



Disciples
Making Disciples



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Covenanted for Resurrection

2nd Sunday of Lent
13 Mar 2022

Gen 15:5-12, 17-18
Phil 3:17 - 4:1
Lk 9:28b-36

As children, we were probably most fascinated by the uncountable number of stars in the sky in the story of God's covenant with Abram (cf Gen 15:5). God had promised the then still childless 85-year-old Abram that he would have many descendants in the land that the Lord would give to him – so many in fact that they would be uncountable just like the stars in the sky.

What is usually not told to us as children is the barbaric, blood-filled ratification of that covenant. It is a vivid account: a three-year-old heifer, a three-year-old goat and a three-year-old ram were “cut in half and put half on one side and half facing it on the other.” (Gen 15:10) A turtledove and a young pigeon were also killed but they were not halved. There was so much blood and gore that “birds of prey came down on the carcasses...” (Gen 15:11) No wonder children are not told these visceral, barbaric and horrifying details of how a covenant is enacted!

As part of the ritual, both parties would then walk between the halves of the cut animals symbolizing that should either one of them break the terms of the covenant, that party would meet death like the dead animals they just walked through. In the covenant with Abram, God alone went between the halves of the cut animals in the form

of a smoking furnace and a firebrand (flaming torch). Abram was asleep.

The morbid details in this covenant account foretell the events that would unfold following the Transfiguration which is the subject of today's gospel. The Catechism tells us that the Transfiguration is the “threshold of the Passover” (CCC 556). In the Transfiguration, Peter, James and John saw Jesus' face change and his clothes “became brilliant as lightning.” They saw Moses and Elijah “appearing in glory...speaking of [Jesus'] passing which he was to accomplish in Jerusalem.” (Lk 9: 29-31)

The Transfiguration points to the Passover - the climax of Holy Week. On Holy Thursday, Jesus would be in anguish in Gethsemane, suffering hematomosis as “his sweat became as blood running to the ground” (Lk 22:44); Peter, James and John would be asleep just as Abram slept (Lk 22:45-46); Judas would show no sense of humanity at seeing Jesus bloody from hematomosis, like a bird of prey that relishes the smell and taste of blood, Judas would kiss Jesus to betray him (Lk 22:47);

“...may we remember that we are the uncountable stars filled with God's Holy Spirit to light up the world with virtues, love and holy living just as God's Beloved, our Lord Jesus Christ, radiated the Father's mercy and love to the world from the cross”

- Mt 17:5, Gospel Acclamation

Jesus would be arrested, beaten, scourged, crowned with thorns and crucified. After he dies on the cross, he would be pierced, “bringing a sudden flow of blood and water.” (Jn 19:34) The climax of Holy Week is visceral, barbaric and horrifying. God himself, the Second Person of the Trinity, bore the full penalty of the covenant broken by Abram's descendants. He took this upon himself to enact a New Covenant that is based on faith in him as God's Son and communion with the Trinity through the sacraments.

Baptised into Christ, the New Covenant, St Paul reminds us to reject “shameful...earthly things” (Phil 3:19) so as to reach the definitive Promised Land which is heaven: “our homeland is in heaven, and from heaven comes the saviour...the Lord Jesus Christ [who] will transfigure these wretched bodies of ours into copies of his glorious body.” (Phil 3:20-21)

Every day, Christ wants to transfigure us for the resurrection through the Eucharist: “...our participation in the Eucharist already gives us a foretaste of Christ's transfiguration of our bodies: Just as bread that comes from the earth, after God's blessing has been invoked upon it, is no longer ordinary bread, but Eucharist, formed of two things, the one earthly and the other heavenly: so too our bodies, which partake of the Eucharist, are no longer corruptible, but possess the hope of resurrection.” (CCC 1000)

Let us pray for the grace this Lent to remember that we are the uncountable stars filled with God's Holy Spirit to light up the world with virtues, love and holy living - just as God's Beloved, our Lord Jesus Christ, radiated the Father's mercy and love to the world from the cross (cf Mt 17:5, Gospel Acclamation).

Announcements

For announcements in the bulletin, send your requests to 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 the 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

With your kind donations last weekend, SSVP was able to raise **\$57,942.35** for Friends In Need. We thank you for your generosity and continued support of our activities. Please note that if you wish to make a cheque payment or PayNow, it should be payable to:

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. 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 14 Mar, 8pm
Meeting ID: 861 5125 7252
Password: SFXIP14MAR



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. Scan the QR Code to register.



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)

Tue 15 Mar, 12pm

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.

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

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 via Zoom is on **Mon 14 Mar, 8pm**. There will be Praise & Worship followed by a talk on 'What Is Your Spiritual Age?'. All are welcome.

