



**Disciples  
Making Disciples**



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## Heaven on Earth

Palm Sunday of the  
Passion of the Lord

14 Apr 2019

Is 50:4-7

Phil 2:6-11

Lk 22:14-23:56

It is not easy for us to accept blame for a wrong that we did not commit. It will be even more unbearable if we were to be physically and mentally punished for something we did not do. Multiply such injustice to infinity, then perhaps we can begin to fathom what Jesus must be experiencing in the Garden of Gethsemane.

While Jesus is a Divine Person, by assuming a human nature, he is fully capable of experiencing suffering, pain, and death. Therefore, Jesus recoils from the torture and cruel death that awaits him. Moreover, his anguish must have been magnified by the prospect of having to bear the weight of the sins of humanity on the cross, whilst he himself is without sin. This intolerable anguish manifested itself physically when his sweat "fell to the ground like great drops of blood" – a rare condition that medical science today calls "hematidrosis" or "blood sweat" caused by the rupturing of blood vessels due to extreme stress. But even in the midst of all this extreme suffering, Jesus submits himself to God by declaring "Father, if you are willing, remove this chalice from me, nevertheless not my will, but yours be done" (Lk 22:42).

This is perfect love of God - to do God's will under any and all circumstances. It brings to mind what Jesus taught us in the *Our Father*, "Thy kingdom come,



thy will be done, on earth as it is in heaven". Pope Emeritus Benedict XVI observes that heaven is where God's will is unswervingly done, and so when we follow God's will on earth, "earth' becomes 'heaven'" (General Audience, 1 Feb 2012).

In the truest and deepest sense of the word, Jesus is "heaven" in person - he in whom and through whom God's will is wholly done. We cannot get there on our own, because the fallen nature of our own free will pulls us away from fully following God's will. But God accepts us as we are, and with our own petition "thy will be done, on earth as it is in heaven", God draws us into communion with the will of his son who gave up his life for our sake. As we come closer and closer to Jesus, he will help us conquer our own selfishness and be his instrument of giving life to others.

Palm Sunday marks the last time that Jesus entered Jerusalem. He comes to complete the mission that God the Father sent him to earth for - to lay down his life for the sins of the world, thereby unleashing a torrent of grace to bring about a new creation, reconciling humanity to God (cf CCC 1992). We witness this grace from the first words Jesus utters on the Cross "Father, forgive

them for they know not what they do."

In a world full of "trespasses" - we sin against each other and against God - Jesus on the Cross shows us that the only way sin can be overcome is not by the retaliation that is usually aroused from being "trespassed" but by forgiveness. Forgiveness is more than ignoring or trying to forget the hurt of a wrong done to us. As Pope Emeritus points out in *Jesus of Nazareth*, "Forgiveness exacts a price - first of all from the person who forgives". To forgive, we must overcome within ourselves the evil that is done to us, "burn it interiorly, and in so doing renew [ourselves]". We are limited in our power to do this. It is only by looking at the cross where Jesus involves the trespasser in this process of transformation, that both parties, "suffering all the way through and overcoming evil, are made new" (Pope Emeritus, *Jesus of Nazareth*, p159).

As Lent draws to a close and we contemplate the Passion of Christ, may his example of forgiveness be burnt into our hearts, so that God will also forgive our own trespasses, and draw us closer to love of Jesus. In communion with him, may we learn to submit ourselves more completely to God's will on earth.

## Announcements

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

### HOLY WEEK SCHEDULE



**Maundy Thursday** 18 Apr  
7.30pm



**Good Friday** 19 Apr  
9am, 12nn, 3pm

*Stations will be 8pm at the Grotto*



**Holy Saturday**  
No Reverse Stations

**Easter Vigil** 20 Apr  
7.30pm



**Easter Sunday** 21 Apr  
7am, 9am, 11pm, 5.30pm

### SFX COLUMBARIUM NOTICE

SFX Columbarium renovations at the basement of the parsonage will commence from **Wed 1 May**. Please be assured that the remains of your loved ones will be treated with dignity and respect during the renovations. The niches will be covered with styrofoam and wood for protection.

As loose items such as flowers, ornaments and rosaries may be dislodged or damaged during this process, we sincerely request that you remove them by **Sun 21 Apr**. You may reinstate them after the renovations are completed.

**After Sun 21 Apr, we appreciate your understanding that any remaining loose items will be removed and disposed.**

### RCIY WANTS YOU FOR ITS NEW JOURNEY!

RCIY is looking to expand our service team to better serve in the new RCIY journey beginning **16 Jun to May 2020**. If you wish to journey with seekers of truth, experience beauty in Jesus Christ and the Catholic Church, as well as learn and grow in faith through community and service, do sign up at <http://tinyurl.com/sfxrciy2019>

### \$513K COLLECTED FOR SSVP 2ND COLLECTION - APRIL 2019

With your kind donations last weekend, the Society of St Vincent de Paul (SSVP) raised **\$513,387.70** for Friends In Need. Thank you for your generosity.

