



FAMILY LIFE SOCIETY
ANNUAL REPORT 2012

the future of humanity passes by way of the family...

- BLESSED JOHN PAUL II



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family life society

PATRON

The Most Reverend Nicholas Chia, D.D., STL,
Archbishop of Singapore

SPIRITUAL DIRECTOR

Fr David Garcia, OP

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Members:

John Ooi

Robert Conceicao

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FLS STAFF

Executive Director:

Sheryl Khong (until 31 July 2012),

Steven Tan (1 October 2012 – Present)

Principal Therapist:

Theresa Bung

Consultant Therapist:

Susanne Richmond

Programme Manager:

Michelle Soliano

Programme Executive:

Laura Jonathan

Marketing Manager:

Susie Wee (until July 2012)

Pregnancy Crisis Service Manager / Counsellor:

Karen Vincent

Admin Executive:

Catherine Wee

Admin Assistant:

Veronica Low

FLS PROGRAMMES - COORDINATORS

Community of Para-Counsellors:

Andre Tan

Rachel's Vineyard:

Rose Boon

Joyful Parenting:

Pamela Lim

FLS AFFILIATES - COORDINATORS

Choice:

Felicia & Albert Quah (Singles)

Kelvin & Angela Tan (Couples)

Catholic Engaged Encounter:

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Marriage Preparation Course:

Sebastian & Aileen Chow

Natural Family Planning:

Dr Douglas Ong

Couple Empowerment Programme:

Bernard & Ying Thio

Worldwide Marriage Encounter:

Patrick & Rachel Tee

Couples for Christ:

Patrick Thong

Retrouvaille:

Rick & Monica Tan

Beginning Experience:

Joseph Chew

vision

A WORLD THAT HONOURS
THE SANCTITY OF HUMAN LIFE,
MARRIAGE AND FAMILY.



mission

TO BE THE MINISTRY THAT
EMPOWERS FAMILIES,
STRENGTHENS MARRIAGES
AND UPHOLDS THE DIGNITY
OF HUMAN LIFE.

chairman's message

2012 has been another eventful year for FLS. We continued to review and consolidate our direct services, programmes and partnerships, so as to be more attuned to the challenges facing human life, marriage and the family, and to be more focussed in our Mission. A new Executive Director, Steven Tan, came on board on 1 October 2012 to steer our team. On 1 November 2012, our application to be an Institution of a Public Character (IPC) was renewed by the Ministry of Social and Family Development (MSF) for a term of three years until 31 October 2015.

EDUCATION & OUTREACH

We embarked on a project to develop a new sexuality education programme targetted at youths which comprises a four-part video clip, accompanying lesson plans and a facilitator's guide. We plan to roll out this new programme in 2013.

FLS will exit the School Family Education (SFE) as a service provider by end March 2013. We will, however, continue to make available our sexuality, parenting and youth character development programmes to schools, community groups and others who would like to use them.

We continue to be an active member of the Parenting United alliance.

PREGNANCY CRISIS SERVICE

Helping those in crisis during pregnancy remains a mainstay of FLS. In this arena, 2012 had its share of challenges. Going forward, we intend to improve our outreach so as to be able to reach out to more teenagers and adults who are in need.



MARITAL AND FAMILY THERAPY SERVICE

Our long-established counselling arm has been renamed, “Marital and Family Therapy”, to more accurately reflect the nature of its service. To further improve our counselling services, two Associate Therapists have been engaged on a part-time basis. This will help reduce the waiting time for our clients.

Our team of para-counsellors have been revitalised with plans to recruit more para-counsellors in 2013.

OUR OTHER PROGRAMMES AND AFFILIATES

Our various other programmes and affiliates continue to contribute to the building of family life in Singapore. Even though they are run independently, our affiliates play a major part in equipping people to cope with the different stages of life.

THE FUTURE

I am confident that despite the many challenges that loom ahead, FLS will continue to be a beacon for human life, marriage and the family, just as we have been there for the family these past 27 years.

The consolidation of our services has resulted in better focus and greater efficiency. We will strive to continuously review and improve our services. In addition, we hope to develop new programmes in 2013 which are uniquely FLS that will help to build and nurture resilient families, strong marriages and a greater respect for human life.

I would like to thank our dedicated staff, our devoted volunteers, our partners, sponsors and donors, and my supportive Board Members, for their passion and drive that has enabled FLS to serve those in need in 2012. I look forward to their continued support in 2013.

Finally, on behalf of everyone at FLS, our thanks go to our esteemed Patron, Archbishop Nicholas Chia, and Caritas Singapore Community Council for their constant support and encouragement over the years.

