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**Disciples
Making Disciples**

Jesus is Lord!

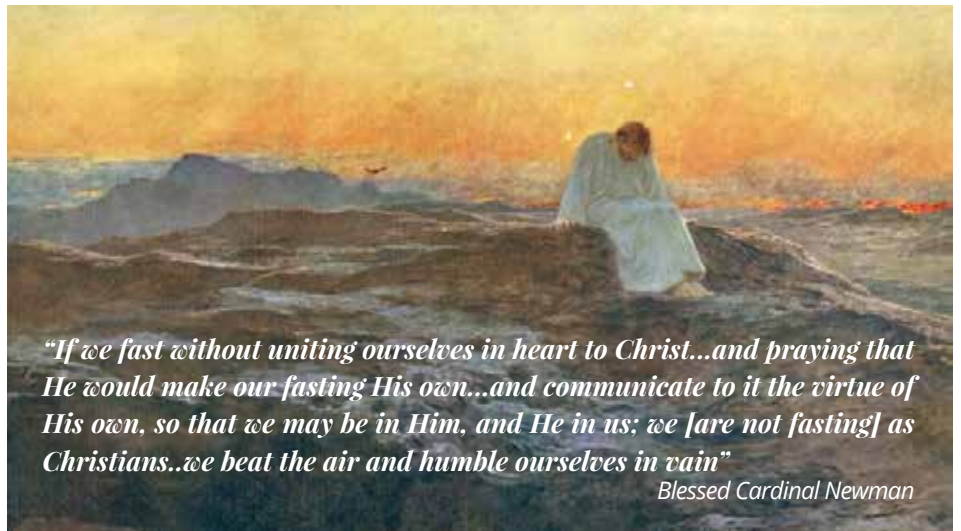
1st Sunday of Lent
10 Mar 2019

Dt 26:4-10
Rom 10:8-13
Lk 4:1-13

Today's rubrics invite us to a deeper conviction that Jesus is "Lord". Although we address the first two Persons of the Trinity as "Lord" over 30 times at Mass, the title can have a somewhat negative connotation for some of us. This is due perhaps to the dark history of exploitative feudal lords and perhaps also to the frequent blockbuster presentation of heartless antagonists with the title of "Dark Lords".

It is therefore worthwhile to recall that the title "Lord" indicates divine sovereignty. "Lord" or "Kyrios" first appeared in the Greek translation of the Old Testament for the ineffable Hebrew name YHWH which God revealed to Moses. From then on, "Lord" became the more usual name to speak of the divinity of Israel's God. To confess or invoke Jesus as "Lord" shows recognition of Jesus' divinity and the worship due to him (cf CCC 446, 455).

Jesus confirmed his divinity by his powerful works over nature, illnesses, demons, death and sin. Today's gospel account of his 40 days of fasting and his subsequent temptation by the devil reveals how he is "Lord" by vanquishing the Tempter for us (cf CCC 447, 538). Jesus was tempted to turn stone to bread, worship the devil in exchange for earthly things and test God by



"If we fast without uniting ourselves in heart to Christ...and praying that He would make our fasting His own...and communicate to it the virtue of His own, so that we may be in Him, and He in us; we [are not fasting] as Christians..we beat the air and humble ourselves in vain"

Blessed Cardinal Newman

jumping off the Temple's parapet. All these temptations were subtle lures to set God aside as Pope Benedict Emeritus XVI explains, "What is the essence of the three temptations...? It is the proposal to exploit God, to use him for one's own interests, for one's own glory and for one's own success. And therefore, essentially to put oneself in God's place, removing him from one's own existence...Each one of us must therefore ask...what place does God have in my life? Is he the Lord or am I?" (General Audience, 13 Feb 2013).

In rebuffing the devil, Jesus has given us strength to maintain the filial attitude we should present before God. He recapitulated the temptations of Adam in Paradise and of Israel in the desert. He is Our Lord and Brother - "the new Adam who remained faithful just where the first Adam had given in to temptation" (CCC 538-9). This power of filial sonship is poured out on us anew whenever we call on the name of the Lord as St Paul reminds us in the second reading (cf Rom 10:13).

