



# THE MANNA

Church of St Francis Xavier

63A Chartwell Drive,  
Singapore 558758



## Disciples *Making Disciples*



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## Connection and attunement to God

5<sup>th</sup> Sunday in Ordinary Time  
7 Feb 2021

**Job 7: 1-4,6-7**  
**1 Cor 9: 16-19,22-23**  
**Mk 1: 29-39**

Perhaps the most difficult part about sickness is the sense of isolation and disconnection it brings. Last week, Jesus exorcised an unclean spirit and spiritually healed a man. This week, he heals Peter's mother-in-law who was very sick. Although our lectionary translation says she had a "fever" – merely an increase in body temperature to us – it was highly likely she was at death's door. Imagine how Peter's mother-in-law must have been: lying flat on her back with no energy, no enthusiasm, separated from family, friends and her usual activities. She is confined to a horizontal existence.

Similarly, we may have experienced this kind of illness that leaves us horizontal and disconnected from what gives meaning to our lives, contentment in our relationships, and purpose in what we do. We see this in Job's lamentations in the First Reading. We know that Job had lost everything he held dear – his health and fortune, his family and friends, and at one point even his deepest identity. Although Job eventually had a happy resolution, the few short passages of the First Reading highlights the sense of anguish, disconnection, isolation, and abandonment he felt at his lowest.

In response, Psalm 147 encourages us to "praise the Lord who heals the broken-hearted." The anticipation and promise of healing and restoration is at the heart of this week's readings. And this promise is fulfilled by Jesus who comes into our humanity, into our lives, and



"Prayer rouses us from the tepidity of a purely horizontal existence and makes us lift our gaze to higher things; it makes us attuned to the Lord." - Pope Francis

into our sickness. Jesus took the hand of Peter's mother-in-law and helped her up. This raising up is the same word that Mark uses to describe the resurrection (Mk 16:6). Mark suggests that this is not just the physical healing of a bodily ailment, but a spiritual life-giving renewal. Jesus broke her fever, restored her vertical connection, and renewed all other connections in her life.

Just as he had done for Peter's mother-in-law, he also "cured many who were suffering from diseases of one kind or another." (Mk 1:34) Jesus' ministry of bringing healing and restoration was so compelling, he hurried to other neighbouring villages just as he was gaining fame. Instead of staying in a comfortable place and receiving from those who have benefitted from his healing, he decided to head to unfamiliar ground and risk uncertainty, so that even more may come to know the love of God.

Equally noteworthy is Jesus' steadfast relationship with God. Mark tells us, "In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there." (Mk 1:35) Pope Francis in his homily (First Sunday of Advent, 29 Nov 2020) also affirms our need for time set aside for God: "Prayer rouses

us from the tepidity of a purely horizontal existence and makes us lift our gaze to higher things; it makes us attuned to the Lord." Those of us who have struggled to rise before dawn to pray or exercise will know just how much willpower is needed to overcome our human weakness. Yet Jesus prioritises his attunement to God, and subsequently God's will and mission, at the cost of his own human needs.

The cost and sacrifice of preaching the Good News is echoed in St Paul's first letter to the Corinthians: "So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could." (1 Cor 9:19) St Paul teaches us to emulate Jesus in the urgency of the mission and in his willing surrender of everything for the sake of preaching the Good News, to bring healing and restoration to others.

This Sunday, we should ponder on the times that Jesus has restored our health, our vertical connection to the divine, and all the goodness that flows from it. Have I prioritised this relationship and connection with God in my life? Am I willing to sacrifice and give my all for the sake of the Good News, and for the sake of the healing and restoration of others?

## Announcements

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



**Church of St Francis Xavier**  
Celebrates the 200th Anniversary  
of the Catholic Church in Singapore

*Fr Benedict, Fr Cornelius and all staff would like to wish all our parishioners a grace-filled & blessed Lunar New Year!*

### PARISH OFFICE CLOSURE

Please note Parish Office operating hours over the Lunar New Year period:

**Thu 11 Feb:** Open till 12pm

**Fri 12 Feb - Sat 13 Feb:** Closed

### SOCIETY OF ST VINCENT DE PAUL: SECOND COLLECTION

There will be a second collection this weekend to help the poor and needy with monthly rations and other aid programs. As you leave, kindly place your contributions in the relevant box. Thank you for your generosity.