May the Lord’s peace always be with you all!

Dr John Lim Khai Liang
Chairman



familylife.sg/counselling
6488 0278

Principal Therapist: Theresa Bung

Our counselling service aims to promote, support and strengthen family life. We provide a nurturing environment that offers guidance, education and a listening ear to individuals, couples and families. Our counselling programme helps everyone regardless of their age, race or religion, who may be facing emotional, relationship or marital problems. Our professional and certified counsellors help clients to cope with various crisis and to better manage their lives.

REVIEW OF 2012

We handled 342 cases (224 new cases) which comprised 966 counselling sessions. Most of our clients were referred to us by friends, the media and Church groups. The majority of our counselling sessions focused on family and marital issues.

Type of Cases	2011	2012
Family and Marital	225	197
Teens/Parenting	49	30
Personal/Mental/Sexuality	96	113
Pregnancy Crisis Related	5	2
Total	375	342

OTHER ACTIVITIES

- Besides providing counselling, our counsellors also train and supervise the FLS Community of Para-Counsellors (CPC), the volunteers of the Pregnancy Crisis Service (PCS) and work closely with our Education and Outreach Department by conducting talks, seminars and workshops for schools, family life groups, and our affiliates.
- As part of their continual professional development, our therapists regularly attend relevant conferences and workshops.
- Our para-counsellors support FLS' front-line counselling team by providing free counselling services at eight centres located around Singapore. CPC also maintains a hotline (6382 0688) for appointment bookings of counselling sessions and enquiries, which is manned by volunteers. In 2012, CPC's team of 39 para-counsellors (supported by FLS' professional counsellors) attended to 173 cases, totalling 473 counselling sessions, at the eight centres.



Started in 1987, Pregnancy Crisis Service (PCS) is dedicated to helping anyone experiencing a crisis in pregnancy and who is unsure about how to handle the situation. PCS' 24-hour Helpline (6339 9770) is manned by a group of dedicated volunteers. With the help of FLS trained therapists they attend to the callers' immediate concerns and if need be, engage them in face-to-face sessions. PCS also facilitates the matching of prospective adopters to expectant individuals who want to give their baby up for adoption.

The PCS Home, which is a residential-based accommodation, housed six residents who needed a shelter until the delivery of their babies from February 2012 until its closure in November 2012. The Home was managed by a Home Manager and two housemothers. The residents were cared for in a safe environment with life-skills training provided such as culinary skills. Residents were also provided with career counselling and their family members received clinical counselling.

REVIEW OF 2012

The PCS Helpline received 358 enquiries in 2012. About 53% of the callers wanted information or support to deal with unwanted or unexpected pregnancies. The remaining calls were enquiries on abortion, adoption, care arrangements, marital issues and shelter.

Description	2011	2012
Number of calls	625	358
Number of 'face-to-face' counselling sessions and 'interventions'	39	16

About 37% of the callers were above 21 years of age and 27% were between 16 and 21 years old. While the Helpline serves as a lifeline, which provides confidentiality and anonymity for those who are experiencing a pregnancy crisis, our PCS volunteers encourage the callers to attend a counselling session as this provides a conducive platform to work through the crisis and to explore the available options.

Age Profile of Callers	Total	%
Under 16 years of age	16	4
16 to 21 years of age	95	27
Above 21 years of age	132	37
Undisclosed	115	32




About 51% of the callers were single and had experienced unexpected pregnancies. About 18% were married and had similar concerns. The remainder of the callers did not wish to disclose their marital status.

Marital Status of Callers	No. of callers	%
Single	181	51
Married	66	18
Divorced/Separated	14	4
Undisclosed	97	27

PCS continues to deploy volunteers at the KK Women's and Children's Hospital (KKH). In 2012, they attended to 154 clients, 29% of whom reconsidered their decision to terminate their pregnancies after counselling.

In December, PCS held a Mass for all pro-life advocates to gather in prayer for all unborn children. This was held in conjunction with the Catholic Feast of Our Lady of Guadalupe, the Protectress of the Unborn.



 pregnancycrisisservice.sg
 karenv@familylife.sg
 6488 0278
 6339 9770 (PCS 24-hour Helpline)

Pregnancy Crisis Service
 Manager / Counsellor: Karen Vincent

The Education and Outreach Department conducts workshops and talks on sexuality, parenting, family relationships, character development and personal growth. These programmes are designed specifically for the needs of different audiences including teenagers, families and couples, so as to empower families, to strengthen relationships and to help individuals find meaning and purpose in their lives.

