



**Disciples**  
*Making Disciples*



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## The Bread of Life

19th Sunday in Ordinary Time  
12 August 2018

1 Kgs 19:4-8  
Eph 4:30-5:2  
Jn 6:41-51

Since the time of the early Christians, the Church has held that the whole substance of the bread and wine on the altar changes into Christ's body and blood during the Liturgy of the Eucharist, even though what we see, taste, and feel do not change. We call this *transubstantiation*.

The text of this Sunday's gospel underpins our belief in transubstantiation. Jesus tells the Jews, "I am the living bread which has come down from heaven. Anyone who eats this bread will live forever; and the bread that I shall give is my flesh, for the life of the world" (Jn 6:51).

In this text, the Greek word that Jesus chose to use for "flesh" is *sarx*, which unequivocally denotes real, physical flesh. This can be contrasted with the word *sōma*, which can refer to a symbolic body.

Furthermore, Jesus uses the verb *trogon* for "eat", which could refer only to the act of gnawing or munching. This can be contrasted with the more ambiguous word *phago* that Jesus used a few verses earlier, which could refer to symbolic forms of eating.

In other words, Jesus was unambiguous in his instructions to the Jews to literally eat his flesh and drink his blood. As Jesus says a few verses later in John 6:55, "For my flesh is real food and my blood is real drink."

*"By the consecration, the transubstantiation of the bread and wine into the Body and Blood of Christ is brought about. Under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner: his Body and his Blood, with his soul and his divinity."*  
- CCC 1413



The Eucharist is thus not merely a symbol of Christ's presence. Christ himself is present in a "true, real, and substantial manner" in the consecrated bread and wine, as CCC 1413 puts it. Like Elijah, who was drawn to the mountain of God by the Lord who gave him food and drink, so too does our Father draw us to his Son by offering us the bread of life at Mass.

The early Christians have thus revered the Eucharist as, in the words of CCC 1374, "In the most blessed sacrament of the Eucharist 'the body and blood, together with the soul and divinity, of our Lord Jesus Christ and, therefore, *the whole Christ is truly, really, and substantially* contained.' This presence is called 'real'- by which is not intended to exclude the other types of presence as if they could not be 'real' too, but because it is presence in the fullest sense: that is to say, it is a *substantial* presence by which Christ, God and man, makes himself wholly and entirely present."

Just as the incarnation of Jesus is a supernatural union of the spiritual and physical, the work of Christ and his Church is meant to be both spiritual and physical. In this sense, it is the Eucharist which brings us into communion with God both spiritually and physically.

When we receive Holy Communion, we are thus physically united with the real presence of Christ. This is a most intimate moment with our Lord. In fact, in *Ecclesia de Eucharistia*, St John Paul II said that, when we receive the Lord, we are like Mary, who conceived the Son of God in the physical reality of His body and blood (n. 55). Throughout the ages, saints and theologians have thus recommended the faithful to dwell in the presence of Jesus, give thanks for his sacrifice, and to listen to His will for us, after receiving the Eucharist.

May we imitate Mary and the saints in their disposition in receiving Christ and living out this unity with God.

## Announcements

For announcements in the bulletin, send your requests to [mmm@sfxchurch.sg](mailto:mmm@sfxchurch.sg) by the MONDAY before the weekend, 2359hrs

### CANTEEN

Legion of Mary will be running the canteen this weekend. Do come down for some makan and fellowship.

### TOTAL COLLECTED FROM SECOND COLLECTION

With your donations last weekend during the 2nd collection, SSVP was able to raise \$15,366.40. We thank you for your generosity and continued support of our activities.

### FEAST OF ASSUMPTION 15 AUG - DAY OF OBLIGATION

Mass will be on Tue 14th Aug at 8pm (no 6.30pm Mass). On Wed 15th Aug Masses will be at 6.30am, 6.30pm and 8.30pm.

### CHARISMATIC LISS

The next session will be on Mon, 13 Aug at 8pm, 2nd Level, Parish Hall. The session begins with praise and worship followed by a talk, "Jesus sends you His Holy Spirit" by Fr. Thomas Lim.

