



Disciples
Making Disciples



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God Knows our Sufferings

5th Sunday in Ordinary Time
05 Feb 2024

Job 7:1-4, 6-7
1 Cor 9:16-19, 22-23
Mk 1:29-39

Job's lament in today's first reading is heart-wrenching. He had lost all his property (Job 1:14-17); his children were killed in a disaster (Job 1:19); he was struck down with a severe skin disease (Job 2:7); his wife urged him to forget God, "...Curse God and die!" (Job 2:9) and his three "friends" speculated over his secret sins rather than console him and give him hope (Job 4 – 33). Maintaining his innocence, Job cries out in despair over his emptiness, "life is nothing more than pressed service...hired drudgery..." and resigns himself in hopelessness that he would never again have joy (Job 7:1,7).

When things take a turn for the worse with no sight of a return to normality, we are often on an emotional roller-coaster like Job, vacillating between some faith in one moment (perhaps hoping to win God's speedy intervention - cf Job 2:10), and doubting God's presence in the next (cf Job 7:1-4).

Today's gospel is a source of hope when we encounter suffering according to Pope Benedict XVI. Jesus healed Peter's mother-in-law immediately and spent the evening curing the sick and exorcising devils from those who had been possessed (cf Mk 1: 31-34). All of Jesus' healings and exorcisms were important signs that God has heard the cry of human suffering and has established his kingdom here on earth in the church so that his healing and

restoration can be accessible to all:

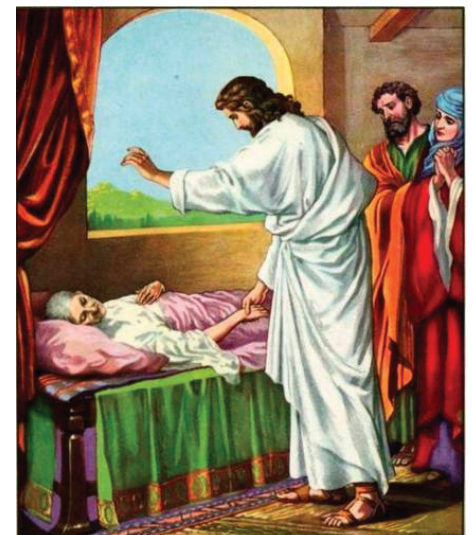
"Jesus' entire mission is symbolically portrayed in this episode. Jesus, coming from the Father, visited peoples' homes on our earth and found a humanity that was sick, sick with fever, the fever of ideologies, idolatry, forgetfulness of God. The Lord gives us his hand, lifts us up and heals us. And he does so in all ages; he takes us by the hand with his Word, thereby dispelling the fog of ideologies and forms of idolatry. He takes us by the hand in the sacraments, he heals us from the fever of our passions and sins through absolution in the Sacrament of Reconciliation. He gives us the possibility to raise ourselves ... [in the] Sunday liturgy, the Lord comes to meet us, he ... heals us ever anew with the gift of his words, the gift of himself." (Homily, 5 February 2006)

Like Job, we may be in such despair that there is a "forgetfulness" of God's love for us. Like Job's wife, we may be practicing idolatry, worshipping the things from God rather than God himself, such that when these things are gone, we begrudge God for their loss. We may be like Job's so-called "friends" with our own "foggy" self-created ideologies about God that we pass off as divine inspiration. God warns against such "prophets" of hopelessness asking, "Who is this who darkens counsel with words of ignorance?" (Job 38:2)

God's true nature and his compassion for us can be known by looking at Jesus' self-offering on the cross for our salvation for "[o]nly a God who loves us to the extent of taking upon himself our wounds and our pain, especially innocent suffering, is worthy of faith... God... wanted to suffer for us and with us; He became man so that He could *suffer with* man, in a real way, in flesh and blood. To every human suffering,

therefore, there has entered One who shares suffering and endurance..." (Pope Benedict XVI, Message, 19th World Day of the Sick, 21 Nov 2010)

As we look upon the crucifix, we can be reassured once more that God will come to our aid and we must persevere in believing in his love for us. Having already received God's restoration to wholeness in our baptism, we are also reminded today to continue sustaining this new life by participating in God's mission of hope. Just as Peter's mother-in-law "began to wait on them" (Mk 1:31) after Jesus "helped her up" and St Paul was prepared to be "the slave of everyone" (1 Cor 9:19) so as to make God's mercy in Christ known to as many as possible, let us also be ready to do and to be whatever God calls us to. May our transformed lives and our words reflect the "good news" (1 Cor 9:18) we have so blessedly received from Christ.



