



THE MANNA

Church of St Francis Xavier

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Disciples *Making Disciples*



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Priest in Residence:
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Contemplate

16th Sunday in Ordinary Time
21 Jul 2019

Gen 18:1-10
Col 1:24-28
Lk 10:38-42

As the world gets increasingly "digital" in the way it communicates and we become more connected to it through our smartphones and other devices, the lines between our work lives and leisure have blurred. Increasingly, people are being fettered to the process of work in their "work-a-day" lives.

Even leisure, be it a nap or a long vacation, is connected to work because we tend to take a break from work in order that we can be refreshed to do even more work! Work pervades our lives.

Some people work because they are forced to work - think child labour in countries where child protection laws are weak. Others work because they need to feed themselves and their families and to make ends meet at a basic level. Still others work because they love to work - work defines them and their yardstick of self-worth is their work. Sometimes, particularly at times of heightened stress, we need to ask ourselves whether our work-a-day lives is all that we are or that work is the only thing that makes life worth living.

Our readings in Church this weekend gives us a clue as to how God wants us to think about life in general and work in particular. In Genesis 18, we read how Abraham meets God in the form of three men and immediately

offers to refresh and serve them before they move on. When his offer was found acceptable by the three men, Abraham hurriedly proceeds to marshal all his resources to attend to his guests. Abraham personally coordinates and pushes his staff, and even his wife Sarah, to prepare a choice calf and bake bread to be served to the guests. To top it off, Abraham stands dutifully near them while they eat, presumably so that he can attend to any further requests that might be made. In response to all this work, which must have pleased God, Abraham is now given a definitive timeframe for the birth of his son whom God had promised he would have - the beginning of a nation under God. In this episode, work seems to be extolled and richly rewarded.

Turn to the Gospel reading today of the familiar story of Mary and Martha preparing a meal for Jesus and we find Martha, like Abraham, working feverishly to get everything ready whilst Mary simply sits at the Lord's feet to listen to him. In response to Martha's request for help from her sister, Jesus chides her and declares that Mary has chosen the "better part". What is this better part that Mary has chosen and what is it better than? Mary, in the presence of God, had chosen to contemplate - to just allow herself to soak in the presence of God in humble silence so that she can hear the small still voice of God. In the circumstances of the story, Mary's contemplation of Jesus was better than worrying about the perfection of work.

Taken together, it becomes clear that work has its place in our lives.



"Mary has chosen the better part." - Luke 10:52

At times, even unbeknownst to us, our work can serve angels and even God himself. This can take place at our place of work and at home; not just when we volunteer in Church ministries or other charitable causes. However, it is also clear that work cannot be everything - work cannot define us. There must be times when we stop to contemplate - to move beyond the realm of our workaday lives and affirm the beauty of creation in order that we can appreciate him who created it. In particular, we need to deliberately carve out time to shut out our workaday world, for reading and contemplating the word of God which is the Bible. Every time we quietly read and contemplate the Bible, we would be choosing the "better part" of sitting at the feet of Jesus and listening to him. It is in contemplative listening that we get into a personal relationship with Jesus.

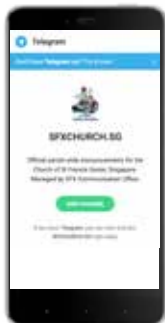
Announcements

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

SFX TELEGRAM - T.ME/SFXCHURCH

Receive the latest church bulletin, through our official TELEGRAM channel!

You will receive **official announcements** directly on Parish-wide events/ initiatives, reminders and mass timings on your phone. Managed by the Parish Communications office, Telegram is a free app! Information will remain available on the SFX website, Facebook, Instagram, Whatsapp groups and our bulletin 'The Manna'.



SECOND COLLECTION FOR GIFT

This weekend, there will be a second collection for the GIFT (Giving in Faith & Thankfulness) campaign to build a more vibrant, evangelistic and missionary Church. GIRO forms, cheques or cash can be sealed into GIFT envelopes and dropped into the collection bags that will go around. Spare GIFT envelopes are available at the parish office. Please give generously for the vision of the archdiocese. More info is available at gift.catholicfoundation.sg.

