



MONTFORT ADAGE

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Pilgrimage in the Footsteps of Montfort

Montfort Centre organised its biennial pilgrimage In the Footsteps of St. Louis Marie de Montfort from 17-28 June 2025, journeying through France and Rome. Held during the Jubilee Year of Hope, the pilgrimage also included visits to the Holy Doors in Rome, where participants prayed for the intercession of St. Louis Marie de Montfort, whose statue stands in St. Peter's Basilica.

Beyond its spiritual significance, the pilgrimage served as a formative experience for the training of future pilgrim guides, who will accompany the next group of pilgrims on the Montfortian pilgrimage in 2027.



Listening with Love: Reflections from the Christian Mental Health Conference



Joy
Collaborator

On 9 July 2025, I attended the Christian Mental Health Conference at Bethesda (Bedok-Tampines) Church. The event offered clinical perspectives that can enrich both theology and pastoral care, reminding us that faith and science can work hand in hand in ministering to God's people.

A highlight for me was the panel session, which shed light on the mental health struggles faced by today's youth—anxiety, trauma, cyberbullying, and body dysmorphia. Many spend more than 3 hours a day online, seeking connection through ChatGPT or online friends, often in place of real-world community.

I was struck by how many young people don't feel they fit in—at school, or even in church. They long for safe spaces where they can be heard, not quickly "fixed." They fear being told to "just pray more." What they desire are authentic companions who are okay not being okay, and who gently guide them toward healing.

As Jesus said, "I am the vine; you are the branches. Whoever remains in me and I in him will bear much fruit" (John 15:5). May we remain in Him, so we can bear the fruit of compassion for others.



Visit to IYTC Chom Thong

Montfort Centre organised a learning journey to the International Youth Training Centre (IYTC) in Chom Thong, Chiang Mai, from 26 to 30 October 2025 for its staff and Montfortian Gabrielite Associates.

The programme featured enriching interactions, including sharing sessions led by the Justice, Peace and Integrity of Creation (JPIC) Commission, as well as visits to the House of Compassion, which focuses on drug rehabilitation through therapeutic communities. Participants also visited local coffee and cacao factories, gaining insights into sustainable livelihoods and community-based initiatives.



Legion of Mary Junior Day

Pilgrims of Hope in the Montfortian Way

Montfort Centre welcomed over 80 junior legionaries for the annual Legion of Mary Junior Day themed “Pilgrims of Hope in the Montfortian Way” on 30 August 2025. Coming from various schools and parishes, the juniors spent the day together in prayer, fellowship, and joy.

Braving the hills and humid weather, they retraced the footsteps of St Louis Marie de Montfort through a pilgrimage around the Centre. Stories from Montfort’s life came alive through the Montfortian Gabrielite Associates, inspiring the juniors to reflect

on their own walks with Jesus and Mary, and to trust more deeply. In the afternoon, their creativity flowed as they crafted personal symbols of hope to remind them on life’s journey.

The day brought about new friendships and a renewed sense of mission. Some were surprised at the ease of faith sharings and discovered how God is at work in the simple moments of daily life. As these young legionaries return to their schools, parishes, and families, we pray they will carry with them this renewed faith as true “Pilgrims of Hope”!



Cesson Bridge Experience (CBX)

- **CHIJ Queen of Peace (8 October 2025)**
- **CHIJ Kellock (21 October 2025)**
- **Holy Innocents Primary (3 November 2025)**

Montfort Centre brought the Cesson Bridge Experience to three more schools, CHIJ Queen of Peace, CHIJ Kellock and Holy Innocents Primary in October and November 2025. This was for Primary 6 students after their Primary School Leaving Examination (PSLE) as they prepared to cross their own "bridge" into Secondary school.

Through various fun activities and real-life examples, the students were led into a reflection of the changes and challenges they went through in

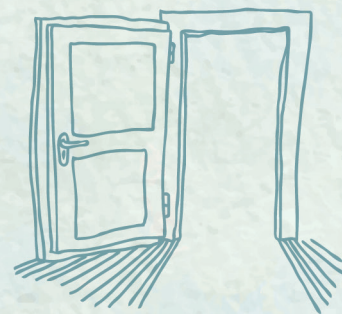
Primary School, and invited to express their gratitude for all that has passed, both the good and the bad. They also reflected on the worries of entering Secondary School and what they hoped to grow in the future. We are grateful for many who shared vulnerably about the struggles they faced in school, and hopes for what is to come.

As it says in Exodus 33:14, "My Presence will go with you, and I will give you rest", we pray that the students will always recognise that they are not alone on this journey and can always find rest in God and their family and friends that are with them.



BSC Confirmation Retreat

Magnify: Open Wide Your Heart



In life, there are many opportunities that present itself as open and closed doors. For the confirmands of Blessed Sacrament Church (BSC), it was the opening of the door to their hearts to Jesus, and to set out on the great adventure with Him towards eternity. With the theme “Magnify: Open Wide Your Heart”, the youths experienced a 3-day retreat from 19-21 November 2025 at Montfort Centre as part of their preparations for the sacrament of Confirmation that same weekend.

In Revelations 3:20, it says “Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in and eat with you, and you with me.” The confirmands were first invited to listen to the call of Jesus, to become aware of how the door of their hearts look like and what is preventing them from opening the door to Him. The realisation for many was that Jesus desires to come into the things we hold close to our hearts, both the good and the bad.

A huge question is what lies ahead after confirmation? The journey beyond and the call to mission often seems daunting, and the confirmands were encouraged to be moulded by Mary who feared but still magnified the Lord in her as she proclaimed



“The Almighty has done great things for me; Holy is his name!” Of course, this is not without the support of the wider community and adults in parish who came down to pray and empower them for the road ahead.