### JC/IB MASS AND OUTREACH

A shoutout to all JC/IB students! This coming September break we want to meet you for a time of worship, Mass, and prayer ministry at OYP. Come and experience the truth that GOD IS WITH US at all times and in every circumstance.

When: 8 Sep 2018, 10am – 1pm

Venue: Office for Young People, 2 Lorong Low Koon, S(536449)

Sign up: <https://tinyurl.com/JCIBOutreach2018> - or contact [shaun.oyp@catholic.org.sg](mailto:shaun.oyp@catholic.org.sg) for more information

## RENOVATION FUNDRAISING UPDATE

The SFX Renovation Fund Raising Committee would like to thank all those who have so generously responded over the past two weeks. For those who have yet to respond, please do so as soon as possible. Please respond even if you are planning to only transfer your contribution at a much later date. Your contribution commitment will help us to gauge any potential shortfalls and better plan all future activities. In the meantime, here are answers to some frequently asked questions:

1) Are contributions tax deductible?  
Ans: Contributions are not tax deductible.

2) For internet transfers (via FAST), the account number does not seem to work.

Ans: Please note that the first 4-digits 7171 is the DBS Bank code. If you are transferring via FAST, you do not need to use these four digits. Simply, use the account number 047-9036997.

### WELCOMING RETURNING CATHOLICS

A new Landings run will commence at the Cathedral of the Good Shepherd (Fri 24 Aug), Church of the Holy Spirit and Church of Our Lady of Perpetual Succour (Mon 27 Aug). We invite Catholics seeking

a reconnection with the Faith and those interested in this ministry to participate in this 10-week run ending in Nov 2018. Interested participants will need to register. Registration closes on 19 Aug. Please email [returning@landings.org.sg](mailto:returning@landings.org.sg) or find out more at [www.landings.org.sg](http://www.landings.org.sg).

### BLOOD DONATION DRIVE

Church of the Transfiguration will be organising a Blood Donation Drive on Sun 16 Sep, from 9am – 3pm. Donors aged between 16 and 60 are welcome. Youths aged 16-17 will need to complete a signed parental consent form.

Registration forms are available at the COTT Parish Office and on the church website: [transfiguration.sg](http://transfiguration.sg). Forms may be submitted to the office or to [cottregn@gmail.com](mailto:cottregn@gmail.com)



## HOLY FATHER'S PRAYER INTENTIONS THIS MONTH

### FOR THE TREASURE OF FAMILIES

That any far-reaching decisions of economists and politicians may protect the family as one of the treasures of humanity.

### IN THE MONTH OF JUL 2018

#### WEDDINGS

We congratulate the following couple:

1. Andrew Richard Pang Jin-Hao & Low Ying Li, Christine

#### CONDOLENCES

We offer our prayers to the families of the following who have returned to the Lord:

1. Seah Chor Huang Catherine
2. Henry Lim
3. Ong Khong Leng Peter
4. Jeffrey Joseph Goh Kuang Cheng

#### BAPTISMS

We welcome the following:

1. Sonya Ava Seow Si Hui
2. Sum Jie Yang Dominic
3. Emilia Chng Xi
4. Engracia Lim Yu Qi
5. Ethan Wong Jun Kai



## WHY WE DO WHAT WE DO



### Holy Communion



#### **Do you know that when we receive Holy Communion we are receiving Jesus Christ?**

The word Communion comes from Latin: Con means "with" and unio means "union." Communio means "union with." We believe that Communion allows us to be united with Christ by sharing His body and blood.

Communion isn't, however, limited to the one receiving Holy Communion and Jesus. By receiving Holy Communion, we are also expressing our union with Catholics around the world. This is why we have a strict law that only people who are in communion with the Church – that is, those who are united in the same beliefs and practices - can receive Holy Communion.

#### **RECEIVING THE BODY OF CHRIST**

#### **Do you wonder what is happening when you receive Holy Communion and what you should do just before that?**

St. Margaret Mary Alacoque once had a touching vision in which she saw our Lord during Communion eager to unite Himself with outstretched arms to members of the congregation who approached Him with humility, obedience and love.

