



THE MANNA

Church of St Francis Xavier

63A Chartwell Drive,
Singapore 558758



Disciples
Making Disciples



Parish Office:
6280 6076, secretariat@sfxchurch.sg



Parish Priest:
Rev Fr Benedict Chng
6288 0484, benedict.chng@catholic.org.sg



Little Shepherds' SchoolHouse@St Francis Xavier:
6280 8929, sfx_kindergarten@sfxchurch.sg

Assistant Priest
Rev Fr Cornelius Ching
6282 3151, cornelius.ching@catholic.org.sg

Good News!

1st Sunday of Lent
21 Feb 2021

Gen 9:8-15
1 Pt 3:18-22
Mk 1:12-15

Ash Wednesday marked the beginning of Lent – the 40-day season recalling the 40 years the Israelites spent in the desert wilderness being prepared by God to enter the Promised Land. In a similar way, Elijah walked 40 days and nights to Mount Horeb where he encountered God and received his instructions (1 Kgs 19). Moses too, was up in Mount Sinai twice (see Ex 24:18, Ex 34:28) for 40 days and 40 nights without food before he received the Ten Commandments.

Elijah and Moses foreshadowed Jesus, who in a similar way was led by the Spirit after his baptism into the desert to battle Satan. After fasting for 40 days and nights, at the height of his human deprivation, Jesus overcame every temptation from Satan and in so doing, not only gained victory over Satan but is now able to empathise with our temptations, yet without sinning (Heb 4:15). Emerging victorious over Satan, Jesus rightly proclaimed the good news (gospel) that the time has come and the Kingdom of God is at hand.

The word “gospel” comes from the Latin word “*Evangelium*” which, at the time of Jesus, was a term used to denote a saving message from the Roman emperors pronouncing a victory or change in world order (regardless of whether the message was good or bad

for the people under rule). In using the term “gospel of God”, St Mark is telling us that the true saving message is from none other than God himself, a message that is not only informative but carries out what it intends. The message itself has efficacious power to convert hearts away from sin and put our souls on a path to salvation.

How then are we to understand the term that “the kingdom of God is at hand”? In his book “*Jesus of Nazareth*”, Pope Emeritus Benedict XVI noted that there are three possible dimensions to the kingdom of God. In one dimension, Origen (an early Church Father 184 – 254 AD) said that Jesus is the kingdom in person. By his words and action, Jesus leads man to realise the fact that in him God himself is present amongst man. In another dimension, Origen says that the kingdom of God is located interiorly in man. Therefore, in praying for the coming of the kingdom, man prays that God

comes into himself to reign over his life, bearing fruit and attaining the fullness of life, rather than allowing sin to rule. Lastly, there is the dimension that the Catholic Church is the kingdom of God on earth, in which the Lord himself becomes present every time the Liturgy of the Eucharist is celebrated.

Whichever way you look at it, Pope Emeritus says the kingdom of God is close at hand because in Jesus, God has entered our created world to draw near to us. “In Jesus, God is now the one who acts and who rules as Lord – rules in a divine way, without worldly power, rules through the love that reaches ‘to the end’ (Jn 13:1).” And through Jesus, we receive the grace of mercy and forgiveness in order that we become capable of being merciful and forgiving to others. Arising from this relationship of love, Jesus frees and empowers us to do good and pass on God’s graces to others.

It is therefore proper that we read and meditate upon this gospel reading from St Mark at the beginning of Lent, because the call of Jesus to “repent, and believe in the gospel” (Mk 1:15) demands a response from us. In this season of Lent, as we fast, pray and give alms to discipline our mind and body, we join our sufferings with that of Jesus, thereby allowing him to draw us closer to him and closer to the kingdom of God where suffering will come to end. And so just like Elijah and Moses before us, at the end of our 40 days of Lent, we once again receive anew, Jesus our Lord, into our heart and soul that we might be in communion with him – welcoming his loving lordship over our lives.



“In Jesus, God is now the one who acts and who rules as Lord – rules in a divine way, without worldly power, rules through the love that reaches ‘to the end’ (Jn 13:1).”

Pope Emeritus Benedict XVI

Announcements

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

GIFT COLLECTION

This weekend, being the third weekend of the month, there will be a call for contributions for the GIFT (Giving in Faith & Thankfulness) programme to build a more vibrant, evangelising and missionary Church. Please give generously to support the organisations and projects of the Archdiocese by making a monthly pledge. You can give via PayNow (UEN: 201231391K) or drop your contributions into the GIFT donation box located at the two entrances of the Main Church. For more info, please visit catholicfoundation.sg.

TEMPORARY ONLINE MASS OFFERINGS

Please submit your intention **1 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).

HOW CAN WE PRAY FOR YOU?

Join us online **every Fri, 8pm** to pray and intercede for others in the presence of the Blessed Sacrament. If you are joining us for the first time, please email intercessory@sfxchurch.sg for more information. All are welcome!

ZOOM MEETING DETAILS

Meeting ID:
861 5125 7252
Password:
SFX26FEB



CARITAS: DISCIPLESHIP RETREAT 2021 BY REV MSGR AMBROSE VAZ

Are you more a Volunteer than a Disciple in your service of the Lord? Come learn about Christian Commitment and the marks of Servanthood in the Bible. The retreat will be held online over **three Saturdays (6, 13 and 20 March)** from **9am to 12pm**. For queries and registration, please email formation@caritas-singapore.org.



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

SFX Parish Lent Activity 2021

Do you know of anyone who may not be tech-savvy to register and book for Mass, or attend Mass online? This Lent, let us Rise Up and Reach Out to our fellow parishioners and friends, by inviting them back for Mass! Assure them of the safety protocols that are already in place and go the extra mile by helping them register/book for a Mass slot. Alternatively, you may want to invite them to your home, inviting no more than 8 persons, to attend Mass online, together.

