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## Disciples *Making Disciples*

## Why Fast?

1<sup>st</sup> Sunday of Lent  
6 Mar 2022

**Deut 26:4-10**  
**Rom 10:8-13**  
**Lk 4:1-13**

We enter into the first Sunday of Lent by hearing once again the account from St. Luke of Jesus being led by the Holy Spirit into the wilderness to do battle with the devil. All three of the Synoptic Gospels tell us that this battle took place over the course of 40 days during which Jesus also fasted.

The number forty in the Bible is always symbolic of a period of testing and training. Thus, God rained on earth for 40 days to cleanse it after telling Noah to enter the ark (Gen 7:4); the tribes of Israel were made to wander for 40 years in the desert because they disobeyed God (Num 14:34); for their disobedience to God, Israel was given over to oppression by the Philistines for 40 years (Jdg 13:1); Elijah, after eating angelic cake, walked for 40 days and 40 nights to Mount Horeb where he spoke with God; and the great city of Nineveh was given 40 days to repent or face destruction from God for their wickedness. Likewise, our Lord Jesus submitted himself to being tested for 40 days in the wilderness.

In allowing himself to be tested by the devil in the wilderness, Jesus "recapitulated the temptations of Adam in Paradise and of Israel in the desert". This mysterious event has salvific meaning. Where the first Adam gave in to temptation, Jesus, the new Adam, remained faithful in total obedience to the divine will, revealing himself to be God's Servant

(CCC538-539). Jesus showed us that the way to overcome temptation is to order our lives to worship and serve God alone, trusting in His goodness and providence, and nourishing our souls not just by the material bread that we eat, but by spiritual bread which is every word that proceeds from the mouth of God. (Deut 8:3)

But why did Jesus have to fast for 40 days and 40 nights? Firstly, consider that humanity's fall from grace and into sin began with eating. God gave every tree to Adam for food but forbade him from eating of just one tree (Gen 2:16-17). Adam and Eve broke the "fast" by eating of the tree of the knowledge of good and evil, not because it is a means to life, but believing that food had life in itself and thus he could be "like God" (Gen 3:5). In breaking the fast from what is forbidden, Adam had the mistaken belief that "bread alone" is all that is needed to live. Jesus, being the new Adam, fasted for 40 days and became hungry. Such hunger would force us to confront the ultimate question - "what does my life truly depend upon?" The devil tempted both Adam and Jesus - Eat, because hunger proves that you depend on food to live, your life is in food. Adam believed the devil rather than trust in God and ate. Jesus said

"Man does not live by bread alone" (Lk 4:4), "but by every word that proceeds from the mouth of God." (Mt 4:4, Deut 8:3) Faith in God frees us from total dependence on food, on matter and any other worldly things. Jesus fasted for 40 days to show us that the only way for us to recover our true spiritual nature is to fast, because fasting restrains our desires of the flesh which builds self-control and self-mastery, allowing the spirit to bring the flesh under control (cf Gal 5:17). This then raises our mind and heart to heavenly things, toward the contemplation of God, purifying the desires and aspirations of our souls towards the beauty and truth of God.

In order for fasting to be effective, the spirit must be an integral part of it - Christian fasting is not about losing weight. Fasting is about our spiritual life and prayer because it is ultimately about fasting from sin. It is a real fight between good and evil, and very likely we will fail many times, but through prayer and supplications to God, we learn to depend on God for the grace of faith and strength from the Eucharist - the truest of foods, to help us persevere in our fast from sin.



***"Jesus fasted for 40 days to show us that the only way for us to recover our true spiritual nature is to fast, because fasting restrains our desires of the flesh which builds self-control and self-mastery, allowing the spirit to bring the flesh under control." - Gal 5:17***

## Announcements

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

### TRAFFIC ADVISORY FOR CARS ENTERING AND LEAVING THE BASEMENT CARPARK



We have been receiving adverse feedback from Burghley Drive neighbours regarding the noise caused by cars going over the 3 sets of drain gratings leading into basement carpark. We are in the process of procuring new gratings to replace the defective ones. **We seek your assistance and cooperation to drive very slowly over the grating on entering and exiting the basement carpark.**

## SSVP 2ND COLLECTION

This weekend, there will be a second collection by Society of St Vincent de Paul to help the poor and needy in monthly rations and other aid programmes. SSVP members will be at the atrium area. Please give generously.