SCHOOLS

Since 2004, FLS has been a partner of the former Ministry of Community Development, Youth and Sports' (MCYS) School Family Education (SFE) programme. The SFE programme aims at enhancing family life, boosting parenting skills and equipping youths with valuable life skills. Our pool of speakers/trainers provide holistic talks and workshops for students, parents and school staff. In 2012, we served 12 primary and five secondary schools under the SFE programme and eight schools under non-SFE programmes.

Following a strategic review vis-a-vis our strengths and available resources, we have decided to exit SFE as a service provider by end March 2013. We will continue as a programme provider for parenting, life skills and sexuality education programmes.

- **YOUTHS:** Developing well-rounded young people is critical as they are the future leaders of society. Workshops were conducted to enhance the confidence and resilience of youths. Students learnt life skills that helped them to become more effective in coping with life's demands and to adopt positive attitudes toward family and relationships.
- **PARENTS & SCHOOL STAFF:** Workshops were organised to enhance and promote better communication among families and among staff members of schools. Parents learnt positive and effective parenting skills so as to better understand their children, to improve parent-child relationships and to enrich spousal relationships.



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Programme Executive: Laura Jonathan

OTHER PROGRAMMES

Workshops and talks such as *Staying Rooted to Self*, *Screamfree Parenting*, *The Birds and The Bees* and *Father-Son Bonding* were held at parishes as venues that are open to all. Morality issues, making choices, and having respect for self and others were emphasised as a response to today's confusion and thirst for meaning and happiness.

REVIEW OF 2012

Presentation Topics	2011	2012	Target Audiences	2011	2012
Character Development	46	82	Youths	9,600	6,519
Sexuality Education	23	5	Parents/ Teachers	7,800	12,715
Family bonding	38	43	Total	17,400	19,234
Parenting talks	420	86			
Talks to School Staff	18	3			
Others	14	5			
Total	559	224			

OTHER ACTIVITIES

The Education arm of FLS also organised three family-themed events in 2012 that were open to all. These events were based on *Familiaris Consortio*, a Church document that promotes healthy family ties, strong marital relationships and family goodness for the whole of society. The events were: *Strengthening the Christian Family in the Modern World* on 18 February, *Building the Foundation of Family* on 16 June, and *The Rights and Roles of Women* on 13 October.

Joyful Parenting is a FLS outreach programme that aims to inform, share and enrich parents-to-be in their role of bringing up loving, close-knit family units. It promotes nutrition and physical wellness for newborns through breastfeeding as the natural source of nutrition and bonding between babies and mums. The team comprises of volunteers who are experienced International Board of Certified Lactation Consultants (IBCLC) and certified Childbirth Educators and Counsellors.

Joyful Parenting operates a hotline (6488 0286) to reach out to mothers and mothers-to-be. It organises monthly support group meetings, quarterly workshops and an annual retreat for mums.

REVIEW OF 2012

The team conducted regular workshops for parents-to-be on childbirth, breastfeeding and postpartum well-being, and advocated breastfeeding benefits to young couples attending the Marriage Preparation Course (MPC). Its mothers' support group meets once a month.

Hotline calls	2011	2012
Breastfeeding	864	725
Parenting	26	19
Others	20	22
Total	909	766

Three Joyful Parenting workshops on natural and drug-free birth, breastfeeding, and post-natal well-being were conducted on 11 February, 4 August and 3 November which attracted 42 couples in total. This is a jump from two workshops in 2011 which attracted 15 couples.

JP Workshops	2011	2012
Number of Workshops	2	3
Number of Participants	15	42



- 🌐 joyfulparenting.sg
- ✉ joyfulp@joyfulparenting.sg
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Coordinator: Pamela Lim
 Spiritual Director: Sr Florence Wong, FMDM





🌐 rachelsvineyard.sg
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Programme Coordinator: Rose Boon
Spiritual Director: Fr Ravi Michael, SJ

The Rachel's Vineyard post-abortion healing retreat for any woman or man who has suffered the tragedy and loss of a child through abortion, whether directly or indirectly. The retreat is a chance for the post-abortive person to get away from all the daily pressures of work and family to focus on this painful time in his or her life through a supportive and non-judgmental process.

The time away provides an opportunity to enter deeply into the grieving process and to identify all the ways in which the abortion experience may have affected a person's life.

It offers a safe and comforting environment for the participants as they journey along the path towards forgiveness, reconciliation and healing.

Rachel's Vineyard was introduced to Singapore in March 2010. Since then, 10 retreats have been conducted with the support of an experienced therapist/counsellor from Australia who has been involved with Rachel's Vineyard for over 10 years.