Let us be Church to one another in this time of need. Let us Ignite and Shine with Faith, remembering the words of Our Saviour, "Where two or three are gathered in My Name, there I will be." Matthew 18:20.

March Mass Bookings

[HTTPS://MYCATHOLIC.SG](https://mycatholic.sg)



MARS Booking Schedule

TUE 23 FEB, 12PM

Booking for a 1st weekend Mass*.

*Weekday Mass bookings for whole of March are open throughout the month and subject to availability.

TUE 2 MAR, 12PM

Booking for a 2nd weekend Mass*.

TUE 9 MAR, 12PM

Booking for a 3rd weekend Mass*.

TUE 16 MAR, 12PM

Booking for a 4th weekend Mass*.

Stations of the Cross



All weekday masses during Lent will begin with the Stations of the Cross. You may access the readings for the Stations of the Cross at the bottom of your entry ticket or download via tinyurl.com/SFXStations.

Please note that you are required to attend both Stations and Mass TOGETHER. No late arrivals will be entertained once Stations have started.

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 JPPI 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:

- 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**.
- Cheque** - Payable to **Church of St Francis Xavier**. Mail cheques to **63A Chartwell Drive, Singapore 558758**.

CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 22 Feb, 8pm** via Zoom. There will be praise and worship followed by a talk on the "Chair of Peter" by Helen Chong. All are welcome.

ZOOM MEETING DETAILS

Meeting ID:
836 3543 9497
Password:
HOLYSPIRIT



Creating Space for Lent

During this six-week season, we are encouraged to engage in three spiritual practices – prayer, penance, and almsgiving.

Here are some ideas on how you and your family could carry out these practices:

Lenten Family Mealtimes

In addition to “Friday fish day,” designate one evening a week to prepare a meal together. Assign a different dish or task to each family member. Before starting, discuss how each family member is giving to the others—giving time, effort, and care to nourish the entire family to go out and do God’s will. Begin with a prayer of thanks and petition.

Family Lenten Reading

Prominently display the Bible and other books that feature topics such as the following: Lent, forgiveness, prayer, Scripture, generosity, social justice and service for others. Invite family members to choose books to read together and then you could discuss what you read.

Family Kindness and Sharing

On slips of paper, suggest random acts of kindness, eg give a compliment, say hi to an old friend, carry someone’s heavy load. Present each family member with a slip of paper daily, invite them to take action without seeking recognition. Share your experiences as a family and pray with one another that your acts of kindness will be passed on throughout Lent and beyond.

Giving to Charities

Have each family member identify three to five high-quality, useful items that would be appreciated by those who are less fortunate. Donate the items to a favourite charity. Pray together for those who will receive them.

A PRAYER FOR A

Lenten Spirit

Be with me this Lent, Jesus, and deepen my spirit.

Let my every sacrifice be underscored with gratitude and humility.

By giving something up,

may I discover anew all I have taken for granted.

In each small effort,

may I recognize my need for your strength and grace.

As I empty myself through fasting,

make me mindful of those for whom scarcity is an everyday reality.

As I abstain from negativity, self-righteousness, and arrogance,

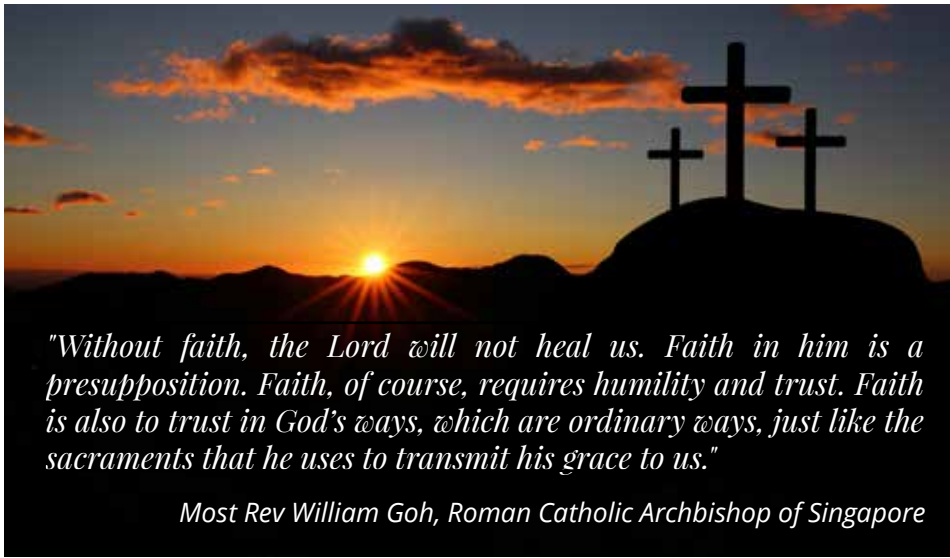
replenish me with kindness, understanding, and good humor.

Be with me this Lent, Jesus, and turn my spirit towards you.

Amen.



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



"Without faith, the Lord will not heal us. Faith in him is a presupposition. Faith, of course, requires humility and trust. Faith is also to trust in God's ways, which are ordinary ways, just like the sacraments that he uses to transmit his grace to us."

Most Rev William Goh, Roman Catholic Archbishop of Singapore



Complete each segment of this chart by writing one way you will practice renewing your Baptism during Lent. In the center oval, draw your own Baptism or a symbol of Baptism.



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)

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)

MASS ON PUBLIC HOLIDAYS

Suspended until further notice

HOLY HOUR

Suspended 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.

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