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**Disciples
Making Disciples**

Sheep With a Shepherd

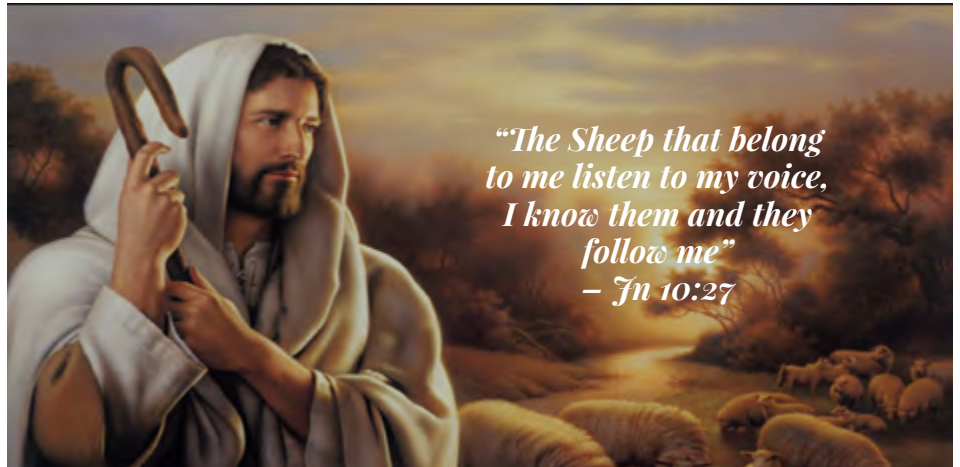
16th Sunday in Ordinary Time
22 Jul 2018

Jer 23:1-6
Eph 2:13-18
Mk 6:30-34

Today's gospel narrative refers to us as sheep and Christ as our Shepherd. How many of us really think of ourselves as sheep? Rarely do we liken ourselves to sheep - we prefer animal metaphors of power and success: *lions of industry; a busy bee; clever hawk; bull of the market;* but rarely sheep.

Our disinclination to this label in the secular and religious senses can be understood as a result of human pride (Pope Francis, Message for Lent 2017). We often see sheep as weak, vacuous animals, almost completely beholden to their shepherd for survival. Aspiring to become a sheep seems like a kind of self-abasement, and a denial of the worldly values of individuality and ingenuity.

"The world's your oyster, Carpe Diem!" goes the common expression, suggesting the need to exercise agency and ingenuity to make something of ourselves in this world, to realise our dreams and seize them. While these maxims are worthy aspirations, taken independently of Christian values, they lead us to an exacerbated belief in ourselves, disposing us to a heightened belief in our own abilities over God's benevolence (Laborem Exercens 9).



"The Sheep that belong to me listen to my voice, I know them and they follow me"
— Jn 10:27

Paradoxically, when we sheep decide to strike out from Christ's flock, for a place in the "flocks" of this world, we become slaves beholden to their empty promises. The flocks of money, power, success, and others like them offer transient hedonistic pleasures that could never nourish us spiritually as does Christ our true Shepherd, and they would leave us by the wayside if we ever failed to keep up (Pope Emeritus Benedict XVI, Angelus, 1st August 2010).

Instead of the meekness and gentleness of sheep - and we recall that the meek shall inherit the earth - the world's flocks encourage us to take on more animalistic qualities. Worldliness thus condemns us to create and participate in a Hobbesian "dog eat dog" world that will inevitably consume, destroy and scatter us (Jer 23:1-6). In contrast, we recall Christ's words: "I am gentle and humble in heart, and you will find rest for your souls. My yoke is easy and my burden light" (Mt 11:29-30).

Yes, allowing ourselves to be Christ's sheep will lighten our burdens; we need only submit ourselves to

him and acknowledge him as our Shepherd (CCC154). This seems daunting. However, Christ himself set an example of perfect obedience for us, himself becoming the sacrificial lamb that reconciled man to God (Eph 2:13-18).

Even then, full obedience to Christ and his Church might seem too big a sacrifice. Today's gospel acclamation speaks to that, reminding us that God truly knows us. As faithful members of his flock, we can be sure that our spiritual and temporal needs will be taken care of for he is the Good Shepherd who truly knows us, nourishing us according to our needs (cf Jn 10:27). All that is left is for us to lovingly listen for his voice.

