



# THE MANNA

## Church of St Francis Xavier

63A Chartwell Drive,  
Singapore 558758



### Disciples *Making Disciples*



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## Freedom with Love

14<sup>th</sup> Sunday in Ordinary Time  
3 Jul 2022

Is 66:10-14c  
Gal 6:14-18  
Lk 10:1-12, 17-20

Last week, we heard from St Paul that "When Christ freed us, he meant us to remain free. Stand firm therefore, and do not submit again to the yoke of slavery." (Gal 5:1) The "yoke of slavery" was a metaphor for the burdens of the Mosaic Law and to us Gentiles the slavery of sin. This week St Paul concludes his letter to the Galatians by telling them "it does not matter if a person is circumcised or not; what matters is for him to become an altogether new creature" (Gal 6:15), thus stressing the primacy of being renewed in the Spirit in order to remain free.

So how did Jesus set the Galatians free and indeed, how does Jesus now set us, gentile Christians free from the yoke of sin? St Paul hints at the answer in Gal 5:6; "faith that makes its power felt in love." Our Christian faith alone is insufficient to save us, because faith that stands alone without love is vain and empty (1 Cor 13:2, Jas 2:14-26). Jesus, in his total love of God, in filial obedience and out of his self-sacrificial love (Agape) for us, laid his life down on the Cross in atonement for our sins against God. In so doing, Jesus gave us the Way into God the Father's heart from which we can appeal for grace and mercy. And regardless of our state in life; what we have done; what we have failed to do, God's love for us is always there and ever infinite.

The first reading from Isaiah gives us an evocative image of how God loves us. Isaiah describes God's love for us like that of a nursing mother. He takes us to his heart; He holds us securely in his lap and comforts us; from His abundant store He nourishes us. Isaiah wants us to see God as a father who gently and lovingly cares for the well-being, security and comfort of his child. It does not matter where we have been; what we have or have not done, as long as we abide in the arms of God, He says to us "I will love you". In the face of such true love and gentleness, the child, in innocence will respond "And I will love you too."

Through Jesus, we come to know God as the loving Father. By his life, Jesus teaches us about the kind of love we ought to have for one another - Agape. Through Baptism we too die with Jesus on the cross in order to be re-born as a "new creation" that St Paul wrote about. Having thus been incorporated into the family of God, God the Father pours out his love which enables us to give agape love, turning the "Thou shall not..." commandments to "love one another as I have loved you" (Jn 15:12). With agape, we are set truly free from laws to pursue holiness when we genuinely love one another. Thus, if we have love, we would not contemplate harming anyone but instead would will and choose the good of the other (St Thomas Aquinas), which negates the necessity of laws to dictate what we can or cannot do. St Augustine once said "Love, and do what you will." For a person who has love, it is impossible to be bad. Therefore, if we have the love of Jesus in our hearts, Jesus sets us truly free to do what we will (cf Jn 8:32, 36) because if we love God, we would love what

God loves, which is the good of our neighbour! God is love (1Jn 4:8) and it sets us free.

The message of God's love for us and how it sets us free cannot be bottled up only within ourselves. Like Jesus sending out the seventy-two disciples to preach the gospel, we too need to go out to proclaim the love of God not only in word, but in deed and most importantly, in the way we love and give our very self for the good of others (1Th 2:8). If by the grace of God we can love some souls back to Christ, in faith we can rejoice that our names will be written in heaven. (Lk 10:20)



***"For a person who has  
love, it is impossible  
to be bad."  
- St Augustine***

## Announcements

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

**SCAN QR CODE  
FOR MASS HYMNS**  
[www.sfxchurch.sg/mass](http://www.sfxchurch.sg/mass)



### SSVP COLLECTION

There will be a second collection by Society of St Vincent De Paul this weekend 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**

### ANNUAL CLERGY RETREAT

Our priests will be away on retreat from **Mon 4 Jul - Fri 8 Jul**. Please keep them in prayer. Communion Services will be conducted in their absence. Mass will resume on Friday 8pm.

### TRAFFIC ADVISORY FOR VEHICLES ENTERING AND EXITING BASEMENT CARPARK

The church has installed speed ramps at the entrance and exit points of the basement car park to remind motorists to slow down when driving over the gratings covering the drainage. In addition, rubber dampers have also been installed to reduce noise. Motorists are reminded to slow down when approaching the ramps and all gratings. Thank you for your cooperation and understanding!

### CHILDREN'S LITURGY

Children's Liturgy will be resuming from **Sun 3 Jul** at the **11am** Mass. We would like to invite children aged 5 years and above to come join us at the start of Mass in church.

