



Lenten Giving at SSVP

This Lenten season, SSVP Conferences across Singapore worked with the local Catholic community to extend help to the poor. The Conferences teamed with schools and parishes on various Lenten almsgiving projects. The following are some of the projects that were undertaken.

SSVP Conference of St Peter

The Church of Saints Peter and Paul (SPP) launched Project 51, an initiative for the spiritual family of the parish to draw closer to God. SPP provided resources and information for parishioners to embark on a meaningful journey of prayer, fasting, and almsgiving during the penitential days of Lent. Parishioners were encouraged to set aside \$5 daily or drop every \$5 note they get during this period in the collection box placed in the church for SSVP's Friends-In-Need (FINs). As at 25 April, \$4,250 was collected.

SSVP Conference of SPP also launched a virtual "Lenten Wishing Tree" for parishioners to fulfill wishes made by their FINs as well as those from Our Lady of Lourdes. These wishes included electrical appliances, furniture, meals, befriending and prayers and almost all wishes were fulfilled.

Distribution of items started



SSVP Youth Team with Vincentians and FINs from SPP Conference.



in March and the national SSVP Youth Team joined SPP Conference members to help distribute them as well as to extend friendship to the FINs.

Said Adelaine Ng, president of the SPP Conference: "Our FINs were very happy to welcome the SSVP youths to their homes. The youngsters taught the FINs basic handphone skills while on their part the FINs shared their struggles and challenges."

The youths enjoyed the experience. Said Chloe: "Although there were some language barriers, we had very fruitful conversations with the FINs."

Added Karyn: "We had the opportunity to conduct Synod conversations with the Catholic FINs. During the discussions they shared their spiritual journey and life experiences. It made me realise that there is always something new to be learnt."

For Kyla, the whole experience was humbling. "I felt lucky to have

met Uncle Willy and to listen to his faith journey and the struggles he faces every day. It reminded me of the blessings I have taken for granted. He roams around on his wheelchair offering prayers and essential items to people. It was also very encouraging how God blessed him with so much hope and light to continue helping others even with his poor health condition," she said.

SSVP Conference of Holy Cross

Primary Level Catechists and SSVP Conference from the Church of the Holy Cross co-organised Open Our Hearts, God (OOH God!); a Lenten project to help children learn to give to others, especially to the needy in our community like SSVP's FINs.

For this Lenten almsgiving project, the children saved 20 cents a day for one month; \$6 in all. With this, they purchased items

Continued on Page 2...

... Continued from Page 1

like milk, Milo and chocolates and dropped them off for distribution to FINs for Easter. The children also prepared a card with a special Easter message for our FINs.

SSVP Conferences of Holy Spirit and Risen Christ

These two Conferences joined forces and launched Share A Hope Project to help fulfill the hope of our FINs. This included lending a hand to help FINs move to new homes, say a prayer for special intentions, spend some time with the FINs as well as donating a meal or two and household items like a fan, pillow or washing machine. With strong support from parishioners, many of the “hopes” were quickly taken up.



Children from Church of the Holy Cross writing a special Easter message to be attached to their gift for our FINs.



SSVP Conference of Divine Mercy

In January, SSVP's Divine Mercy Conference launched “Project Grocery Drive”, an outreach initiative to get the parish community to donate basic necessities such as canned food, biscuits as well as toiletries for the residents living in a rental block on Pasir Ris Drive 6.

can make ends meet or pay the bill that is due. I have often admired the people in the news, going the extra mile to do something good for those in need. This led us to do something similar to help the needy.” 



The students of Hai Sing Catholic School also joined in the effort to donate the needed items as part of the school's Lenten project. Groceries were collected from parishioners on the last Sunday of the month over three months.

