






**Disciples**  
*Making Disciples*

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## Fruitful Being and Doing

7<sup>th</sup> Sunday of Easter  
21 May 2023

Acts 1: 12-14  
1 Pt 4: 13-16  
Jn 17: 1-11

We are doubly blessed that in our part of the world, because the Ascension of the Lord is celebrated on its proper day (it is not so in many Western countries), we get to celebrate the 7<sup>th</sup> Sunday of Easter as well. As such, we can reflect on this set of readings, which, arguably, sum up what we should strive to do, post-Ascension, until Jesus comes on the last day.

In the first reading, the apostles, after their walk from the Mount of Olives to Jerusalem, eventually gathered in some semblance of quietness in the Upper Room, and, doing the very thing the Lord taught them to do whenever they needed discernment, they prayed.

We can reasonably assume that they were already missing him immensely and felt his absence deeply, after our Lord's Ascension into Heaven, when he disappeared on and into the clouds. Their stroll from the Mount of Olives to Jerusalem might have been filled with reminiscent chatter. However, it seemed to help them get the noise out of the way, for when they did finally settle down to deep, continuous and contemplative prayer, with the mother of Jesus no less, they did so for nine days, until Pentecost, when they were empowered by the Holy Spirit, found fresh boldness to evangelise, perform miracles, and became *bona fide* fishers of men.

In our time of fragmented days,



***"We must carry on doing his work... while being in intentional, deliberative prayer"***

when so much comes to disrupt, distract, confront and demand our immediate attention and action (news, social media, relationships, work), it behooves us to remember this passage, when the Apostles, in active waiting on the Lord's inspiration and instruction, simply remained in him, contemplated and prayed.

On our part, do we, before making big decisions, spend time in fruitful waiting for God's highest will for us through constant, deep prayer? Or do we make hasty decisions, carry out our half-baked plans, or, worse still, give in to fear, opposition, and give up?

A strong and active prayer life, after all, is a central part of our "vital and personal relationship with the living and true God" (CCC 2558). "Prayer is Christian insofar as it is communion with Christ" (CCC 2565).

The second reading expresses that even if waiting and being mean suffering, we ought to bear our crosses patiently, with serenity and humility, as long as it glorifies God and keeps us righteous, holy and pure. In fact, says St Peter, we should be glad to share in the sufferings of Christ, for we will experience "much greater gladness when his glory is revealed" (1Pt 4:13).

And we are to keep seeking the Lord's face no matter what, for in time we will "see the Lord's goodness in the land of the living" and "savour the sweetness of the Lord to behold

His temple" (cf Ps 26:1, 4, 7-8).

What is this sweetness of greater glory, this land of the living and his temple?

Coming out of our earthly exile of course, for there is no place like Home, where we will be gloriously resurrected, enjoy fullness of eternal life, love and joy with the Father, Son and Holy Spirit, and join the saints and angels in praising God forever.

Finally, the gospel provides the full revelation of Christ's divinity as the Son of God, the second person of the Holy Trinity, the assurance of our legacy, Jesus' passing on of the baton of being Prophet, Priest and King, to us, to spread his good news until we meet him again (cf Jn 17:1-26).

In the meantime, we must carry on doing his work, through the Word and our actions of love ("Lay people also fulfil their prophetic mission by evangelisation, that is, the proclamation of Christ by word *and* the testimony of life" CCC 905), while being in intentional, deliberative prayer in the "Upper Room", when life's battles call for it.

The Lord has taught us everything, how to live in fullness of life. He has given us true hope, to look to heavenly things (not the things of this world, even though we are still in the world). Let us be in Christ *and* do as he did, while he sits at God's right hand, interceding and preparing mansions for us, before returning to take us home.

## 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 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)



## WORLD SOCIAL COMMUNICATIONS SUNDAY

All Mass collections on the weekend of 20 & 21 May 2023 (7<sup>th</sup> Sunday of Easter) will be set aside for the Archdiocesan Media Apostolate. Please give generously.

## 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).

## TAIZE SESSION

Genesis Family Choir is organising a Taize session in preparation for the Solemnity of Pentecost. The session involves contemplative Taize music, scripture readings, and intercessory prayers. No registration required. All are welcome!

**Date:** Tue 23 May 2023

**Time:** 8pm - 9pm

**Venue:** Hosea Room (Parish Centre, L2)

## MONFORTIAN EXPERIENCE RETREAT: VIA MARY

Come, discover and experience in this retreat how doing everything through, with, in and for Mary, helps us do everything more perfectly through, with, in and for Jesus!

