



 **Parish Office:**  
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**Disciples  
Making Disciples**

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[tinyurl.com/SFXMassOfferings](http://tinyurl.com/SFXMassOfferings)  
**UEN:** T08CC4033J  
**Reference:** Mass Collection

## Lent - A Time of Preparation

1<sup>st</sup> Sunday in Lent  
9 Mar 2025

**Deut 26:4-10**  
**Rom 10:8-13**  
**Lk 4:1-13**

It's the beginning of Lent, and this time you're ready. You've planned your unique Lenten sacrifices, decided what alms to give, and how to deepen your prayer life.

"This is going to be a good Lent. This time, I will succeed!" You say this to yourself, determined to overcome the memories of unkept resolutions of past Lenten commitments.

Sounds familiar? I'm sure we've all been there. But perhaps this Lent, we are invited to shift our focus away from the "success" or "failure" we experience in sticking to our commitments, and instead focus on how we are growing and being moulded more into the likeness of Christ through the **process** of doing so. In other words, perhaps the invitation is to make our endeavours less about ourselves, and more about imitating Christ and becoming more like him.

In today's Gospel, we are told of the temptations of Jesus, who had been fasting in the wilderness for 40 days. In his extreme hunger, weakness and exhaustion, the devil tempts Jesus to yield to his human frailty. Jesus however, as the perfect man, combats the devil's assaults with a resolute reliance on the Word of God, and ultimately prevails even under the most unfavourable circumstances.

But of course, none of us are perfect, and we are bound to fail

and succumb to temptations during our life here on earth - what then is the point? If we are bound to fail, why try at all? I would suggest that a shift in focus from a "success/failure mindset" to a mindset of preparation and strengthening may help us to have a more fruitful experience this Lenten season.

Lent is a time of preparation and strengthening of our faith.

If we look closer at the context of the Gospel reading, we see that the temptations in the wilderness take place right after Jesus' baptism and just before he embarks on his public ministry. Over the next three years, Jesus would endure rejection and persecution, and persevere through immense suffering during his passion, when he ultimately offers his life as a sacrifice for each and every one of us. Through it all, however, Jesus remains steadfast in his convictions and resolute in accomplishing the Father's will.



*"For this reason, prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us. Then the atrophied and isolated heart will revive"*

Pope Francis,  
Lenten Message 2024

When viewed in this context, the time of Jesus' temptations in the wilderness was not just a time of testing or needless suffering, but a time of preparation for what was to come. In detaching himself from even basic necessities of food, warmth and shelter, Jesus strengthened his human body and will to remain steadfast and convicted in the face of temptation and persecution, knowing that the road ahead would be fraught with challenges and obstacles to the accomplishment of the most holy will of the Father.

Similarly, in Lent, we are invited to lay down our worldly attachments through fasting and almsgiving; to part with the things that we have become quick to rely on for comfort, security and control, and to train ourselves in radical reliance on the providence and sovereignty of God. The point then is not to "succeed" at fasting and giving alms, but to, through these, and a reliance on prayer, grow deeper in relationship with God in this period of "detachment".

Indeed, as Pope Francis stated in his Lenten Message for 2024: "For this reason, prayer, almsgiving and fasting are not three unrelated acts, but a single movement of openness and self-emptying, in which we cast out the idols that weigh us down, the attachments that imprison us. Then the atrophied and isolated heart will revive."

May we therefore approach this Lenten season with hope - that through the little sacrifices we choose to make for the Lord, we may grow in love of him. And that in doing so, no "failure" - "nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord" (Rom 8:39).

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



### WELCOME, BROTHER KENNETH

Seminarian Kenneth Tham will be attached to our parish until the end of the year. When you see him around the church, be sure to say hello and make him feel at home!



### STATIONS OF THE CROSS

Join us every Friday during the Lenten season as we contemplate the love and sacrifice of Jesus at **8pm** for Stations of the Cross, followed by Mass.

### SUNDAY FELLOWSHIP

The Communion Ministers will be serving breakfast this Sunday at JP11 Hall. Do drop by for some food and fellowship.

### CHARISMATIC PRAYER

The next Charismatic Prayer session is on **Mon 10 Mar, 8pm** at the Auditorium. There will be Praise & Worship followed by a talk on 'Praying Over - Testimony of a Witness' by Alan Wee. All are welcome.

### INTERCESSORY PRAYER

Join us on **Mon 10 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](http://www.sfxchurch.sg/intercessory-prayer). All prayer requests will be kept confidential.

## PLACING OUR MEN OF SIGNIFICANCE UNDER THE CARE OF ST JOSEPH

Please write the names of your **husbands, fathers, spiritual fathers and other men of significance** in the book provided in Church, in front of Mother Mary's stained glass icon. On **Wed 19 Mar**, a prayer of blessing will be said for them at the morning and evening Masses.



