



**Disciples**  
*Making Disciples*



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## A Concise Guide to Living a Christian Life

14<sup>th</sup> Sunday of Ordinary Time  
9 Jul 2023

**Zec 9:9-10**  
**Rom 8:9, 11-13**  
**Mt 11:25-30**

There is something wonderful about Mass readings in the way they capture the essence of our faith so succinctly and yet so profoundly. As they are our Lord's words, we expect nothing less. Still, it is remarkable how much can be read into these short excerpts of the Holy Book every week. Today's readings illustrate this so well that you might call it the Concise Guide to Living a Christian Life.

Let's unpack the essential points.

The opening line of the Gospel reading has Jesus in a thanksgiving prayer to his Father, proclaiming him as Lord of heaven and earth.

It is the starting point of our faith, that God is creator of both the physical and the spiritual world.

This idea of the Almighty as supreme leader over everything is, at once, too overwhelming to comprehend.

God understands the limits of our understanding, and the reading goes on to place it in human terms.

"I am gentle and humble in heart, and you will find rest for your souls," he continues. There is further elaboration in the first reading from Zechariah with the image of a king riding a donkey pledging to end warfare.

Our Lord is one of love and peace.

It is well and good to be told this, but how do we get close to him and what must we do?

"Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me... Yes my yoke is easy, and my burden light" (Mt 11:28-30).

On the face of it, it appears that Jesus is only calling on those who feel oppressed and are suffering from whatever afflicts them.

But it isn't the case. His point really is that those in pain, both physically and spiritually, are the ones most likely to turn to God because they need him most. They might have exhausted all other worldly means and their hearts are more open to his words.

On the other hand, those living in comfort in their own world are more likely to believe they can take care of themselves and have no need for divine intervention.

Our Lord's message is that this sense of self and false belief in our own personal ability is what prevents us from hearing his call.



***Thus receiving 'Jesus' yoke' each disciple enters into communion with him and participates in the mystery of the Cross and in his destiny of salvation.***  
(Pope Francis, 14 Sep 2016)

But he knows we are too used to our ways, and change is always difficult, even for those who struggle to find meaning in life.

Hence, our Lord's assurance that when you come to him, his 'yoke is easy and my burden light'.

He is not saying that leading a Christian life is effortless. He knows it is not and the journey is full of pitfalls.

That is why his instruction to us is clear and direct: Come to me. Take my yoke. Learn from me.

This is not a doctrine or a set of ethical rules but a discipleship in which we submit to Christ.

Jesus is telling us to go to him personally and make him the centre of our life.

As Pope Francis stated in a homily at the Holy See in 2016, when Jesus places his yoke on his disciples, "he is at the centre of their relationship with God... and sets himself as the fulcrum of each one's life. Thus receiving 'Jesus' yoke', each disciple enters into communion with him and participates in the mystery of the Cross and in his destiny of salvation" (Pope Francis, 14 Sep 2016).

It requires a childlike attitude to do so, not in the sense of being ignorant and gullible but in being free from our self-centred prejudices.

The second reading from Romans reinforces this point when St Paul calls on us to stop living 'unspiritual lives'.

"If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live" (Rom 8:13).

The promise of eternal life completes this weekly guide, but only if 'the Spirit of God dwells in you' (Rom 8:9).

## 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/SFXFacilityReport](http://tinyurl.com/SFXFacilityReport)



### SACRAMENT OF RECONCILIATION

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

**Fridays:** 4pm - 6pm  
**Saturdays:** 10am - 12pm

### CANDLELIGHT ROSARY PROCESSION IN HONOUR OF OUR BLESSED MOTHER

Come meet us on **Thu 13 Jul, 7.45pm** at JPII Hall for the 8pm rosary procession within the church grounds. You may bring your own waxless candle.

### CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 10 Jul, 8pm** at **SFX Auditorium (Parish Centre, Level 3)**. There will be Praise & Worship followed by a talk on 'God the Father loves you personally' by Sr Christine Santhou. All are welcome!

