



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:
6011 1076, lss-cosfx.admin@catholicpreschool.edu.sg

Assistant Priest:
Rev Fr Nathaniel Xavier
6280 8331
xavier.nathaniel@catholic.org.sg

Humility is Becoming Human

22nd Sunday in Ordinary Time
28 Aug 2022

Sir 3:17 – 20, 28 – 29
Hebr 12:18 – 19; 22 – 24
Lk 14:1, 7 – 14

In today's gospel, Jesus tells a parable about choosing seats at a banquet. In Luke, the meal or banquet motif is used to highlight aspects of the definitive banquet which is in heaven (e.g. Lk 5:29; 7:36; 11:37).

In this parable, Jesus talks about how the guests "picked the places of honor" risking the "embarrassment" of being asked to "take the lowest place" (Lk 14:7-8). One should, instead, take the lowest place so that they might be elevated to a more honourable seat by their host (Lk 14:10). Jesus' summary of the parable has become a well-known aphorism: "For all who exalt themselves will be humbled, and those who humble themselves will be exalted." (Lk 14:11)

The virtue of humility is sometimes misinterpreted as becoming doormats for others or being someone lacking in self-worth. Neither of these two expresses the true meaning of humility. Some may also think that being intellectually engaged is prideful or the holding of powerful appointments will lead to pride. In fact, one can stay humble even when experiencing greatness. These misinterpretations arise if we do not fully grasp the meaning of humility. The word "human" and the word "humility" come from the Latin root of "humus" which means "earth". To be truly human means to be humble, having our feet solidly on the ground – and this ground is

Truth. If we persevere in humility, we will come to the foundation of Truth.

To understand humility, we need to understand what it means to "become human". We live in a society where we constantly feel the pressure to prove our self-worth, and often, this "self-worth" is based on a narrowly-defined performance or by comparing ourselves to others. The second creation account says that humans were created from the earth or "humus" and given God's breath of life (Gen 2:7). This implies that "becoming human" is intimately connected to knowing the God who made us, discovering our call and in turn, living out our call as God's children, being interiorly aware that we are made in the image and likeness of a loving and perfect Father. This knowledge of God is not merely an intellectual knowledge of him, but rather a personal relationship with him. We are human "beings" and not human "doing". Human "doing" can lead to pride if our work is not based on the expression of our God-given gifts and talents but rather on impressing others with these gifts and talents. We should express our gifts and talents not only to sanctify our work, but also to glorify the Most Holy Trinity. St Teresa of Kolkata says, "If you are humble, nothing

will touch you, neither praise nor disgrace, because you know what you are. If you are blamed, you will not be discouraged. If they call you a saint, you will not put yourself on a pedestal."

A humble person is one who is a seeker, student, and a servant. A disciple once asked his master the secret of humility. Without any warning, the master dunked his head under water. In between breaths, he asked in a frantic voice, "what are you doing?" The master responded, "the secret to humility is to seek for God the way you're seeking for oxygen now." Humility is being empty, so empty that we become desperate for God to fill us up. As a student, a humble person is teachable. To be successful, one must be humble enough to be mentored by others. As a servant, we first need to be aware that low self-worth is not humility. In fact, the opposite is true. "Low" self-worth is thinking of oneself in a small way as in Philippians 2:3, "be humble towards one another, always considering others better than yourselves." In other words, a humble person sees every human being as a child of God who is worthy of his service. Humility is not only being empty but emptying oneself by pouring ourselves out for others. And this is exactly what Christ did on the cross for us when he poured out his life for our salvation.



"If you are humble, nothing will touch you, neither praise nor disgrace, because you know what you are. If you are blamed, you will not be discouraged. If they call you a saint, you will not put yourself on a pedestal." - St Teresa of Kolkata

Announcements

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

**SCAN QR CODE
FOR MASS HYMNS**
www.sfxchurch.sg/mass



FAULTY CHURCH PEWS?

Spot any faulty or damaged pews in church? Scan the QR Code to share with us at tinyurl.com/SFXFacilitiesReport



SUNDAY FELLOWSHIP

Come join us for Sunday fellowship at JPII Hall. Dining in is for fully-vaccinated parishioners only. Please use the hand sanitizers provided and mask up when not eating or drinking. Non-vaccinated parishioners are welcome to takeaway. Let us do our part to help keep our parish community safe!

INTERCESSORY

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

Date: Mon 29 Aug 2022

Time: 8pm - 9.30pm

Venue: Mount Tabor Adoration Room

CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 29 Aug**. There will be Praise & Worship followed by Bible Sharing. All are welcome!

Time: 8pm - 10pm

Venue: SFX Parish Hall
(Parish Centre, Level 3)

CLARITY SINGAPORE: WALK FOR CLARITY 2022

Fundraising virtual walkathon by Clarity Singapore to raise mental health awareness. Register as a participant to walk or support a participant by donating.

Dates: 15 Aug - 15 Sep 2022

Register: Scan QR code to register



or visit
www.walkforclarity.sg
Registration closes on 31 Aug.

