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Disciples
Making Disciples

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The Eucharist – The Greatest Gift of God

Solemnity of the Most Holy Body and Blood of the Lord
14 Jun 2020

Deut 8:2-3, 14b-16a
1 Cor 10:16-17
Jn 6:51-58

The Theology - The Eucharist as a Gift not a Right

In today's world so embroiled with "rights" and "privileges" it could be easy to mistake the ability to attend mass as a "right" let alone the reception of the Eucharist during mass. Do we view communion as merely a "part of mass" and receive the Eucharist out of habit? Perhaps we may even believe it is our right to do so having taken time out of our Sunday to go to Church?

Having such interpretations of the Eucharist ultimately cheapens this great gift from God and today's solemnity is a good reminder of its significance. Understanding **the Eucharist as the Greatest Gift of God** thus requires us to comprehend God's supreme gift of Jesus as the ultimate sacrifice for humanity's salvation. Not only was Jesus - the only Son of God - gifted to humanity for our salvation, he, as the second person of the Trinity - all supreme and omnipotent - allowed himself to be incarnated into time and space, taking the form of his own creation to save us. Moreover, desiring to continue to dwell amongst us, **Jesus instituted the Eucharist allowing himself to be confected under the humble species of bread and wine that generations may continue to receive him and indeed experience his presence.** (*Summa Theologiae* III, Q 73)

In short, {I} God - himself the author of creation - deigned to be incarnate within his own creation to save it.



{II} Being independent of time and space, he willingly constrained himself within it for our benefit. {III} Desiring to remain with us, he lovingly becomes present in the transubstantiated bread and wine, something so materially insignificant yet infinitely precious in spiritual terms. This especially if we consider that just "one drop [of Jesus' blood] can set the entire world free from all its sins." (*Adoro Te Devote*)

The Practice - The Eucharist as the Bread of Life

Frequent reception of the Eucharist was not common practice until Pope St Pius X encouraged "frequent reception" (*Sacra Tridentina*) in 1905. Before then, the laity would only receive communion on special solemnities such as Easter (as the "Easter duty"). This was not because mass was sparse but because the theological understanding of the Eucharist was that it was a precious gift - **a privilege that should not be diluted through habituation or routine.**

Indeed, it was common back then for individuals to go to extraordinary lengths to prepare their souls for communion, offering up months of penance and fasting in order to welcome Christ with "clean hands and pure hearts" (Ps 24:4). Pope St Pius X rightly noted that "Holy Communion is the shortest and safest way to Heaven." It is **the essential bread of life** - the "fountain of life and holiness" - which strengthens our souls on its earthly

pilgrimage (Pope St John Paul II, *Redemptor hominis* 7).

The Action - To Hunger & to Receive

To retain the significance of the Eucharist, we are required today to observe a one-hour Eucharistic fast from food or water and **be in the right disposition to receive Christ** - i.e. be detached from grave sin (Canon 916-919). If we truly hunger for Christ, it thus behoves us to receive Jesus worthily, cautious not to unworthily drink the cup of the Lord to our "own condemnation" (1 Cor 11:29; St Thomas Aquinas, *Lauda Sion*).

Today marks the 4th month since the closure of Churches in Singapore. For most of us it means that we have gone some 18 Sundays without being in Church, let alone physically receiving Christ in the Eucharist. Unfortunate as this "imposed" abstinence from the Eucharist may be, we could also liken this unique situation to an "enhanced Eucharistic fast"; something contiguous to those embarked on by our spiritual forefathers. It may thus be fortuitous to take this opportunity to **grow in our appreciation for God's Greatest Gift**, simultaneously preparing ourselves to once again receive Jesus physically in the Eucharist when Holy Communion returns - that we may live forever with Christ (Jn 6:58).

Announcements

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



ONLINE CORPUS CHRISTI MASS & PROCESSION

Join us online through our youtube webcast on **Sun 14 Jun, 11am** on the Solemnity of Corpus Christi. There will be mass and procession of the Blessed Sacrament, followed by Benediction.

Scan the QR Code to join us via our Youtube channel at <https://youtu.be/QKMzFSxSicE>



NEED SOME PRAYERS?

Feeling overwhelmed/stressed or anxious while coping with uncertainty during this period? Fret not! Our SFX Intercessory Prayer Ministry will be standing in the gap to intercede and offer up your prayer petitions at their weekly prayer sessions. You may submit your prayer request to www.sfxchurch.sg/intercessory-prayer. Rest assured that all prayer requests will be treated with the strictest confidence.

TEMPORARY ONLINE MASS OFFERINGS

Please submit your intention **1 WEEK in advance**. Please kindly wait for the Finance Department to contact you and provide you with a "Reference No", MO xxx (eg MO 001) before indicating the given referral number upon making payment via PayNow (T08CC4033J). These will be offered up during our priests' private masses.