Jesus' intense fast also imparted

divine grace to us as Blessed Cardinal Newman points out, "His fasting was unlike ours...in its intensity [and] object. There is a reason for this... Christ has gone before us to sanctify [penitential exercises] to us. He has blessed fasting as a means of grace ...If we fast without uniting ourselves in heart to Christ, imitating Him, and praying that He would make our fasting His own...and communicate to it the virtue of His own, so that we may be in Him, and He in us; we [are not fasting] as Christians.... we beat the air and humble ourselves in vain" (Parochial and Plain Sermons, Vol 6). Our penitential acts of fasting, almsgiving and prayer must therefore lead us to be more rooted in the divine life given us at our baptism.

May every invocation of "Lord" at Holy Mass today remind us of how God the Father has saved us from sin and death by the crucifixion of his only-begotten Son, Jesus Christ. Certain of Our Lord Jesus' power and his love for us, may we call on him unceasingly to preserve his life of grace in us. Lord in your mercy hear us!

Announcements

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

CATECHISM BREAK

There will be no catechism sessions on **Sun 17 Mar** due to the school holiday break. Sessions will resume on **Sun 24 Mar**.

Lent @ SFX

STATIONS OF THE CROSS

8pm on Fridays, followed by Mass at 8.30pm.

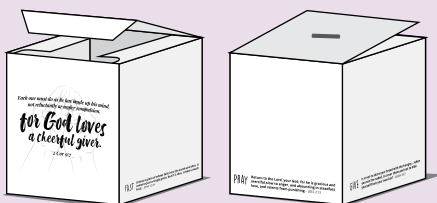
** There will be no mass at 6.30pm*

LENTEN SACRIFICE CROSS

The "Lenten cross" near the tabernacle is back. The coloured stickers represent sacrifices made and fulfilled. Stick them on the cross throughout the period of Lent. It serves as a visible encouragement and reminder for fellow parishioners to walk this paschal journey together.

LENTEN BOX

Each family will be given a cardboard money box to encourage almsgiving. Bring it back on **13/14 April**. The monetary contributions will be used to fund our "Feed the Hungry" programme. Any excess will be donated to the Archdiocesan GIFT programme. Our yearly "Feed the Hungry" outreach efforts continue this year. The "hungry" will be given a food hamper on **27/28 Apr, Divine Mercy Sunday**. More details will be given soon.



PARISH FORMATION PROGRAMME 2019: REBUILD MY CHURCH, RESTORE MY PEOPLE

Our priests are excited to introduce a new 7-month long parish formation programme that aims to build up our people and rejuvenate our faith! Aligned with our tagline "Disciples making Disciples", the programme seeks to form and grow disciples after the heart of Jesus and to ready us for mission, with practical tools to disciple others!



All parishioners are invited to attend this formation programme. The first module on Discipleship & Prayer will kick off on **Mon 25 Mar, 8 - 10pm** at **Parish Centre, Level 2**. Grab your family and friends and sign up now, at tinyurl.com/DMDRCRP2019! To find out more, keep a lookout for the publicity poster on the formation programme.

SFX INDOOR AIR RIFLE SHOOT

The fundraising committee is organising an indoor air rifle shooting event in support of the SFX Renovation Fund. Discover your marksmanship ability and simply have fun! You can be the next Jasmine Ser or Chris Kyle! The SAFRA instructors will conduct a safety briefing on the handling of the air rifle and no prior experience is required. However, participants must be more than 10 years old. Parishioners may invite guest(s) to participate in this event. There are 120 slots for this event. Those who wish to participate, please register at tinyurl.com/y2yyc5l7 by **Sun 24 Mar**. Payment collection will be on **Sat 23 Mar** and **Sun 24 Mar** after each Mass.