### CALLING ALL SFX CER ALUMNI

SFX has been chosen for a parish CER from **6 - 10 Nov 2019**. We are calling for all SFX parishioners who have gone through CER to step up and serve in the following areas: F&B, intercessory prayer, musicians (guitarist, drummer, bassist, keyboardist) and more. Registration will take place after all masses this weekend at the front porch and parish centre foyer. Alternatively, you can also register online via [tinyurl.com/SFXCERManpower](http://tinyurl.com/SFXCERManpower).

Let us put our hands on the plough to till the soil of SFX together, and Prepare Ye the Way of the Lord! More details on the retreat will be given soon.

### VOLUNTEERS FOR "FEED THE HUNGRY" PROJECT

We are calling for volunteers for our "Feed the Hungry" project. There are two ways you could help:

#### 1) Be an ambassador of goodwill

Identify a beneficiary in your neighborhood, workplace or school. It may be a foreign worker, the lonely or elderly who live on their own, cleaners or co-workers. Then register your gift bag request (multiple bags/recipients allowed) at the booth at front porch.

#### 2) Pack and distribute gift bags

Come as a community to help pack and distribute the gift bags! Make a date with us on **Sat 27 Apr, 9am - 1pm** and **Sun 28 Apr, 8am - 1pm** at the SFX Room, Parish Centre, Level 2. Collection of food hampers takes place on the afternoon of **Sun 28 Apr**.

*To register for gift bag requests and as volunteers, please submit your name and contact details at the registration desk at the front porch. The forms are also available at the Parish Office.*

**Do place your Lenten money box on the table in the main church, to the left of the altar this week.** Alternatively, you may drop it at the parish office. Any excess funds will be donated to the Archdiocesan GIFT programme, contributing to our vision of becoming a more vibrant, missionary and evangelistic Church in Singapore.

### SFX BAT BIBLE STUDY: ST PAUL'S LETTER TO THE EPHESIANS

Renowned biblical scholar, Fr Raymond Brown said "Among the Pauline writings only Romans can match Ephesians as a candidate for exercising the most influence on Christian thought and spirituality." Join us to discover how Ephesians develops the theology of the universal Church more than any of the other Pauline writings. ALL are welcome. Bring your bible and a pen.

**Date:** 28 Apr, 5 May, 12 May, 19 May, 26 May 2019 (5 Sundays)

**Time:** 9am - 10.30am

**Venue:** SFX Room (Parish Centre, Level 2)

**Registration:** Helen Chong at 9757 4853

### SFX FAMILY FUNDRAISING WALKATHON - 20 MAY

A gentle reminder to complete and return the fundraising cards by **Sun 21 Apr**. Collection is at the front porch after every weekend mass. There are easy, intermediate and challenging walking routes for everyone. So sign up for a fun family activity!

#### The organising team is seeking assistance in the following areas:

- medical doctors and/or specialists to accompany participants on each route
- guides for each route
- sponsors for bottled water for the walkathon.

Please email us at [rodericktheseira@gmail.com](mailto:rodericktheseira@gmail.com) or [thudchee@gmail.com](mailto:thudchee@gmail.com) to share with us how you will be available to help.

## CARITAS: PERSONAL MORAL COMPASS COURSE 2019

The Personal Moral Compass Course is for all Catholics and people of goodwill interested in formation in the foundations of Ethics and Moral Theology. It is a one-year systematic course in Moral Theology consisting of 6 individual modules conducted by Rev Fr David Garcia, OP and organised under Caritas Singapore.

### 3rd Module: Christian Morality

**Date:** 26 Apr, 3 May, 10 May, 17 May, 24 May, 31 May, 7 Jun 2019 (Fridays, 7 sessions)

**Time:** 7.30pm - 9.30pm

**Venue:** Catholic Centre, 55 Waterloo Street Singapore 187954

**Registration:** [www.caritas-singapore.org](http://www.caritas-singapore.org) or email to [formation@caritas-singapore.org](mailto:formation@caritas-singapore.org)

## RECRUITMENT FOR CANOSSAVILLE STUDENT CARE TEACHERS

Canossaville is recruiting ex-teachers/retired teachers/those with relevant experience or qualifications to be part of their dynamic Canossian Catholic family. We warmly invite those interested to be Student Care teachers to come for a chit-chat session to find out more about the role.

