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**Disciples
Making Disciples**

The Church - Christ's Salt and Light

5th Sunday in Ordinary Time
5 Feb 2023

Is 58:7-10
1 Cor 2:1-5
Mt 5:13-16

Salt and light have been getting bad press recently. Health warnings of salt causing cardiovascular disease and light stimulation from devices leading to sleep deprivation are increasingly making the news, reminding us to be watchful over salt intake and light exposure.

With these current perceptions of salt and light, Jesus' call in today's gospel to be his "salt of the earth [and] light of the world" (Mt 5:13,14) needs some contextualising.

For Jesus' predominantly Jewish audience, the imageries of "salt" and "light" would have immediately turned their minds to God. Specifically, it would have made them think of "covenant" and "creation".

Salt had a strong covenant symbolism. Every grain and meat offering in the Temple had to be seasoned with salt despite it being a very expensive commodity at that time (cf Lev 2:13, Ez 43:18-25). This was to teach the Israelites to trust in God and be ready to forego earthly riches. God had also made two "covenant[s] of salt" or perpetual and lasting covenants with the priests and with King David (Num 18:19, 2 Chr 13:5). By these covenants, God promised to provide for his priests through the temple offerings so that they would be a sign of his providential care. To King David, God promised that the King's throne would forever be occupied by one of the King's descendants.

As for the call to be his "light of the world", Jesus' listeners would have instantly recalled God's first words and act at the beginning of creation, "Let there be light" (Gen 1:3). Creation and covenant were closely connected. In sending his light into the "darkness" (Gen 1:1) of the world, God's radiance and glory which gives life and joy had also penetrated the void. Israel's "creation" was a calling out of the darkness of Ur into the promised land with its "foundations" in the light of the laws and wisdom of God (cf Gen 12:1, Hebr 11:8-10).



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that the air we breathe can
penetrate into the world."
- Pope Benedict XVI*

Being in covenant with God thus meant that the Jewish people now shared in God's love, life and wisdom. This blessedness should have been manifested in unstinting "good works" such that others, "seeing

[these] good works... may give praise to [their] Father in heaven" (Mt 5:16). It was with disappointment, therefore, that Isaiah had to remind the Israelites, "share your bread with the hungry...shelter the homeless poor, clothe [the] naked...turn not from your own kin" (Is 58:7).

Despite the ancient Israelites' unfaithfulness in living justly according to their blessings, God still kept his "covenant of salt" made with King David. Matthew relates that Christ was not only "son of David" (Mt 1:1) but also the Son of God (cf Mt 3:17). Through Christ, God made a new and definitive covenant by establishing a "kingdom of heaven on earth" (CCC 541). The Catechism explains that the Church is this kingdom by which God the Father "raise[s] up men to share in his own divine life". God does this by "gathering men around his Son Jesus Christ. This gathering is the Church, 'on earth the seed and beginning of that kingdom'" (*ibid.*) where everything is shared, "there [are] no needy persons" (Acts 4:34). Christians must be characterised by an unstinting generosity to give to anyone in need because we already have everything in our communion with "the crucified Christ" (1 Cor 2:2) who died so that we may receive "the power of the Spirit" (1 Cor 2:4) which gives us eternal life.

In *Salt of the Earth: The Church at the End of the Millennium*, then Cardinal Ratzinger (Pope Benedict XVI), called on the Church to be rooted in Christ and avoid being "a self-governing body that offers certain services". The Church must live "in vital circles of really convinced believers [for] in this way [she] will... become the salt of the earth again... She must be aware of her quite specific mission: to be the world's escape from itself into the light of God ... so that the air we breathe can penetrate into the world."

May we be that generous and faith-filled "salt" and "light" for Christ today.

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/DAMAGED
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 at JPII Hall for a delicious breakfast and fellowship.



**SACRAMENT OF
RECONCILIATION**

It is available via appointment only. You can contact the Parish Office to make an appointment for the following time slots:

- **Fri:** 4pm - 6pm
- **Sat:** 10am - 12pm



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. For cheque payments or PayNow, pay to:

**Society of St Vincent de Paul
(SSVP)**

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

INTERCESSORY PRAYER

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

Date: Mon 6 Feb
Time: 8pm - 9.30pm
Venue: Mount Tabor Adoration Room

CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 6 Feb**. There will be Praise & Worship followed by Praying Over. All are welcome!

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

WORD OF GOD FOR CHILDREN

The Children's Liturgy Ministry invites all children to join us as we celebrate the Word of God for Children on **Sundays** at the **11am Mass**. We also welcome anyone age 16 and above to join the Ministry, to make this weekly spiritual endeavour happen for our kids! For more enquiries, please contact Lynnette (9690 0750).

LIFE: METANOIA - A JOURNEY WITH CHRIST INTO CONVERSION

METANOIA - to repent, to change, to be converted. Come join Living the Faith Everyday (LiFE) through this 11-part series filmed on location in the Holy Land, to explore areas of our lives where conversion is so often necessary. Examine topics such as who Jesus is, what we must do to inherit eternal life, and many others. Be inspired to seek to encounter Jesus and the new life he is constantly inviting us to.