REVIEW OF 2012

Rachel's Vineyard conducted three retreats in 2012: two in April and one in October. The number of participants for each retreat is deliberately kept very small because a very private and intimate setting provides for an ideal environment to effectively work with the profound shame, guilt, and other deep emotional and psychological traumas experienced by post-abortive women and men. This is in line with the practice of other Rachel's Vineyard retreats conducted around the world. For 2013, Rachel's Vineyard retreats will be conducted by local therapists and counsellors.



Choice is a weekend stay-in programme for young adults aged 18 to 40 years. It aims to help them to rediscover themselves and the importance of relationships within the family, with friends and with the larger community amidst the hustle and bustle of daily life.

REVIEW OF 2012

Year	2011	2012
No. of Weekend Programmes	6	5
No. of Participants	152	90

In 2012, five Choice Weekends were conducted for 90 participants including one that catered to Bahasa Indonesia-speaking participants. About 10% of the participants were non-Catholics. The age-group breakdown is as follows:

- 18 to 24 years: 26.7%
- 25 to 30 years: 52.2%
- 31 to 40 years: 21.1%

OTHER ACTIVITIES

- Home-based Wednesday Prayer Meets – every Wednesday at Central and East locations
- Choice Easter Reflection Day in March
- Choice Annual Spiritual Retreat in September
- Choice Anniversary Celebration in December



choice.org.sg
registration@choice.org.sg
 9046 2297

Programme Coordinators (Singles): Felicia & Albert Quah
 Programme Coordinators (Couples): Kelvin & Angela Tan
 Spiritual Director: Fr Frederick Quek
 Spiritual Advisor: Sr Angeline Lim



Since 1982, Catholic Engaged Encounter (CEE) has been conducting marriage preparation programmes for couples who are planning to get married in the Catholic Church or who just want to deepen their relationships. Couples do not need to be engaged to attend a CEE weekend. Couples are advised on the CEE website and through the offline registration forms, to attend a weekend at least six months before their intended wedding date. Couples will not be accepted after their wedding day.

The programme provides the atmosphere and the opportunity for couples to seriously discuss their strengths, weaknesses, goals, desires and ambitions. The weekend is an experience where couples participate in a process of self-discovery and mutual affirmation. It is a compulsory live-in weekend experience where the men and ladies are roomed separately. The programme starts at 8pm on Friday and ends at 6pm on Sunday. Each weekend is facilitated by a team of one priest and two married couples who live in as well. There are also two to three house-couples who live in during the weekend to help with the logistics and administration of the programme.

The presentations are divided into three blocks: the Communication Block, the Marriage Relationship Block and the Sacramental Block. Participating couples are expected to attend the entire weekend, as each session builds upon previous sessions into an integrated programme. A talk on Natural Family Planning (NFP) is presented on Saturday evening and participants are encouraged to sign up for a NFP course conducted at the various church centres.

The CEE mission statement is "To Help Couples Discover Themselves And Live Out The Call To Be One In The Sacrament Of Holy Matrimony As A Life Giving And Life Long Commitment".



REVIEW OF 2012

A total of 21 weekends were conducted in 2012. A total of 152 couples signed up for sessions on Natural Family Planning after their CEE experience.

Couple Combination	2011	2012
Catholic <i>(both partners are Catholic)</i>	280	268
Mixed <i>(one partner is Catholic)</i>	367	396
Total	647	664

OTHER ACTIVITIES

- CEE Singapore supported our counterparts from Penang with presenting couples and priests in 2012.
- A series of events was held throughout the year to commemorate the 30th Anniversary of CEE in Singapore. The events included a family soccer tournament in March, an outdoor Stations of the Cross in March (at St Joseph's Church, Bukit Timah), and an Amazing Race in Sentosa in April. It culminated with the 30th Anniversary Mass celebrated by the Archbishop Nicholas Chia on 25 August 2012 at the Church of St Francis Xavier, followed by a dinner at the Imperial Court Shark's Fin Restaurant at the Grassroots Club at Ang Mo Kio.
- A retreat was held on 26 October 2012 at the House of Prayer (along Holland Road) as part of the community's spiritual enrichment.
- Fr Ambrose Vaz stepped down as CEE Singapore's Spiritual Director on 31 December 2012, with Fr Aloysius Ong taking over on 1 January 2013.

veritas.org.sg/ceespore
ceespore@catholic.org.sg
6782 3912

National Coordinators: Benedict & Agatha Cho
Spiritual Director: Fr Ambrose Vaz

The Marriage Preparation Course (MPC) is a Catholic-rooted programme that is designed to help couples enter into marriage armed with a permanent commitment to grow in their own couple love through loving communication with each other and having a Christ-centred relationship. The programme focuses on various aspects of marriage including family matters, in-laws, money matters, sex, children and spirituality. It also highlights the significance of living a sacramental marriage and the teachings contained in *Humanae Vitae*. Couples are encouraged to attend the course at least six months before their marriage date. The programme consists of six half-day sessions spread over six weeks, with each session building on the previous sessions into a fully integrated programme. Apart from lecture-style sessions, the course is structured to enable engaged couples to meet in smaller groups at home with a presenting couple.

