



Disciples
Making Disciples



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Giving Thanks for our Exorcism

4th Sunday in Ordinary Time
28 Jan 2024

Deut 18:15-20
1 Cor 7:32-35
Mk 1:21-28

Many of us were just infants at our baptism and therefore have no recollection of the Prayer of Exorcism said over us. In the prayer, the priest, our parents, godparents, friends and relatives petitioned God that we be “protected against the power of the Evil One and withdrawn from his dominion” (CCC 1673). The exact words of the prayer are:

“Almighty and ever-living God, you sent your only Son into the world to cast out the power of Satan, spirit of evil, to rescue man from the kingdom of darkness, and bring him into the splendor of your kingdom of light. We pray for (child’s name). Set him free from original sin, make him a temple of your glory, and send your Holy Spirit to dwell within him. We ask this through Christ our Lord. Amen.”

The opening line of this prayer directs us to today’s gospel where Jesus exorcised a demon from a man in the synagogue in Capernaum. Unlike this exorcism, our baptism probably had none of the demonic screaming which had inspired many Hollywood movies. Mark says that the demon shrieked at Jesus (Greek: *anakrazó*) in protest, “What do you want with us, Jesus of Nazareth? Have you come to destroy us?” (Mk 1:24) The demon was aware that his end was near for Jesus had already steadfastly rejected Satan’s temptations in the desert to be satisfied with bread (material possessions), prominence and power. Jesus had dismissed the

devil telling him, “Be off, Satan! For scripture says: You must worship the Lord your God, and serve him alone” (Mt 4:1-10). The Catechism tells us that Jesus therefore recapitulated Adam’s disobedience (CCC 538-539) and signaled that the building up of God’s reign cannot be prevented since Satan’s power is “... not infinite. He is only a creature, powerful from the fact that he is pure spirit, but still a creature” (CCC 394-395).

It is such a blessing to know that in baptism, God removed us from Satan’s power, brought us into his kingdom of light and wants to make us into a temple of his glory. These are all transformations we could never have worked for ourselves and indeed we must be deeply grateful for God’s intervention. However, we should also be aware that we are not to be merely passive recipients of God’s favour.

A closer reading of today’s readings reveals that God has given us instructions on how to be demon- or sin-free and remain in his kingdom of light. Jesus is the promised “prophet” God wants us to “listen” to (Deut 18:15-18). Jesus could teach making a “deep impression” and exorcise with divine authority (cf Mk 1:22, 27) as God has “put [His] words into his mouth” (Deut 18:18). The emphasis on listening is repeated in today’s Responsorial Psalm, “O that today you would listen to his voice! Harden not your hearts.” (Ps 94:8) St Paul even goes so far as to say one should give God “undivided attention” (1 Cor 7:35) by choosing the celibate state!

Coming just one week after Sunday of the Word of God, this call to pay attention to God’s Word - Christ himself - either through attentive listening to the scriptures and actively participating in the prayers at Holy Mass, or in our own devotional

prayerful reading and study of the Bible, cannot be overstated for “... Sacred Scripture [is where]... God and man may talk together... ‘we speak to Him when we pray; we hear Him when we read the divine saying’” (Dei Verbum 25). The scriptures provide “the source of all saving truth and moral teaching” (DV 7) to steer us to maturity in our new life in Christ.

So let us deepen our understanding today of the cleansing and renewal we received at our baptism. May the Holy Spirit whom God has sent to dwell in us help us fix our gaze on Christ and know ever more fully God’s saving help through Christ, with Christ and in Christ. As we mature in God’s Kingdom of Light, may we, in turn, be a light to those still trapped in darkness by the lies of the evil one.



“In the Prayer of Exorcism, the priest, our parents, godparents, friends and relatives petitioned God that we be ‘protected against the power of the Evil One and withdrawn from his dominion’ (CCC 1673).”

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



CHARISMATIC

The next Charismatic Prayer session is on **Mon 29 Jan**. There will be Praise & Worship followed by Holy Mass. All are welcome!