Jesus very much wants to be with us in the Eucharist. Our Lord once told St. Faustina, the Polish nun to whom He first gave us the Divine Mercy Chaplet, "when I come to a human heart in Holy Communion, my hands are full of all sorts of graces which I want to give to the soul."

St. Alphonsus Liguori wrote, "Blessed that soul that approaches Holy Communion with a great desire to be united to Jesus Christ." He said that to get the most benefit out of this Sacrament we should prepare "by driving from our heart everything that is not of God and for God" and cultivate the desire to receive our Lord "with the view of loving him more."

In other words, put your anxieties and distractions aside before receiving our Lord in Communion. Focus on Christ and the sacrifice He has made for you. Our Lord WANTS to assist us in our needs as long as we receive Him with genuine love, or at least have the desire to do so!

As Father Michael Muller wrote in his book "The Blessed Eucharist", the fruit Communion produces in our souls "depends on the disposition with which we receive it." God will come into your heart to the degree you let Him do so.

Perhaps this short prayer before Communion may inspire you:

*"Dear Lord, thank You for breaking Your body for me. May I receive You in this Communion with open arms and a loving, contrite heart, so that I may be filled with Your grace, for my good and Your glory! Amen."*

Just as we handle precious items with great care, knowing that Jesus is truly present in the Eucharist, we reserve the Eucharist in a secure tabernacle, constructed of fine materials; situate the tabernacle in a place of honor in the Church, usually in the center of the sanctuary, and we genuflect before it. We also use chalices and patens made of precious metal specially for the celebration of the Eucharist. We call these "sacred vessels."

When we receive our Lord in Holy Communion, we should accordingly receive Him in the way we encounter a loved one: with reverence, care and humility. It truly pains me to see people receive the Host in a cavalier manner, and I wonder if they really appreciate that they are receiving the body of Christ.

#### **WHAT SHOULD WE DO AFTER HOLY COMMUNION?**

**After Holy Communion, consider spending some time adoring Our Lord, thanking Him, renewing our promises of love and of obedience to Him, and asking Him for blessings for ourselves and others.**

St. John of Avila once called the time after Communion "a time to gain treasures of graces." As much as possible, open your heart to our Lord. Feel free to tell Him anything. Confide in Him as you would a close friend.

Jesus once complained to St. Faustina, of people who "treat Me like a dead object" after receiving Him in Communion.

As long as you are in a state of grace, free from mortal sin, you can approach our Lord in all your needs with confidence. And the more often you receive Him reverently and lovingly in Communion, the more good Jesus can do in your soul!



Looking for more Information?  
visit [www.sfxchurch.sg](http://www.sfxchurch.sg)!

# Understanding and Celebrating the Feast of the Assumption

On Aug 15, we mark the Feast of the Assumption of Mary, commemorating the end of her earthly life and assumption, body and soul, into Heaven.

While the feast day is a relatively new one, it has its roots in the earliest centuries of Christian belief. As evidenced by the writings of many early Church fathers, Catholics have believed for more than a millennium that the Blessed Virgin was assumed into heaven – not ascending to heaven on her own power, as Christ did, but raised into heaven by God's grace.

In 1950, Pope Pius XII issued *Munificentissimus Deus*, which officially defined the Dogma of the Assumption. This means that the Church officially recognizes this as a true and necessary part of our beliefs about Mary. Like all beliefs about Mary, they illuminate our most treasured beliefs about her Son. The Assumption illustrates to us the truth about Christ's promise of eternal life and the resurrection of the faithful.

As the Assumption is a Holy Day of Obligation, make it a priority to get to Mass. As we gather to show our love and affection for our Blessed Mother, we bring glory to her Son.



Name: \_\_\_\_\_



## 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 [sfxbaptism@gmail.com](mailto:sfxbaptism@gmail.com).



## 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.



## 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](mailto:mmm@sfxchurch.sg)