REVIEW OF 2012

Four courses were conducted in 2012 – one per quarter, with 305 engaged couples participating. A breakdown of the couples was as follows:




- 40% were Catholic couples, i.e. both partners were Catholics.
- 57% were mixed couples, i.e. one partner was Catholic.
- 3% were couples from other faiths, i.e. both partners were non-Catholics.

Details	2011	2012
No. of Catholic couples	81	122
No. of mixed couples (<i>one partner is a Catholic</i>)	174	174
No. of non-Catholic couples (<i>neither partners were Catholic</i>)	25	9
Total	280	305

OTHER ACTIVITIES

- Outside the course, our presenting couples are organised into Cenacles. They meet weekly for prayer and fellowship. Apart from the prayer meetings, some also attend Friday talks held at the Catholic Spirituality Centre.
- A retreat was organised for the whole MPC community at the Orchid Country Club on 18-19 August 2012, with the theme: A Spirit-filled Servant Community. The retreat master was Fr Aloysius Ong.
- Two MPC Workshops were conducted in October 2012 by the MPC coordinators together with another presenting couple, to prepare two newly-joined presenting couples for the 2012 presentations.
- A general meeting was called to discuss the outline of the MPC Constitution on 25 November 2012. The 'Constitution Sub-Committee' was tasked to collate the findings and to formulate the Constitution.
- A Thanksgiving Mass was celebrated by Fr Anthony Ho on the Feast of Christ the King at The Church of the Holy Spirit, to thank the Lord for His abundant blessings on the MPC Apostolate in 2012.



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 mpcsingapore@gmail.com
 9839 9840

Coordinators: Sebastian & Aileen Chow
 Spiritual Director: Fr Anthony Hutjes
 Secretary: Ronnie & Grace
 Registration: Ronnie & Grace
 Treasurer: William & Shannen Koh
 Scheduling: Gerry & Martha Ong
 Public Relations: Peter & Rita Toh
 Liturgy: Ernest & Evelyn Leong
 F&B: Steven & Louisa Foo
 Supplies: Michael & Phyllis Goh



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President: Dr Douglas Ong
Vice President: Pollen & Genevieve Soh
Secretary: Andy & Sheon Wee
Spiritual Director: Fr David Garcia, OP

The Natural Family Planning (NFP) Service was established in 1973 to provide a morally acceptable way of family planning in the light of the Church's teaching as stated by Pope Paul VI: "In the task of transmitting life, therefore, they are not free to proceed completely at will, as if they could determine in a wholly autonomous way the honest path to follow; but they must conform their activity to the creative intention of God..." (*Humanae Vitae*, 1968).

Intended as a parish-based service for all parishes, Parish Centres are now managed by a committee elected every two years and are run by a group of about 30 trained and dedicated instructors and trainees. The service is open to all who subscribe to the pro-life philosophy but gathers most of its clients through the services of Marriage Preparation Course (MPC) and Catholic Engaged Encounter (CEE).

REVIEW OF 2012

The overall number of couples seen at NFP's 14 centres across Singapore in 2012 decreased compared to 2011. 195 couples were from MPC while 79 couples were from CEE.

Year	2011	2012
New Couples	322	299
Repeat Visits	568	489

OUTREACH

A new initiative to raise awareness of NFP at the Church of the Holy Cross took off with the support of parish priest, Fr Richards Ambrose. NFP classes for parishioners are organised on a quarterly basis. The response has been encouraging, with up to 10 couples enquiring about the class each time. Most of the couples were married couples hoping to achieve pregnancy. This arrangement has also created opportunities for couples to learn NFP if they had missed it during their marriage preparation.

MEETINGS AND CONTINUING EDUCATION

The NFP Steering Committee met in January, March, April, June, August, September and November in 2012.

Continuing Medical Education (CME) for instructors was held four times in 2012 at the Church of Christ the King in Ang Mo Kio.

Six of eight new instructors received certificates upon completion of the course, centre attachments and a written test.

RETREAT AND SOCIAL ACTIVITY

NFP's yearly retreat was held on the eve of Passion Sunday at Christ the King Church. Fr David Garcia was the retreat master for the day sharing on "Not so much on prayer but on how we approach prayer as it should be". A total of 24 NFPians attended the day of recollection.

