



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, angeline.wong@catholicpreschool.edu.sg

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

Who is the Eucharist?

Solemnity of the Most Holy
Body and Blood of Christ
11 June 2023

Dt 8:2 – 3, 14b – 16a
1 Cor 10:16 – 17
Jn 6:51 – 58

In today's first reading, Moses reminds us of God's faithfulness and His providence to the generation of Israelites who were entering the Promised Land after wandering in the wilderness. Moses said that it was "... the Lord, your God who brought you out of the land of Egypt, out of the house of slavery: who guided you through this vast and terrible wilderness, a land of fiery serpents and scorpions, thirst; who in this waterless place brought you water from the hardest rock; who in this wilderness fed you with manna that your fathers had not known." (Deut 8:14-16) Despite the many times we have betrayed him through our sins, God's faithfulness remains even after several generations have passed. His faithfulness and providence are most evident through the Eucharistic celebration where he gratuitously establishes a new covenantal relationship with us and nourishes us spiritually.

The Eucharist transcends mere symbolism. Scripture scholars point out that the Passover meal (cf Ex 12) foreshadows the Last Supper and Jesus', the Lamb of God, ultimate sacrifice on the Cross; and that the Last Supper fulfils and transforms the Passover meal. In the gospel reading today, Jesus shocked his disciples when he said, "if you do not eat the flesh of the Son of Man and drink his blood, you will not have life in you." (Jn 6:53) On hearing this, many of his disciples said, "This is intolerable language. How can anyone accept it?" (Jn 6:60), and they

"left him and stopped going with him" (Jn 6:66). Clearly, his disciples understood Jesus literally, and he meant it literally too, otherwise he would have explained himself; but instead, he remained steadfast to the difficult teaching. Certainly, the Eucharist is more than just a symbol, which God had from the beginning been preparing his people to understand and accept.

The Eucharist is a Divine Person, not a thing. To the human eye, the Eucharist appears as unleavened wafer and wine. But through the eyes of faith, in what St Thomas Aquinas called Transubstantiation, they had been changed into the Body and Blood of Jesus when the Priest consecrates them. In metaphysics, a branch of philosophy, the term "substance" refers to the underlying essence or core identity of an object while the term "accident" refers

to the mutable and contingent characteristics or properties of a substance, such as colour, shape, and size. For example, a cup retains its substance as a cup even when its "accident" is red or blue or of different shapes and sizes. St Thomas Aquinas would explain that during transubstantiation/consecration at Mass, unlike any other objects, the substance changes, but the accident of the Eucharist i.e., colour, shape and size of the unleavened wafer and wine remains. The substance is no longer bread and wine, but "transubstantiated" into the Real Presence of Jesus Christ - Body, Blood, Soul, and Divinity. Since the Eucharist constitutes the whole Christ, it is therefore a Divine Person. As such, as people of God we ought to be diligent in giving our utmost reverence and worship to the Eucharist.

If the Eucharist is the real presence of Christ, and not merely unleavened bread and wine, ought we not to examine our disposition when receiving Jesus in the Eucharist? Have we given our utmost reverence as we approach Jesus in the Eucharist or are we merely fulfilling our Catholic obligation? Out of unconditional and undeserving love for us, God promised that He would come so that we may have life and have it abundantly (cf John 10:10). The Eucharist is the ultimate fulfilment of this promise. Let us remember the words of Pope St John Paul II in *Ecclesia de Eucharistia* (The Church from the Eucharist), "For the most holy Eucharist contains the Church's entire spiritual wealth: Christ himself, our Passover and living bread. Through his own flesh, now made living and life-giving by the Holy Spirit, he offers life to men." (Ecclesia de Eucharistia, 1, 2003)



"For the most holy Eucharist contains the Church's entire spiritual wealth: Christ himself, our Passover and living bread. Through his own flesh, now made living and life-giving by the Holy Spirit, he offers life to men."
(Ecclesia de Eucharistia, 1, 2003)

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/SFXFacilityReport



SSVP COLLECTION

With your kind donations last weekend, SSVP was able to raise **\$S\$10,391.80** for our Friends-In-Need. We thank you for your generosity and continued support of their activities.

Society of St Vincent de Paul (SSVP)

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

CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 12 Jun, 8pm** at **SFX Auditorium (Parish Centre, Level 3)**. There will be Praise & Worship followed by a talk on Empowerment by Gerard Francisco. All are welcome!

CANDLELIGHT ROSARY PROCESSION IN HONOUR OF OUR BLESSED MOTHER

Come join us on **Tue 13 Jun, 8pm** at JPII Hall for the rosary procession within the church grounds. You may bring your own waxless candle.