ZOOM MEETING DETAILS

Date & Time: Mon 14 Mar, 8pm
Meeting ID: 884 2477 8685
Password: HOLYSPIRIT



CARITAS SINGAPORE: CHARITIES WEEK

"If you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday." — Isaiah 58:10

Charities Week is an annual fundraising campaign to empower the work of Caritas Singapore Catholic charities that serve the poor, vulnerable, and marginalised. As we prepare for Lent, let us share our blessings by donating so that no one is left behind. For more info, visit bit.ly/caritas-charities-week-2022

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 or email 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

ABIDE: REJOICE JERUSALEM

Calling all youth and young adults from age 17- 40! The 1Cor12 youth and young adults communities will be having our first Abide of the year. Join us for a time of worship, preaching and adoration, as well as getting to know fellow youth and young adults in the parish who are seeking Jesus. We are blessed to have Br Andrew who will be speaking for the night! Do sign up early as slots will be limited! Register at <http://bit.ly/1cor12abide>

Date & Time: Fri 25 Mar, 8pm - 10pm

Venue: Parish Hall (Level 3, Parish Centre)

STATIONS OF THE CROSS BY CHILDREN'S LITURGY

It's Lent and the time when we have Stations of The Cross. We invite families with children to join us as we make our pilgrimage in the Way of The Cross to pray at each station and to spend time with Jesus, thanking him and praising him. Scan the QR Code to join us!



ART MINISTRY RECRUITMENT

Looking for committed and creative/non-creative individuals (20 - 30 years old). Competent in conceptualising, designing, or producing the sanctuary backdrop (main church) for Easter and Christmas. Able to work as a team and commit a few hours on weekday evenings & weekend afternoons — 1 month prior to both events. Training will be provided.

Those interested, may email mmm@sfxchurch.sg or leave your name & contact with the parish office and we will be in touch with you.

What is A Week of Guided Prayer all about?

Do you yearn to get closer to the Lord? In this Week of Guided Prayer, you will learn to get closer by praying with scripture in the tradition of Ignatian contemplative prayer. The Sojourners' Companions comprise a group of voluntary, dedicated prayer guides who journey with others through scriptures to deepen their experience of God in daily life. *Thinking of signing up? Read about Joyce's experience and sign up now.*

My Sojourners' Guided Prayer retreat experience of 2003 and 2005, and now 17 years later...

I HAVE SIGNED UP AGAIN.
HAVE YOU?

BY JOYCE ONG

I have been waiting for this since 2005 – yes 17 years – and yes I have signed up for this coming April 2022's Retreat. Why?

I miss Him. I miss the close encounter, I miss his hug, his warmth. I miss the quietness, the stillness. I miss His personal presence in real time. I miss his love messages to me.

Of course, there are other encounters, but for me, none like what I have had encountered during my **two Guided Prayer Retreats**. We were told that this Retreat was ideal for working people as the Sojourners (the spiritual prayer guides) accommodate our chosen time, from morning to evening so there's no excuse we can't.

Allow me to share my personal encounter and the highlights of my experience through extracts from my journal.

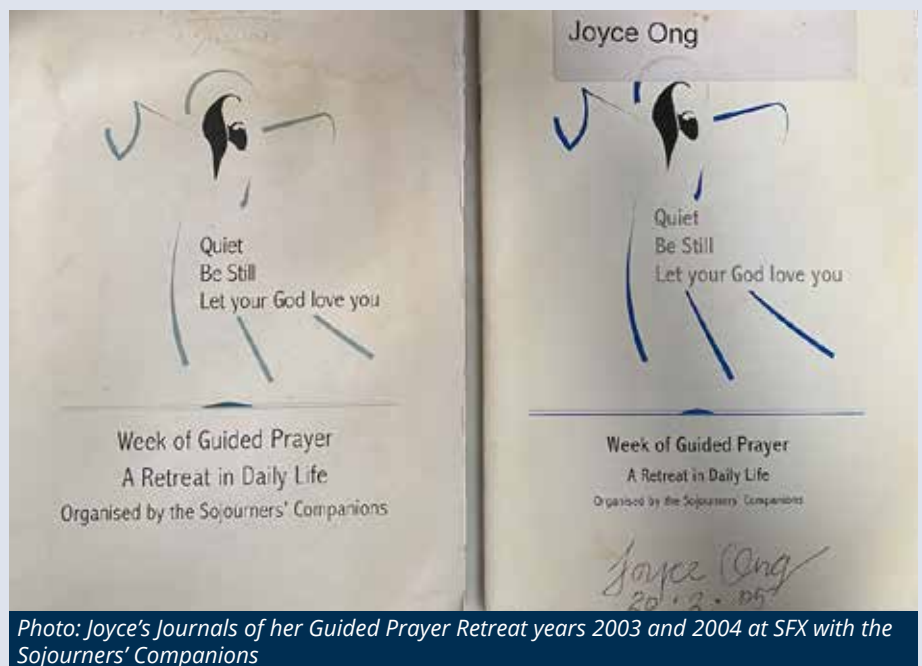


Photo: Joyce's Journals of her Guided Prayer Retreat years 2003 and 2004 at SFX with the Sojourners' Companions