A family gathering at SAFRA Jurong was held on 13 November. It was a day filled with fun, games, food and fellowship by the pool.

OTHER ACTIVITIES

A Medical Advisory Team to the NFP Service was set up by the President, Dr Douglas Ong. Dr Cosmas Chen (General Surgery), Dr Gabriel Seow (Family Medicine) and Dr John Hui (Family Medicine) are part of the team who provides phone or email support to instructors on medical-related NFP questions so as to better advise couples when necessary.

Couples can now use an online NFP charting application on their smartphones for a nominal charge by the application developer.

Since 2006, the Couple Empowerment Programme (CEP) has been targeted at young married couples, primarily for those married between one and five years but including those up to their 10th year of marriage. CEP has developed the groundwork for promoting post-marriage catechesis and support programmes for the young marrieds. CEP's objectives include establishing a programme for young married couples on the Church's teachings, life skills and parenting, and establishing a support centre for couple sharing, discussions and exercises.

CEP reaches out to all couples who are serious about enhancing their marriages and offers assistance to couples who are going through difficulties.

REVIEW OF 2012

- CEP @ Kuching – Fr David Garcia OP and 16 CEP members presented the second segment of CEP to 34 couples in Kuching on 21 and 22 April 2012. The intensive two-day programme was well received by couples, who described it as “insightful and fun”. Major topics covered were: *Giving Life, Marital Spirituality, Covenantal Marriage, Building Intimacy* and *The Joys of Marital Sex*.
- The seventh Couple Empowerment Programme was presented at the Church of St Francis Xavier to 31 couples from 23 June to 26 August 2012. The programme covered issues such as recognising the threats to modern-day marriages, learning how to love the in-laws and living in integrated marital spirituality. Three follow-up sessions were conducted for the couples.

Year	2011	2012
New Couples	26	31

- CEP Discovery @ St Teresa – In line with the Year of Faith, Fr Michel Arro, MEP requested for CEP to introduce marriage enrichment tools to the newly-married in the Church of St Teresa. The four-session programme, which is a shorter version of CEP, was presented to 22 couples. Topics included crisis in the institution of marriage, the different types of marriages and the psychological tasks that a couple must undertake for marriage to succeed. One follow-up session was also presented to the couples.
- Couple Community Circles (CCCs) – There are currently four CCCs (up from three CCCs in 2011) meeting once a month to pray, to deepen their faith, to reinforce the marriage enrichment tools and to have fellowship as a community. In the CCCs, there are a few couples with inter-faith marriages who are open to the Church's teachings when discussing about faith.
- Church of St Francis Xavier (SFX) Neighbourhood Community Circles (NCCs) – Similar to CCCs, this is a pilot project introduced at SFX, where CEP reintegrates couples back to their parish after attending the programme. Two such NCCs, involving 17 couples in total, were formed.

OTHER ACTIVITIES

- Faith Formation Workshops – As an ongoing catechesis for core team members, CEP coordinators conducted catechesis for the core team members on the Church's teachings, referencing from Church documents such as *Familiaris Consortio, Gaudium et Spes, Lumen Gentium* and *Humanae Vitae*.
- Team Building and Bonding at Phuket, Thailand – Some couples from the core team went on a team-building trip during the March holidays to Phuket. It was a great bonding time for the couples, and the kids got to know one another a lot better, too. In true CEP spirit, they had home-cooked breakfasts and broke the Word together. It was indeed a most fruitful experience and a trip that they will remember for a long time to come.



[w catholic-cep.webs.com](http://catholic-cep.webs.com)
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Programme Coordinators: Bernard & Ying Thio
 Spiritual Director: Fr David Garcia, OP



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Coordinators: Patrick and Rachel Tee
Spiritual Director: Fr Paul Goh

The Worldwide Marriage Encounter (WWME) weekend offers married couples an opportunity to spend time together away from the busyness of the world to focus on each other. It offers tools for building and maintaining a strong marriage in today's world.

Priests and religious who sign up can participate fully during the weekend. The same principles of love, commitment and communication that help married couples stay together can be applied by priests and religious in their relationships in the communities.

Each weekend is facilitated by a team comprising three Catholic couples and a priest. The weekend format is designed for married couples to communicate openly and honestly with each other, without any group sharing, therapy or marriage counselling.

REVIEW OF 2012

Ten weekends were conducted for English-speaking couples, priests and religious, and three weekends were for Mandarin-speaking couples, priests and religious.