Dates: 24 Feb - 12 May (Every Fri)
Time: 8pm - 9.30pm
Venue: JPII Hall
Enquiries: Contact Desmond (9011 5076)

Please register via the QR code or link:
<http://tinyurl.com/metanoia2023>



GO TO JOSEPH - 33-DAY CONSECRATION TO ST JOSEPH

Come join us for a 33-day consecration to St Joseph from **Wed 15 Feb to Sun 19 Mar**, and know more about him. St Joseph, spouse of the Blessed Virgin Mary, is mentioned very sparingly in the gospels. Yet, we can learn so much from him in terms of virtue and holiness. Find out how each of us, especially men and fathers, can imitate St Joseph on the following Telegram channel - <https://t.me/consecrationtostjosephsfx>. All readings and videos will be provided via this channel.

PREGNANCY CRISIS & SUPPORT: OUR LADY OF GUADALUPE PRO-LIFE ROSARY (ZOOM)

The Our Lady of Guadalupe Pro-Life Rosary is a beautiful way to pray for the unborn children and all who are affected by abortion. Let our Rosaries be our weapon against the culture of death and let us pray for the dawning of a new culture, the culture of LIFE! Our Lady of Guadalupe, pray for us! For more information on Pregnancy Crisis & Support, visit www.pregnancycrisis.sg/.

Date & Time: Sun 12 Feb, 8.30pm
Zoom Meeting ID: 844 0554 0478
Passcode: 295583

CHARIS: OVERSEAS HUMANITARIAN FOUNDATION COURSE

The Overseas Humanitarian Foundation Course is a face-to-face learning experience that allows participants to explore their lives' faith journeys and answer the call to be living missionary disciples. The course features key speakers like Fr David Garcia, OP, Khoo Peng Beng, and Kenneth Wambeck.

Date & Time: 4 March 2023, 9am - 5pm
Venue: St. Joseph's Institution
Register: <https://makehopehappen.charis-singapore.org/Activities/ohfc3>

CATHOLIC SPIRITUALITY CENTRE: PRAYER EXPERIENCE RETREAT #32

The Theme, "The Three Ways of the Spiritual Life" traces the whole spiritual journey through the Purgative, Illuminative and Unitive stages in relation to prayer. This will help participants understand their own journey in order to advance and grow in holiness. Conducted by Juliana Koh & CSC Retreat Team.

Dates & Time: 3 - 5 Mar 2023, 9am - 6.30pm (Non Stay-In)
Retreat Fee: \$150 (inclusive of 8% GST)
(For financial assistance, please email to retreats.csc@catholic.org.sg)
Register: <https://bit.ly/cscper32>
For any further queries, please contact us at 6288 7901/ 6858 2716 or email retreats.csc@catholic.org.sg

WORLD DAY OF THE SICK

On **Sat 11 Feb**, we observe World Day of the Sick on the Feast of Our Lady of Lourdes. We would like to invite you to write the names of sick family members and friends and place them in the box marked **'World Day of the Sick - Prayer Petitions'** at the icon of Our Blessed Mother. We encourage all to attend the **6.30am Mass** on **Sat** at which we will pray for your prayer petitions and for all who suffer from illness and for their caregivers.



WORLD DAY OF THE SICK

Take care of him



HOLY FATHER'S PRAYER INTENTIONS FOR THE MONTH OF FEBRUARY

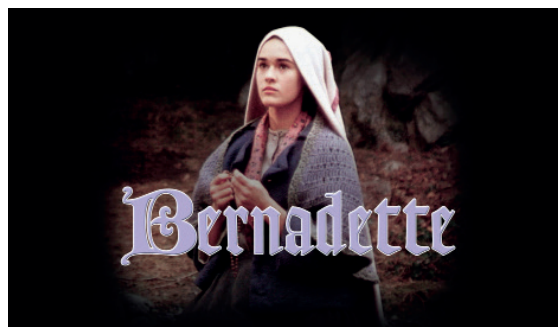
FOR PARISHES

We pray that parishes, placing communion at the centre, may increasingly become communities of faith, fraternity and welcome towards those most in need.

FORMED[®] PICK OF THE WEEK

Bernadette

Millions of people each year go on pilgrimage to Lourdes, a place where miracles frequently occur. Explore the origins of this miraculous place of encounter with the Lord in this movie which depicts Mary's apparitions to St. Bernadette.



Link: <https://watch.formed.org/videos/bernadette-1>

Bakhita: From Slave to Saint

Bakhita: From Slave to Saint tells the incredible story of St. Josephine Bakhita. Originally born in Sudan, Josephine was kidnapped by slavers and was eventually sold to a merchant in Italy. By the grace of God, she lived a heroic life of forgiveness and mercy which led her to become a saint.