ASSISI FUN DAY 2023

The biggest charity carnival – Assisi Fun Day is back after a 3-year hiatus! Spend a meaningful and fun-filled day bonding with your family at the carnival of the year at St Joseph's Institution International (SJII). With over 100 stalls offering exciting games, activities and delicious treats, there is something for everyone – from the young to young-at-heart. All proceeds will go towards supporting care for patients with terminal illnesses and their families.

Date: Sun 11 Jun
Time: 10am - 4pm
Venue: 19 Toa Payoh West S318876

RITE OF CHRISTIAN INITIATION FOR ADULTS/YOUTH

Do you have big questions about life and its meaning, and where and how if God fits somewhere? Come discover what the Catholic Church says and offers. RCIA/Y stands for the Rite of Christian Initiation for Adults/Youth. As Jesus said "Come and See" in Jn 1:39, we warmly invite all inquirers to come and join us in our journey to explore and deepen our faith! Registration forms are also available on the SFX website and at the Parish Office.

New RCIA Journey (24 years old and above)

Session start: Tue 4 Jul 2023
Time: 8pm - 10pm
Venue: JPII Hall (Parsonage, Level 1)
Register: tinyurl.com/SFXRCIA2023
For enquiries: 9626 5960 (Angela) / 8112 8041 (Grace)



SCAN TO
REGISTER

New RCIY Journey (13 - 23 years old)

Session start: Sun 2 Jul 2023
Time: 10.30am - 12.30pm
Venue: Isaiah room (Parish Centre, Level 2)
Register: tinyurl.com/RCIY23
For enquiries: 9002 9977 (Angela) / 9675 5698 (Corinne)



SCAN TO
REGISTER

RCIY 'Come and See' Session

Date: Sun 25 Jun 2023
Time: 10.30am - 12.30pm
Venue: Thessalonians room (Parsonage, Level 2)

LIFE IN THE SPIRIT SEMINAR 2023 (LISS) - JUMPSTART

Do you desire a new life in the Holy Spirit? Join us in LISS - a series of 10 weekly in-person sessions including live praise and worship, talks and small group discussions. Seats are limited so sign up now!

Dates: 3 Jul - 11 Sep 2023 (Mondays)
Time: 8pm - 10pm
Venue: SFX Auditorium (Parish Centre, Level 3)
Register: tinyurl.com/SFXLISS2023



BAT: THE GREAT ADVENTURE BIBLE TIMELINE

Discover the story of salvation history and understand how you fit into God's plan. Journey with BAT through this 24-session study programme to explore all twelve time periods of The Bible Timeline Chart, from Adam and Eve to Christ and the Church. We will email the Zoom invites for the study sessions and information regarding the in-person meetings. Find out more and sign up now!

Dates: 21 Jun - 29 Nov (24 Wednesdays)
Time: 8pm - 10pm
Location: Zoom (21 Sessions), SFX (3 sessions)
Register: <https://bit.ly/GBA2023Register>



MONTFORT CENTRE: INDIVIDUAL GUIDED RETREAT

God resides in us more than anywhere else, in our hearts we must seek Him. It is there God reveals himself. Come away to a quiet place, sit with the Lord in this silent Individual Guided Retreat and be accompanied tenderly in the Montfortian Way.

Dates: 29 June - 2 July 2023
Venue: Montfort Centre, 624 Upper Bukit Timah Rd
Register: www.montfortcentre.org/events-1/individual-guided-retreat-2023



ONE: CATHOLYST CONFERENCE 2023

In our search to grow closer to Jesus, we might be tempted to think that He can only be found in church. Yet Christ is present to us in both the church and in the world; in our family life and daily occupations; in our times of rest and in our times of labour. This July, join us to learn how we can live wholly, holy for Christ.

Dates & Time: Fri 14 Jul (7:30pm - 10pm) - Sat 15 Jul (9am - 5pm)
Venue: SFX Seminary Building (618 Upper Bukit Timah Road S678214)
Cost: \$25 (Individual) \$40 (Bring a friend promo!)
Register: www.catholyst.com (Registration closes 30 June 2023)





Ten Steps To Live Out Eucharistic Hospitality In Our Lives

1



CLEAN THE HOUSE

Spring cleaning is part of the yearly routine for most households. How about soul-cleaning? With a bottle of Windex and a dry newspaper, the dirtiest of windows can shine as bright as the sun. So it is with the soul that is cleansed by the Blood of the Lamb of God who takes away the sins of the world in the Sacrament of Confession. In a word, the efficacy of the fruits of Holy Communion depends on the purity of soul affected by a Sacramental Confession.