Participants	2011	2012
English-speaking participants (couples)	143	127
Mandarin-speaking couple participants (couples)	10	23
English-speaking participants (priests)	6	3
Mandarin-speaking participants (priests)	0	0
English-speaking participants (religious)	8	4
Mandarin-speaking participants (religious)	0	0

OTHER ACTIVITIES


- WWME Singapore 2012 Flash Mob – At 4pm, on Saturday, 11 February, 50 married couples and their children took part in a “Freeze Flash Mob” event organised by Worldwide Marriage Encounter (Singapore). The couples and their families froze for five minutes in a pose portraying their love for each other at Ngee Ann City Civic Plaza, on Orchard Road. The couples also proudly displayed huge cards declaring the number of years they have been happily married. This event, organised for the second year running, was to celebrate World Marriage Day on 12 February 2012.
- WWME 33rd Anniversary Mass – More than 750 people comprising couples and their families and friends turned up at The Church of Divine Mercy on Labour Day (1 May 2012) to celebrate their Labour of Love and to renew their Marriage vows at WWME Singapore 33rd Anniversary Mass.
- “Living the Mysteries of Christ” – This two-day retreat was conducted at ME House on 26-27 May by Fr Ignatius Huan. More than 30 WWME couples attended the retreat. The couples were enriched in their understanding of the Mass and the significance of the Sacraments.
- A Formation Weekend for new presenting teams was conducted between 27 and 29 July 2012.
- A Remembrance Mass was held on 21 November 2012. The community gathered at ME House to remember our departed priests and spouses of couples who had served in the WWME movement. Family members and friends of those dearly departed were also present at this Mass.
- A Discernment for the National Ecclesial Team was held on 24 November 2012. Prayers, Holy Hour, and Scripture Readings preceded the selection process. Discernment for the Mandarin coordinating team was held on 27 November 2012.
- Mandarin WWME Singapore’s 26th Anniversary Celebration – The Mandarin WWME celebrated its 26th Anniversary on 18 August 2012 at The Church of the Nativity of the Blessed Virgin Mary. The theme of the celebration was “Live a Loving Life”. More than 100 couples participated in the Mass.

Couples for Christ (CFC) is a movement for the renewal and strengthening of Christian family life. It is a cradle-to-tomb family life ministry. Couples for Christ is recognised by the Vatican through its Pontifical Council for the Laity as a private international association of the faithful, with juridical personality, according to Canons 298-311 and 321-329 of the Code of Canon Law. CFC Singapore operates under the auspices of the Family Life Society, as well as under the Evangelisation Offices of Parishes and Dioceses. CFC obtained official approval as a Registered Society in Singapore on 14 March 2005.

REVIEW OF 2012

- **Evangelisation** – In its 25th year in Singapore, CFC conducted nine Christian Life Programmes (CLPs) in various parishes and other venues. As part of its continuing evangelisation of member families, other activities organised to support a holistic Christian lifestyle were: Leaders Retreat at CAEC, the “Magnificat” Theme Conference at The Salvation Army, the Parish Appreciation Dinner, Anniversary Dinner and Dance, as well as the different Leaders Assemblies. In the Marian and All-Women Conferences, friends of members were invited to join in. To commemorate this special year, a coffee table book, *Canticles of Grace*, that chronicled CFC’s 25 years in Singapore, was published by members.
- **Mission** – This refers to conducting CFC programmes and teachings to CFC communities in other countries. CFC continued to support CFC Timor Leste financially as well as in conducting retreats for the members there. The Mission Ready Teams (MRTs) conducted CLPs, retreats and teachings in the Greater Mekong Area, and in Bangkok, Phuket and Jakarta.
- **Family Ministries** – Continuing formation teachings and programmes were conducted for the family ministries.
- **Kids for Christ (KFC)**: KFC “Global Day of Service” and Kids Camp at Camp Sarimbun.
- **Youth for Christ (YFC)**: three Youth Camps, Leaders Training and a Discovery Weekend Retreat.
- **Singles for Christ (SFC)**: Discovery Weekend Retreats, Blessed Conference, Engagement Retreat and a Young Couples Transition.
- **Handmaids of the Lord (HOLD)**: All Women Conference and the Marian Conference
- **Social Ministries** – In 2012, CFC continued to manage the Answering the Cry of the Poor (ANCOP) ministry’s Adopt-a-Scholar programme on behalf of sponsors in Singapore who are members of CFC. We helped clean and improve the homes of two poor families in Singapore. In collaboration with Care Corner Singapore, CFC made regular visits to the Gift of Love Home (Missionaries of Charity). CFC also continued to collaborate with Caritas Humanitarian Aid & Relief Initiatives, Singapore (CHARIS).
- **Pastoral Formation** – The formation tracks were conducted on a regular basis. Special teachings from speakers outside the community were organised to support the members in their spiritual growth. Some members attended courses and workshops conducted for the Archdiocese as part of its vision to be one with the Catholic Church.
- **Governance** – The Home Office continued to provide administrative and financial support systems to the various activities and programmes to ensure that CFC will continue to be a good steward of its resources.