### INTERCESSORY

Come storm heaven with us in the presence of the Blessed Sacrament.

**Date & Time:** Mon 4 Jul, 8pm  
**Venue:** Micah (Parish Centre, Level 2)

## JULY MASSES

Online Mass bookings are no longer required. Seating capacity for Weekend Masses has been increased to 700 for VDS\* Masses and 500 for Non-VDS\* Masses.

### NON-VDS MASSES (500 PAX):

- Weekday Masses (**EXCEPT SPECIFIED SOLEMNITY MASSES**)
- Sat 6.30am, Sun 7am, Sun 5.30pm

### VDS MASSES (700 PAX):

- Sat 5.30pm, Sun 9am, Sun 11am

**As per MCCY guidelines, we regret that we may have to refuse entry when the maximum capacity has been reached.**

\* *Vaccination-Differentiated*

### MASS TIMES

Please note that we now have more Weekday Masses. The updated Weekday Mass Schedule is as follows:

**Tue - Sat 6.30am**

**Mon - Thu 6.30pm; Fri 8pm**

### THINGS TO NOTE

- Trace-Together App/token and ID **NOT REQUIRED** for Weekday & Sat AM Masses except specified Solemnity Masses
- Trace-Together App/token and ID **REQUIRED** for VDS Masses for Vaccination status verification and headcount
- ID **REQUIRED** for Sunday non-VDS Masses for headcount
- Mass Entry: Weekday & Sat AM Masses - all doors; Sun 7am Mass - Choir Entrance only; all other Weekend Masses - Choir Entrance and Foyer

### 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'. Please write 'Mass Collection' behind the cheque. Mail cheques to **63A Chartwell Drive, Singapore 558758**.

### RCIA/RCIY 2022/2023 - THE 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.

#### New RCIA Journey (24 years old and above)

**Date:** Tue 5 Jul 2022

**Time:** 8pm - 10pm

**Venue:** JPII Hall (Parsonage, Level 1)

**Register:** [tinyurl.com/sfxrciasignup](https://tinyurl.com/sfxrciasignup)

For enquires: 9827 6893 (Lloyd)/  
8112 8041 (Grace)



#### New RCIY Journey (13 - 23 years old)

**Date:** Sun 3 Jul 2022

**Time:** 10.30am - 12.30pm

**Venue:** Jeremiah  
(Parish Centre, Level 2)

**Register:** [tinyurl.com/SFX-RCIY-2022-23](https://tinyurl.com/SFX-RCIY-2022-23)

For enquires: 9002 9977 (Angela)/  
9675 5698 (Corinne)



For 2022 RCIA/Y Journey testimonials, visit <https://tinyurl.com/sfxrciay22testimonials>

### CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 4 Jul, 8pm**. There will be Praise & Worship followed by General Prayer For Healing by SFX CPG Team. All are welcome!

**Time:** 8pm - 10pm  
**Venue:** SFX Parish Hall  
(Parish Centre, Level 3)

### THE LITTLE SHEPHERDS' SCHOOLHOUSE - HIRING!

If you have a background in early childhood education and you are passionate about children, please send your resume to [lss.recruit@catholicpreschool.edu.sg](mailto:lss.recruit@catholicpreschool.edu.sg)

### CATHOLIC THEOLOGICAL INSTITUTE OF SINGAPORE (CTIS)


The second semester at CTIS will begin on **18 July**. We welcome registration for those who are interested to pursue the Certificate in Theology at CTIS. For more information on application, visit our website at [ctis.sg](http://ctis.sg) or contact Janice Ng at 6902 8705.



## CARITAS: MY PERSONAL MORAL COMPASS (ZOOM)

Few issues are as controversial as sexuality today. Many ideas, new and old, compete for our attention in the marketplace of ideas. Yet, sexuality has always been important for the Church. Why is that? What is its purpose in God's plan? What are some of the controversial topics? How can we address them? Let us explore these questions and many more! It will be held weekly on Thursdays over Zoom live from 7.30pm to 9.30pm for seven weeks. For enquiries, please email Caritas Singapore at [mpmc@caritas-singapore.org](mailto:mpmc@caritas-singapore.org)


**Dates:** Thu 7 Jul - 25 Aug (7 weeks)  
**Times:** 7.30pm - 9.30pm  
**Register at:** <https://forms.office.com/r/mxQcFs03n0>



### MY PERSONAL MORAL COMPASS 2022

Module 4:  
Ethics of Love, Sex and Marriage

7 July 2022 to 25 Aug 2022 (Thurs),  
7.30pm. Contribution: \$70



Scan the QR code or visit  
<https://www.caritas-singapore.org/my-personal-moral-compass/>  
 Sessions are conducted via Zoom Live.