**Dates:** Fri 26 May – Sun 28 May 2023

**Register:** [www.montfortcentre.org/events-1/viamaria-2023](http://www.montfortcentre.org/events-1/viamaria-2023)

## MAY - MONTH OF *Mary*

Come join us to pray the rosary as a parish community to honour our Blessed Mother at the following timings:

**Mon - Thu:** 8pm (Grotto) | **Fri:** 7.30pm (Church) | **Sat - Sun:** 6.45pm (Grotto)

Alternatively, you may join our online Zoom Rosary Sessions:

### WEEKDAY DIVINE MERCY & ROSARY

[tinyurl.com/SFXWeekdayRosary](http://tinyurl.com/SFXWeekdayRosary)

**Date & Time:** Mon - Fri, 3pm

**Meeting ID:** 845 8298 0708

### ROSARY BY SaLT

[tinyurl.com/SFXTueRosary](http://tinyurl.com/SFXTueRosary)

**Date & Time:** Tues, 8.30pm

**Meeting ID:** 867 1052 4234

**Password:** 465481

### ROSARY BY LECTORS

[bit.ly/SundayRosary](http://bit.ly/SundayRosary)

**Date & Time:** Sun, 8.30pm

**Meeting ID:** 840 7232 7379

**Password:** 3059464132



## CATECHETICAL MINISTRY: WE NEED YOU!

*"To be entrusted with the teaching of the young is a great gift and grace of God."*  
- St John Baptist De La Salle

Want to join us in the journey of forming the faith of our children in our parish? Have you heard God calling you to serve as witnesses of your faith? Do you remember how the faith has been echoed down to you and will you continue to pass it on? **We are available at the booths at the front porch and in front of JP II Hall to address your questions. There will be a QR code for you to scan and leave your contact details there as well.** Or else, do contact us via [catechism@sfxchurch.sg](mailto:catechism@sfxchurch.sg) for more information.

## PENTECOST: NOVENA TO THE HOLY SPIRIT

Come join our Charismatic Prayer Group, Intercessory Prayer Ministry and Praise & Worship Group for a time of Praise and Worship followed by the Novena to the Holy Spirit. All are welcome!

<b>DAY 3: 20 MAY (SAT)</b>	<b>7PM - 7.45PM</b>	<b>THESSALONIANS</b> (PARSONAGE, LEVEL 2)
<b>DAY 4: 21 MAY (SUN)</b>	<b>7PM - 7.45PM</b>	<b>JP II HALL</b>
<b>DAY 5: 22 MAY (MON)</b>	<b>8PM - 8.45PM</b>	<b>JP II HALL</b>
<b>DAY 6: 23 MAY (TUE)</b>	<b>8PM - 8.45PM</b>	<b>JP II HALL</b>
<b>DAY 7: 24 MAY (WED)</b>	<b>8PM - 8.45PM</b>	<b>JP II HALL</b>
<b>DAY 8: 25 MAY (THU)</b>	<b>8PM - 8.45PM</b>	<b>JP II HALL</b>
<b>DAY 9: 26 MAY (FRI)</b>	<b>7PM - 7.45PM</b>	<b>JP II HALL</b>

## WHY WE BELIEVE: ANSWERING COMMON QUESTIONS ABOUT THE CATHOLIC FAITH

Where did the Bible come from? Who decided which books to include? What about the contradictions found in the Bible? Join the SFX Bible Apostolate Team (SFXBAT) in this talk to find out more.

### TOPIC 4: HOW WE GOT THE BIBLE

**Date & Time:** Sun 28 May, 9am - 10.30am

**Venue:** Jeremiah Room (Parish Centre, L2)

**Register:** <https://bit.ly/WWB2023Register>

## CARITAS YOUNG ADULTS: LIFE WITHOUT STRIFE - CHOOSING WHAT IS TRULY IMPORTANT

As young adults living in a busy and competitive society, we are constantly flooded with multiple responsibilities and concerns like work, family, friends, church, volunteering, etc. How should we prioritise? How can we fulfil all our responsibilities? Come and join us in person at CANA for a discussion with like-minded young adults on this challenge and how we can manage it. There will also be a brief overview of Catholic Social Teaching to aid the discussions.

**Date & Time:** Sat 3 Jun 2023, 10am - 12pm  
**Venue:** CANA (55 Waterloo St, Level 3, Singapore 187954)  
**Register:** <https://forms.office.com/r/eKyRmQdN9r>  
**Enquiries:** [mpmc@caritas-singapore.org](mailto:mpmc@caritas-singapore.org)



## MONTFORT JUNIOR SCHOOL: OPEN HOUSE 2023

Inviting all K1 & K2 catechism children and their parents to experience the school's programmes such as Maker-Integrated Curriculum and Montfort Sports Excellence Programme. Join them for an in-person sharing with the principal, Mr Victor Tan or visit the open house virtually at <https://tinyurl.com/MONTFORTJS>. Pick up a flyer outside JPPII Hall Noticeboard to find out more.

### Meet the Principal Session

**Date & Time:** Sat 27 May, 8.30am - 12pm  
**Venue:** 52 Hougang Ave 8 S538786  
**Register:** <https://go.gov.sg/musopenhouse2023>



# 10 ways to open up to the Holy Spirit

## 1. PRAYER

Form the habit of praying to the Holy Spirit on a frequent basis. You could pray the traditional prayer to the Holy Spirit: ***"Come Holy Spirit fill the hearts of your faithful and enkindle within us the fire of your divine love."*** If you like, try the hymn in Latin: ***"Veni Creator"***; or the Sequence prayed on Pentecost ***"Veni, Sancte Spiritus."*** Or, you might sing the classical hymn to the Holy Spirit, ***"Come Holy Ghost."*** Or it might appeal to you to pray the Litany of the Holy Spirit. Never forget, you can pray and talk to the Holy Spirit using your own words, simply speak to Him from your heart.