MARKETING AND MEDIA MINISTRY (MMM): GRAPHIC DESIGNERS NEEDED

Do you have an eye for design? Are you creative and proficient in Adobe InDesign? If the answer is YES, we need you! SFX's Marketing and Media Ministry (MMM) is looking for graphic designers to help with the design of parish collaterals. If you would love to exercise your artistic talents, look no further! Contact mmm@sfxchurch.sg for more information.

MASS COLLECTION

Mass collections can be made via:

- 1. PayNow** - Launch Paynow service on your bank's app or online website. Select "Send via Unique Entity Number (UEN)" and enter "**T08CC4033J**". Proceed to check entity Name = **Church of St Francis Xavier**, then key in Amount. Lastly, key in Ref - **Mass Collection**.
- 2. Cheque** - Payable to **Church of St Francis Xavier**. Mail cheques to **63A Chartwell Drive, Singapore 558758**.
- 3. Giro** - Download **Mass Collection Giro Form** via sfxchurch.sg/donate. Mail completed form to **63A Chartwell Drive, Singapore 558758**.

Step-by-step guide: www.catholic.sg/transfer-funds-via-paynow/

RCIA AND RCIY 2020/2021: A JOURNEY OF FAITH

Do you know of anyone who is interested in embarking on a journey of faith? Or perhaps someone who has felt a stirring in their heart and is seeking answers to questions, or even peace in their struggles? We encourage you to reach out to them and invite them to join us in RCIA and RCIY. Here are some details:

RCIA journey

(24 years and above)

Date: begins every **Fri 26 Jun***

Time: 7.30pm - 10pm

Register: tinyurl.com/sfxrciasignup

Enquiries: Angela at ast_goh@hotmail.com or call 9626 5960.

**RCIA sessions will be conducted every Friday via Zoom for now. Sessions will be moved to Tuesdays, 8pm - 10pm once Circuit Breaker restrictions are formally lifted.*

RCIY journey (13 - 23 years old)

Date: begins **Sat 4 Jul***

Time: 4pm - 6pm

Register: tinyurl.com/sfxrciysignup

Enquiries: rciy@sfxchurch.sg

"Come and See" session

Date & Time: **Sat 27 Jun, 4.30pm - 6pm**

Contact: Angela (9002 9977)/Mark (9751 3448) with your contact number and email for a Zoom invite to be sent.

**RCIY sessions will be conducted every Saturday via Zoom for now. Sessions will be moved to Sundays, 10.30am - 12.30pm once Circuit Breaker restrictions are formally lifted.*

CALL FOR RCIA SPONSORS

Sponsors are needed to help, guide, support and encourage our inquirers for their entire RCIA journey.

If you are a practising Catholic for at least three years and feel a prompting in wanting to journey alongside someone who is seeking God, please register your interest by emailing secretariat@sfxchurch.sg or contact Angela at 9626 5960 or ast_goh@hotmail.com.

SFX ONLINE DIVINE MERCY AND ROSARY PRAYER

In this Month of devotion to the Sacred Heart of Jesus, let us come together as a parish community to pray the rosary together online via Zoom with our priest, Fr Ben. This online rosary prayer will be held on weekdays from **Mon 1 Jun - Tue 30 Jun** at **3pm** - we encourage you to log in by 2.45pm via <https://tinyurl.com/SFXWeekdayRosary>. Please note that recording of the prayer session is not allowed.



ZOOM MEETING DETAILS

Meeting ID: 845-8298-0708 Password: 621310

SFX CHARISMATIC (ONLINE): CORPUS CHRISTI BY HELEN CHONG

The next Charismatic service via Zoom is on **Mon 15 Jun, 8pm**. There will be praise and worship followed by a talk given by Helen Chong on 'Corpus Christi'. All are welcome.



ZOOM MEETING DETAILS

Meeting ID: 879-3706-0875 Password: 533118

All About The Feast of Corpus Christi



Date

Officially the Thursday after Trinity Sunday. However, it's most often celebrated on the Sunday after Trinity Sunday.

Established

By Pope Urban IV on 8 September, 1264

What we celebrate

Corpus Christi is a feast day with the sole purpose of focusing on the Holy Eucharist.

History

Saint Juliana of Liege (1193-1258), who had a great reverence for the Blessed Sacrament, began the cause for the feast day of Corpus Christi. She thought that the Eucharist deserved its own exclusive day of reverence and recognition. She worked more than 40 years for the cause until her death. In her later years, she gained the support of Jacques Pantaléon, at the time Archdeacon of Liège, and other Church leaders. Pantaléon was later elected Pope Urban IV and went on to establish the Feast of Corpus Christi.