Society of St Vincent de Paul (SSVP)

- OCBC Bank Account No: 686 596 768 001
- PayNow UEN: S61SS0149B

## HOW CAN WE PRAY FOR YOU?

You may submit your prayer request to [www.sfxchurch.sg/intercessory-prayer](http://www.sfxchurch.sg/intercessory-prayer). All prayer requests are kept confidential. Join us online every Monday to pray and intercede in the presence of the Blessed Sacrament.

### ZOOM MEETING DETAILS

Date & Time: Mon 7 Mar, 8pm  
Meeting ID: 861 5125 7252  
Password: SFXIP7MAR



## ROSARY PROCESSION WITH OUR BLESSED MOTHER

The Church is organising a monthly procession within the church grounds in honour of Our Lady. Come join us on **Sun 13 Mar, 8pm** in front of Mother Mary's Grotto.

## ONE: 2022 LENTEN REFLECTION BOOKLET

The Office for the New Evangelisation has produced a reflection e-booklet to journey with you throughout Lent. The reflection theme is "The Word Renews". Please download the e-booklet at <https://bit.ly/Lenten2022>

## March Mass Bookings

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

Parishioners are entitled to book **1 weekend Mass** and up to **6 weekday Masses**. Subject to availability. Seating capacity for all weekend Masses has been increased to 240. You can also book for Masses at another parish.

### DATES FOR MASS BOOKINGS:

• **Tue 8 Mar, 12pm** • **Tue 15 Mar, 12pm**

#### THINGS TO NOTE

- **Mass booking/cancellation** closes **1 hour** before Mass. Please be gracious to cancel your booking earlier if you are unable to attend.
- **Mass registration** 45 minutes before Mass.
- **Mass Entry:** Tue & Thur Masses via **Choir Entrance**, all other Masses via **Church Foyer** and **Choir Entrance**.

#### STATIONS OF THE CROSS

All weekday evening Masses during Lent will begin with the Stations of the Cross. You may scan the QR Code on your entry ticket to access the Stations of the Cross.



*Kindly note that you are required to attend both Stations and Mass together.*

For more information, visit [www.sfxchurch.sg/booking-of-masses-march-2022](http://www.sfxchurch.sg/booking-of-masses-march-2022)

## 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**.

## COME, ADORE AND PRAY WITH JESUS

John Paul II Hall is available for silent prayer every **Wednesday** and **Sunday** from **7pm to 10.30pm**. No booking is required, but a maximum of 25 people at one time will be allowed. It will be on a first-come, first-served basis. The usual safe distancing measures are applicable.

## CARITAS: MODULE 2 OF MY PERSONAL MORAL COMPASS

What is a virtue? Why are virtues so central to the Church's moral teachings and tradition? How do they help us to be more fully human? Join us as we explore these questions and more! For enquiries, please email Caritas Singapore at [mpmc@caritas-singapore.org](mailto:mpmc@caritas-singapore.org).

**DATE:** 10 March - 28 Apr (Thursdays)

**TIME:** 7.30pm (Zoom)

**REGISTER:**

<https://forms.office.com/r/G2KKTEKufZ>

## SOJOURNERS' COMPANIONS: VIRTUAL WEEK OF GUIDED PRAYER @ SFX

Learn how to pray with Scripture and develop a closer relationship with the Lord. What better timing to do this than during Lent. As participation will be limited, please register by **Sun 27 March**. Participation is free, but love offerings to Sojourners' Companions are welcome. Register at [www.sojourners.sg](http://www.sojourners.sg) or email [wogp@sojourners.sg](mailto:wogp@sojourners.sg).

### Taster Session Via Zoom Sat 2 Apr, 2pm - 4.30pm

- Presentation of Prayer Methods
- Meet your Prayer Guide at Breakout Session

### Week of Guided Prayer Mon 4 Apr - Fri 8 Apr

- Meet your Prayer Guide daily for half hour between 9am - 10pm
- Choice of Virtual meeting to be agreed with Prayer Guide

### Closing Session Via Zoom

Sat 9 Apr, 2pm - 4.30pm

- Zoom Link will be provided to you 24 hours in advance





## HOLY FATHER'S PRAYER INTENTIONS THIS MONTH

## FOR A CHRISTIAN RESPONSE TO BIOETHICAL CHALLENGES

We pray for Christians facing new bioethical challenges; may they continue to defend the dignity of all human life with prayer and action.

## PRAY FOR OUR RCIA/RCIY PARTICIPANTS

Let us pray for our RCIA/RCIY catechumens and candidates as they inch closer to the waters of baptism. We continue to support them and pray for their conversion, and for their hearts to be open to the Lord. As a community, let this be one of our commitments this Lent!