AN EVENING OF PRAYER WITH THE SONGS OF TAIZÉ

An Evening of Prayer with the Songs of Taizé organised by the Archdiocesan Catholic Council for Ecumenical Dialogue (ACCED). Open to all Christians and no prior registration required. Do bring along Christians of various denominations to attend. Light refreshments will be served after the prayer. For more info, email info@acced@org.sg.

Date: Thu 1 Aug

Time: 7.45pm - 9.30pm

Venue: Cathedral of the Good Shepherd

Theme: Be Content With What You Have (Heb 13:5)

DROP OFF LOCATION IN CHURCH

If you are taking a Grab/Taxi to church or are being dropped off, please inform the driver to **go straight and drop you along the parallel parking lots**. Do not turn right towards the carpark as the Grab/Taxi will get stuck and may cause traffic congestion. Your cooperation is much needed to allow for a smoother flow of traffic within our church.



DROP OFF

**EXIT VIA CHURCH'S
BACK GATE/ TOWARDS
IJ CONVENT**

PARK



**PARK AT PARISH
CENTRE/ CARPARK/
KINDERGARTEN**
♿ ACCESSIBLE

PLEASE DRIVE & PARK CONSIDERATELY

SAVE THE DATE: SFX CONVERSION EXPERIENCE RETREAT!

Have you wondered what it means to have a personal encounter with the Lord? Are you desiring healing in a certain area of your life? Do you desire for more? SFX will be having our very own stay-in conversion experience retreat (CER) from **6 - 10 Nov**, conducted by Archbishop William Goh at the Catholic Spirituality Center! Retreat cost: \$250 per person. Successful registration for CER will be determined by balloting. **Applicants must be 1st time retreatant; and 21 years and above. Keep a look out for the application form which will be released at a later date.**

Ballot Registration Day at CSC:

Date: Sat 31 Aug (Registration - 9am)

Time: 10am - 1pm (Registration close at 10am for balloting)

Venue: Catholic Spirituality Center (St Peter's Hall, Level 1)

PARISH FORMATION PROGRAMME 2019: THRESHOLDS OF CONVERSION

In evangelisation, we recognise that everyone is at a different level of openness towards the faith. We therefore need to employ different approaches to help get them to the next stage. Come and learn about the five thresholds of conversion leading up to intentional discipleship, how to recognise the different stages and how to help others grow to the next. Dynamic speaker Ann Yeong will share her experience and expertise with us on **Mon 22 Jul, 8pm - 10pm**, at the **Main Church**. All are welcome! Sign up now at <https://tinyurl.com/SFXModule3!>

CBN: MY JOURNEY SERIES WITH RAYMUNDO YU

By Catholic Business Network (CBN), an evening talk by Raymundo, the Founder of ABLE and a successful banker who will share his faith journey walking with the Lord at work. Free Admission.

Date & Time: Wed 21 Aug, 7pm - 9pm

Venue: The Catholic Centre, Level 3

Register: <https://bit.ly/MJSRaymundo>

Enquiry: admin@cbn.sg/68017491

FAMILY LIFE: MARRIAGE ENCOUNTER (AUG - NOV WEEKENDS)

"Marriage is a project to be worked on together ... and a process of growth." - Pope Francis (*Amoris Laetitia*, no. 218, 221).

Good marriages can always be made better. To deepen and refine your couple relationship, sign up for one of the coming Marriage Encounter Weekends: **2 - 4 Aug, 4 - 6 Oct, 1 - 3 Nov & 6 - 8 Dec**. Contact David & Clara @ 9670 5390 or mewkend@gmail.com.



Why We Should Attend A Catholic Retreat

1. WE NEED REST

God took time to rest after he created the world. Christ periodically took time to step away from the world, and even from his disciples, to be alone with his father. Attending a retreat would enable us to rest in the Lord and to reconnect with him.

2. WE NEED COMMUNITY

Retreats are great opportunities to get to know people with a mutual love for Christ. In faith formation, community is important to help us grow in faith as we share with and support each other.

3. WE NEED TO SET ASIDE TIME FOR GOD

Our lives are filled with numerous distractions. Most of the time, it is a struggle to put God first even though we know that's what we should do. Attending a retreat would force us to put aside whatever takes us away from God and to focus on him.

4. WE NEED TO REFLECT

Stepping into God's loving embrace during a retreat might reveal to us situations that we need to change or perspectives we haven't yet considered about our lives. By keeping our hearts open to the Lord, we will be able to hear his prompting.

