






**Disciples**  
*Making Disciples*

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## Called To Live Above Ourselves

7<sup>th</sup> Sunday in Ordinary Time  
19 Feb 2023

Lev 19:1-2, 17-18  
1 Cor 3:16-23  
Mt 5:38-48

Today's readings are an invitation to us to ponder over some of Jesus' most ardent and yet demanding of commandments. The First Reading from the Book of Leviticus gives us three basic principles of morality and of life. The first is that we must be holy; second, that we must be holy because God is holy; and third, that this holiness means loving our neighbour as ourselves.

It is simply not enough that we live our lives in a way that is just acceptable or good in our own eyes or in the eyes of others. Instead, our meaning and purpose is to be holy in God's eyes. God's demand is not to fulfill the expectations of the world or of ourselves but of God, who is the Alpha and the Omega. We are not the standard; God is!

What follows thereafter is the command to "love [our] neighbour as ourselves", but it is not the kind of love we understand of as a human feeling but love as a choice of the will - *to will the good of our neighbour*. While it can seem impossible to love (as a feeling) the ones who hurt and insult us because this kind of love cannot be commanded on demand, we can consciously choose to wish well for them. Therefore, the love for our enemies is not essentially a feeling, it is a choice.

Today's Gospel continues Jesus' theme of establishing a new order by raising the bar for Christians. The Old Mosaic Law which pronounced



*"God punishes far less than we deserve  
and forgives far more than we deserve"*

"An eye for an eye and a tooth for a tooth" defined justice, but it also limited the recompense to what was just and equal. It allowed for the victim to expect and exact a punishment commensurate to the harm done to them but not an excessive one.

Jesus' call to "turn the other cheek", may be an invitation to sacrifice the full recompense even when we may have a legitimate right. However, such sacrifice does not mean that we refrain from expecting justice. On the contrary, Christian love - the special way of mercy and generosity - is far superior to justice. Pope Francis says there is a clear distinction that Jesus wants us to make between justice and revenge. We should ask for and exercise justice but we are not permitted to avenge ourselves or, in any way exact revenge, as it is an expression of hatred and violence. He says that revenge is never just and will never lead to conflict resolution. The command is to avoid repaying others the evil they have done to us and more importantly to seek to generously do good to them (Angelus, 19 Feb, 2017).

Let us remember that our enemies are human beings too, created also in God's image, "*Imago Dei*", despite the fact that in the present, that image may be tarnished by

deplorable behaviour. When we speak of "enemies", we should not think about people as too different from ourselves. Instead, we should also talk about ourselves, as we too may come into conflict with our neighbour, our colleagues and even within our families!

Jesus' call is to not just love in principle, but to put it in practice through our actions that expands the kind of loving relationship that God commanded. God wants his way of love and mercy to be our way too. It is a radical call to do the opposite of what others would expect of us.

Created in the image of God, we need to become more aware that our choice of actions and responses when we are wronged can reflect God's belief in us. God is reminding us to "be holy, for I am holy" and we should remember his mercy poured out for us, for God punishes far less than we deserve and forgives far more than we deserve (cf Ps 102:10).

Perhaps if we, like Paul, remember who we are and share in this new identity with Christ that "it is no longer I who live, but Christ [who] lives in me; and the life which I now live in the flesh I live by faith in the Son of God who loved me and gave Himself for me" (Gal 2:20), then Jesus' call to us is possible because God is with us.

## 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)



**FAULTY/DAMAGED  
CHURCH PEWS?**



Spot any faulty or damaged pews in church? Scan the QR Code to share with us at [tinyurl.com/SFXFacilitiesReport](http://tinyurl.com/SFXFacilitiesReport)

## GIFT COLLECTION

This weekend, there will be a call for contributions for the GIFT (Giving in Faith & Thankfulness) programme to build a more vibrant, evangelising and missionary Church. GIFT is a regular giving campaign to fund the archdiocese's organisations involved in youth, evangelisation, catechesis, formation etc. and building projects. You can give via PayNow (UEN: **201231391K**) or drop your contributions into the GIFT donation box. More info at [catholicfoundation.sg](http://catholicfoundation.sg).



## CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 20 Feb**. There will be Praise & Worship followed by Bible Sharing. All are welcome!

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

## INTERCESSORY PRAYER

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

**Date:** Mon 20 Feb  
**Time:** 8pm - 9.30pm  
**Venue:** Mount Tabor Adoration Room

## ONE: LENTEN REFLECTION BOOKLET 2023

For this Lenten season, we invite you to reflect deeply on the Word, and embark on this Lenten journey today! Download the 2023 Lenten Reflection Booklet at [bit.ly/ONELenten2023](http://bit.ly/ONELenten2023)



## TRAFFIC ADVISORIES

Motorists are reminded to slow down when approaching the ramps and all gratings. Vehicle owners are reminded to be considerate towards the neighbouring residents and **ensure your vehicle is not indiscriminately parked**. Thank you for your cooperation and understanding!



## ASH WEDNESDAY MASS SCHEDULE

*Holy Day of Fast & Abstinence*

**22 February 2023**  
**6.30am, 6.30pm, 8.30pm**

### LENTEN FRIDAYS

We want Lent to be meaningful. Let's make a personal journey together to come back to God. As a Parish community, we can do this by encouraging each other. We would like to offer additional times for prayer especially Sacred Silence incorporated in the Mass and 20 mins of lenten reflections before Stations and Mass.

**Reflection: 7.40pm, Stations of the Cross: 8pm, Mass: 8.30pm**



## SUNDAY CATECHISM NOTICE

As catechism sessions have started on Sundays, we would like to gently remind all parents and guardians who drive to church to drop off and pick up their children/ward to be patient and considerate. If you are early, we suggest that you drive down to the basement carpark to wait. **The area in front of the kindergarten and Mother Mary's grotto is for immediate drop off and pick up only.** Please do not park there and wait, as this can cause obstruction to other vehicles. Thank you for your cooperation and do take this opportunity to practise virtues that our children can witness.

## CHILDREN'S LITURGY: OUTDOOR STATIONS OF THE CROSS

We invite all children and families to join us this Lent as we walk the Stations of the Cross. Come and spend the morning this Lenten season recalling the journey of the Passion of Jesus. For more enquiries, contact 9451 8256 (Craig).

**Date & Time:** Sat 4 Mar, 9am - 12.30pm  
**Venue:** JPII Hall  
**Register:** [tinyurl.com/CLOutdoorStations2023](http://tinyurl.com/CLOutdoorStations2023)



## LENTEN REFLECTION

Make this Lent special. Come join us every Tuesday during Lent and let the Word of God convict us of the change that needs to take place in our life. Let that change come from the love we have for the Lord. Bring your bibles.

**Dates:** Tue 21 Feb (First Session)  
**Time:** 8pm - 10pm  
**Venue:** Thessalonians (Parsonage, Level 2)

## BAT: A BIBLICAL WALK THROUGH CHRIST'S PASSION

Join SFX Bible Apostolate Team (SFXBAT) on a Lenten Journey as we take a biblical walk through Christ's Passion. Please register so that we can provide a safe and orderly session and print sufficient materials for all participants.

**Dates:** 19 Feb - 19 Mar (Every Sunday)  
**Time:** 9am - 10.30am  
**Register:** <https://bit.ly/BWTCP2023Register>



## OYP: SCHOOL OF WITNESS 2023 OUTREACH

Come and join us for a night of worship, input and prayer! Feel free to invite your friends to come join!

**Date:** Thu 23 Feb  
**Time:** 8pm - 10.30pm  
**Venue:** SFX Parish Auditorium  
(Parish Centre, Level 3)  
**Register:** <http://bit.ly/sow-sfx-2023>



## MOVIE DATES ON SUNDAY AFTERNOONS

All are welcome for movie screenings on Sunday afternoons, especially all parents of children attending catechetical sessions. Come spend quality family time together while being entertained by movies that are truly meaningful.