May these youths always remain open to the Spirit within, hold on to their dreams, and continue to build up what Jesus has already begun in them!

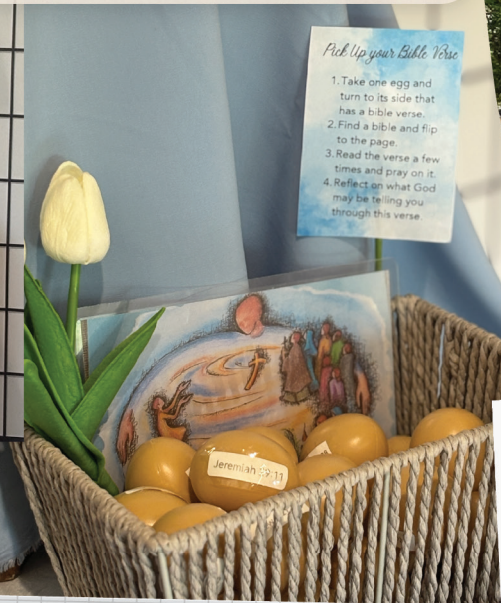


Welcome!

Montfort Centre warmly welcomed Montfort Brothers of St. Gabriel District of Southeast Asia on 28 October to 6 November 2025 for their Annual Retreat and Assembly.

New Prayer Spaces at Montfort Centre

A prayer corner, lovingly dedicated to our Blessed Mother, can be found in the **Montbernage Art Room** at Level 1. Established in 2025 during the Month of the Rosary, this sacred space is adorned with blue roses and inspiring Bible verses—gently inviting you to pause, listen, and reflect on what God may be speaking to your heart.



Mervent Cave at Level 2 is receiving a bright new look with the installation of beautiful stained glass vinyls depicting scenes from the lives of St. Louis-Marie de Montfort and Blessed Marie-Louise Trichet. The original stained glass windows are located at the *Basilique de Saint-Laurent-sur-Sèvre* and the *Chapelle de la Sagesse* in France.





At Montfort Centre, you will now see a **Jubilee Cross**, on the top of the hillock! As the Catholic Church celebrated the Jubilee Year of Hope in 2025, we have added a Jubilee Cross to the compound of Montfort Centre, to be a place for prayer. The Jubilee Cross was blessed on 15 September 2025.



At Level 3, you will find a **Rosary Cloister Walk**, where you are invited to meditate on the mysteries of the life of Jesus.



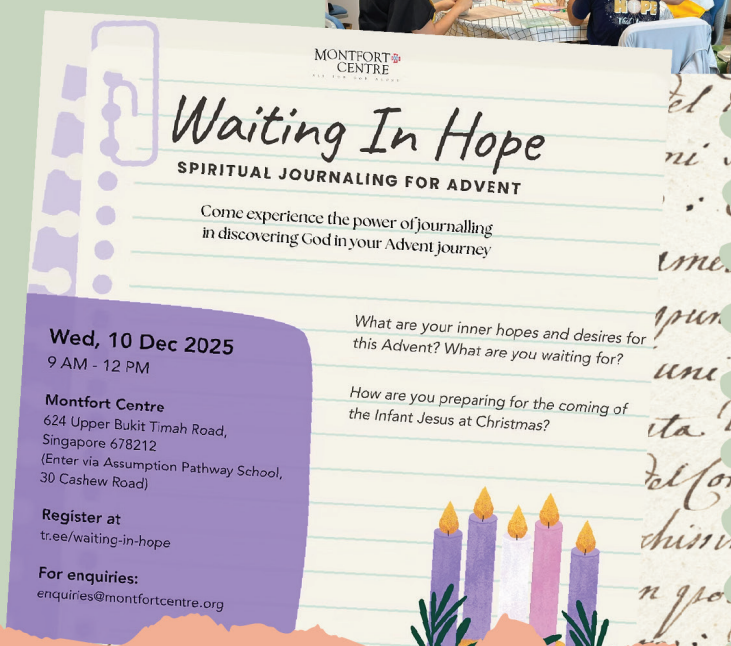
At Level 2, the **Stations of the Cross** present St Louis-Marie de Montfort's "14 rules for carrying one's cross". They invite us to see what appears as weakness transformed by God into strength, meaning, and love, as we walk this path with Christ, one station at a time.

S.P.A: Spirituality, Prayer, Action

Launched in early 2025, S.P.A. (Spirituality | Prayer | Action) has grown into a signature programme at Montfort Centre. Through close collaboration with facilitators from diverse backgrounds, we organise a wide range of SPA experiences—from clay making to reflective journaling—each thoughtfully designed to touch both heart and soul.

Our final SPA of 2025, Christmas As It Happened, invited participants to rediscover the story of the first Christmas between 2–4 AD, reflecting on Jesus' birth and His early years. During Advent 2025, we hosted A Hopeful Mess, a special workshop created with love for children with special needs. This year, we also partnered with other facilitators to offer SPA experiences such as Prayer Walk, Prayer Through Dance, and Prayer Through Food.

As we look ahead to 2026, we look forward to offering even more SPA programmes for you. Stay connected by following us on our social media pages for the latest updates.



蒙福蒙恩

Blessings and Grace

IN THIS GRACE-FILLED SEASON OF CHINESE NEW YEAR AND LENT, YOUR ALMSGIVING BECOMES A CHANNEL OF BLESSINGS AND GRACE FOR THOSE MOST IN NEED. BY SCANNING THIS QR CODE, YOU HELP MAKE THE MONTFORTIAN EXPERIENCE ACCESSIBLE TO THOSE IN NEED.



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