Christ is the Good Shepherd, and we the sheep of his pasture. His pastoral relationship with us entails our dependence, obedience and most importantly, love. Let us learn from the disciples in today's gospel-amidst the comings and goings of our daily lives, not to forget to go away to a lonely place, to attune our ears to the voice of our Divine Shepherd by deepening our love for him.

Announcements

For announcements in the bulletin, send your requests to mmm@sfxchurch.sg by the MONDAY before the weekend, 2359hrs

CANTEEN

The NCC/SCCs (Neighbourhood and Small Christian Communities) will be running the canteen this weekend. Come be part of the community and experience food fellowship!

COMMON SENSE PARENTING WORKSHOP

Managing kids at any age can be done with the right parenting skills. Sign up for Common Sense Parenting and discover how conscious understanding can work between you and your kids. Hurry! Limited spaces only.

When: Sat, 18 Aug, 25 Aug, 1 Sep

Time: 9am - 1pm

Where: SFX Room (2nd Level, Parish Centre)

To register, call Sandy at 9002 4631 **before 1 Aug.**

CHARISMATIC LISS

The next session is Mon, 23 Jul at 8pm, 2nd Level, Parish Hall. The session begins with praise and worship followed by a talk on 'Jesus saves you and sets you free' by Michelle Voo. LISS Walk-in registration is open until 23 July. You may also register online through <http://bit.ly/sfxliss>.

PIETA MEETING

PIETA is a support group for bereaved parents who seek God's comfort, wisdom and hope through prayer and reflection on the Word of God. Our next monthly session (every 4th Tues of the month) is on Tues 25 Jul, 7.30pm at AGAPE Village, Toa Payoh Lor 8. Contact us at pieta.singapore@gmail.com or on Facebook 'PietaSingapore'.

GIFT A MARRIAGE ENCOUNTER (ME) WEEKEND

Marriage Encounter facilitates life-changing weekends for married couples. By transforming the way husband and wife communicate, it forges greater intimacy and a closer relationship. Slots are still open for the next ME Weekend from **3-5 Aug**. E-mail mewkend@gmail.com or visit www.mesg.org

WANTED: LIBRARIAN FOR CTIS

CTIS is looking for a librarian. The requirements are as follows:

- Minimum GCE "A" Levels, a certification in Library Science or associated degree is preferred.
- Able to learn proprietary Library Management Software.
- Familiarity with Dewey Decimal Classification.
- Fresh graduates are welcome to apply.

Please send your CV/Resume to teresahoe@ctis.sg



Standing

This is a sign of presence, respect and honour and is a posture used to show reverence to Jesus and His word. We stand as the celebrant who represents Christ enters and leaves the assembly. We also stand during the Alleluia and the Gospel and at other times in the mass.



Sitting

When we sit to listen, we receive. In sitting, our bodies are more relaxed and disposed to hearing and meditating especially upon the readings, the responsorial psalm and homily.



Kneeling

In the Middle Ages kneeling was associated with homage, and more recently, this posture has come to signify adoration, especially before the presence of Christ in the Eucharist. We kneel during the preparation for and before/after reception of the Eucharist. We remain kneeling until the Eucharist is put back away in the tabernacle and the tabernacle is closed.



WHY WE DO WHAT WE DO

Postures and Gestures



Can you match the posture/gesture to the part of the Mass?

We stand. We sit. We kneel. We bow. Some people have likened what we do at mass to an exercise regime. But what we do has more relevance for our spiritual health.

Our Catholic doctrine teaches us that the human person comprises body, soul and spirit. Thus when we pray, our prayer is not just confined to our minds and hearts, our bodies express our prayers as well. Therefore, our physical state plays an important part in the way we worship.

By our ritual gestures and postures, we unite the physical and mental/spiritual aspects of our worship of the Lord, and express our unity with Him with our entire being. When we do what we do in common action, we show that we are indeed the Body of Christ, united in heart, mind and spirit.

Genuflecting

A genuflection is made by bending the right knee to touch the ground. When we enter the church before or after Mass, we genuflect towards the Blessed Sacrament in the tabernacle. This



is a gesture of adoration and is also made to the Cross on Good Friday.

Orans Posture

The Orans posture is only adopted by the priests after the eucharistic prayer is concluded.



Bowing

Bowing signifies reverence, respect and gratitude. The General Instruction of the Roman Missal (GIRM) says there are 2 kinds of bow: a bow of the head and a bow of the body.