**Date:** Fri 26 Apr from 4.30pm – 6pm OR Sat 27 Apr from 9am - 10.30am

**Contact:** [HR@canossaville.org.sg](mailto:HR@canossaville.org.sg) or WhatsApp/SMS/Call 8131 8614

## PIETA SINGAPORE

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 Tuesday of the month) is on **Tue 23 Apr 2019, 7.30pm at Agape Village, Toa Payoh Lorong 8**. Contact us via [pieta.singapore@gmail.com](mailto:pieta.singapore@gmail.com) or visit us at [facebook.com/PietaSingapore](https://facebook.com/PietaSingapore).

## ONE: LECTORS' WORKSHOP

Why do we need to pray together? How do we pray as one community? These questions and more will be touched on in this workshop to equip your Ministry to gather together in communal prayer. Invite your fellow Ministry members to experience a guided prayer session using the Word of God. Those who wish to attend, you may register as a Parish / Ministry or as an individual via <http://bit.ly/Lectors4May>

**Date:** Sat 4 May 2019

**Time:** 1.30pm - 4.30pm

**Venue:** St Peter's Auditorium, Catholic Archdiocesan Education Centre (CAEC), 2 Highland Road, S549102

**Closing Date:** Tue 23 Apr 2019

## ONE: EASTER REFLECTION BOOKLET

The Office for the New Evangelisation has produced a booklet of reflections for the season of Easter. **The theme is "Witnessing in Communion"**. Please take a copy of the booklet. It will also be made available online at <http://bit.ly/one-easter-2019>.

## Holy Week

is a time of reflection for Catholics, as we remember the last week of Jesus' life and the profound love shown through his immense suffering on the cross. Starting from Palm Sunday to Holy Saturday, each rite and ritual symbolises the various events leading to Jesus' death on the cross, and victory over darkness in the world.



### PALM SUNDAY

Marks Jesus' arrival into Jerusalem.

The people adorned Jesus with palms as a sign of respect for the king they thought he would be. On this day, the parishioners play the part of the people, entering the chapel waving the blessed palms and singing hymns about Christ the King.

### The triduum: The 3-day celebration of the Paschal Mystery: The Passion, Death and Resurrection of Jesus Christ



### HOLY THURSDAY

Celebrates the Passover and the Last Supper, where Jesus instituted the celebration of the Eucharist and Priesthood. We also remember the agony of Jesus in the garden of Gethsemane, and Judas' eventual betrayal. The Church marks this day with the Mass of the Lord's Supper, the Eucharistic Procession to the Altar of Repose for Adoration and washing of feet by the priests. All decorations are removed, and candles extinguished to symbolise darkness.



### GOOD FRIDAY

Commemorates the Passion and Jesus' sacrifice for us. The Church maintains a solemn spirit of mourning and sorrow, with the tabernacle empty, decorations covered, and no consecration of the Eucharist. The Passion according to John is read, and we venerate the cross to pay the highest honour to Jesus' instrument of our salvation.



### HOLY SATURDAY

The Church remembers Christ's Passion and Death, descent into hell, and awaits his Resurrection through the Easter Vigil. Here, the Paschal Candle is lit to symbolise the presence of the risen Christ, the Exsultet (Easter Proclamation) sung, and baptism/confirmation of those joining the Church held.

For more details on Holy Week, please refer to the insert.

# Journeying towards Baptism: The Rites of Scrutiny



Over the last three weeks, the RCIA and RCII Elect celebrated the Rites of Scrutiny, an important three-part milestone leading to their baptism at Easter. The Scrutinies are special ancient rites to heal the sinfulness in the hearts of those seeking conversion, deliver them from the power of sin and Satan, and protect them against temptation with the strength in Jesus Christ. The Scrutinies complete the conversion process and deepen the Elect' desire and love for God. Above all, they lead the Elect to walk a new way of life in Jesus Christ.

Year A readings are intentionally used at the Scrutinies, to reinforce the reality of sin, from which we desire to be freed. Jesus, as our Redeemer, the Way, the Truth and the Life, is introduced in the gospels as the living water (gospel of the Samaritan woman in the First Scrutiny), the light of the world (gospel of the man born blind in the Second Scrutiny), and our resurrection and life (gospel of Lazarus in the Third Scrutiny). Through the three Scrutinies, the Elect acknowledge the sins and weaknesses that weigh them down, and ask for protection from self-reliance and Satan; freedom from deceit, false values and the evil.

The exorcism prayers then invoke God's help to overcome the power of Satan and the spirit of evil that prevents us from following Christ. The Elect receive new strength to continue their spiritual journey towards the waters of baptism and prepare to open their hearts fully to receive all the gifts of the Holy Spirit. Each was also anointed with the Oil of Catechumens on their hands at the Second Scrutiny.