BEGINNING 29 AUGUST 2022

Safe Management Measures Update

Current check-in procedures for Vaccination-Differentiated (VDS) Masses remain unchanged. The mask-wearing requirement for indoor religious activities will be removed. If you are coughing/sneezing or not feeling well, kindly put on your mask or stay home.

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

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.
- Check-in **NOT REQUIRED** for Non-VDS Masses ie Sun 7am & 5.30pm.
- Mass Entry: Weekday & Sat AM Masses - all doors; Sun 7am Mass - Choir Entrance only; all other Weekend Masses - Choir Entrance and Foyer.

The Rosary will be prayed 30 mins before all weekday Masses.

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**.

CARITAS: MODULE 5 OF MY PERSONAL MORAL COMPASS (ZOOM)

The breakneck speed of the development of Covid vaccines has shown once again the great promise of medical science in improving human well-being. However, new and powerful technologies once unimaginable to previous generations also give rise to complicated moral questions. Join us as we consider how a Catholic can think about complex issues surrounding reproductive technologies, abortion, gene therapy, sex change surgery, and many others. Let us explore these questions and many more! For enquiries, please email Caritas Singapore at mpmc@caritas-singapore.org

Dates & Time: 1 - 13 Sep 2022, 7.30pm - 9.30pm (Thursdays)

Register: <https://forms.office.com/r/ePSeD3QqAn>



NOVENA YOUTH RALLY 2022: FOLLOW YOUR INNER GPS & LEAP TOWARDS THE RIGHT DIRECTION

An invitation to all the youths to come and experience God's presence through this event!

Date & Time: Mon 5 Sep 22, 6pm

Venue: St. Alphonsus Church
(Novena Church)

MONTFORTIAN EXPERIENCE RETREAT: LAUDATO SI

Laudato Si means "praise be to you". In St. Francis of Assisi's "Canticle of Creation," he praises God by reflecting on the goodness of nature. A reminder of how we should not only respect the Earth but also praise and honour God in all His creation, especially in Mother Mary. Come and experience the wonders of God's Creation.

Dates: 16 - 18 Sep 2022

Venue: Montfort Centre (624 Upper Bukit Timah Road, S678212)

Register: www.montfortcentre.org/events-1/laudato-si-2022

12 STEPS TO DEEPER HUMILITY

St. Bernard of Clairvaux has enumerated the twelve steps to deeper humility.

1. FEAR OF GOD

Scripture says, *The fear the Lord is the beginning of wisdom* (Prov 9:10). To fear the Lord is to turn to the Lord, seeking answers, seeking meaning, realizing that in God is all wisdom and knowledge. Here begins our journey down the mountain of pride, a simple and loving look to God, who alone can set us free from the slavery that pride and sinfulness created for us.



2. ABNEGATION OF SELF-WILL

In the garden, Jesus said to his father, *Father, not as I will, but as you will* (Lk 22:42). This is what abnegation of the will means. It means to be willing to surrender one's will to God's will, to allow His decisions to subsume one's decisions. On the journey away from pride, having come to a fear of the Lord, we are now more joyfully ready to listen to God, and to submit to His vision for us.

3. OBEDIENCE



And now, having attained a humbler disposition of heart, we are more able and willing to obey. We are made ready, by God's grace, to execute, to obey and put into action the will of God. Thus, the descent of the mountain of pride begins, toward the freedom of children of God, little by little.

4. PATIENT ENDURANCE

Patient endurance is often required when embarking on the journey down the mountain of pride and striving to hear and understand God's will and to obey Him. It often takes years, even decades, of patient and persistent action, for the sinful world to lose its grip on us.



5. DISCLOSURE OF THE HEART

We may be asked to remember and to realize through our wounded hearts, that we have not always been 100% right, that we have sometimes acted unjustly and sinfully toward others, that we have at times been insensitive. This is a very humbling, but necessary journey, as we continue to come down from the mountain of pride.

6. CONTENTEDNESS WITH WHAT IS

In pride, we demand that our agenda, our menu be fully followed. In our journey toward humility, we come to be more content with gratefully accepting what God offers and saying, "It is enough, O Lord. I am most grateful!"

7. LUCID SELF-AWARENESS

In pride, we are often filled with many delusions about ourselves and think more highly of ourselves than we ought. But as we come down from the mountain of pride into deeper humility, God discloses more to us about just who we really are. We come to self-awareness in the context of living in conscious contact with God throughout the day.



8. SUBMISSION TO THE COMMON RULE

The egocentric and prideful person resists being told what to do and is largely insensitive to the needs of others and the common good. Humility helps to accept that although an individual's rights are important, laws exist most often to protect the common good. Humility also makes one more willing to submit personal needs and agenda to the needs of others and the wisdom of the wider community.



9. SILENCE

Silence is a respectful admission that other people have wisdom to share and important things to say. The proud person interrupts frequently, thinking either that he already knows what the other person is going to say, or that what he has to say is more important. But as humility grows, we become better listeners, appreciating that others may be able to offer us knowledge or wisdom that we currently lack.