## LITTLE SHEPHERDS' SCHOOLHOUSE: CATHOLIC PRESCHOOL EDUCATION - VACANT POSITIONS

If you have a background in early childhood education and you are passionate about children, come join the Little Shepherds' Schoolhouse family! To apply, send in your CV and relevant qualifications to [lss.recruit@catholicpreschool.edu.sg](mailto:lss.recruit@catholicpreschool.edu.sg)

### Positions Available:

- Centre Leader
- Preschool Teacher
- Administrative Executive
- Cook
- Cleaner

## IN THE MONTH OF FEB

### WEDDINGS

We congratulate the following couples:

1. Mark Sebastian Abraham & Madeleine Pang Yan Rui
2. Eugene Philip Stanley & Michelle Punitha Danaraj
3. Jared Ryan Rezel & Heng Jia Min, Jamie
4. Jonathan Phua Xiao Yuan & Natasha Wong Jiamei

### CONDOLENCES

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

1. Rodrigues Myra
2. Tan Geok Cheang Benedict
3. Danker Jacynth Roberta

### BAPTISMS

We welcome:

1. Kayla Joy Teoh Wen Xuan
2. Emma Koh Xin Yu
3. Stefan Koh Shao Hang
4. Pang En Wee Jonah Jacob

# FORMED<sup>®</sup>

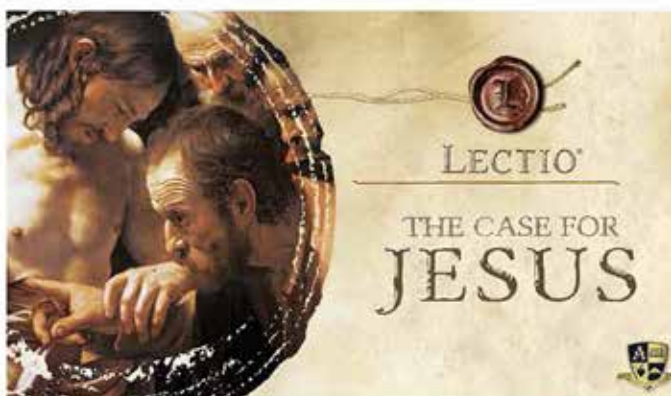
## PICK OF THE WEEK

March 6, 2022

WATCH

### EVERYDAY HEROES

Heroism isn't restricted to decorated soldiers or persecuted saints. It's something achievable for all of us even in our ordinary lives. In this documentary, see how the Knights of Columbus have embodied this everyday heroism!



### LECTIO: THE CASE FOR JESUS

In nine sessions, Dr. Brant Pitre answers the key question of faith: Who is Jesus? Dr. Pitre presents evidence from early Christian and non-Christian writings that attest to the authenticity of the Gospels. Timed to lead up to the Triduum, Dr. Pitre looks in-depth at the accounts of Jesus's Crucifixion and Resurrection and his proclamation of divinity.

LEARN



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



# Jesus Was Tempted by the Devil: True or False?

*How well do you know the story from today's Gospel reading?*

1. Jesus went to the desert and didn't eat anything for 40 days. True or False?
2. Jesus was never tempted by the devil. True or False?
3. Jesus wasn't hungry, even after 40 days with no food. True or False?
4. The devil said that all the kingdoms of the world belonged to him. True or False?
5. Jesus said that He would only worship the devil if he gave Him all the power first. True or False?
6. Jesus wouldn't throw Himself off the Temple because He said it was "putting God to the test." True or False?
7. The devil kept bothering Jesus, even when he ran out of things to tempt him about. True or False?



Answers to True or False: 1. true, 2. false, 3. false, 4. false, 5. true, 6. false, 7. false.

## Mass Timings

### \*WEEKDAY MASSES

**Tue:**  
6.30am, 6.30pm

**Thu:**  
6.30pm

**Fri:**  
8pm

### \*WEEKEND MASSES

**Sat Sunset:**  
5.30pm

**Sun:** 7am, 9am, 11am,  
1pm, 5.30pm  
(There is currently no  
Confession before Mass)

### \*MASS ON PUBLIC HOLIDAYS

9am

*\* All are vaccinated Masses*

## 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

**AT JPPI HALL**  
**Wed & Sun:**  
7pm - 10.30pm

### LIBRARY

Closed until further notice

### COLUMBARIUM

**Mon to Sat:**  
10am - 12pm, 2pm - 4pm

**Booking via**  
<https://tinyurl.com/SFXColumbarium>

## 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. Submit your envelopes at least one week 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)