work for the better of this world. Regarding ourselves, you shouldn't be making lies just because you want to achieve something you want. Sometimes, we need to rethink about our decisions and think of the outcome and consequences of our actions. In friendships, we always have to be aware with what the other friend is feeling when in a conversation. It's ok to not be ok, you can reach out to your friends and community around you and respect and trust them. It's important to keep going on and find the best in situations even if it's worst. Take time to enjoy your moments and live life. God sows abundant seeds of goodness.



REFLECTION #2 By: Annabelle Tiffany (St. Theresia Confirmation Group)

Fratelli Tutti (Fraternity and Social Friendship)

In this YF session, we first watched a movie "Not Okay" that conveys the message that we should not lie and that it's okay to not be okay, as the main character lied about surviving from a terrorist attack for the purpose of gaining attention.



This YF Session was mostly discussing about communication and how it is significant in our lives. Having a good communication means that you may express your opinions, but you must respect and listen attentively to the other opinions you receive.

Next, we talked about life positions. As we all have our own problems and struggles in life, we need someone to vent and take advice from in order to feel OK. Personally, in my opinion,

I think it is normal that someone has trouble in life and that they should not feel ashamed and embarrassed about it as maybe some of us are experiencing the same situation as well.

In conclusion, this YF session had a discussion and thorough explanation about communication. People in our community might be having problems in their life, but as Catholics and a good human being, we should help them to feel OK because if they are not ok, we should not feel ok.



CCD CONFIRMATION RECOLLECTION

On 18th Feb 2023, CCD conducted recollection for the confirmation students. Total 63 confirmation students from various confirmation groups attended. The recollection started with morning prayers, games, assignments, special talk from Fr. Moko, confession and ended with Holy Mass. Some of the reflections written by the students on the recollection:

As humans, it is easy for us to feel emotional whether positive or negative. For instance, sadness or we can call a state in which we are in desolation. What God tells us about being in desolation is He knows it is not easy to control it, but we must not stay in that state forever. Being human, it is difficult to control our emotions but what we can control is our mindset. Though during tough times, it may be hard to trust God and have faith in Him. However, at the end of the day, God always has something greater planned for us. – By Celine Pondok Indah Confirmation Group



Father Moko talked about how there is consolation and desolation, God wants us to do good things and if we let our desolation get to far, we can commit crime and do bad things. He also talked about how we must control our emotions.

We must remember when we are in desolation we must remember about when we are in consolation - By Zach, South Jakarta Confirmation Group



*From what I remember, Fr. Moko talked about how we need to learn how to control our emotions. He explained to us that to group the emotions into colours such as blue representing peace, green representing happiness, and grey representing guilt. He also talked about how desolation is caused by evil spirits and causes negative emotions while consolation is good as it leads to happiness. Furthermore, when you are in desolation you need to pray to God and talk about it with him and get help before you spiral in too deep. While if you are in consolation you need to thank God and remember it as an important memory - **By James, ACS Confirmation Group***



On Saturday, 18th February 2023 in St Theresa Church recollection was organised by CCD Confirmation in preparation for confirmation in May of 2023. There were more than 60 students from St. Theresia, Pondok Indah, ACS, Mentari, National High, and North Jakarta that joined to further deepen their relationship with God.



The day started at 8.30 am when the students registered and took attendance, followed by a briefing at 9.00 am. The hunt consisted of 5 stations, each giving 1 riddle, a quiz, or a game.

The students were organized in lines corresponding to their confirmation group and then distributed into different groups by giving them the numbers 1 – 8. Based on the number they had, they would compile into the group and start the scavenger hunt.

Following the scavenger hunt, the students then had a talk led by Fr. Benedictus Bambang Triatmoko, SJ. He explained to the students about our confirmation, the will of God, and the 7 gifts of the Holy Spirit. However, the one he explained most about was about doing the will of God, our emotions as humans, and consolation and desolation.