A bow of the head is made when the names of Jesus and of the Blessed Virgin Mary are mentioned and of the Saint in whose honour Mass is being celebrated. It is also made before receiving Communion.

A bow of the body, or a profound bow, is made to the altar and also during the Creed at the wordsconceived by the Holy Spirit.... and became man.



Striking our chest

Another gesture that help us intensify our prayer is when we strike our chest, for example, during the Penitential Rite, when we pray the Confiteor ("I confess"). This action, striking the chest three times at the words "through my fault" can make us aware that our sin is indeed our own fault. It expresses sorrow, unworthiness before God and extreme humility.



Sign of Peace

When we make the Sign of Peace, we are forced to recognise Him in those around us. Our Communion is not simply a private love affair with our Beloved Lord, but it is a shared communion when we become the Body of Christ through the eucharist.





Featured on FORMED in July



"Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up." (Galatians 6:9). Summer is a time for relaxing and vacations, but also the perfect opportunity to nurture the seeds of faith sown during the year. Don't forget to remain faithful in the small things and remain steadfast in your spiritual commitments!



WATCH: Pope John Paul II

This film follows Karol Wojtyla's journey from his youth in Poland through his late days on the Chair of St. Peter. It explores his life behind the scenes: how he touched millions of people, changed the face of the Church and the world, and how he defended the dignity of mankind.



WATCH: Mother Teresa

The movie examines the moments of Mother Teresa's life from her childhood in Albania in the 1920s to her first calling as a nun, the decision to leave her order and live with the poorest of the poor, and her great work of service in Calcutta.



WATCH: The Reluctant Saint

Maximilian Schell stars as "the flying friar," St. Joseph of Cupertino, in this heartwarming and amazing true story of the humble Franciscan friar who literally rose to sainthood.



FOR CHILDREN: Brother Francis: The Saints Our Heavenly Friends

Join Brother Francis as he introduces children to their heavenly friends, the saints! Learn about the wonderful comfort, encouragement, and help given through those who serve God in His Heavenly Kingdom.

DIGITAL EVANGELIZATION WITH TOPIC SHARING!

Did you see something inspirational or amazing on FORMED? Do you want to pass it along or share it with a friend or loved one? Now you can! With three clicks, you can easily share snippets to Facebook, email or messages or other social media (they don't need an account to watch it!)

Check out this link for more details:
<https://formed.org/promo/learn-about-topic-sharing>



Mass Timings

WEEKEND MASSES

Sat Sunset:
5.30pm (Novena at 4.45pm)
Sun: 7am, 9am, 11am & 5.30pm
Confession 15 mins before Sunday Mass

WEEKDAY MASSES

Mon - Fri:
6.30am & 6.30pm
Sat: 6.30am

MASS ON PUBLIC HOLIDAYS

8.30am *only*

HOLY HOUR

8.30pm, every first Thurs of the month

Opening Hours

PARISH OFFICE

Mon - Fri:
9am - 9pm
Sat: 9am - 7pm
Sun: 8am - 1pm

ADORATION ROOM

Daily: 5.30am - 11pm

LIBRARY

Sun: 8.30am - 12.30pm

COLUMBARIUM

Daily: 7am - 9pm

CANTEEN

Sun: 7am - 12pm

ANOINTING OF THE SICK

The sacrament can be administered to any Catholic awaiting serious surgery, suffers from serious illness or is weakened by old age. Anointing may be before getting admitted for the anticipated medical procedure. Contact the Parish Office to request for a priest. In emergencies, priests of the church nearest to the hospital can be contacted.



INFANT BAPTISM

Baptism of Infants is held every 2nd Sunday of the odd month at 4pm in the main church. Preparation session for both parents and godparents is held the Sunday before at 3.30pm in the SFX room. For more information please contact infbaptism@sfxchurch.sg.



FUNERAL

Please check with the Parish Office for priest availability and Mass timing before confirming the timing at the crematorium. For prayers at the wake, please contact St. Pio prayer group via the Parish Office.



MARRIAGE

Contact the Parish Office 12 months before your intended date to book the church premises and ensure that your presiding priest is able to make that date. Church unavailable from 1 Nov 2018 due to renovations.



MASS OFFERING

Mass offering envelopes are available outside the Parish Office. Submit your envelopes at least two weeks in advance of your intended date. Please write the names clearly, and in block letters.



VOLUNTEER & SHARE YOUR GIFTS!

If you're interested in content curation and design layout, contact mmm@sfxchurch.sg