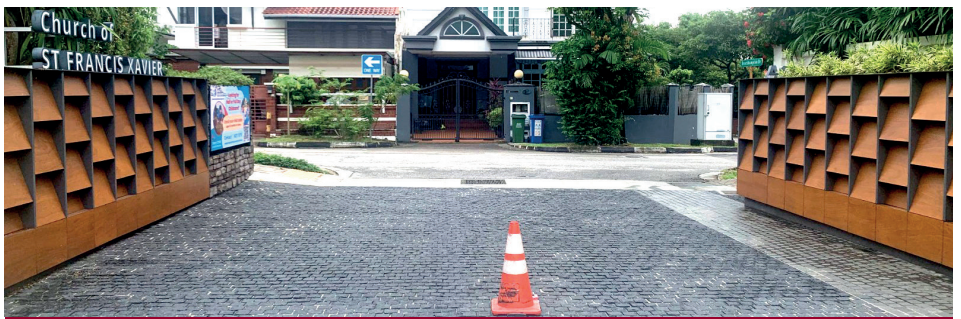
### INTERCESSORY

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

**Date:** Mon 10 Jul  
**Time:** 8pm - 9.30pm  
**Venue:** Mount Tabor Adoration Room

### LITTLE SHEPHERDS' SCHOOLHOUSE: PRESCHOOL EDUCATOR

Little Shepherds' Schoolhouse @ Church of St Francis Xavier requires a qualified preschool educator with at least two years of relevant experience. Those interested, please email your CV and salary expectation to [lss.recruit@catholicpreschool.edu.sg](mailto:lss.recruit@catholicpreschool.edu.sg)



### TRAFFIC NOTICE & MODIFICATION OF KERB & FOOTPATH

Please note that there are modification of works outside our Church starting from 12 Jul to 28 Jul between 9.30am and 4.30pm, Mondays to Saturdays. Additionally, traffic cones have been placed at the main entrance of our Church in order to slow down incoming traffic and protect the gate stopper from further damage. We kindly request that all drivers slow down and drive cautiously when entering the Church. Your safety, as well as the preservation of our church property, is of utmost importance to us. Thank you for your cooperation and understanding. Let us work together to maintain a safe environment for everyone.

### 3RD WORLD DAY FOR GRANDPARENTS AND THE ELDERLY - THANKSGIVING DINNER

In 2021, Pope Francis instituted the World Day for Grandparents and the Elderly on the fourth Sunday in July, close to the feast of Jesus' grandparents, Saints Joachim and Anne. To celebrate this special day, we are offering an exclusive dinner catered from Jack's Place for you to serve your grandparents/elderly. Tickets are still available at the Parish Office on a first-come, first-served basis and only while stocks last. Please bring the exact cash amount and there will be no advance/phone bookings.

**Date:** Sat 22 Jul  
**Time:** 7.30pm  
**Venue:** JPII Hall  
**Capacity:** 30 pairs  
**Cost:** \$90/pair

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

Did Jesus arrange for us to confess our sins to a priest of the new covenant? Join the SFX Bible Apostolate Team for this talk to find out more.

**TOPIC 6:** Why Confess to a Priest?  
**Date & Time:** Sun 9 Jul, 9am - 10.30am  
**Venue:** Jeremiah Room (Parish Centre, L2)  
**Register:** <https://bit.ly/WWB2023Register>

### MASS & BLESSING FOR CATHOLIC NURSES & ALLIED HEALTHCARE PROFESSIONALS

Join us for the celebration of the Golden Jubilee of the Catholic Nurses' Guild of Singapore with His Excellency Archbishop Marek Zalewski, Papal Nuncio to Singapore. The event will include Mass, the Nurses' pledge & blessing of hands.