We as humans and children of God must do His will, which is explained by Father Moko as doing good to others. There are actions that make us feel good when you do good for others. Father also talked about emotions, how it is controlled by our thoughts, not rather directly. He spoke about giving colour codes to emotions (for example: red for anger, white for neutral, yellow for worry, green for happiness, etc).

With these emotions, we can classify them into 2 things, positive emotions and negative emotions, or desolation and consolation. Desolation is our spirit spiralling down through sin, negativity, and straying





away from God, whereas consolation is the opposite where we build our relationship with God, we are more positive. During consolation, we must pray and thank God for giving us this good feeling, but in desolation, we must pray to God and ask for His help.

Going forwards from Father Moko's talk, there went a 1-hour lunch break where the coordinators, staff, and students ate lunch and had a break. After the lunch break, the students went for confession.

This section of the day lasted about 90 minutes, and from 14.30 – 15.00 pm, students prayed the rosary together. Following the rosary, the day ended with a mass, choir led by the Saint Peter Canisius Youth Choir, and served by the students.

By Danny Diaz St. Theresia Confirmation Group



COME AND JOIN OUR PARISH INITIATIVES



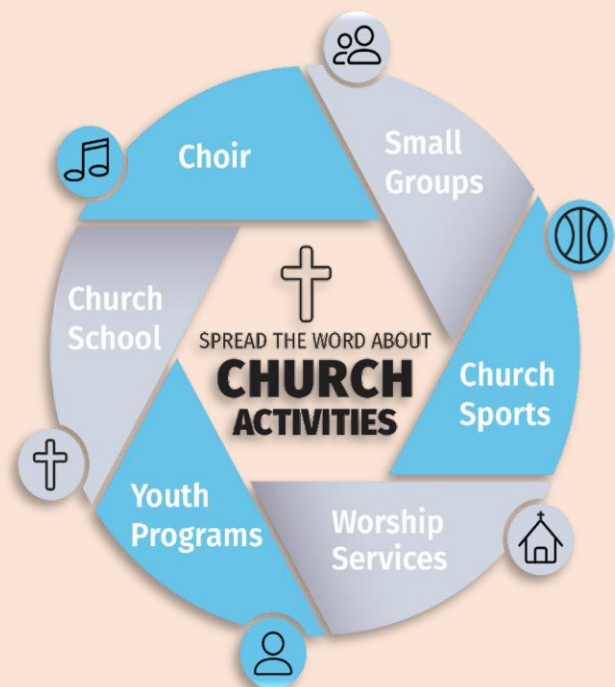
Dear Parishioners, inviting all of you to join our different parish initiatives to serve the Lord and the community. Your talents are your blessings from Lord, please use for the benefits of the community. Below are various Parish communities / groups / sections / ministries or activities you can join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

We thank all Parishioners for your continued generous contribution for our Parish. You have wholeheartedly supported and helped our parish. It's your generosity keeps us moving and serving the Lord. Our second collection for the parish operational cost has been stopped since Jan 2023, we urge Parishioners to support our parish generously to continue our parish mission. 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.

www.expaticatholicparish.org

SUNDAY MASS INTENTIONS
Send text to 08118039728; format:
Name (or Anonymous):
Parish of origin, City:
Intention:

ATTENTION: PLEASE SEND BY SATURDAY EVENING AT THE LATEST

CONTACT US:
office@expaticatholicparish.org
priest@expaticatholicparish.org
Whatsapp: 081 180 EXPAT(39728)

THANK
YOU
*Your generosity
made a difference*



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@expaticatholicparish.org

<https://www.expaticatholicparish.org/>

Parish Activities in the month of February

Novena to Our Lady of Lourdes

Our Lady of Lourdes has been intimately connected to the healing physical and spiritual ailments of many. The secret ingredient in this case, is **faith**. As St. Bernadette is said to have remarked, *"One must have faith and pray; the water will have no virtue without faith."* We celebrated the feast of Our Lady of Lourdes together with the World Day of the Sick, we recall Our Lady's bid for us to carry this secret ingredient of faith to others. Let us do our part to reveal this to our family, colleagues, schoolmates, and neighbours through the sharing of the Good News and in the way we live out our lives. We as a parish joined together for nine days to pray the Novena to Our Lady of Lourdes to seek her blessings and to heal the world from various sickness, natural disasters. Our Lady of Lourdes – Pray for us!