10. EMOTIONAL SOBRIETY

Many of our emotional excesses are rooted in pride and egocentricity. When we are proud we are easily offended, easily threatened. The humble person trusts God more and is not easily unsettled by all these mental machinations. Thus, as our thought life becomes more measured, and our conclusions more humble and careful, our emotions are less volatile and we attain greater emotional serenity and sobriety.

11. RESTRAINT IN SPEECH

As we become more emotionally stable and less anxious and stirred up, we see that serenity reflected in our speech and demeanor. We are less likely to interrupt, to speak in anger, or to be unnecessarily terse or harsh. We are content to stay in the conversation or to just sow seeds and leave the harvest for later or even for others.

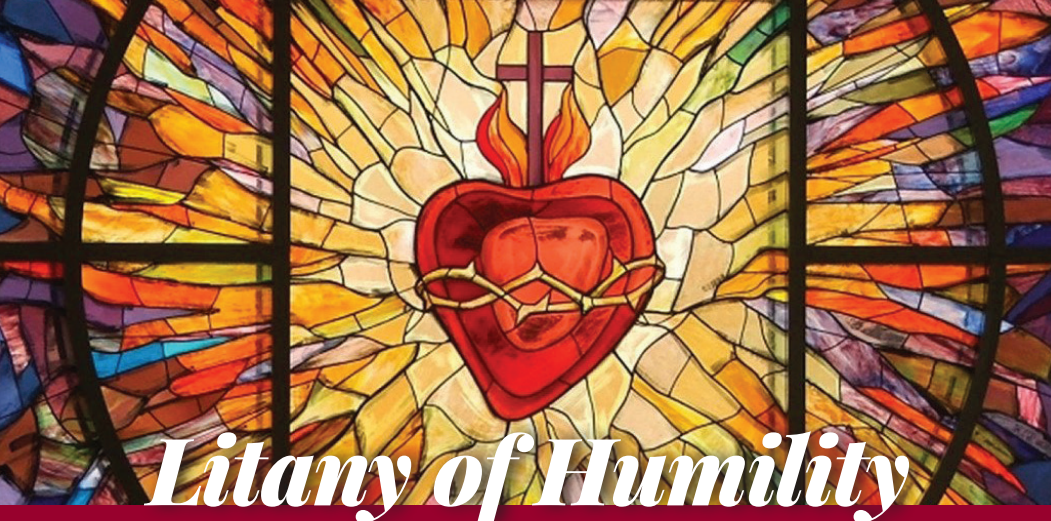


12. CONGRUITY BETWEEN ONE'S INSIDE AND ONE'S OUTSIDE

Pride is the problem of hypocrisy. The Greek word "hypocritas" refers to acting. The proud and fearful are always posturing, trying to align themselves with what makes for popularity and profit. But as humility reaches its goal, integrity, honesty, and sincerity come to full flower. By the gift of humility, we open ourselves to be fully formed by God. In humility, we are more focused on God and less nervously self-conscious.



**Humility has now reached its goal:
reverence for the truth about our very self.
As we make the journey to discover our
true self before God, we become ever
more grateful and serene.**



Litany of Humility

This prayer was composed by Rafael Cardinal Merry de Val, the Secretary of State for Pope Saint Pius X in 1863. The Litany of Humility is a great way to ask God for the graces we need most to walk in holiness with Him, let us grow in this virtue together!

O Jesus! meek and humble of heart, **Hear me.**

From the desire of being esteemed, **Deliver me, Jesus.**
From the desire of being loved, **Deliver me, Jesus.**
From the desire of being extolled, **Deliver me, Jesus.**
From the desire of being honored, **Deliver me, Jesus.**
From the desire of being praised, **Deliver me, Jesus.**
From the desire of being preferred to others, **Deliver me, Jesus.**
From the desire of being consulted, **Deliver me, Jesus.**
From the desire of being approved, **Deliver me, Jesus.**
From the fear of being humiliated, **Deliver me, Jesus.**
From the fear of being despised, **Deliver me, Jesus.**
From the fear of suffering rebukes, **Deliver me, Jesus.**
From the fear of being calumniated, **Deliver me, Jesus.**
From the fear of being forgotten, **Deliver me, Jesus.**
From the fear of being ridiculed, **Deliver me, Jesus.**
From the fear of being wronged, **Deliver me, Jesus.**
From the fear of being suspected, **Deliver me, Jesus.**

That others may be loved more than I, **Jesus, grant me the grace to desire it.**
That others may be esteemed more than I, **Jesus, grant me the grace to desire it.**
That, in the opinion of the world, others may increase and I may decrease, **Jesus, grant me the grace to desire it.**
That others may be chosen and I set aside, **Jesus, grant me the grace to desire it.**
That others may be praised and I unnoticed, **Jesus, grant me the grace to desire it.**
That others may be preferred to me in everything, **Jesus, grant me the grace to desire it.**
That others may become holier than I, provided that I may become as holy as I should, **Jesus, grant me the grace to desire it.**



Looking for more Information?
visit 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)

*For Vaccinated Only

MASS ON PUBLIC
HOLIDAYS
9am

CONFESSION

Contact Parish Office to
make an appointment.

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