

Grapevine

A word from the Editor,

“Hello!! How’s life? Did you know there are more than 800 million people living in hunger every day? See below!”

Residency Discernment Forum 30/8/11



“The M4/5s came hoping to gleam some wisdom ...in view of the upcoming tough decisions we have to make ... In spite of the serious tone of the topic, the forum started off with Fr David lightening up the occasion ... As the day went on, the group was comfortable enough for the students to ask honest, pressing questions about work and we received more than we asked for in advice.” James Cai, M4.

“.. it brought together many perspectives ... different dimensions to the various specialities and more importantly, to working life! But the most meaningful part of the forum was that it deeply rooted in our faith... many of us focused on aspects such as family and God's will for us, which was very refreshing and served as a reminder that no matter the specialty we picked, the ultimate aim of ours should be to do God's will for us and to develop ourselves the way he would want us to.” Shaun Nathan, M4.

“The environment you are in will influence your character - That lead to an epiphany of how choosing a residency program not only meant choosing the specialty you like most. It also meant choosing the specialty that will shape your character to be a person you aspire to be. The environment you are in will inevitably shape you and the awareness or insight of the happenings around may be so cloudy that you may not even be aware of the change of character. Thus, it is essential to consider the person you would want to be in the future alongside the specialty you are really interested in.” Christina Ng, M4

† Discernment for the VERY busy

Personal vocation is God's call to each person to live the unique life of good deeds that God has prepared for him or her. It is the surest path to happiness.

I. Points to Bear in Mind when Preparing to Discern

1. Possible only among morally acceptable options.
2. Eliminate options that one cannot choose without failing to meet one's responsibilities.
3. Be completely detached from one's own agenda.
4. Cannot discern whether we should *do* something, but only whether we should *try* to do it.
5. Bear in mind that nothing is wasted.
6. Bear in mind that life does not make complete sense in this world.
7. Focus on the benefits of doing what we have discerned and avoid focusing on what stirs desire for the options eliminated.
8. Discerning one's personal vocation is ongoing.
9. Large commitments simplify future discernments by providing principles for discerning and by removing incompatible options
10. Judge the unknown by the known
11. Let your love for God educate your reason
12. Be soft- hearted and hard- headed
13. All God's signs should line up. There are at least seven such signs: (1) Scripture, (2) church teaching, (3) human reason, (4) the appropriate situation, or circumstances, (5) conscience, (6) our individual personal instincts, and (7) prayer. Test your choice by holding it up before God's face. If one of these seven voices says no, don't do it. If none say no, do it.
14. Look for the fruits of the spirit, especially the first three: love, joy, and peace

II. The Process of Discernment

1. "To praise, revere, and serve God our Lord"
2. Every vocation is a call to service. Consider gifts and experiences and how they match up with the needs of the world. Be open to possibilities not typically considered.
3. Consider the pros and cons of each option.
4. Then, let emotion to play its part. Imagine how one would advise someone in one's situation, or imagine what one would have chosen if one were looking back, from our deathbed and on judgment day.
5. Pay close attention to one's affective response to each of them, for God speaks to the heart. The idea is that if one is upright, God speaks to one through the desires of one's heart.
6. After some time of pondering the different options, an option eventually will emerge as the more appealing, and one will be at peace with embracing it.
7. When that happens, one's discernment is over. Then one must accept the discernment by beginning to live it out.

References:

<http://www.ichoseyou.com>,

<http://www.integratedcatholiclife.org/2011/08/peter-kreeft-discerning-gods-will-for-me>

Humanitarian Forum and Fair 10/9/11

The forum was followed by mass and then the fair in which the various humanitarian organisations shared what they do and what challenges they faced. There was also a variety of delicious food from various countries, such as Cambodia, Japan and Korea to help promote understanding of different cultures. There was an excellent turnout with a wide variety of humanitarian organisations being represented.

We learnt how unequally the world's resources were distributed, resulting in 800 million people living in hunger each day, with the wealthiest 10% of the world's population consuming 90% of the world's food. Besides food, medical care is also severely lacking in many parts of the world, resulting in millions of people dying of easily treatable or preventable diseases.