### BIBLE APOSTOLATE TEAM (BAT) THE RESURRECTION OF JESUS: FACT OR FICTION

Was Jesus' resurrection real or made up? Join SFXBAT as we dive into the evidence! We'll explore what really happened after Jesus' crucifixion and tackle five common sceptical arguments about the resurrection story. Learn about Roman crucifixion and discover why this matters so much for our faith. As St Paul said, without the resurrection, our faith means nothing!

**Date:** Sun 9 Mar  
**Time:** 9am - 10.30am  
**Venue:** Jeremiah Room, Parish Centre, Level 2  
**Join:** <https://chat.whatsapp.com/JSmZoA9fsT8FIZP61slcl9>



### CANDLELIGHT ROSARY PROCESSION

Join us for the candlelight rosary procession on **Thu 13 Mar, 8pm** in JP11 Hall. The procession will take place within the church grounds. Bring your own waxless candle and join us as we honour our Blessed Mother. All are welcome!

### SSVP: LOVE THE TOTS 2025

SSVP Milk and Diaper Programme serves our little ones from low-income families with essential needs of milk and diapers during their critical growing years. Join us in responding to the teaching of Jesus to "love your neighbours as yourselves" as we seek to provide for 500 babies & toddlers in 2025. Let us put our faith in action today! Go to <https://ssvpltd.org/lovethetots> for more info or scan the QR code to donate now. SSVP Ltd. is an Institution of Public Character and donations of \$50 and above are tax deductible. The ministry will be around over the weekend for you to find out more.



### 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.

**Dates:** 7, 14, 21, 28 Mar (Fridays)  
**Time:** 8pm - 9.30pm  
**Venue:** JP11 Hall  
**Enquiries:** Brian Rezel (9789 2253) or Monica Yap (9669 6781)



### CHOICE WEEKEND PROGRAMME

This programme is for young adults, aged 18 to 40 (single or dating). You are invited to uncover the richness or poverty of your relationships. The vulnerability, honesty and confidentiality of personal sharings, makes CHOICE Weekend an interpersonal and intra-personal retreat. Make a choice to live authentically and vulnerably; with parents, siblings, close friends, and God; to love well and love again. The CHOICE programme is only a weekend but the stories of your lived experience will make a difference to someone, that will last for a lifetime.

**Dates:** Sat 29 Mar - Mon 31 Mar  
**Venue:** La Salle House  
**Register:** [www.catholic.sg/event/cw25/](http://www.catholic.sg/event/cw25/)

## PREGNANCY CRISIS & SUPPORT: OUR LADY OF GUADALUPE PRO-LIFE ROSARY (ZOOM)

Our Lady of Guadalupe Pro-Life Rosary is a beautiful way to pray for the unborn children and all who are affected by abortion. Let our rosaries be our weapon against the culture of death and let us pray for the dawning of a new culture, the Culture of Life! Our Lady of Guadalupe, pray for us! For more information on pregnancy crisis & support, visit [www.pregnancycrisis.sg](http://www.pregnancycrisis.sg)

**Date & Time:** Wed 12 Mar, 8.30pm  
**Meeting ID:** 843 8478 8808  
**Passcode:** 121225



## SHINE25 RETREAT FOR POLYTECHNIC, ITE AND PRIVATE DIPLOMA STUDENTS

Calling all Polytechnic, ITE and Private Diploma students between the ages of 16 - 25! 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 calls you to abide and remain with him as you enter into a new academic year. Come and accept his invitation! If you have any enquiries, please write to Melissa at [melissa.oyp@catholic.org.sg](mailto:melissa.oyp@catholic.org.sg).

**Dates & Time:** Tue 1 Apr - Sat 5 Apr (FULL STAY-IN)  
**Venue:** Office for Young People  
 2 Lorong Low Koon, S-536449  
**Retreat Fee:** \$81.75 (incl. 9% GST) [includes a t-shirt]  
**Register:** [tinyurl.com/Shine25P](http://tinyurl.com/Shine25P)

## SEEDS OF GROWTH SESSIONS FOR JC/IB STUDENTS

OYP is back with its next run of Seeds of Growth — happening over two Saturdays in April for all A-level/IB students! There will be worship, faith formation sessions, prayer, and fellowship. Come and grow in friendship with God and fellow A-level/IB students! For further enquiries, contact Gaby at [gabriella.oyp@catholic.org.sg](mailto:gabriella.oyp@catholic.org.sg) or Kristen at [kristen.oyp@catholic.org.sg](mailto:kristen.oyp@catholic.org.sg).

**Dates:** Saturdays, 5 & 12 April  
**Time:** 10am - 12.30pm  
**Venue:** Office For Young People  
 2 Lorong Low Koon, S-536449



# Lent @ SFX



### LENTEN OFFERING

At all the Lent weekend Masses, parishioners will be given a 'Lenten Commitment' card. Prayerfully commit to your personal Lenten sacrifice – ideally one for each of the three pillars of Prayer, Fasting, Almsgiving. The completed card will be collected at the end of the Mass. Make a note of your commitment and faithfully fulfill them for the week(s) ahead.

### My Lenten Offering

Week 1  
Listening to the word.