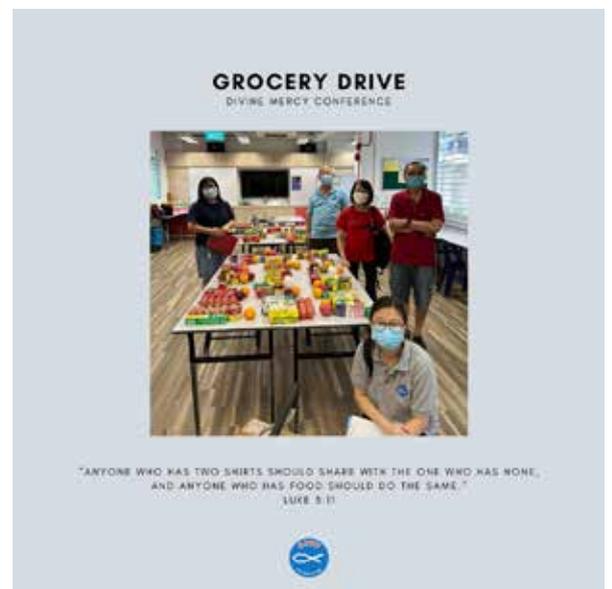


Groceries donated by parishioners from Church of Divine Mercy and students from Hai Sing Catholic School.



FINs have their Lenten wishes fulfilled in time for Easter!

Vincentian Thomas Ang, who headed the project, said he was inspired to start this after seeing the feasting during the Christmas period. Said Thomas: “While we worry about what to eat, where to enjoy our next meal or which latest gadget to get, there are many who worry if they



SSVP's nationwide Care Pack Projects

Distribution – April 2022

SSVP's Friends-in-Need (FINs) received a wonderful surprise in April. Across Singapore, Vincentians and volunteers dropped off 2,550 Appreciation Care Packs from Temasek Foundation for FINs. Each pack contained a blood pressure monitor, disposable and reusable masks, sanitisers and mouthwash.

It was a mammoth logistics endeavour as each Care Pack was the size of a large sports shoe box and it took a large container truck three trips to deliver all the 2,550 Care Packs to the Church of the Immaculate Heart of Mary, where

Vincentians and volunteers helped to unload and store them before they were picked up by the various Conferences for distribution.

Prior to the distribution, a test run was carried out to see the capacity of a regular sedan in loading the boxes. To our shock, each car could only carry 25 boxes, which meant that 100 carloads were required to distribute all the Care Packs! The 29 SSVP Conferences were quickly alerted to ensure they would have adequate transportation during collection and distribution!



We were thankfully blessed with good weather and collection on 2 April was “fast-food drive-through” style and proceeded smoothly with Vincentians and volunteers lending a hand.

We are grateful for the help of our many friends, community collaborators and most importantly Father Paul Ngo and the Church of the Immaculate Heart of Mary for supporting this SSVP Project!

We would also like to thank Temasek Foundation for the generous donation to our FINs!



Distribution – December 2021

In December 2021, the SSVP Gift of Love Project was launched to provide assistance to SSVP's low-income and disadvantaged single-parent families during the festive season. 260 such families received a care pack.

The packs contained daily essentials like milk, canned tuna, sardines, baked beans, pasta, a favourite of children and a sweet treat, Ferrero Rocher as well as special toiletries for the parent. With the start of the new school

year around the corner, each family also received FairPrice and Popular bookstore vouchers to help with childcare and school supplies needs.

The SSVP Gift of Love Project was made possible by the generous support of our benefactors Tapestry (a company which houses the Coach, Kate Spade New York, and Stuart Weitzman brands) and the Singapore Police Force's (SPF) Police Security Command, whose members spent the morning

packing and helping to distribute the care packs. Each care pack was packed with love and included Christmas ornaments lovingly made by SSVP Shop volunteers using recycled materials and messages of encouragement from the SPF volunteers.

Said one of our FINs on receiving the care pack: “Thank you, I am so appreciative and thankful for all these things! My son really enjoyed it, especially the chocolates!” 

Spotlight On Conferences

Here's a Who's Who of the Exco in the 29 SSVP Conferences with a photo and fun fact of the presidents. Please contact them to know more about SSVP activities in your parish.

Conference of Blessed Sacrament

The cars that I have owned until now have all been white. I seriously don't know why.



President Leslie See
Vice President Ernest Poh
Vice President Clement Chandu
Treasurer Audrey Liew
Asst Secretary Ian Carnegie
Secretary Karen Wee

Conference of Christ the King

When I was in Sec 1, I was the shortest girl in my class. I then joined the basketball team and by the end of the year, I became one of the tallest in class!



