



THE MANNA

Church of St Francis Xavier

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Disciples Making Disciples



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Online Mass Offering:
tinyurl.com/SFXMassOfferings
UEN: T08CC4033J
Reference: Mass Collection

Looking Inside To See Outside

8th Sunday in Ordinary Time
2 Mar 2025

Eccles 27: 4-7
1 Cor 15: 54-58
Lk 6: 39-45



*"After looking within ourselves Jesus invites us to look at others like he does... looking first not at evil but at goodness."
(Pope Francis, 22 Feb 2022)*

Today's readings are about looking inwards, self-reflecting and examining our inner thoughts and desires to help us develop a closer relationship with God. There is no better time to do this than before the season of Lent which begins next week, we embark on a spiritual journey to strengthen our faith.

Being self-critical is important for several reasons. First, there is a tendency for most of us to look outwards rather than inwards when trying to make sense of the world. We are quick to judge the words and actions of others, and how they relate to our own sense of what is right or wrong. It is a very human thing, one which we cannot help doing. The problem is that we are often ill-equipped to do this because of our self-centredness and prejudices. As a result, our judgment can be completely off the mark leading to strained relationships with others, including loved ones, and a warped sense of our own importance and righteousness. We tend to do this also because it is much easier to criticise others and place the onus on them changing their ways than it is to examine ourselves and transform our own lives. That is what our Lord meant in the Gospel reading when he said: "Why do you observe the splinter in your brother's eye and never notice the plank in your own? How can you

say to your brother, 'Brother, let me take out the splinter that is in your eye,' when you cannot see the plank in your own? Hypocrite!" (Lk 6:41-42) That plank is our ego and pride. It is a huge impediment which is why Jesus used the plank metaphor contrasting it to a splinter.

The second reason for self-examination is that it leads to the most important question of all: Who am I? Ultimately, we need to confront this central issue if we are to make sense of our life, its purpose and what we must do to achieve it. Throughout human history, many great minds have struggled to answer the question, but with unsatisfactory results. As Christians we know that our identity can only be meaningfully determined in relation to God, that we are created by him and he has a plan for us that can only be achieved through Christ. Self-reflection brings us closer to this truth.

The second half of the Gospel reading reinforces this point: "There is no sound tree that produces rotten fruit, nor again a rotten tree that produces sound fruit...A good man draws what is good from the store of goodness in his heart; a bad man draws what is bad from the store of badness" (Lk 6:43-45). What this makes clear is that man's goodness isn't his own making or effort. It comes from God whose love has been poured into our

hearts through the Holy Spirit who has been given to us (Rom 5:5). It is another important marker of our identity - that we are children of God, whose love and mercy for us is unconditional. On the contrary, if we believe that our goodness and achievements are purely due to our own effort, it leads to a completely different sense of who we are, one in which reconciliation with God and his plan for our salvation isn't possible.

Pope Francis brought these two points together - the importance of being self critical and how it shapes our identity - in a homily in 2022, when he said: "...the Lord invites us to clean up our gaze...He first asks us to look within ourselves, to recognise our failings... And after looking within ourselves Jesus invites us to look at others like he does...looking first not at evil but at goodness. God looks at us in this way: he does not see irredeemable errors in us, but children who make mistakes. God always distinguishes the person from his errors. He always saves the person." (Pope Francis, 22 Feb 2022)

Starting our Lenten journey on this footing brings us closer to Christ so we can better celebrate the triumph he achieved for all of us through his suffering, death and resurrection.

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

2ND COLLECTION FOR THE GENERAL MAINTENANCE & OPERATIONS OF THE CHURCH

There will be a second collection this week and all funds raised will go towards the general maintenance and operations of our church. If you would like to donate digitally, please PayNow to our **UEN T08CC4033J** and indicate in the reference 'Maintenance'. Please give generously.

ASH WEDNESDAY MASS SCHEDULE

There will be imposition of Ashes. Fasting and abstinence is to be observed on Ash Wednesday, **5 Mar.**

Mass Times:

6.30am, 6.30pm, 8.30pm

LENTEN FRIDAY

Join us every Friday during the Lenten season for a powerful and reflective evening of prayer at 8pm for Stations of the Cross, followed by Mass.