**An extract from my journal of
Mon 2 June 2003, 9.35pm – 10.25pm**
PRAYER MEDITATION THROUGH LECTIO DIVINA
JEREMIAH 18:1-7

*The most extraordinary thing happened.
Jesus, the Lord hugged and embraced me.
My hands were His... I had no control.*

*(I concentrated on: 'The Lord said to me...
you are in my hands...')*

*I cried and cried and cried without control.
His embrace was very very warm, and I leaned
on his embrace....Jesus took me in His hands...
and he loves me.*

(40 mins later though we were told to keep it to 30mins).

Before He left, he wiped my face full of tears...

...my face was as smooth as cream when I went to wash it. have since never looked back on the real meaning of 'trusting Him'.

The experience was surreal.

I specifically stressed that I totally trusted in God and yet my Spiritual Guide's scripture passages for me to meditate on was on trusting God. But through the grace of God, I had my eureka moment: I realised, consciously I believe I trusted in God but subconsciously, I didn't. I was far from it.



Looking for more Information?
visit www.sfxchurch.sg

I thanked God for this and have since never looked back on the real meaning of 'trusting Him'.

My second sign-up in 2005 was challenging because:

1. I was encouraged to try Ignatian Contemplation instead of Lectio Divina;
2. I was looking forward to another encounter and it didn't come till the third evening;
3. I almost gave up because I was tired from heavy work days.

This encounter was even more amazing than the first retreat.

The spirit took over just as I was reading the passage about my umpteenth time and was about to give up trying to 'enter the scene' – just as I thought it was over, there was part two and three.

2ND RETREAT

Extract from my journal of 22/23 February 2005 (past midnight)

PRAYER MEDITATION THROUGH IGNATIAN CONTEMPLATION

MATTHEW 6:24-34

My initial reaction was unbelief but by the Grace of God – my tongue was tied and my being, controlled. I read and re-read the scripture and in the midst of re-reading, an aura of lightness surrounded me.

I entered into the world of Mt 6:24-34. I was in flight...lots of grass, tall grass, dark clouds turned into glaring bright day, sunshine, glow, I must have flown for over 20 minutes... Jesus embraced me using my own arms – tears of joy was uncontrollable at this point.

Then I was transformed into a butterfly...sucking on so much honey.

I broke into tongues...I think God was talking to me – cause all I said was 'sha-na, sha-na...' Somehow, it came to me as 'OK Lord, OK Lord'. I was nodding as He spoke, understanding. A golden cross atop a golden heart appeared too.

This was not the end....my body contorted...

...as though a bird was starting to take flight... my arms spread out with BIG wingspan motion, spreading its wings, literally flapping...the day was beautiful...tears just rolled down my cheeks.

I came out of this journey at 12.05am.

I waited for 17 years for this Retreat. I thank God for another reward. Claim yours, it's just a click away. Allow God to take over.

5 Ways to grow spiritually this Lent

1 Fast in other ways

Many of us try to fast more during Lent but what if you were to take fasting a step further? Can we try to fast from our sins? This may seem rather daunting but if we could examine our "spiritual blind spots" and try to address our sinful habits, this may be a step towards acquiring virtuous ones. We could fast from hurting words, anger and complaints and replace them with kind words, patience and gratitude. Do we worry, complain and get bitter? Then let's have trust in God, be filled with gratitude and joy in our hearts. Let us fast from selfishness and instead be compassionate to others.

2 Pray the Stations of the Cross

Make time for prayer. Meditating on the final moments of Jesus' life on the cross is a sobering, yet rewarding experience. You will come away with a renewed sense of God's love.

3 Burn Incense

Fill your home with scents that will remind you of church and our Lord. Incense, particularly frankincense and myrrh, symbolises Christ's royalty and foreshadows His death on the cross. These scents can help us remember Jesus' sacrifice throughout the season of Lent. Check out <https://shop.novenachurch.com/collections/candles/INCENSE>

4 Abstain from Meat

For the meat lovers, this is truly a simple sacrifice that is deliberate and sets us apart from the rest of the world. However, meatless does not necessarily mean "tasteless". There are many cookbooks and easy recipes out there to help one prepare meat-free, nutritious and healthy meals. Look out for The Lenten Cookbook by chef David Geisser with essays from Scott Hahn, who reflects on the history of fasting and its integral role in our personal spiritual growth.

5 Go on a retreat

As you go away on holiday to rest your tired body, a retreat helps you "rest" your soul. Take time and steal away from the hustle and bustle of everyday life and spend time alone with the Lord. If you are able to do a physical retreat, that would be best. If not, you can always take a retreat by using resources found on **FORMED.org** without leaving home.

Adapted from ucatholic.com

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