President Amy Cheng
Vice President Edward Shoo
Secretary Teresa Yeo
Treasurer Jessica Lim
Asst Treasurer Jenny Chew

Conference of Divine Mercy

I am a believer that many things can be accomplished within 24 hours. My family and friends go crazy trying to keep up with me!



President Lisa Lim
Vice President Evelyn Chua
Treasurer Cassandra Koh
Asst Treasurer Yoong Ying Ying
Secretary Emma Chan

Conference of Holy Cross



President Benjamin Liew
Vice President Augustine Lee
Secretary Francine Chu
Treasurer Gabriel Wong

Conference of Holy Family

Whenever we have our Conference meetings, I have to sacrifice my badminton sessions. My prayers are also very brief.



President Melvin Lum
Vice President Jacqueline Kuek
Secretary Irene Kuek
Treasurer Toh Lay Kuan
Asst Treasurer Susan Cher

Conference of Holy Spirit

My passion is performing on stage, but I have terrible stage fright.



President Dana Chia
Vice President Jessie Kaur
Secretary Teresa Shanmugam
Asst Secretary Gail Siow
Treasurer Nina Jorita Huang Lu Jia
Asst Treasurer Veronica Fung

Conference of Holy Trinity

A foodie who will travel far to get good food.



President Mae Chan
Vice President James Surat
Vice President Dennis Tay
Secretary Airin Sutanto
Asst Secretary Lilian Dirgantoro
Treasurer Rency Thomas
Asst Treasurer Martha Leow

Conference of Immaculate Heart of Mary

My good friends are Johnny, Jim & Jack (Johnny Walker, Jim Beam & Jack Daniels) because they always keep me in high spirits!



President Louis Lim
Vice President Wesley Lye
Secretary Patrick Neo
Asst Secretary Julia Ng
Treasurer Helen Lim
Asst Treasurer Robert Van Vang Nguyen

Conference of Our Lady's Nativity

President Annly Neo
Vice President Justus Teo
Vice President Michael Tan
Secretary Tracy Braberry
Treasurer Maggie Koh

Conference of Our Lady of Fatima

I have been a foodie since young which is why people called me 'Fatty' when I was in primary school.



President Avery Won
Secretary Elizabeth Lim
Treasurer Anthony Quek

Conference of Our Lady of Lourdes

I am a survivor of the tsunami in 2004 when it hit Sri Lanka. I love the sun, sand and sea and I survive without aircon and fan!



President K. Silvamalar
Vice President Avellin Choo
Secretary Doreen See
Treasurer Trisa John

Conference of Our Lady of Perpetual Succour

President Stewart Yap
Vice President Joel Teo
Vice President Chan Yuen Leng
Treasurer Damien Ho
Asst Treasurer Magdalene Fernandez
Secretary Florymee Mejia
Asst Secretary Caleb Loh

Conference of Our Lady Queen of Peace

I love nature and good food. Come join me for a morning walk and breakfast.



President Lucy Cher
Vice President Tan Yew Cheng Clare
Hon Secretary Jasmine Choo
Asst Secretary Serene Chen
Treasurer Lawrence Wee
Asst Treasurer Alethea Huang

Conference of Our Lady Star of the Sea

I love dancing, singing, cooking and cleaning.



President Sahayamary Mariadass
Vice President Irene Joseph
Secretary Emily Constance Scheerder
Treasurer Doris Chan Wai Leng
Asst Treasurer Sean Kim San Lionel Vincent

Conference of Risen Christ

I have moved homes several times but I continue to serve in Risen Christ SSVP since 2010.



President
Vice President
Vice President
Secretary
Asst Secretary
Treasurer
Asst Treasurer

Vincent Wei
Amy Lim
Richard Lim
Linda Kiong
Sharon Cheah
Lawrence Wong
Cheryl Eu

Conference of Sacred Heart



President
Vice President
Vice President
Vice President
Secretary
Asst Secretary
Treasurer
Asst Treasurer

Janet Ho
Angela Ong
Jennifer Tan
Franz Chua
Kate Yeoh
Katherine Seet
Monica Seow
Ryan Aw Yong

Conference of St Anne's

I am a K drama fan. I once finished a whole drama series in 3 days. My biggest dream is to hike the Camino de Santiago.