### TEMPORARY ONLINE MASS OFFERINGS

Please submit your intentions **ONE WEEK in advance and wait for the Finance Department to contact you.** They will provide you with a "Reference No", MO xxx (eg MO 001). Key in the given referral number upon making payment via PayNow (**T08CC4033J**).

### INTERCESSORY NOTICE

There will be no intercessory prayer on **Fri 12 Feb**. You may submit your prayer request to [www.sfxchurch.sg/intercessory-prayer](http://www.sfxchurch.sg/intercessory-prayer). All prayer requests are kept confidential.

### CATHOLIC200SG: INTERCESSORY PRAYER

You are invited to join at **8pm every Tuesday**. Intercede with us as we pray for the 200th anniversary of the Catholic Faith in Singapore, that God's love and grace may ignite our hearts and lead us to launch a new era of faith, so that once again we may be a more vibrant, evangelising and missionary church.



SCAN TO  
REGISTER

### FEBRUARY MASS BOOKINGS

#### MARS BOOKING SCHEDULE via [mycatholic.sg](http://mycatholic.sg)

**Tue 9 Feb, 12pm:**

Booking for a 3rd weekend Mass.\*

**Tue 16 Feb, 12pm:**

Booking for a 4th weekend Mass.\*

*\*Weekday Mass booking are open throughout and subject to availability.*

#### LUNAR NEW YEAR MASS SCHEDULE

There will be distribution and blessing of oranges at all Masses from 11 - 14 Feb; you may also bring your oranges and get them blessed.

**Thu 11 Feb:** 4pm\* | **Fri 12 Feb:** 9am, 11am\*

*\*No evening mass*

#### MASS SCHEDULE DURING LENT

Please note that you are required to attend both Stations of the Cross and Mass; Do not come for just one or the other. No late arrivals will be entertained once Stations of the Cross has started.

**Ash Wednesday\*:**

**17 Feb:** 6.30pm, 8.30pm

*\*Fasting and abstinence are to be observed.*

**Stations of the Cross + Mass**

**Tue & Thu:** 6.30pm | **Fri:** 8pm

#### Things to note:

- To enter our Church premises, check in must be done via the TraceTogether token or the mobile app.
- Entry is via the Main Church foyer or Plaza (outside JPPII Hall).
- **Please come at least 30 minutes before Mass begins. Registration ends 10 minutes before Stations/Mass begins.**
- Bring along your photo identification card for MARS booking verification.
- Do remember to cancel your booking 2 days in advance if you are unable to attend. A no-show for Masses that have been booked is being tracked in the system.

### MASS COLLECTION

**Your continuous generosity and donations will help contribute to our Parish's daily operations. You can make your offerings via the following options:**

1. **PayNow** - Launch the 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 the reference - Mass Collection.
2. **Cheque** - Payable to Church of St Francis Xavier and write 'Mass Collection' behind the cheque. Mail cheques to **63A Chartwell Drive, Singapore 558758**.

### CHARISMATIC

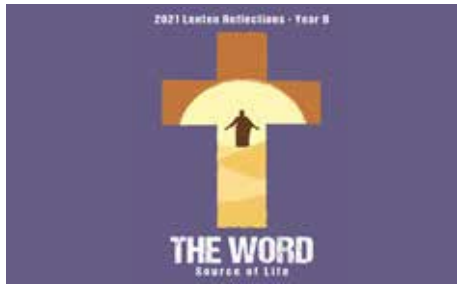
The next Charismatic Prayer Meeting is on **Mon 8 Feb, 8pm** via Zoom. There will be praise and worship followed by a talk by Roderick Lim 'I must decrease so that He can increase', based on the life of St John the Baptist. All are welcome.

**ZOOM MEETING DETAILS**  
Meeting ID: 836 3543 9497  
Password: HOLYSPIRIT



## ONE: LENT REFLECTION E-BOOKLET 2021

The Office for the New Evangelisation has produced a reflection e-booklet for Lent. They are based on the theme **"The Word, Source of Life"**. You may download the e-booklet at [bit.ly/Lenten2021](http://bit.ly/Lenten2021). It is available in English, Mandarin and Tamil. Short weekly videos that complement the e-booklet will also be uploaded on [tinyurl.com/oneyoutubechannel](http://tinyurl.com/oneyoutubechannel).



### HOLY FATHER'S PRAYER INTENTION THIS MONTH

#### UNIVERSAL: VIOLENCE AGAINST WOMEN

We pray for women who are victims of violence, that they may be protected by society and have their sufferings considered and heeded.