**Date & Time:** Sun 23 Jul 2023, 5pm  
**Venue:** Church of Christ the King  
**Register:** [tinyurl.com/HealthcareGoldenJubilee2023](http://tinyurl.com/HealthcareGoldenJubilee2023)  
**Cost:** \$15/pax



### ST FRANCIS XAVIER MAJOR SEMINARY: ANNUAL VOCATION RETREAT 2023

Amidst the uncertainties of life, the Lord reaches out his hand over the waves. How do we respond? Open to all single men, 21 - 35 years old, be it any stage of your discernment journey. Priority will be given to first timers. For further enquiries, visit [seminary.catholic.sg](http://seminary.catholic.sg) or email [seminarians@catholic.org.sg](mailto:seminarians@catholic.org.sg).

**Dates:** Fri 11 Aug - Sun 13 Aug 2023  
**Venue:** Montfort Retreat Centre (22 Upper Bukit Timah Road)  
**Register:** <https://tinyurl.com/vcaug2023>





## LIVING THE FAITH EVERYDAY (LiFE): SACRAMENTS OF THE EUCHARIST AND RECONCILIATION

Come join LiFE on this six-part video series as we explore the beauty of Holy Communion and encounter God's mercy in the Sacrament of Reconciliation. Experience the transformative power of grace that God offers us in these Sacraments!

**Dates:** 11 Aug - 15 Sep (Every Friday)  
**Time:** 8pm - 9.30pm  
**Venue:** JPil Hall  
**Enquiries:** Desmond (9011 5076)

# Altar Servers Investiture 2023

The investiture ceremony took place on Sat 1 July during the evening Mass, where a total of seven dedicated individuals were vested with the responsibility of serving at the altar. During the ceremony, Brother Bartolo delivered a heartfelt speech, reminding the new altar servers that being an altar server is not just a co-curricular activity, but a role that requires many sacrifices. He emphasised the importance of

remembering who they serve at the altar - none other than Christ himself. To truly imitate Christ, Brother Bartolo encouraged the altar servers to have a spirit of prayer and to let that spirit guide them in their daily lives. He expressed that this spirit of prayer will bear fruit and that wherever they go, they will radiate Christ to others. As a parish community, let us pray for the new altar servers as they embark on their journey of service.





# Mass Etiquette:

## 10 things to do (or not do) in Mass



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

### 1 Fast before Mass

Fast for at least an hour before receiving Holy Communion, with the exception of water and medicine. The purpose of fasting is to help us prepare to receive Jesus in the Eucharist.

### 2 Cross yourself with Holy Water

Do so upon entering and leaving the church. This is a reminder of our Baptism, which made us members of Christ's Church.

### 3 Dress modestly and appropriately

Wear your Sunday best. As Catholics, we believe that God comes down to meet us at every Mass. So, why would we not dress up?

### 4 Show up at least a few minutes early

If for some reason you cannot be on time, then try to sit in the back so you do not disturb or distract others. Getting to Mass early allows you to pray and prepare yourself better for Mass.

### 5 When we enter and leave Church, genuflect toward the Tabernacle

Christ is present in the Tabernacle. By allowing our right knee to hit the floor, we acknowledge that he is our Lord and God. If someone is physically unable to genuflect, then a bow is sufficient. During Mass, if you pass in front of the altar or tabernacle, do bow reverently.

### 6 Observe sacred silence while in Church

Once you enter Church - it is not the time or place to chat with those around you. If you must talk, do so as quietly and briefly as possible. Remember that your conversation might be disturbing someone who is in prayer.

### 7 Prepare your offering before Mass

Keeping the basket while you get your wallet out can sometimes become quite a scene. Preparing your offering before Mass will help minimise distractions.

### 8 Bow before receiving Holy Communion

God is present in the Eucharist and we need to show our respect and reverence with a bow of the head.

### 9 Do not leave early

Stay to the end of the recession and the hymn that accompanies it, if there is one.

### 10 Pray after Mass

It is good to offer a prayer of thanksgiving after Mass is over.

Adapted from "Mass Etiquette: 20 Things To Do And Not Do In Mass"  
[www.aggiecatholic.org/blog/2014/09/mass-etiquette-20-things-to-do-and-not-do-in-mass](http://www.aggiecatholic.org/blog/2014/09/mass-etiquette-20-things-to-do-and-not-do-in-mass)

#### 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

#### 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)