SUNDAY FELLOWSHIP

The Wardens Ministry will be serving breakfast this Sunday at JPll Hall. Do drop by for some food and fellowship.

CHARISMATIC PRAYER

The next Charismatic Prayer session is on **Mon 3 Mar, 8pm** at the Auditorium. There will be Praise & Worship followed by praying over by CPG Team. All are welcome!

INTERCESSORY PRAYER

Join us on **Mon 3 Mar, 8pm** at the Mount Tabor Adoration Room, where we will pray together in the presence of the Blessed Sacrament. Submit your prayer requests at www.sfxchurch.sg/intercessory-prayer. All prayer requests will be kept confidential.

PARENTING FOR PURITY, LIVE WITH JASON EVERT

Do you want to be the #1 influence on your child's sexual morality? In this special event, Jason Evert will be speaking to us LIVE by Zoom right from his hometown in Arizona, USA. He will enlighten us on 10 powerful strategies to safeguard the innocence of your children. There will also be a dedicated Q&A segment right after the talk, where you can submit your anonymous questions live to Jason. See you there!

Date: Sat 29 Mar
Time: 10am – 11.20am
Venue: SFX Auditorium (Parish Centre, Level 3)
Register: <https://tinyurl.com/SFXFPF2025>



LENTEN FAMILY INVITATION: A SPIRITUAL JOURNEY FOR YOUNG CHILDREN

Join our Lenten programme, specially designed for children aged 7 and below. It features engaging crafts, child-friendly journaling activities, and Outdoor Stations of the Cross, helping families spiritually prepare for Easter and experience a transformative Lenten season. For enquiries, please contact Lynnette at 9690 0750. Scan the QR code or sign up at <https://tinyurl.com/CLenten2025>.



BECOME LIKE CHILDREN

1Cor12 (BASIC) invites parishioners of all ages to this Lenten half day of recollection! Come spend some time this Lent with Jesus through prayerful and fun art, music, and movement workshops, ending with Adoration. Rediscover the freedom and joy of coming to Jesus just like a child, just as you are. For enquiries, please contact Mary Ann at 9168 9602 or Matthew Lim at 9296 9687.

Date: Sat 5 Apr
Time: 9.30am - 12.30pm (refreshments will be provided after)
Register: <https://tinyurl.com/sfxbasicdor25>
(Do dress comfortably as there will be lots of movement & Adoration)



LIFE: "RETURN" WITH FR JOHN BURNS

"Now, now – it is the Lord who speaks – come back to me with all your heart, fasting, weeping, mourning. Let your hearts be broken, not your garments torn, turn to the Lord your God again ..." (Joel 2:12-13)

Reorient your mind and heart this Lent so you can more fully experience the joy of Easter – Christ's victory over sin and death. Over four weeks and through nine "Return" episodes, Fr John Burns invites you to strip away your confusion, attachments and sin, so that you can return to the Lord and undergo real and lasting conversion.

Date: 7, 14, 21, 28 March (Fridays)
Time: 8pm – 9.30pm
Venue: JPll Hall
Enquiries: Brian Rezel (9789 2253) or Monica Yap (9669 6781)



ONE: LENT TO EASTER REFLECTION BOOKLET 2025

For the first time, the Office for the New Evangelisation (ONE) is launching a combined Lent to Easter Reflection Booklet for 2025! This booklet will journey with you through the Lenten season of detachment and renewal, into the newness of life at Easter. Our Lenten practices prepare us for the joy and renewal of Christ's resurrection, which the Church celebrates throughout the 50 days of Eastertide. It's essential, therefore, that our reflections do not end at Lent, but continue into the season of Easter. Get your copy today by scanning the QR code or visiting one.org.sg.



SCHEMA OF THE ARCHDIOCESAN PASTORAL PLAN

The 2025 Archdiocesan Assembly (AA) was held on 1 March 2025. It was a gathering of representatives from parishes and church organisations to discern the next 10-year pastoral plan for our Church in Singapore. Scan the QR to read the 3rd version of the Schema of the Pastoral Priorities.