## 2. ACTS OF THE APOSTLES

Read the book from the Bible, "The Acts of the Apostles". Written by the Evangelist Saint Luke, this book clearly shows the powerful working of the Holy Spirit in the Apostles — especially Saint Peter and Saint Paul — as well as the formation of the primitive church.

As you read be keenly attentive to the presence and workings of the Holy Spirit and beg Him to work powerfully in your own personal life! ***"Come Holy Spirit come."***

## 3. GIFTS OF THE HOLY SPIRIT

Get to know the gifts of the Holy Spirit. You received the gifts of the Holy Spirit the day of your Baptism. These gifts were fortified the day of your Confirmation. However, they must be used and exercised. If these gifts are not used then they become rusty, dormant, and inactive. Memorise them and study them: **Wisdom, Knowledge, Understanding, Counsel, Fortitude, Piety, Fear of the Lord.**



These gifts, according to St. Thomas Aquinas, perfect our intellect and our will so that we can know God more clearly and love Him more ardently.

## 4. SILENCE

We must cultivate zones of silence in our daily lives, even though many of us have to combine the Martha and Mary (The Active and the Contemplative) in a harmonious balance. Still, the danger is to launch ourselves into a frenetic activism whereby there is little time for prayer and much less for silence.



The Holy Spirit speaks to a heart that is ready to listen in silence. With Samuel in the temple we should pray: ***"Speak O Lord for your servant is listening."***

## 5. DOCILITY

Silence is a prerequisite to move on to the next step — docility to the Holy Spirit. A person who is living in the state of grace, honestly pursuing a life of holiness and seeking perfection will be exposed to heavenly inspirations that come from the Holy Spirit. The key is an ability to listen to these gentle but insistent inspirations, discern them coming from God and then the most difficult is to follow and obey these inspirations. The Holy Spirit is, so to speak, a "Gentleman" and will never force Himself upon anybody. Rather, He waits patiently for us to respond and then He can work very powerfully only if we are silent, humble and obedient.

## 6. SPIRITUAL READINGS

Highly recommended, with respect to learning to be docile to the Holy Spirit, is the reading of a spiritual masterpiece ***"The School of the Holy Spirit"*** written by the French spiritual master Jacques Philippe. The essence of this book is very clear and simple.



If we want to arrive at sanctity of life we must get to know the Holy Spirit, love the Holy Spirit and manifest this knowledge and love by being docile to His heavenly inspirations.





## 7. BE CAREFUL AND ALERT

The work of the devil is to discourage us, make us sad and to push us into desolation and then despair. Be aware of the workings of the Holy Spirit. The workings of "The sweet Guest of the soul" are the direct opposite of the devil.

How does the Holy Spirit work? Saint Ignatius of Loyola in his rules for discernment specifies how the Good Spirit works. He strengthens our resolve to follow Jesus and fortifies our faith, hope, charity. He infuses peace and joy and energy to follow the Lord. He encourages us to lift our mind to heaven. He consoles us with the thoughts of the eternal salvation of our soul. Therefore, do not allow the devil to discourage you, but let the Holy Spirit encourage and strengthen you.

## 8. PRAYER, PENANCE, POWER, PERSEVERANCE, & PERFECTION

Try to connect these "5 P's" to union with the Holy Spirit; all are necessary for a constant and growing union with the Holy Spirit. We must pray to the Sanctifier. Also, as Mary and the Apostles acted in the Cenacle for this powerful novena, we must practice penance or self-denial. However, the journey can be long and cumbersome, we must persevere and if we fall bounce back. Then if we are faithful to the first 4P's the Holy Spirit will bring us to perfection in the following of Jesus.

## 9. LONELINESS? PROBLEMS?

If you experience loneliness and are weighed down by many problems then never forget to enter into the depths of your soul and speak to the Holy Spirit whose name is "Sweet Guest of the soul". You will recognise that you are really not alone and that your problems and crosses are not as heavy as you think. Rather, the Holy Spirit can help you to resolve your problems or at least help you to cope with them.

## 10. MARY AND THE HOLY SPIRIT

Mary is the Daughter of God the Father, the Mother of God the Son, and she is the Mystical Spouse of the Holy Spirit. St Maximilian Kolbe has written brilliantly on the intimate relationship between Mary and the Holy Spirit. If you want to have a powerful invasion in your heart of the Holy Spirit, a personal Pentecost experience in your life, then why not turn to Mary. As the Holy Spirit descended upon the Apostles the day of Pentecost through Mary's prayers and presence, He can descend into your soul through the prayers and presence of Mary. "Come Holy Spirit, come, through the Immaculate Heart of Mary."



Source: <https://catholicexchange.com/10-ways-open-holy-spirit/>

### 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

#### BACK GATE

Mon - Sun:  
5am - 1am

#### 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

### 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/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 JP II 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)