President
Vice President
Vice President
Secretary
Asst Secretary
Treasurer
Asst Treasurer

Margaret Lee
Nancy Ng
Cecilia Tay
James Ho
Mathilda Chua
Molly Chong
Jonathan Yuen

Conference of St Anthony

I had the calling during my church Stewardship Fair in the year 2015. Here I am, 7 years into serving our Friends in need.



President
Vice President
Vice President
Secretary
Treasurer

Mary Lim Yee Yun
Clare Tan
Prema Harrison
Adrian Gerard
Belinda Shim

Conference of St Bernadette

When I was a teenager, I witnessed a group of parishioners at St Berns cooking, washing and serving meals to a big group of elderly. One in the group, Uncle Patrick, told me that's what he does at SSVP. I told myself "Goodness, this is way too much work! 'Die die' must avoid this ministry." Here I am today.



President
1st Vice President
Treasurer
Asst Treasurer
Secretary

Dorothy Tay
Rachel Tan
Patricia Ong
Cynthia Arianto
Natalie Chen

Conference of St Ignatius

I love plants, humorous stories and holidays with God!



President
Vice President
Secretary
Treasurer

Magdalene Tan
Alicia Ang
Tanya Netto
Regina Ting

Conference of St Joachim

I was an instructor for Natural Family Planning --from 1979 to 2000, first at St Bernadette Church then at Holy Cross Church and finally at St Mary Queen of the Angels.



President
Vice President
Vice President
Secretary
Treasurer

Teresa Kwok
Pius Ong
Marcus Foong
Florence Koh
Kelvin Wong

Conference of St Louise De Marillac

I finally managed to visit Rome on 31 March 2022.



President
Vice President
Vice President
Vice President
Secretary
Treasurer

Erlich Phua
Thomas Lew
Bernard lam
Jean Lee
Magdalene Lim
Elise Lee

Conference of St Mary of the Angels

I enjoy playing tennis and my idea of a perfect holiday is lazing by the beach.



President
Vice President
Secretary
Treasurer

Matthew Low
Joachim Quah
Jennifer Yuen May Foong
Kelvin Hew

Conference of St Michael

I always remind myself to be joyful as I have found Jesus.



President
Vice President
Treasurer
Asst Treasurer
Secretary

Sharlyn Neo
Leo Tan
Vincent Quek Guan Khim
Dominic Choy Seong Sean
Emmanuel Tan Li Yuan

Conference of St Peter

I love my kopi strong and brew my own cuppa daily using the good old kopi sock!



President
Vice President
Treasurer
Secretary
Asst Secretary

Adelaine Ng
Stephen Sim
Karen Chan
Elny Tanton
Lee Suyin

Conference of St Stephen

I have a goal in my spiritual life, to have my wife and children to be Vincentians.



President
Vice President
Secretary
Asst Secretary
Treasurer
Asst Treasurer

Samuel Cheng
Edmund Yong
Catherine Lim
Theresa Lim
David Wong
Agnes Yeo

Conference of St Teresa



President
1st Vice President
2nd Vice President
Treasurer
Secretary

Catherine Ler
Vincent Tan
Derek Soon
Lynette Tan
Amy Chin

Conference of St Francis Xavier

Fun is still being in the Exco and trying to find a successor.



President
Vice President
Vice President
Secretary
Asst Secretary
Treasurer
Asst Treasurer
Asst Treasurer

James Ang
Michael Saw
Long See Hong
Lilian Geraldine Foo Lee
Grace Tan-Lim
Vijkey Kulasingam
Reagan Thiew
Brandon Ng Hee Tong

Conference of Transfiguration

I'm not picky when it comes to food. I can eat the same food every day for a week. I enjoy jogging as my mind is free to engage in conversations with God.