Venue: SFX Auditorium
(Parish Centre, Level 3)
Time: 8pm - 9.30pm

INTERCESSORY

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

Date: Mon 29 Jan
Time: 8pm - 9.30pm
Venue: Mount Tabor Adoration Rm

BLESSING OF CANDLES - 2 FEB

There will be blessing of candles on the Feast of the Presentation of the Lord. You may bring your candles and get them blessed.

COLLECTION OF OLD PALMS

Drop off your old palms in the boxes located at the Church Foyer and outside JPll Hall by **4 Feb**. Please help to remove all plastic bags and rubber bands.

PARISH LENT RECOLLECTION - SAVE THE DATE

Come join us as Deacon Sherman Kuek leads us through a reflection of the Sorrowful Mysteries and what this mystery says to us about our Catholic life on **15 - 17 March 2024**.

SALE OF CHINESE NEW YEAR COOKIES

The Altar Servers will be selling Chinese New Year Goodies this weekend and on **3 - 4 Feb**. Please come and support them outside JPll Hall!



CHINESE NEW YEAR MASS SCHEDULE

- **Fri 9 Feb (CNY Eve):** 6.30am, 4pm* [There will be no 8pm Mass]
- **Sat 10 Feb (CNY Day 1):** 9am*, 11am* [There will be no 6.30am Mass]
- * There will be distribution and blessing of oranges.



SUNDAY MASS SCHEDULE:

- **Sat 10 Feb:** 5.30pm
- **Sun 11 Feb:** 7am, 9am, 11am, 5.30pm

WEEKDAY MASS ON PUBLIC HOLIDAY:

- **Mon 12 Feb:** 9am only



MALAYALAM & ENGLISH LANGUAGE RETREATS IN FEBRUARY

Annual Retreat in Malayalam and Retreats for Youth & Children in English. Organized by the Singapore Malayalam Catholic Community. Please join us for spiritual nourishment and growth across generations.

Dates: 10 - 12 Feb 2024
Time: 8.30am - 6pm
Register: bit.ly/annualretreat2024?r=qr



Venues:

- Adult Retreat - Holy Innocents' High School, 191 Upper Serangoon Rd led by Rev. Fr. Xavier Khan Vattayil PDM (Kerala)
- Youth Retreat - St. Francis Xavier Seminary, Punggol led by AFCM (UK)
- Teens Retreat - Catholic Spirituality Centre, Upper Serangoon Rd led by AFCM (UK)
- Children Retreat - Holy Innocents' High School, 1191 Upper Serangoon Rd

Contact:

Jobin Kavalam - 8429 2142 (Youth Retreat)
Abhilash Anto - 9435 9654 (Teens Retreat)
Thomas Vithayathil - 9819 2056 (Adult Retreat)

JOURNEY ON EARLY PARENTING

The SFX Family Apostolate is running a 4-session programme for expectant parents and parents with children up to 8 years of age where both parents may be Catholic or one is Catholic. Come and experience our sharings of how we grow in our faith with our families as we live out our baptism together in the face of daily challenges.

Dates: 18 Feb, 24 Mar, 21 Apr, 19 May (Sundays)
Time: 3pm - 4.30pm
Venue: JPll Hall
Register: tinyurl.com/JourneyOnEarlyParenting



OYP: SHINE RETREAT

Calling all Polytechnic, ITE and Private diploma students between 16-23 years old! 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! Jesus called out to Lazarus to become fully alive! As you enter into a new academic year, He is inviting you in the same way. Come and accept His invitation! If you know someone who is studying in poly, ITE or private diploma institutions, invite them to come and join us for SHINE!