*"God became man so
that He could **suffer**
with man, in a real way,
in flesh and blood."*

– Pope Benedict XVI

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



PARISH OFFICE CLOSURE

Please note the Parish Office operating hours:

Fri 9 Feb: 9.30am – 1pm

Sat 10 Feb - Mon 12 Feb: Closed

CHARISMATIC

The next Charismatic Prayer session is on **Mon 5 Feb**. There will be praise & worship followed by praying over. 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 5 Feb
Time: 8pm - 9.30pm
Venue: Mount Tabor Adoration Rm

COLLECTION OF OLD PALMS

This is the **last weekend** for you to drop off your old palms in the boxes located at the Church Foyer and outside JPll Hall. Please help to remove all plastic bags and rubber bands.

PARISH LENT RECOLLECTION

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



Venue: SFX Auditorium
Cost: \$50
Register: <http://tinyurl.com/SFXPR2024>

SALE OF CHINESE NEW YEAR COOKIES

The Altar Servers will be selling Chinese New Year Goodies this weekend. 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]
Catholics are dispensed from abstinence on Fri 9 Feb.
- **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



ASH WEDNESDAY MASS SCHEDULE

Wed 14 Feb: 6.30am, 6.30pm, 8.30pm

There will be imposition of Ashes.

Fasting and abstinence is to be observed on Ash Wednesday.



JOURNEY ON EARLY PARENTING

The SFX Family Apostolate is running a four-session programme for expectant parents and parents with children of up to eight years of age where at least one parent is Catholic. Come and find out more from 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



CATHOLIC SPIRITUALITY CENTRE: PRAYER EXPERIENCE RETREAT #34

The theme "The Three Ways of the Spiritual Life" traces the whole spiritual journey through the Purgative, Illuminative and Unitive stages in relation to prayer. This aims to help participants understand their own journey in order to advance and grow in holiness. The retreat will be conducted by Juliana Koh & the CSC Retreat Team.

Dates & Time: 1 - 3 Mar, 8.30am - 6.30pm (Non-stay-in)
Retreat fee: \$150 (inclusive of 9% GST)
Register: <https://bit.ly/cscper34>



CATHOLIC LEADERSHIP CENTRE PROGRAMMES

"Ephesians 6: Armour of God" Retreat

A 2D1N stay-in retreat that unpacks the spiritual and practical implications in St Paul's letter to the Ephesians Chapter 6:10-17, and equips leaders with the "whole armour of God". The retreat includes talks by Fr Valerian Cheong, Fr Andrew Wong and Joseph Fernandez on being more aware of supernatural realms on social media and other openings which lead people away from God, what the first commandment entails and so on.

Dates: 6 - 7 April 2024
Venue: St. Francis Xavier Retreat Centre (199 Punggol Seventeenth Ave, Singapore 829645)
Cost: \$320 (en suite single-room & meals included)
Register: www.catholicleader.sg



"Lead Like Jesus" Workshop

A foundational leadership development workshop that offers participants a practical model based on Jesus' servant leadership. In the two sessions, participants will encounter a leadership framework comprising four domains of leading like Jesus: the heart, head, hands and habits.

Dates & Time: 13 & 20 April 2024, 9am - 5:30pm
Venue: Agape Village (7A Lor 8 Toa Payoh, MPR1, 3rd floor)
Cost: \$200 (lunch & tea breaks for 2 days & workbook included)
Register: www.catholicleader.sg



2024

The Year of Prayer



In preparation for the 2025 Jubilee Year "Pilgrims of Hope", 2024 has been designated a **Year of Prayer**.

On Sunday 21 January, on the fifth annual celebration of the 'Sunday of the Word of God', the Holy Father Pope Francis officially opened the **Year of Prayer** during the recitation of the Angelus.

The Holy Father has asked that 2024 be a year of prayer, as a preparatory year for the Jubilee, and called on the faithful "to pray more fervently to prepare ourselves to live properly this grace-filled event and to experience the power of hope in God."

The Year of Prayer, the Holy Father explained, is dedicated "to rediscovering the great value and absolute need for prayer, prayer in personal life, in the life of the Church, prayer in the world."

Rediscovering our need for daily prayer

The Year of Prayer, noted by Archbishop Rino Fisichella, Pro-Prefect of the Dicastery for Evangelisation, "is not a Year marked with particular initiatives; rather, it is a privileged time in which to rediscover the value of prayer and the need for daily prayer in our Christian life."

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The Year, he said, is "a time to discover how to pray and, above all, how to educate the people of today in prayer, in this age of digital culture, so that prayer can be effective and fruitful."