It is easy to take others for granted, especially our family members. The same can be said of the Mass and Holy Communion, especially in places where daily Mass is plentiful and access to Mass and Communion is easy. On Sacristy walls often can be seen a plaque with the poignant words: "Priest, man of God, say this Mass as if it were your first Mass, last Mass, and only Mass." Likewise, we should receive Holy Communion every time as if it were our first, our last, and our only Holy Communion. It should not be the cynical saying: "Proximity breeds animosity." Rather, the more we receive the Lord in Holy Communion, the more we should thank and love the Lord Jesus!

2



DO NOT TAKE THE MASS AND COMMUNION FOR GRANTED

3



COME EARLY; AVOID BEING TARDY!

Before starting any sporting event, an athlete always arrives early for warm-up exercises; if not, it is easy to pull a muscle or a hamstring and then be out of the lineup for weeks. So it is in the spiritual life, we should arrive early for Mass so that we can warm-up. The transition from the active life to the contemplative takes time and energy; allow this so as to enter into the mood, the spiritual milieu of Holy Mass. Remember, you are entering onto Holy ground, more holy than the ground that Moses tread upon!

All too unfortunate is the reality of how little we pay attention to the person and purpose of our Guardian angel. Each and every one of us, from the moment of our conception, is given a Guardian angel to watch over us, to guide and to help us get to heaven. Few are aware of the fact that our Guardian Angel can help us to pray, to focus and pay attention, in the greatest of all prayers — the Holy Sacrifice of the Mass. Ask your Guardian Angel to pray with you and for you at Mass!

4



GUARDIAN ANGEL'S HELP

5



OFFER YOUR OWN INTENTIONS

In Parish settings usually every Mass has a specific intention that somebody has offered, often months before. This person and intention is commonly prayed by the priest at the start of Holy Mass. Nonetheless, this does not exclude our personal intentions that can be offered.

Actually, there are no limits. In all honesty, there are no limits to our intentions, but I would suggest three:

- Purgatory.** Always offer your Mass and Holy Communion for the souls in Purgatory and at least for one person who has passed from this life to the next.
- Conversion of Sinners.** Never fail to offer your Communion for the conversion of poor sinners, most especially death-bed sinners who are about to die and are not in God's grace.
- Personal Conversion.** In every Holy Communion beg the Eucharistic Lord to give you a personal Heart-transplant. May the Heart of Jesus transform your sinful heart into His Heart!

6



WHAT INTENTIONS TO OFFER?

7



PARTICIPATE IN HOLY MASS

The Dogmatic Constitution on the Liturgy and Mass, *Sacrosanctum Concilium*, asserts that we should strive to participate fully, actively, and consciously in the Holy Sacrifice of the Mass.

The Catechism teaches with utmost clarity that to receive the Eucharist worthily there are three basic and indispensable conditions.

- Belief in the Real Presence.** Nobody should ever approach the Eucharistic without first having a firm belief that Holy Communion is truly the Body, Blood, Soul, and Divinity of Jesus, the Son of God.
- Fasting.** An Hour of fasting is required before receiving Jesus in Holy Communion.
- State of Grace.** Nobody should approach the Eucharistic Lord being aware of having committed a Mortal sin. Sacramental Confession and Absolution must be received before receiving Jesus the Bread of Life.

8



NEVER FORGET THE "BIG 3" CONDITIONS TO RECEIVE THE EUCHARIST WORTHILY



9 EUCHARISTIC MANNERS UPON RECEPTION

Before receiving the Lord Jesus in Holy Communion, we should approach with great reverence. Hands should be folded, an act of reverence should be made, and the reception should be done with great humility, modesty, confidence, and burning love.

After receiving Jesus in Holy Communion, we should spend some quiet time in which we talk to the Lord Jesus. This is the height of Eucharistic hospitality. Like Mary in Bethany, we should receive Jesus with love; we should listen to Him; we should gaze at Him within our heart, and most important, we should tell Him that we love Him!

My friends in the Lord Jesus, let us humbly beg the Blessed Virgin Mary, who always welcomed Jesus into her life from the moment of her Virginal Conception until Jesus ascended into Heaven, that we would truly practice hospitality. But most especially, let us warmly receive Jesus into our hearts in Holy Communion. If done, then He will receive us one day into Heaven. Amen.



10 THANKSGIVING

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

ANOIDTING 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



Gospel Match-up



How well do you know
today's Gospel story?
See if you can match up the first parts
with the second parts of what
Jesus told the people.



I am the living
bread

A

1 food indeed,

if any one eats of
this bread,

B

2 which came
down from
heaven;

the bread which I
shall give for the
life of the world

C

3 abides in me,
and I in him.

Unless you eat the
flesh of the Son
of man and drink
his blood,

D

4 you have no life
in you

For my flesh is

E

5 is drink indeed.

and my blood

F

6 he will live for
ever;

He who eats my
flesh and drinks
my blood

G

7 is my flesh.