Link: <https://watch.formed.org/videos/bakhita-from-slave-to-saint>

How To and Why Pray the Rosary

As we celebrate Our Lady of Lourdes this week, we invite you to learn more about the Rosary! Join Dr. Tim Gray and Dr. John Sehorn as they discuss how they pray the Rosary and how it has changed their lives!



Link: <https://watch.formed.org/videos/formed-now-how-and-why-to-pray-the-rosary>

To explore more this week's featured content on FORMED, visit watch.formed.org/this-week-on-formed.

IN THE MONTH OF JAN 2023

WEDDINGS

We congratulate the following couples:

1. Samuel Marcus Lennard & Heleyna-Ann Fernandez
2. Cheong Wing Kwong, Thomas & Kimberley Heather Khoo Li Yen
3. Wee Jiaxiu, Shaun Gabriel & Michelle Sara Cheong Mingrong
4. Pang Yi Siang, Bryan & Vanessa Francesca Low Shi Ya

CONDOLENCES

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

1. Chan Rosalind
2. Louis Stanislas Santhanasamy s/o F. Andrew
3. Joseph Goh Chio Wah

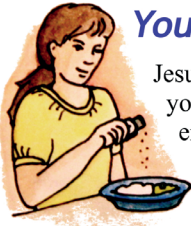
BAPTISMS

We welcome the following:

1. Tan You Wei Elijah
2. Eu Ting Wen Emma



Mini MANNA

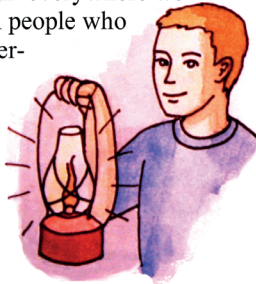


You are the Salt and Light!

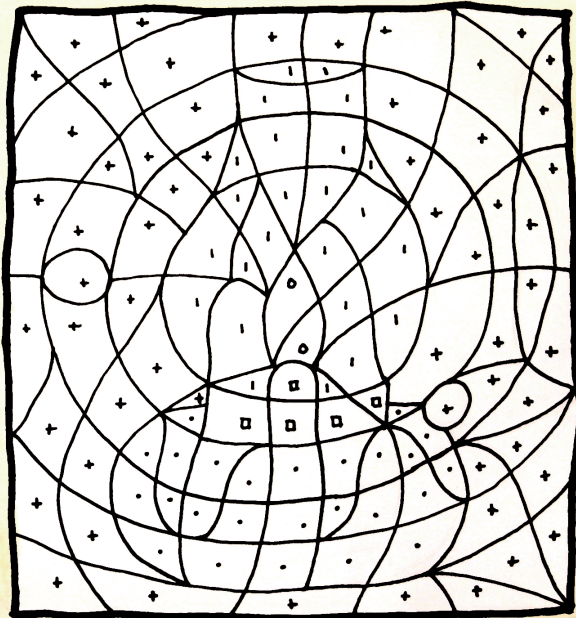
Jesus says we are the salt of the earth. Have you ever tasted food that wasn't salty enough? It can taste pretty bland. But do you notice when food has the right amount of salt? Usually we don't think about it. It's kind of hiding in the food and making it taste good. Jesus wants us to be like the "salt" in the world, with the goodness and truth that He gives us.

Jesus also says that we are the light of the world. Can you imagine a completely dark world: no sun or lights or anything? It would be pretty scary. You'd never know what was happening or where you were going. That's what the world can be like for people who don't have the light of God's truth. It's our job to bring the truth to the world so that everyone can see that God loves them.

We have to bring God's light everywhere we go. But we must be gentle with people who don't understand the truth. Otherwise it would be like shining a light in someone's eyes, and they wouldn't be able to see anything. We need to start out like little candles, lighting the way so that people can follow us toward God.



Answers to Cross-word Puzzle:
Across: 4. must 6. earth 8. you 9. deeds 13. mountain 14. all 16. light 18. so 19. house 20. taste 21. to
Down: 1. city 2. Jesus 3. are 5. said 7. hidden 10. world 11. salt 12. basket 15. loses 17. good 18. set



Matt 5:13-16

What did Jesus tell us we should be like?
Colour in the spaces according to the code to find out!

- + blue
- | white
- o orange
- brown
- red

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

CONFESSION

Contact Parish Office to
make an appointment.

Fri:
4pm - 6pm

Sat:
10am - 12pm

OPENING HOURS

MAIN GATE

Mon - Sun:
5am - 11pm

PARISH OFFICE

Mon - Sat:
9.30am - 6.30pm
Sun: 8.30am - 1pm
Closed on Public Holidays

ADORATION ROOM

Mon - Sun:
7am - 11pm
Closed on Public Holidays

LIBRARY

Sun:
8am - 1pm

COLUMBARIUM

Mon - Fri:
10am - 6pm

Sat - Sun:

8.30am - 6pm
Closed on Public Holidays

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

Spiritual preparation is held on the last Friday of every odd month. Baptism is held on the first/second 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 and outside JP11 Hall. 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