The Elect were also presented with the Creed (First Scrutiny) and the Lord's Prayer (Third Scrutiny). Having completed their catechumenate, the Church can now lovingly entrust to them, these two ancient texts which express the heart of our faith, and by which they will also profess as members of the family of God upon baptism.

As our Elect await to receive the Sacraments of Initiation at Easter, let us support them with intensified prayers – a spiritual act of mercy and an expression of our love and care for each brother and sister, in anticipation of their coming into the family of God.



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

# WHAT ARE WE CELEBRATING?

The Easter Triduum bears an extraordinary significance in our liturgical year and marks the end of the forty days of Lent. It is the beginning of the three-day celebration of the Paschal Mystery: the Passion, Death and Resurrection of Jesus Christ, where we are reminded that Jesus redeemed us all and gave perfect glory to God: Through His Death, He destroyed our Death, and in Rising, He restored our life. The Triduum begins at sundown on Maundy Thursday, reaches a high point at the Easter Vigil, and concludes at sundown on Easter Sunday.

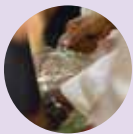
## Maundy Thursday



The word "Maundy" means commandment, and it recalls the commandment that Jesus gave to His disciples at the Last Supper: "A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another" – John 13:34

On Maundy Thursday, we celebrate the Passover and the Last Supper that Jesus had with His disciples. At the Mass of the Lord's Supper, we recall that Jesus instituted the Eucharist and commanded the disciples to celebrate it until His return. He also instituted them priests of the New Testament and gave them the commandment to love one another as He has loved them.

In the morning, a Chrism mass is held where the Bishop blesses sacred oils which are used for sacramental celebrations throughout the year. This mass also celebrates the institution of the priesthood where priests reaffirm their ministry by renewing the promises made at their ordination.



**Washing of feet** is done by the priests, just as how Jesus washed the feet of His disciples, reminding us to serve with a humble heart and disposition.

**More hosts** will be consecrated for Friday service, as no Mass is celebrated then.



The Blessed Sacrament is transferred to the **Altar of Repose** – we are encouraged to continue adoration throughout the night.

**No dismissal** from the Mass, which 'continues' intentionally as one liturgy into Good Friday and Holy Saturday (the Easter Vigil). Instead, all candles will be extinguished, throwing the Church into darkness.



## Good Friday



Good Friday commemorates the Passion and Jesus' sacrifice for us. We observe a strict fast in keeping with the spirit of mourning and sorrow for our sins, and the liturgy is deliberately simple, stark and somber and to prepare for the celebration of Jesus' Resurrection at Easter.

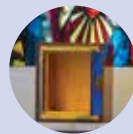
There is no Mass celebrated on Good Friday itself because no consecration takes place. The omission of the prayer of consecration deepens our sense of loss because Mass throughout the year reminds us of Jesus' triumph over death which is the source of our joy and blessing.

*"We adore you, O Christ, and we bless you. By your holy cross you have redeemed the world."* On this day, as one Church, we also pray for the needs of the entire world, for whose salvation Jesus paid with his life.



**Altar is bare** of linens and candles, holy water is removed from the fonts.

**Tabernacle is empty** and opened, the lamp is unlit, indicating that Jesus is not present in the tabernacle (having been transferred to the Altar of Repose.)



The priest makes his way to the altar in silence before making a **full prostration**

**Veneration of the Cross** takes place where we pay the highest honour to Jesus' cross as the instrument of our salvation.



## Holy Saturday



On Holy Saturday, the Church waits at the Lord's tomb in prayer and fasting, meditating on his Passion and Death and on his Descent into Hell, and awaiting his Resurrection.

At sundown on Saturday evening, the Church celebrates Easter Vigil, the most important and beautiful of liturgies in the Church. It is also at this Vigil, where Elect (non-Catholics who have been journeying for the last year in RCIA/RCIY) are baptized or confirmed or initiated into full communion with the Catholic church. The liturgy is joyous and celebratory as we mark the glory of our Lord's resurrection and triumph over death.



**Paschal Candle** is the symbol of the "Light of Christ" and the sign of the presence of the risen Christ.

**The Exsultet**, an Easter Proclamation, is sung, announcing the mystery and glory of the resurrection of Christ



**Nine readings** (seven from Old Testament and two from New Testament) and eight psalms recount our Salvation history

**Baptism** takes place! White garments won by the neophytes (newly baptized) symbolises their new life in Christ.



## Easter Sunday



Easter is regarded as the "Feast of feasts" and the "Solemnity of solemnities" as it is the fulfilment of God's promises to mankind. Through Jesus' Resurrection, all things are made new; and the human race reconciled with the Lord. It is a time of grace and great rejoicing – good has triumphed over evil, sin and death. The season of Easter lasts for seven weeks, ending with Pentecost.