Dates: 20 Mar (Wed) - 23 Mar (Sat) (FULL STAY-IN)
Venue: Office for Young People (2 Lorong Low Koon, 536449)
Retreat fee: \$59.95 (incl. 9% GST) [includes a t-shirt]
Register: tinyurl.com/Shine2024



66TH BEGINNING EXPERIENCE (BE) WEEKEND

Come and experience a weekend away for a lifetime of change. The 66th Beginning Experience (BE) Weekend is a live-in weekend for the permanently separated, divorced or widowed (for both males and females). The BE Weekend helps single-again individuals move on from the darkness of their grief into the light of a new beginning, to be healed and be free to love themselves, others and God. For more information, please contact 9693 0785 (Rodney) / 9755 4310 (Mary) / 9828 5162 (Jean).

Dates: 8 Mar - 10 Mar 2024 (Friday night through Sunday afternoon)
Venue: Lifespring Canossian Spirituality Centre
Cost: \$230
Register: <https://tinyurl.com/BE-SG-WKD>



RCIA Retreat 19-21 January 2024



"I have called you by name, and you are mine" (Isaiah 43:1)

Over the weekend, 27 catechumens and candidates participated in the RCIA Retreat held at the former Major Seminary in Punggol. There's no better way to encounter the Lord than to spend time with Him who "when you call upon me and come and pray to me, I will hear you. When you search for me, you will find me; if you seek me with all your heart, I will let you find me, says the Lord". (Jeremiah 29:11-14)

Let's hear from our retreatants.

Tracy Wong

"The flow of the retreat helped me reflect and better understand God's love and how to have faith and courage in my daily life. I realised that God's plan is the perfect plan, even when I may not think so. He will make it right for me, I just need to have faith in Him. Through the life mapping activity, I reflected that life may not always be smooth sailing but I am comforted, knowing that God is always with me."

Benjamin Wee

"The stay-in retreat meant being away from home, family and work. In the end, everything worked out. Thanks be to God and my wife too. In my reflections, I remembered my new year wishes for 2019, where I wanted better Work and Family Relationships. Indeed, work and family relationships have never been better! God is good!"

Theresa Nai

"I like the story of the Samaritan woman at the well as there are many nuances and values applicable to the way I live my life. I am grateful for the support from the group sharings, where I shared my woes and pains as well as my delights."

Janet Foo

"Through the retreat, I am reassured that God has a plan for all of us and He walks beside us. When we open our hearts to him, all will be alright. After all, He knows me more than I know Him and his judgment stems from love rather than criticism. I am heartened by the overflowing love of the Lord our God."



"Safe from the hustle and bustle of everyday life, I could be Still, in the presence of God as I reflected on my journey with Him. I learnt that God lets me run my own race, but He is there at each step, watching and guiding me. Life's curveballs, all my ups and downs, highs and lows, are according to God's plan and He has the perfect timing. I just have to trust Him as I deepen my relationship with God as I continue to understand more about Him."

Madelein Ong

"From the retreat, I realise that God loves me regardless of the sins I've committed and has always been there throughout my life. I need to be open and not let my pride or judgment cloud this openness. I am now more open to the belief that God exists, as I have cleared up many questions I previously had. This enables me to notice the signs that God has been giving me."

Lim Hui Jui

"The sessions were powerful and helped deepen my resolve and surrender to let God guide me. The life mapping activity helped me resolve a past hurt. The sharings were open and intimate and as my tears flowed, I was encouraged by my community of fellow retreatants."

The activity on the Apostle's Creed built up to the Adoration before the Blessed Sacrament where I felt the presence of Jesus for the very first time! The retreat was MUCH better than I expected. I came with questions and uncertainty and left with my faith strengthened."

Carris Chen



"I enjoyed the life mapping activity thoroughly as it gave me an opportunity to pen down my thoughts and reflect on my life. Overall, I had greater appreciation of God's love."

Shaun Lu



Looking for more Information?
visit www.sfxchurch.sg



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

Closed on Public Holidays
after 9am Mass

BACK GATE

Mon - Sun:

5am - 1am

Closed on Public Holidays
after 9am Mass

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



*What did the unclean
spirit in the man do
when Jesus commanded?*

*Colour in only the spaces that have crosses
to find out what it did.*

Source: thekidsbulletin.com

Answer: It came out

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