President
Vice President
Vice President
Secretary
Asst Secretary
Treasurer
Asst Treasurer

Vic Foo
Marcus Lee Hsien-Min
Kevin Choy Mun Hoe
Maggie Soh Mei Kuan
Lena Ng Hwee Juen
Roland Seow Hwei Chye
Michelle Lee

News in brief

Conference of St Bernadette Continues Lunar New Year Tradition

Every Lunar New Year, it has been a tradition for SSVP Conference of St Bernadette to celebrate the festive season with our Friends-In-Need (FINs) on the church premises where they will have lunch and take home a goodie bag. Given the continued Covid-19 pandemic, this was not possible. So the Conference delivered the goodie bags to the FINs. The Conference serves almost 160 (FIN) households of which about 80 per cent are elderly. The goodie bags contained Bak Kua, pork floss, cookies and oranges – blessings made possible by a generous \$5,000 donation from a Vincentian. Instead of the goodie bag, Muslim FIN families were presented with a \$30 FairPrice voucher to buy items of their choice.



Conferences of St Peter & Holy Trinity provide electrical appliances during Festive Season

These two Conferences which assist FINs in central Singapore and Tampines donated some 40 appliances ranging from light bulbs, electric fans, rice cookers, electric kettles and refrigerators to help FINs improve their living condition. The project was made possible with the support of PowerPac Electrical Pte Ltd which donated the items. Said Mr Derrick Neo, Marketing Director of PowerPac: “As a homegrown brand, we want to step up and do what we can to support our local communities especially during challenging times like now. This is a really meaningful project and we are very proud to be a partner to SSVP.”



Conference of Christ the King brings cheer during Christmas

On 18 December, Vincentians from SSVP Christ The King (CTK) delivered Christmas hampers and bento boxes to 108 families under their care. Each family received a Christmas hamper containing a bath towel, six bottles of Essence of Chicken, a tin of butter cookies and a box of chocolates. The hampers were accompanied by Christmas cards specially written by CTK parishioners. The Conference also delivered 150 bento lunch boxes from Crossings Cafe, sponsored by Eyecare Without Borders. In addition, cupcakes baked by one of the CTK parishioners were given to 30 families as well. During the Christmas season, education subsidies were given out to the school-going children of FINs.



Conference of St Stephen Collaborates with Kampung Circuit

Vincentians from St Stephen Conference and volunteers from Kampung Circuit came together during Christmas and Lunar New Year to share blessings with their FINs. Six volunteer families from Kampung Circuit lovingly prepared Turkey, Ham Bento Sets and together with Vincentians, delivered it along with other goodies to FINs in MacPherson on Christmas Day. During Lunar New Year, the FINs were each presented with a bento lunch box of roast duck and abalone.



Purple Candle Advent Fundraiser by Holy Cross Conference

During the Advent season last year, Holy Cross Conference launched The Purple Candle fundraiser. The Conference sold 200 copies of The Purple Candle Book to parishioners and raised \$6,972 for FINs. This helped to fund the Conference's Christmas Celebration Meal for 113 FINs as well as for Education

Awards given out in 2021. The funds will also help to kick-start an Adult Diaper Programme, which addresses the needs of elderly FINs. During the fundraiser, Ms Geraldine Schubert, author of the book and a multi award-winning artist, was on hand to autograph the books. Some bought copies to be gifted to FINs.



SSVP Forum

Vincentians came together to attend the SSVP Forum held at Church of St Francis Xavier on 12 March. It was a jam-packed afternoon with presentations on key topics including Leadership and Community Building, Financial and PDPA SOPs as well as becoming more familiar with the Milk & Diapers Programme and Community Services Office. The Forum was also the perfect platform to share with Vincentians the new developments and direction SSVP is headed towards as part of its transformation. The Forum ended with a lively dialogue session between Vincentians and panellists.



Partnering the Poor Workshop

SSVP Faith Formation and Development Committee organised this workshop on 9 April. It featured presentations by SSVP Spiritual Advisor, Fr Eugene



Vaz and National Council of Social Services (NCSS). The Workshop was followed by Palm Sunday Mass and was attended by over 100 Vincentians, some at Agape Village and others over Zoom. Fr Vaz reminded Vincentians that rather than waiting for people who are disadvantaged, marginalised or vulnerable to come to us for help, we should go out to meet them.

The NCSS team presented their research findings on the 3-wave Quality of Life Study which was conducted during the Covid pandemic. Respondents included people living in 1-2 room flats, seniors, persons with disabilities and mental health conditions. This was followed by a panel discussion. The panellists were Deputy CEO, NCSS Seah Yang Hee, Director & Senior Principal Clinical and Forensic Psychologist Dr. Chu Chi Meng and SSVP NC President Florence Tan.