Watch the video to learn about the journey towards the 2025 Archdiocesan Assembly.

Pope Francis' Lenten Message 2025

Journeying Together in Hope



In his latest message for Lent 2025, Pope Francis reflects on the theme “Let us journey together in hope.” The Holy Father emphasizes the importance of living one’s life as a constant journey of conversion, choosing to walk in peace and hope alongside others.

Three Calls to Conversion

Pope Francis identifies three areas where individuals may be in greater need of conversion:

- **Journeying with Others:** Recognise that we are all pilgrims in this life, and consider how our lives reflect this fact. Ask yourself: “Am I really on a journey, or am I standing still?”
- **Being Synodal:** Journey with others, avoiding self-absorption, exclusion, and hypocrisy. Let us walk in the same direction, attentive to one another in love and patience.
- **Having Hope:** Cultivate hope, trusting in God’s promise of eternal life. Hope is the “sure and steadfast anchor of the soul”.

The Call To Journey In Hope

Pope Francis encourages Catholics to focus on hope during the Lenten season. He quotes St. Paul’s exclamation: “Death has been swallowed up in victory. Where, O death, is your victory? Where, O death, is your sting?” (1 Cor15:54-55). The Holy Father also recalls a prayer of St. Teresa of Ávila, emphasizing the importance of hope in our lives.

‘Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one.’
– prayer of Saint Teresa of Avila

This hope is not abstract but must be lived concretely. Pope Francis invites us to examine whether we truly trust in God’s mercy. Do we believe in His forgiveness, or do we fall into the trap of self-reliance? And do we concretely experience the hope that inspires in us “a commitment to justice and fraternity, to care for our common home and in such a way that no one feels excluded?”

As we embark on the Lenten journey, let us remember Pope Francis’ message: “May the hope that does not disappoint, the central message of the jubilee, be the focus of our Lenten journey toward the victory of Easter”.



HOLY FATHER'S PRAYER INTENTIONS
FOR THE MONTH OF MAR

FOR FAMILIES IN CRISIS

Let us pray that broken families might discover the cure for their wounds through forgiveness, rediscovering each other's gifts, even in their differences.

IN THE MONTH OF FEB 2025

WEDDINGS

We congratulate the following couples:

1. Amanda Sng Ren Yu & Kok Kian You Alvis
2. Yong Shu Qian Charlene & Sng Kuan Liang Kieron
3. Seah Wi Wan Shannon & Ambrose Alexius Pereira

CONDOLENCES

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

1. Anne Koh Boon Neo
2. Clare Tan Eng Bee
3. Catherine Goh Ah Muay
4. Stephen Ow Hai Yong
5. Grace Oeniarti Ganis
6. Tay Wilson

BAPTISMS

We welcome the following:

1. Lim Yi Jie Kayden
2. Eden Theseira
3. Anders Leo Chiang
4. Grace Mary Baxter
5. Ong Zheng Xuan Casey
6. Cecilia Lo Choon Hwa



Looking for more Information?
visit www.sfxchurch.sg!

Mass Times

WEEKDAY MASSES

Mon - Thu:
6.30pm

Tue - Sat:
6.30am

Lenten Fri:
Stations of the Cross
8pm
followed by Mass

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

Sat: 4.20pm - 5.20pm
Sun: 8am - 1pm

COLUMBARIUM

Mon - Fri:
10am - 7.30pm

Sat - Sun:
8.30am - 7.30pm
Closed on Public Holidays

Catechetical:

L4 Bible Presentation

St Jerome said: "Ignorance of the Scriptures is ignorance of Christ". On 16 February, our L4 catechetical group took a giant leap in their journey away from ignorance as they were presented with their own Catholic Youth Bible. May these children be inspired and guided by the wisdom found in the Word of God and be led into continuous transformation and relationship building with Christ. During the Sunday sunset Mass, we saw strong support from the families and relatives of our L4 children. We thank all who were present and may everyone be reminded to continue seeking the Lord in the scripture readings. We also thank Fr Ben for celebrating the Eucharist and for presiding over the meaningful presentation ceremony.

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