There is much that we can do to help ease the suffering of our brothers and sisters if we heed the call to reach out to them. *"Here I am, Lord. Is it I Lord, I have heard you calling in the night. I will go Lord, if you lead me, I will hold your people in my heart"*



CMS-CMG Battambang Mission- Project Srolanh

"HELLO readers!

In response to an invitation from **BISHOP KEKE**, CMS and CMG will be embarking on their first ever joint mission trip project together in December this year to **BATTAMBANG, CAMBODIA**. Our main goal will be to conduct health screening for the locals, but we will also be collecting data to better allow us to help them in subsequent trips there.

As with any mission trip, we require heavy financial support! We project the amount required to be around \$7000. This money will be used to buy medicines and medical equipment for screening, treatment and nutrition of the Battambang locals. We have been and will continue to raise funds through our own creative means such as selling muffins after Sunday masses, but we will be eternally grateful if you can do your part for the locals of Battambang by donating to our project! (ANY amount will be appreciated!!)

You may donate by writing a cheque or by cash. If you choose to write a cheque, please make it payable to "**Tan Zhibin**", and write "**CMS-CMG Battambang 2011**", **your name** and **your contact number** at the back of the cheque. Pls mail it to

Tan Zhibin
11 Lorong Bunga
Singapore 348710

We will notify you via the contact number you would have indicated on the back of the cheque once we receive your generous donation!

If you wish to donate by cash, please contact Zhibin at 9647 2989 and we can make arrangements to collect the cash personally from you!

NOTE: To ensure transparency, we will update all donors with a summary of our fundraising efforts. If you have any queries, do contact Joanne at 9176 5770, Clare at 9643 2122 or Zhibin at 9647 2989!"

† Updating of CMG database

We are currently updating our membership database, and would like ensure that your data is up to date.

As such, we would really appreciate it if you could email us at cmgsingapore@yahoo.com.sg with your details, including your

- 1) Full Name
- 2) Email Address
- 3) Mobile Number

We would also appreciate it if you could let us know in the email if you would be keen to **volunteer for local and overseas projects**, including being a part of the **Catholic Physicians Network**.

We are in the process of setting up the "Catholic Physicians Network" to consolidate a pool of willing physicians to take care of the medical needs of the priests and religious. We hope that having a network of Catholic doctors will provide more accessible healthcare to them.

Overseas projects will include health mission trips to Cambodia.

If we do not hear from you, you might receive a friendly call from us over the next few months for an update.

If you would like to advertise for your upcoming events; or are seeking assistance in any functions - feel free to email us: cmgsingapore@yahoo.com.sg Send in your Doctor's Blog contributions to cmg.grapevine@gmail.com

Please feel free to pass on this newsletter onto anyone you think who would be interested in reading it. If you wish to be on the mailing list for this newsletter, please click [here](#) to subscribe. If you do not wish to receive further newsletters, please click [here](#) to unsubscribe.

† 59th AGM and Annual Mass/ dinner

Want to meet up with old friends? Want to play a bigger role this year? Is God calling you? Join us!

Time: 30th October 3.30-8pm
Venue: Mount Alvernia Lecture Room
Celebrant: Fr David Garcia, OP

If you're coming, please email us at cmgsingapore@yahoo.com.sg

† Usual Events:

1. **BYOB (Bring your own Bible)**

Time: 6th, 13th, 20th October
7.30pm

Venue: CANA, 2nd floor CWS building, 55 Waterloo St

Join us for our weekly BYOB sharing and fellowship, held on every Thursday except the last Thursday of the month!

2. **CMG Monthly Mass**

Time: 30th October 6pm at Mount Alvernia Lecture room (in view of AGM- see above)

Join us for our regular monthly mass held usually on the last Wednesday of each month at CSCC Level 9, Solomon's Hall, CWS building, 55 Waterloo St!

3. **Outram Campus Weekly Mass**

Time: Every Wednesday, 12.15pm
Venue: Medical Alumni Association Hall, Level 1 (Junction of College Road & Outram Rd)
More details [here](#)