Date: Sat 27 Apr 2019

Time: 9am - 11.30am

Venue: SAFRA Indoor Air Rifle Range

Cost: \$50 per person

Meeting Point: SAFRA Yishun Lobby @ 9.00am

CATHOLIC PRAYER SOCIETY: PRIESTLY PRAYER OF JESUS

In a series of Monday lunchtime talks in the CBD which started on 4 Mar, CPS has engaged Fr Valerian Cheong to speak about how we are in the world and how we should not be influenced by its ways (Jn 17:14). Fr will also talk about how we should be standing out in the world as disciples of the Lord and bearing witnesses to the Truth (Mt 28:19).

Date: 11 and 18 Mar 2019 (Mondays)

Time: 12.30pm - 1.15pm (light lunch provided)

Venue: TPI Building, 6th Floor (62 Cecil Street, Singapore 049710)

Register at: tinyurl.com/CPSPriestlyPrayerOfJesus

WELCOMING RETURNING CATHOLICS

Returned! An evening of testimonies by Catholics who have returned and strengthened their faith with the help of Landings will be held on **Fri 22 Mar**, at the Cathedral of the Good Shepherd. You will hear stories of struggles, challenges, grace and reconciliation. The Landings programme at the Cathedral of the Good Shepherd will commence on **Thu 2 May**. We invite Catholics seeking a reconnection with the Faith and those interested in this ministry to participate in this 10-week programme. Interested participants will need to register. **Registration closes on 18 Apr 2019**. Please email returning@landings.org.sg or find out more at www.landings.org.sg.

ACCIRD: COMMUNAL PRAYER

ACCIRD's first interreligious panel this year will be on "Communal Prayer". We are delighted to have Ustaz Luqman Hakim Roslan (Youth Development Officer, An-Nahdhah Mosque), Rabbi Mordechai Abergel (Chief Rabbi of Singapore) and Ms Michelle Voo (ACCIRD) as our Muslim, Jewish and Catholic speakers respectively on the "what", "why", "when", "where" and "how" of Communal Prayer according to their respective faiths.

Date: Tue 12 Mar

Time: 7.30pm - 9.30pm

Venue: Fr J M Beurel Centre (Annex Building), Level 3 Hall, Cathedral of the Good Shepherd (A, Queen Street, S188533)

Register: Email gerald.accird@catholic.org.sg : (1) name, (2) parish/organisation, and (3) mobile by **Sun 10 Mar**

CRASH COURSE: MISSION & EVANGELISATION

Mission? Evangelisation? What's that? Come and discover the meaning of Mission and Evangelisation through the history of the Church until the Second Vatican Council organised by Office for the New Evangelisation.

Date: Thu 30 Mar

Time: 1.30pm - 3pm

Venue: SFX Major Seminary (618 Upp Bukit Timah Rd)

Speaker: Rev Fr Kenson Koh

Register at: www.one.org.sg/events

The Three Pillars of Lent

Ash Wednesday marks the beginning of Lent, the 40 days of preparation for the Easter season when we are called to deepen our spiritual lives through fasting, almsgiving and prayer. It is a time of spiritual conversion and renewal, a time to draw nearer to Christ. These are the three pillars by which we can live Lent:

FASTING

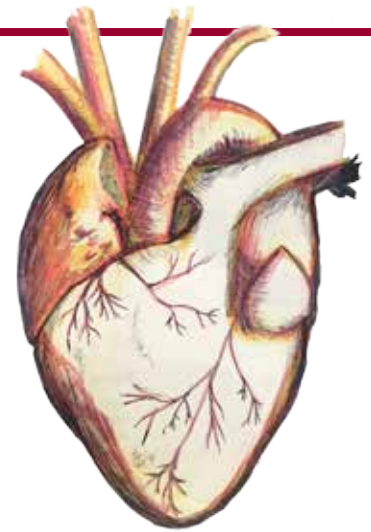
Carry the cross with Christ by sharing a small portion of his suffering