### IN THE MONTH OF JAN 2021

#### WEDDINGS

We congratulate the following couples:

1. Lee Shiyao Daniel & Inah Marie Liangco Mendoza
2. Cheng Xin Jie Chris & Melissa Dominique Tan MinJun
3. Chiang Theng Yi Leon & Clarissa Valerie Chew
4. Dylan Teoh Yung Tye & Charlyn Yau Huan Ying

#### CONDOLENCES

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

1. Sr Desker Christine
2. Kwok Sai Kow

#### INFANT/ ADULT BAPTISMS

We welcome the following:

1. Natalie Tan Jie En
2. Ng Chen Xi, Clare
3. Annette Tan Yu Xin

## OYP: "SHINE" COMBINED TERTIARY RETREAT 2021

*For once you were darkness, but now in the Lord you are Light. Live as children of light. (Ephesians 5:8)*

SHINE is a Catholic encounter retreat for all who are currently studying or waiting to be enrolled in any local Polytechnic, ITE, or private diploma institutions! Come away to spend time with God and grow in your relationship with Christ and His Church.

**Date:** 23 Mar (Tue) 9.45pm - 26 Mar (Fri) 6pm (Non stay-in)

**Venue:** Office for Young People (2 Lorong Low Koon, S536449)

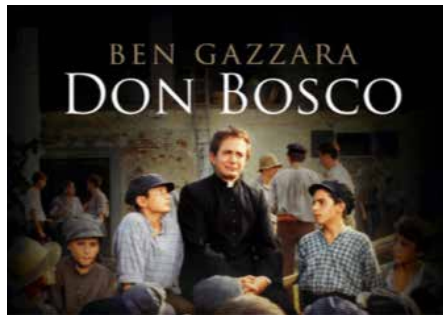
**Cost:** \$40

**Register:** <http://tinyurl.com/shine2021>

## FORMED

### February Recommendations

#### Don Bosco: The True Story of the Apostle of Youth



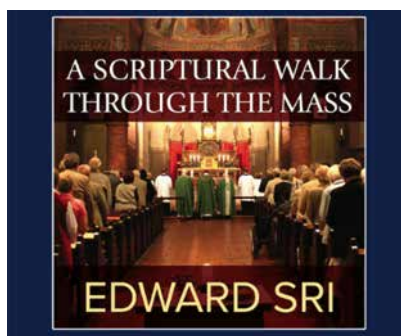
Enjoy this true inspiring story of a brave and holy priest who battled single-handedly to save the children of the streets.

#### The Sanctuary Course for Catholics



Don't miss this eight-session course that explores the realities of mental health and illness, as well as the vital need for faith-based community conversations about these topics.

#### A Scriptural Walk through the Mass by Edward Sri



Ever wondered about the meaning behind the Mass? Join Dr Edward Sri as he dives into the scriptural roots of the Mass that will help you to pray the Mass like never before.





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

# John 17:11

*"And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one."*



Jesus prayed for His friends.

Use the code to find some of His words.

○=A	◐=E	◑=I	◒=M	▢=Q	▣=U	⊠=Y
◉=B	◌=F	◎=J	▤=N	⊞=R	▤=V	▣=Z
◐=C	◑=G	◒=K	▢=O	⊞=S	▣=W	
◌=D	⊠=H	◌=L	▢=P	▣=T	▣=X	

He said, "



## Mass Timings

### WEEKDAY MASSES

**Tue & Thur:**  
6.30pm

**Fri:**  
8pm  
(During Lent only,  
includes Stations)

### WEEKEND MASSES

**Sat Sunset:**  
5.30pm

(There is currently  
no Novena at  
4.45pm)

**Sun:** 9am, 11am,  
1pm, 5.30pm  
(There is currently  
no Confession  
before Mass)

### MASS ON PUBLIC HOLIDAYS

Suspended until  
further notice

### HOLY HOUR

Suspended until  
further notice

## Opening Hours

### PARISH OFFICE

For pastoral care services (e.g. anointing, funerals etc), you may contact before coming at the following hours.

### Mon - Sat:

9.30am - 6.30pm  
**Sun:** 8.30am - 1pm

### ADORATION ROOM

Closed until  
further notice

### LIBRARY

Closed until  
further notice

### COLUMBARIUM

<https://tinyurl.com/SFXColumbarium>  
(by appointment only)

## 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.

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