## UNDERSTANDING SAME-SEX ATTRACTION & THE CHURCH'S RESPONSE

This seminar provides insights from psycho-social- familial developmental health, as well as the Church's faith and pastoral perspectives on this matter. It is not meant to be either pro- or anti-LGBTQ+. The seminar explains why the feelings of non-heterosexuality are not chosen by people who experience them, the factors that contribute to them, and the various ways we can respond as a Christ-centred community. Hence it will also draw on the Church's faith and pastoral approaches towards understanding and accompanying persons who identify as LGBTQ+. The seminar aims to remove fear, prejudice, and misconceptions that people may have towards them.

**Date:** Sat, 9 Jul 2022  
**Time:** 9 am to 1 pm  
**Register at:** [tinyurl.com/2022UnderstandingSSA](https://tinyurl.com/2022UnderstandingSSA)



## HOLY FATHER'S PRAYER INTENTIONS FOR THE MONTH OF JULY

### FOR THE ELDERLY

We pray for the elderly, who represent the roots and memory of a people; may their experience and wisdom help young people to look towards the future with hope and responsibility.

## IN THE MONTH OF JUNE 2022

### WEDDINGS

We congratulate the following couples:

1. Tan Gui Yan, Brandon & Michelle Chua Mi Xue
2. Aloysius Lim Bao Yang & Lim Liwen

### CONDOLENCES

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

1. Joseph Lee Kok Hua
2. Gopi Panickar
3. Anna Choo Ken Tee

### INFANT/CHILD BAPTISMS

We welcome the following:

1. Evangeline Toh Zi Yu
2. Evan Seow Ren Jie
3. Elliot Jesse Wong
4. Lauren Rae Baxter

## The L8 Retreat

Our L8 cohort (Sec 2 brothers and sisters) attended their annual catechetical retreat from 3 to 5 June. As the retreat theme, which was based on scripture passages from Matthew 14: 22 - 33, was "Jesus Walks on Water", our participants were invited to take the same step of courage as Peter did.

Through session input, praise and worship, prayer ministry and exposure to sacraments such as eucharistic adoration and reconciliation, our teens bravely took the first step to building a lifelong relationship with God.

Let us rejoice with our fellow brothers and sisters in Christ and keep them close in prayer as they continue on this walk with God.



A praying over session

Continued on page 4



# Testimonies of L8 Retreat



The group that "retreats" together

"I felt that this retreat has helped me grow closer to God by showing me that there is a community present for me to reach out to when I have troubles in life. It has also helped me become more open with sharing these troubles and becoming more open to others' help. One thing that touched me is the commitment everyone seemed to have towards God in this retreat. Despite initially not wanting to come, after the first day, I looked forward to the next day so as to learn more."

- David Wong



Games and fun to help in bonding



Friendships formed and bonds strengthened

"When I first heard that we had an L8 retreat during the holidays, I was not happy. I wondered to myself: why did I have to go for this 3-day camp, when I could be at home enjoying my holiday? Despite my mother's explanation that it was to help us build our faith as a community, I still entered the retreat unconvinced.

The first two days passed by quickly and I found myself enjoying the retreat, learning a lot and having fun. Slowly but surely, I started to feel God's love more and more, in all the enjoyment from playing games, everyone's enthusiasm during Praise and Worship and through the testimonies of the youths during sessions. However, I felt God's love the most in people around me. It was the youths and fellow L8s that journeyed with me, that made me feel so safe and loved.

As the camp ended, I realised how much I would miss the retreat, and for the first time, understood how enjoyable it was to journey together in faith as a community and share God's unconditional love together."

- Sarah Kesavan



With Jesus in our midst



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

## MASS TIMES

### WEEKDAY MASSES

Mon - Thu:  
6.30pm

Tue - Sat:  
6.30am

Fri:  
8pm

### WEEKEND MASSES

Sat:  
5.30pm\*

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

### \*MASS ON PUBLIC HOLIDAYS

9am

\*For Vaccinated Only

### CONFESSION

Fri:  
4pm - 6pm

Sat:  
10am - 12pm

## OPENING HOURS

### MAIN GATE

Mon - Sun:  
5am - 11pm

### 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

#### Mon - Sun:

7am - 11pm  
Closed on Public Holidays

### COLUMBARIUM

#### Mon to Sat:

10am - 6pm  
Closed on Sundays and Public Holidays.

## ANOIDING 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

Spiritual preparation is held on the last Friday of every odd month. Baptism is held on the first Sunday of the following month. For registration, please refer to our website.



## 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 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)