How we celebrate

Usually, there may be a procession of the Eucharist around your parish. After which the "Pange lingua" (down in adoration), the traditional eucharistic hymn composed by Saint Thomas Aquinas is sung. The same hymn is also sung on Maundy Thursday during the procession of the Eucharist to the altar of repose.

As the hymn is sung the priest offers incense on behalf of the laity, as a sign of our reverence, devotion and belief that Christ is truly present in the Host - the smoke symbolic of our prayers being lifted up to heaven.

Finally the priest will conclude the celebration with the Benediction of the Blessed Sacrament, a blessing with the blessed sacrament. While imposing the blessing, the priest uses a scarf to prevent his hands from touching the Monstrance. He also ensures to hold up the Monstrance to cover his face. This is to show that it is Jesus himself who gives the blessing and not the priest.

Did you know?



Corpus Christi is a movable feast and falls between late May and mid-June.



Pope Clement V made Corpus Christi an obligatory feast for Roman Catholics in 1311 at the Council of Vienne.



Symbols associated with the feast of Corpus Christi include an image of consecrated bread and chalice to depict the Eucharist; an altar; and a ciborium — a cup with an arched cover.



The feast is also known as the Solemnity of the Most Holy Body and Blood of Christ.



Prayers for the feast are Short Novena for Corpus Christi; Anima Christi



The day is celebrated with pomp in Spain and Portugal, and Latin American nations. In Seville, Spain, the festival was reportedly known as 'the Thursday that shines greater than the sun.'



Several unique customs are associated with the feast of Corpus Christi, that originated during the Middle Ages. During the 17th century Baroque Period, several processions across Europe had colourful characters and themes from both legend and the Bible. However, by the end of the 18th century, these colourful displays declined in popularity and eventually led to their removal.



Grand celebrations of the feast of Corpus Christi is still observed with the Eucharist carried out of a church on a monstrance — vessel used by Roman Catholics — and being protected from the sun by a canopy.



Looking for more Information?
visit www.sfxchurch.sg!

Solemnity of the Body and Blood of Christ CORPUS CHRISTI

O God,
who in this wonderful Sacrament
have left us a
memorial of your Passion,
grant us, we pray,
so as to revere the
sacred mysteries of your
Body and Blood that
we may always experience in ourselves
the fruits of your redemption.
Who live and reign with God the Father
in the unity of the Holy Spirit,
on God, for ever and ever.



Mass Timings

WEEKEND MASSES

Suspended until
further notice

WEEKDAY MASSES

Suspended until
further notice

MASS ON PUBLIC HOLIDAYS

Suspended until
further notice

HOLY HOUR

Suspended until
further notice

Opening Hours

PARISH OFFICE

Closed until
further notice

ADORATION ROOM

Closed until
further notice

LIBRARY

Closed until
further notice

COLUMBARIUM

Closed until
further notice

CANTEEN

Closed until
further notice

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



For more information, please contact the Parish Office for Baptism of Infants.

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

Mini MANNA



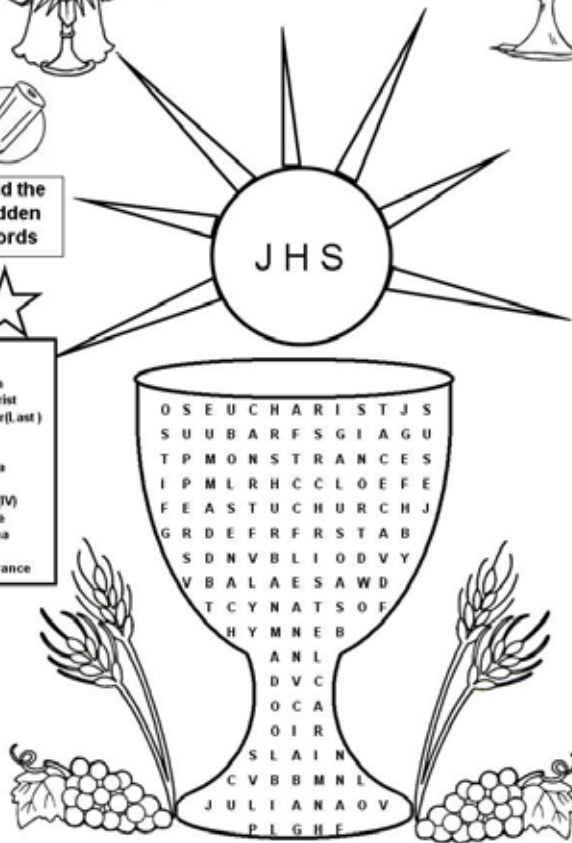
The Feast of Corpus Christi



Find the
hidden
words



Body
Feast
Church
Eucharist
Supper(Last)
Blood
Jesus
Juliana
Christ
Urban(V)
Miracle
Bolsena
Hymn
Monstrance



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