Novena to St. Gabriel of Our Lady of Sorrows

Pope Francis described St. Gabriel as "a young man of his time, full of life and enthusiasm, animated by a desire for fullness." He is particularly remembered as a remarkable young man who, at the age of twenty, threw all aside for God, determined to become a saint. let's pray for all our students and youth that the example of this young Passionist religious, strong in faith, firm in hope and ardent in charity, guide the path of our students and youth to increase their love towards God and towards their neighbour. We as a parish joined together for nine days to pray St. Gabriel of Our Lady of Sorrows to guide our parish youth and students to the righteous path. St. Gabriel of Our Lady of Sorrows – Pray for us!

Prayer with Songs from Taize

St. Theresia's Taizé Community with St. Peter Canisius Young Adults Professionals conducted Prayer with Songs from Taize' on 25th Feb 2023 at St. Theresia Church.

The Taizé Community is an ecumenical Christian monastic fraternity in Taizé, Saône-et-Loire, Burgundy, France. The worship includes solemnly & devoutly filled with song, scripture, and silent meditation. We plan to do similar praise and worship in the coming's months too.





UPCOMING EVENTS



Baby & Child Baptism

Baptism

Parish Open for Physical Baptism

For more details please contact
Our Parish Secretary WA (08118039728)
Tuesday to Saturday - 1000 to 1600 hrs

SPEAKER:
PATRIK ELANG PRAKASA

SATURDAY,
11 MARCH 2023

TIME : 1:00 – 2:30 PM
AGE : 13 – 18 YEARS OLD

RUANG PERTEMUAN
BESIDE CANTEN IN
ST. THERESIA CHURCH

Freedom : Good or Bad?

" From eternity, he destined us in love, to be his adopted sons and daughters through Christ Jesus. " (Ephesians 1:5)

Marriage Preparation Course (MPC)

4 days online sessions:
 May 19th , 20th , 26th ,
 27th
 18:00 – 21:00

Contact for registration:
 Christine (+62 815-8775-225) or
 Vinolia (+62 811-807-209)

Fee: Rp 600,000/couple

Facilitated by Family Apostolic Ministry (FAM) Team & Priests

1ST SATURDAY DEVOTION TO THE BLESSED VIRGIN MARY

Presented by
STPCICP Young Adult Professionals

7 JAN, 4 FEB, 4 MAR
1 APR, 6 MAY, 3 JUN
1 JUL, 5 AUG, 2 SEP
7 OCT, 4 NOV, 2 DEC

Join us on:

Meeting ID: 828 2781 3893
Passcode: devotion
09:00 pm (Jakarta Time)

St. Peter Canisius Int'l Catholic Parish

TUESDAY MASS
 Every Tuesday 11:00 AM
 @St. Pope John XXIII Chapel, Gereja Kristus Raja, Ground Floor Paroki Pejompangan

If you wish to offer mass intention's please use the following link:
<http://bit.ly/tuesmassintention>
 Deadline: Monday 06:00pm

QR Code

Gift offering:
 Bank Danamon
 A/C 6045777775
 POCIP Inter-regional
 Santa Petrus Canisius

Novena to ST JOSEPH

SAT 11 MARCH to SUN 19 MARCH
09:00 PM

Join us on:

Meeting ID: 853 5979 8462
Passcode: joseph

FIRST FRIDAY MASS
 with ADORATION to the BLESSED SACRAMENT

"PUBLIC MASS", everyone is free to join

Every FIRST FRIDAY of the Month:

- 10:00 AM @St. Stefanus Church - Cilandak
- 07:30 PM @St. Theresia Church, Menteng

Back to pre-pandemic schedule, start from March 2023

STATION OF THE CROSS
EVERY FRIDAY DURING LENT @9PM

Meeting ID: 890 3077 3475
Passcode: thecross