### Heaven is For Real

Based on a true story of a young boy who saw Jesus and Heaven, and witness his father's courage and conviction, which will uplift us in our daily encounters with Christ.

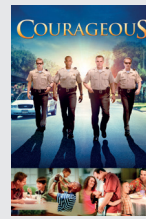


**Date & Time:** 5 Mar, 3pm - 5pm  
**Venue:** JPll Hall

### Courageous

In this movie, 4 men arrive at a better understanding of their role as fathers.

**Date & Time:** 26 Mar, 3pm - 5pm  
**Venue:** JPll Hall



## MONTFORTIAN EXPERIENCE LENTEN RETREAT: WISDOM IS THE CROSS 2023

This Lent, we are once again invited to share in Jesus' suffering in his Cross. It is in the cross that we will find Him. Come and enter into the depths of mystery of the Wisdom of God, not in mere philosophy but in carrying the cross.

**Dates:** 3 - 5 Mar  
**Time:** 7pm - 1pm  
**Register:**  
[www.montfortcentre.org/events-1/wisdom-is-the-cross-2023](http://www.montfortcentre.org/events-1/wisdom-is-the-cross-2023)



## PIETA SINGAPORE: FEBRUARY MONTHLY SESSION

PIETA is a support group for bereaved parents who have united in faith to seek God's comfort, wisdom and hope. The session, run by bereaved parents, meets monthly to pray, reflect and break open the WORD OF GOD. We invite any parent who has lost a child (regardless of age and no matter how recent or long ago) to unite with us in faith. For more information, visit [www.PietaSingapore.org](http://www.PietaSingapore.org)

**Date:** Tue 28 Feb  
**Time:** 7.30pm - 9pm  
**Venue:** Agape Village (Toa Payoh Lorong 8)

## THE APOSTOLATE FOR CATHOLIC TRUTH: THEOLOGY OF THE BODY

The Apostolate for Catholic Truth (ACT) is organising a free course, over 5 Thursday evenings, on the Theology of the Body (TOB). Learn to understand Sexuality, Love and the Meaning of Life.

**Dates:** 2, 9, 16, 23, 30 Mar  
**Time:** 8pm - 10pm  
**Venue:** Zoom  
**Register:** <https://catholic.sg/act>

## OYP: SHINE RETREAT 2023

SHINE is a Catholic encounter retreat for all who are currently studying or waiting to be enrolled in any local Polytechnic, ITE, or private diploma institutions! Come away to spend time with God and grow in your relationship with Christ and His Church.

**Dates:** 27 Mar - 31 Mar (Stay-in)  
**Venue:** Office for Young People (2 Lorong Low Koon, S536449)  
**Fee:** \$64.80 (incl. 8% GST)  
**Register:** [tinyurl.com/shine23p](https://tinyurl.com/shine23p)



## WHAT IS LENT?

It commemorates the **40 days** before the **Passion, Death and Resurrection of Jesus**, based on the **40 years** in which the Israelites wandered the desert and the **40 days** in which Jesus was tempted by Satan.

### LENT FEAST DAYS

**PALM SUNDAY** ▶ Jesus' entrance into Jerusalem

**HOLY THURSDAY** ▶ Last Supper and Passover

**GOOD FRIDAY** ▶ Jesus' death on the Cross

**EASTER SUNDAY** ▶ Jesus has resurrected!

## THE 3 PILLARS OF LENT



### PRAYER

It helps us be close to Christ and in constant dialogue as we join Him in his sacrifice in the Cross.



### FASTING AND ABSTINENCE

Both are practised on **Ash Wednesday** and **Good Friday**. Abstinence is practiced **every Friday** during Lent.