5. WE NEED RECONCILIATION

Many retreats offer much-needed opportunities to clear our lives of obstacles that block us from loving God fully, and to reconcile with ourselves and others through listening to testimonies, sharing, prayer, reflection and the Sacrament of Reconciliation.

6. WE NEED TO FILL OURSELVES UP WITH JESUS

We were created not only to receive Christ in our own lives, but also to share him with others. While missionary discipleship requires that we pour ourselves out to those we serve, we must also fill ourselves back up to continue serving effectively, just like Jesus did. Retreats can fortify us in our mission as disciples.

In stepping away from the world and leaning into God's love, we draw closer to him and rediscover our faith. Please pray about making a retreat and see how your heart moves in response. God has great things in store for you, and a retreat might just be the next step in your faith journey! If you already feel the prompting to have a personal encounter with the Lord or desire healing in a certain area of your life, an excellent opportunity awaits in the form of the Conversion Experience Retreat (CER).

SFX will be having our own stay-in CER from **6 - 10 Nov**, conducted by Archbishop William Goh at the Catholic Spirituality Center! Successful registration for CER will be determined by balloting.

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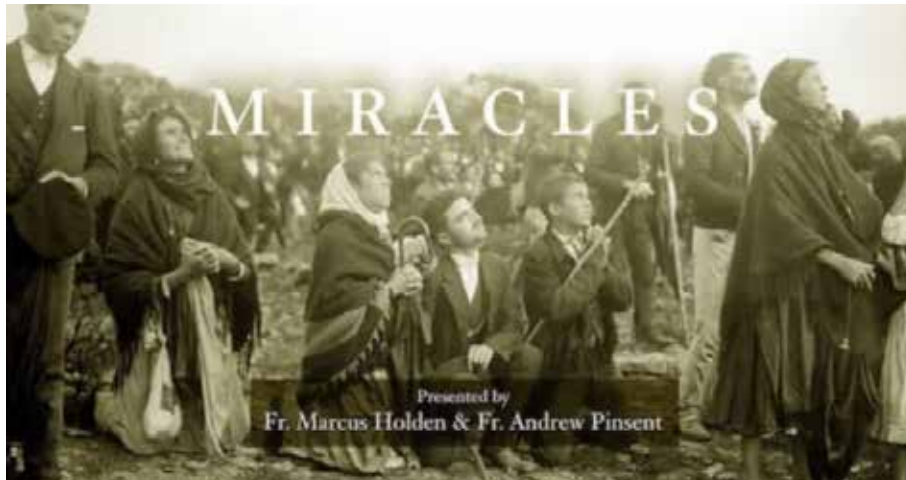
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Venue: Catholic Spirituality Center (St Peter's Hall, Level 1)



Miracles

Solana Mendoza shares her thoughts on "Miracles", one of the many films available for viewing on FORMED:



Since I was young, I had always wanted to read and learn more about miracles. However, I could never understand its true meaning.

This inspiring 30 minute video provided an in-depth exploration of miracles, answering questions such as what they are; are they possible and if so, how do we know? I learnt for instance, that miracles were often misunderstood and taken advantage of.

I have heard miraculous stories from friends and family and am amazed by how awesome God is. I believe that miracles are one way that God blesses and shows us that He is here and that with Him, "all things are possible."

FORMED: Netflix for Catholics

FORMED is an amazing platform where you can watch, listen, and learn much to help grow your faith. There are entertaining and educational movies, talks and videos on a variety of interesting topics related to Catholicism; and even cartoons for the young ones.

New Viewers

Go to <https://sfxchurch.formed.org/>

Fill out the registration form. A verification eMail will be sent to you.

Existing Viewers

if you forgot how to log in, go to www.formed.org, look at the top right and click the LOGIN button. Use your own login email and password

If you forgot your password

Click LOGIN followed by your email. Then Forgot your password. A temporary password will be sent to your email.

Getting FORMED on your mobile (Scan with your camera/ reader app)

iPhone users: Android users:



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 except PH

Opening Hours

PARISH OFFICE

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

ADORATION ROOM

Temporarily closed

LIBRARY

Temporarily closed

COLUMBARIUM

Temporarily closed

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 check with the Parish Office.



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 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 and Church. 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