ALMSGIVING

Emulate Christ in acts of charity and kindness

PRAYER

Draw near to Christ in prayer and spend time at his feet, learning from him



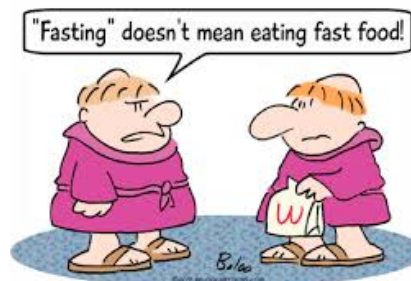
*"Create in me a clean heart, O God, and put a new and right spirit within me."
- Psalm 51:10*

FASTING

Take Up Your Cross and Follow Me

When we deny ourselves the excesses of life, we can be more attuned to the Lord's voice. We are also disciplining ourselves, strengthening our "spiritual muscles", so that when temptations arise, we are able to reject them. "Fasting" is also a way of participating, in a small way, in the sufferings of Christ.

- Consider choosing something each day to sacrifice (eg smoking or gaming) and offer that up for a special intention or petition.
- Think about what you usually spend your money on. Clothes? Eating out? 4D? Pick one type of expenditure that you'll "fast" from during Lent, then give the money you would usually spend to a good cause.
- Think about a habit (like gossiping) that has kept you from being whom God is calling you to be. Consciously give up that habit for Lent.
- Make a commitment to fast from insensitive, cruel comments about others. Or to fast from that grudge you've been carrying for years.



ALMSGIVING

Whatever You Did to The Least of These, You Did to Me

We are called to feed the hungry, give drink to the thirsty, clothe the naked, visit the prisoner, shelter the homeless, bury the dead, visit the sick, instruct the ignorant, warn the sinner, counsel the doubtful, pray for the living and dead, bear wrongs patiently, forgive and comfort. These things we should do all year round, but Lent is our chance to make it intentional, reaching beyond ourselves and our comfort zones.

Ask yourself, "Am I doing all I'm capable of doing, or simply doing what's comfortable and easy for me?"



PRAYING

Could You Not Stay Awake One Hour With Me?

Prayer and spiritual reading helps us draw nearer to Christ. Your devotional plan can look something like this:

- Start and end each day with prayer and thanksgiving.
- Make a commitment to read and reflect on the readings before attending Mass. In the same way that obtaining information about our favourite sports teams – the players and their strategies – enhance our enjoyment of the games, familiarising ourselves with the readings ahead of time will help us experience them in a deeper way during Mass. Good sites that you can visit for this include www.catholic.sg/archbishop/scripture-reflection/ and <http://gnm.org>.
- Try a new spiritual practice. For instance, attend Eucharistic Adoration or a silent retreat. Or try a 10-minute guided prayer from Sacred Space based on the spiritual exercises of St. Ignatius.
- Attend the Stations of the Cross and/or a weekday Mass at least one day during the week.
- Look beyond yourself. Pray for somebody.

Prayer for Lent

Dear Lord, May we walk through this season intentionally, removing distractions that take our gaze away from your glory. May we quiet the noise that pulls us from adoration of you and puts our attention on lesser things. May we simplify where we have been stressed, surrender what has been burdensome and repent of what is sinful.

May we see your goodness and your glory in new ways throughout this season of Lent. May we know the depths of your love for us more fully and feel the pain you endured for our sake.

Draw us closer to your heart, that we might know and understand you better. We pray that we would not only give things up for Lent, but that we would give you glory through Lent, Lord. May our actions reflect our hearts, and may we worship you through all that we say and do throughout the weeks to come.

(prayer adapted from www.crosswalk.com/faith/prayer/a-prayer-for-lent.html)



Looking for more Information?
visit www.sfxchurch.sg

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

20 Feb Onwards,
Temporarily closed

LIBRARY

Temporarily closed

COLUMBARIUM
Daily: 7am - 9pm
Will be closed from **1 Jun - 31 July**

CANTEEN

Temporarily closed

ANOINTING OF THE SICK

The sacrament can be administered to any Catholic awaiting serious surgery, suffering from serious illness or weakened by old age. Anointing may be given before admission 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