### ALMSGIVING

Giving what we have helps us to understand Christ's generosity in the Cross.

## WHEN DOES LENT BEGIN?



Lent begins with **Ash Wednesday**, where we remember our mortality and need for repentance.

### FASTING



**ONE MEAL A DAY**



**MANDATORY FROM 18 TO 59 YEARS OLD**

### ABSTINENCE



**NO MEAT (ONLY FISH)**



**MANDATORY FROM 14 YEARS OLD**

"Make our hearts like yours" (Litany of the Sacred Heart of Jesus)

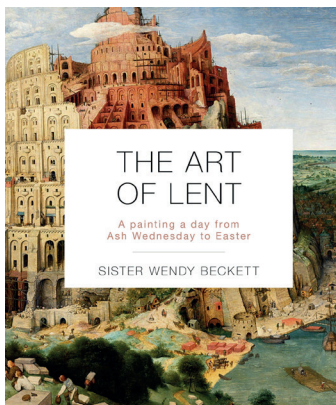




Looking for more Information?  
visit [www.sfxchurch.sg](http://www.sfxchurch.sg)

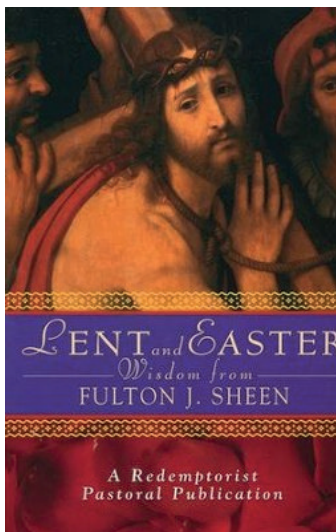
## Recommended Readings for Lent

The 40-day season of Lent begins this Wednesday. The readings in the liturgy will exhort us to repentance and conversion encouraging us to abandon our self-centred wills and instead embrace the freedom in living according to God's will. Pick up one of these recommended readings from St Jerome Library today to build up a Lenten spirituality that welcomes God's merciful call to return to him.



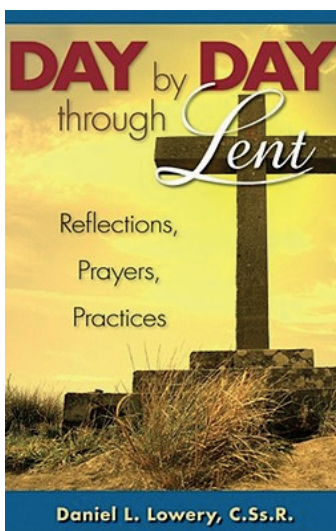
### The Art of Lent - A painting a day from Ash Wednesday to Easter by Sister Wendy Beckett

In this handy little book, Carmelite Sister Wendy Beckett has selected 41 pieces of beautiful art from all over the world, beginning with Hokusai's "The Great Wave", to lead the reader through the contemplation of repentance, purification, silence and balance.



### Lent and Easter Wisdom from Fulton Sheen

"...there is another kind of cheerfulness which is Divine in origin....This kind of cheerfulness is found in Francis of Assisi, who expressed the joy of grace to his soul by song. Teresa of Avila, who lived a life of great penance...[poured] out her joy in that inner world of spirituality by clapping her hands and dancing in the Spanish style. In the history of the world there has never been a sad saint, because sanctity and sadness are opposites." Day 20, "Divine Cheerfulness"



### Day by Day through Lent - Reflections, Prayers, Practices by Fr Daniel L. Lowery

This rich collection of reflections emerged from Redemptorist Father Daniel Lowery's own effort to "keep Lent" by reflecting more seriously on the Word of God and applying that Word to his daily life. How can the daily readings in the liturgy touch our lives and how can this time we spend with the Lord this Lent be a "prayer-starter" for a more intimate encounter with his personal love for each one of us?

#### 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](mailto:mmm@sfxchurch.sg)