2025 – The Year of the Jubilee



The Jubilee has always been an event of great spiritual, ecclesial, and social significance in the life of the Church. Ever since 1300, when Pope Boniface VIII instituted the first Holy Year – initially celebrated every hundred years, then, following its biblical precedent, every fifty years, and finally every twenty-five years – God's holy and faithful people has experienced this celebration as a special gift of grace, characterised

by the forgiveness of sins and in particular by the indulgence, which is a full expression of the mercy of God.



HOLY FATHER'S PRAYER INTENTIONS FOR THE MONTH OF FEBRUARY

FOR THE TERMINALLY ILL

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.

IN THE MONTH OF JAN 2024

WEDDINGS

We congratulate the following couples:

1. Chan Wai, Mark & Denyce Chua Ruo Qian
2. Shaun Yim Wei Wen & Khng Hui Zhen Christie
3. Darrell Lee Zhong Xuan & Michelle Chee Jia Hui
4. Fernandez Gary Leon & Harrison Sharda Maxine
5. Williams Jerrard Royston Zhen Qiang & Teo Qian Hua
6. Sing Chaowei, Lionel & Joan Hia Pei-Xuan

CONDOLENCES

We offer our prayers to the families of the following who have returned to the Lord:

1. Isaac Kelvin Tan Lee Thong
2. Frank Kam Chin Seng
3. Eric Andrew Ree
4. George Phua Boon Heng
5. Chua Bee Geok, Lily
6. Stephen Wong Weng Choy

BAPTISMS

We welcome the following:

1. Shanelle Joy Poh Hui Zhen
2. Pang Wen Bin, Andreas Baptiste
3. Elliott Ling Jian Yu
4. Eloise Ling Jing En
5. Emmett Ling Jian Lei
6. Chloe Elizabeth Pratt

During this Year of Prayer, as we prepare ourselves and journey towards the Jubilee in 2025, let us say the Jubilee Prayer together and in faith:

The Jubilee Prayer

Father in heaven, may the faith you have given us in your son, Jesus Christ, our brother, and the flame of charity enkindled in our hearts by the Holy Spirit, reawaken in us the blessed hope for the coming of your Kingdom.

May your grace transform us into tireless cultivators of the seeds of the Gospel. May those seeds transform from within both humanity and the whole cosmos in the sure expectation of a new heaven and a new earth, when, with the powers of Evil vanquished, your glory will shine eternally.

May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasures of heaven. May that same grace spread the joy and peace of our Redeemer throughout the earth.

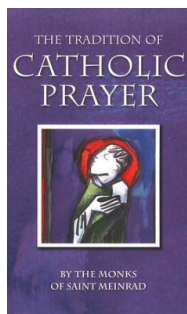
To you our God, eternally blessed, be glory and praise for ever.
Amen!

Books on Prayer in St Jerome Library

As we begin the Year of Prayer as a preparation for the Jubilee Year in 2025, let us make time for prayer in our busy lives.

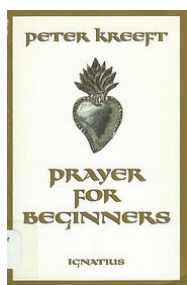
St Jerome Library has a collection of over 130 books related to prayer and pilgrimage to help us understand what prayer is, how to pray and guide us in the practice of prayer. Check out some of these titles today.

St Jerome Library is open Sundays, 8am - 1pm.



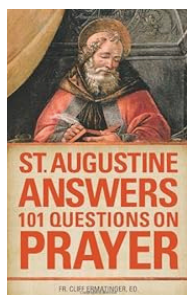
THE TRADITION OF CATHOLIC PRAYER

Catholics have a rich and ancient prayer tradition. We have private devotions or participate as a community in the Liturgy of the Hours. We also go on pilgrimages and have altars in our homes. In this book, the monks of Saint Meinrad recount the tradition of Catholic prayer chronologically. The central chapters look at prayer in the contexts of the Mass, the Liturgical Year, and the Liturgy of the Hours. Final chapters lead us to a deeper understanding of the Catholic imagination and the place of prayer in the lives of the faithful.



PRAYER FOR BEGINNERS

This book is for those who acknowledge their need to improve their prayer life. Philosopher and Catholic convert, Peter Kreeft, gives simple, but profound advice and practical steps for growing a prayer life based on the wisdom of the saints and the great spiritual writers. His book can help us develop that intimate communication with our Creator that we call prayer.



ST. AUGUSTINE ANSWERS 101 QUESTIONS ON PRAYER

How do I know God hears my prayers? How can I 'pray always,' as Jesus commands? Why must I ask for things God already knows I need?

Such questions perplexed St Augustine (354-430), whose intense yearning for God led him into a profound and lifelong encounter with Christ in prayer. Augustine found answers to these questions not from his own brilliance, but in the practice of prayer itself. His words are as relevant to us today as they were to his contemporaries in the 4th - 5th centuries.



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

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