Riding with Jesus for FINs

As part of the 40th Anniversary of Church of Christ the King (CTK), parishioners from the CTK Chinese Ministry initiated this cycling fundraiser to spread God's love and bring love and hope to our FINs.



On 15 April, Good Friday, the cyclists were flagged off from CTK. They cycled to 14 Churches around Singapore including Church of the Holy Family, St Joseph's Church and the Cathedral of the Good Shepherd, in about 7.5 hours, covering a distance of 52 km.

SSVP Shop's Great Singapore Sale

In June, SSVP Shop will be offering 30% off storewide as part of the Great Singapore Sale. Prices will start from as low as \$1. You can find your favourite brands including Zara, Levi's, Gap, Guess, Uniqlo alongside designer labels at SSVP Shop with prices that suit



your budget. SSVP Shop is located at 501 Geylang Road and is open from Tuesday to Sunday, 10am to 4pm. 

Moved by the Vincentian Spirituality

Kenneth Sum, 25, joined SSVF Ltd as a Social Work Associate in 2021 when he decided his calling was in the social service sector helping others, rather than his original plan of joining the military.

Kenneth shares his personal account of a recent encounter which has affirmed his calling:

The Vincentian spirituality of visiting Friends-in-Need (FINs) in their homes is something that resonates well and deep within me.

I feel that we can only know so much about a person or a family from a social report or case notes. Only by meeting the FINs face-to-face, talking to them and spending time with them, will we truly get to know them. To me, meeting people where they are helps me understand their needs, hopes and dreams better — and that is in their homes.

Recently, during the course of a conversation with my colleague and supervisor Meera Ramachandran, I heard of a single parent family whose home looked shabby. Refurbishing this family's home was outside my job requirements as a Social Work Associate with SSVF Ltd's Community Services Office but I thought of doing something with the help of my friends from the parish of St Anne's.

The single parent family consisted of Madam X and her son "M" and daughter "R" aged 10 and 9 respectively. Madam X, works as a cleaner and Vincentians from the Conference of St Bernadette have been journeying with her and her

children for the past six years. The

family has been receiving various forms of aid from SSVF. Madam X had been

through a difficult time, having had to endure an abusive marriage and ill treatment from her in-laws. She has no family support in Singapore as her family is in India. Despite all the curve balls that have been thrown her way, Madam X has remained hopeful, and is determined to make a better life in Singapore for the sake of her children.

The family has been living in a rental flat for the last seven years. The flat and its furnishings appeared shabby from wear and tear. Their walls, covered from top to bottom with crayon and marker pen "graffiti", courtesy of the children, added to the mess. Now that the children are older, Madam X wished to create an environment that is more conducive for the children to study. She wanted to encourage her children to study harder and shared her aspirations with Meera who in turn shared this with me.

I was inspired by the Holy Spirit to help this young family but I knew I couldn't do it alone. Friends Samantha Fuentes, Vanna Olsen, Justin Toh and Bradley Santa Maria, all from my parish, were quick to volunteer. Donors stepped in to sponsor the furniture and items needed for the refurbishment.



Kenneth Sum (back row, extreme right) with his friends and the two FIN children.

To minimise disruption for the family, we wanted to finish the project in a day. On 8 January, we worked tirelessly from 9am to 6pm to give the flat a new lease of life. Being colour blind myself, selecting the correct paint was not an easy task as well and I had to get Meera to verify the paint was of the correct shade. We applied three coats of paint (sealer and two layers of Rose paint) to mask the graffiti and roped in the children to help. I believe that it is important that the children feel they are part of the improvement which they can "see" daily. It was the right thing to do as both kids were helpful and really enjoyed painting their own home.

When their study desks were being assembled, we could see their excitement and happiness in getting a study space of their own.

Said M, the older kid: "We did not have a table to do our school work. We had to sit on the floor and do our school work. We are very happy to receive the tables and we promise to study hard. We also needed a bigger cupboard for our clothes and a good mattress to sleep on. Now, my sister and I take turns to sleep on the new bed and our clothes are kept neatly in the cupboard." 