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Retrouvaille continues to provide couples undergoing marital problems (including those who are considering marriage separation and those who are already separated or divorced) with the help that they need.

The programme is made up of three phases: a weekend experience, a post-weekend experience and the CORE experience. The weekend experience begins on a Friday night and ends on Sunday with a Eucharist celebration.

The post-weekend experience consists of 12 sessions presented in six weekly follow-ups where weekend concepts are further discussed and new concepts are introduced. After the post-weekend sessions, couples are offered a CORE programme where ongoing mutual support continues. This programme is open to all regardless of faith and race.

REVIEW OF 2012

Dates	Number of Participants
23-25 March	16 Couples, 4 Seminarians
22-24 June	15 Couples
28-30 September	19 Couples
Total	50 Couples, 4 Seminarians

OTHER ACTIVITIES

- “Deeper in Love” – A special couple recollection day, conducted by Ms Veronica Nathan, was organised for couples who had previously attended Retrouvaille.
- Outreach for Retrouvaille India – We continued to support Retrouvaille India with their Retrouvaille weekend in Bangalore from 13-15 April 2012 by sending a couple to present the Stage Two talks.



The Beginning Experience (BE) Ministry is a support group for men and women who find themselves single again, and are finding life difficult to manage after the death of a spouse or the break-up of a marriage. It is one of life's most traumatic experiences and can result in nearly unbearable feelings of loneliness and grief. Many people who have suffered such a loss feel uneasy around married friends, unsure of themselves and uncertain about their future.

Monthly gatherings are organised for fellowship for the single-again persons and their children, who participate in social and recreational activities and share an evening meal together. There are two BE stay-in weekends in the year to help participants deal with the natural grief process and to offer an opportunity, through God, for turning the pain of loss into an experience of positive growth. While rooted in the Catholic faith and tradition, the programme is open to all.

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Two weekends (16-18 March and 7-9 September) were conducted in 2012. Of the 40 participants in 2012, about 40% were non-Catholics.

Weekend	2011	Ladies	Men	2012	Ladies	Men
March	17	13	4	17	13	4
September	15	13	2	23	17	6
Total	32	26	6	40	30	10

OTHER ACTIVITIES

- A fun DIY Workshop to make clay fridge magnets was held in July with everyone going home with 'hotdog bun' magnets.
- Msgr Eugene Vaz conducted a talk and forum in August which was very informative and interactive for the participants.
- A day was spent at West Coast Park for outdoor games and fun at the playground, followed by a BBQ and a chill-out night of good fellowship.
- Outings to Legoland (Johor Bahru, Malaysia) were held in November for the young and the young-at-heart.
- BE's Annual Dinner & Dance, themed 'Retro-Vogue' Night, was held at YWCA in December.



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acknowledgements

Our deepest appreciation goes out to members of our Family. You have demonstrated time and again your passion and commitment towards our Mission to empower families, to strengthen marriages, and to uphold the dignity of human life. Your love and dedication have made the achievements in 2012 possible.

We extend our sincere gratitude to:

- Our Patron, the Most Reverend Nicholas Chia, D.D., STL, Archbishop of Singapore.
- Volunteers and Coordinators of Family Life Society's programmes and services;
- Caritas Singapore Community Council (CSCC);
- Benefactors, Donors and Partners;
- Our Affiliates;
- Fiducia LLP;
- Extent Communications;
- Those who have served tirelessly in our working committees; and
- All Board Members and Staff of Family Life Society.

Thank you. We look forward to more fruitful years ahead.



family, become
what you are!

- BLESSED JOHN PAUL II

MARITAL & FAMILY THERAPY AND PARA-COUNSELLING

PREGNANCY CRISIS SERVICE

EDUCATION & OUTREACH

JOYFUL PARENTING

RACHEL'S VINEYARD

CHOICE

CATHOLIC ENGAGED ENCOUNTER

MARRIAGE PREPARATION COURSE

NATURAL FAMILY PLANNING

COUPLE EMPOWERMENT PROGRAMME

WORLDWIDE MARRIAGE ENCOUNTER

COUPLES FOR CHRIST

RETROUVAILLE

BEGINNING EXPERIENCE



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