'Man does not live on bread alone,  
but on every word that comes from  
the mouth of God.'  
Matt 4:4



### PRAY FOR OUR ELECT AND CANDIDATES

As our RCIA and RCİY Elect/Candidates prepare for the Easter Sacraments, let us spiritually accompany them. Pick a name and pray daily for that person. Prayer cards are available at the back of the Church.

### MINISTRY AWARENESS & OUTREACH DRIVE

*'The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field.'* - Luke 10:2

In March, our parish will be having a Ministry Awareness and Outreach Drive after all weekend Masses, starting next weekend (15-16 Mar), featuring **Infant Baptism, Small Christian Communities (SCC), and Choirs**. Come learn and get involved! Join us after Mass outside JP11 Hall to explore these ministries/communities and discover how you can be a part of our vibrant parish community!

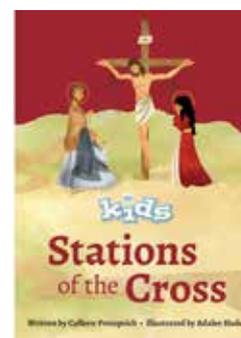
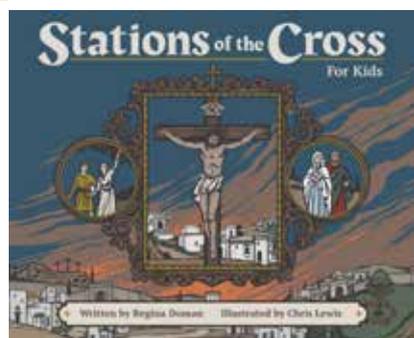
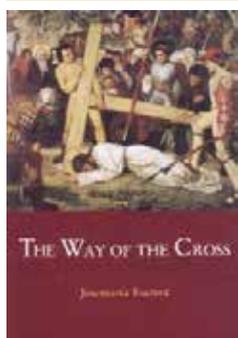
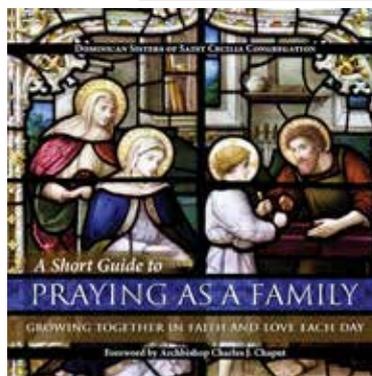
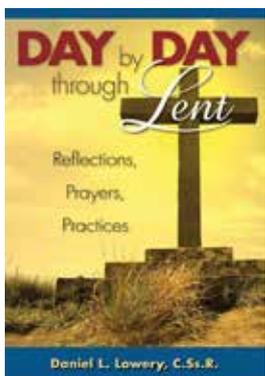
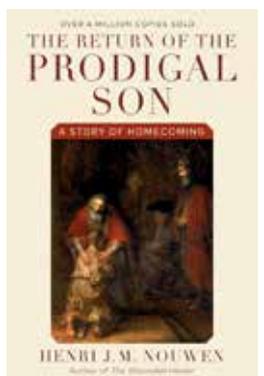
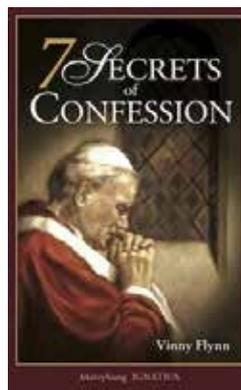
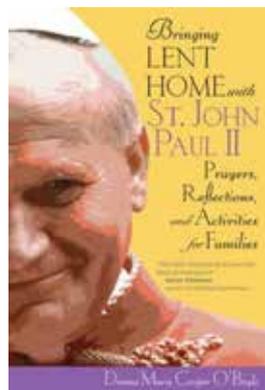
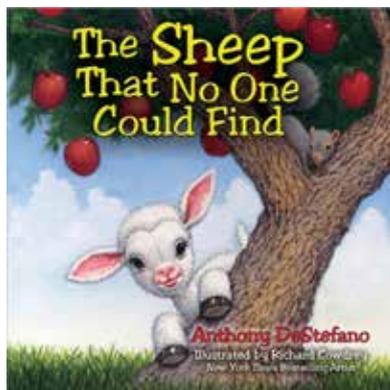
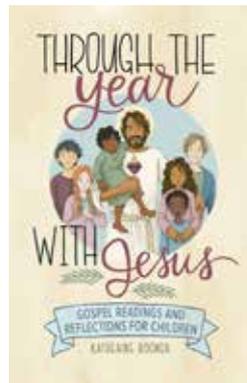
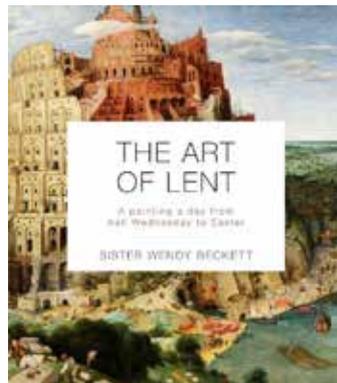
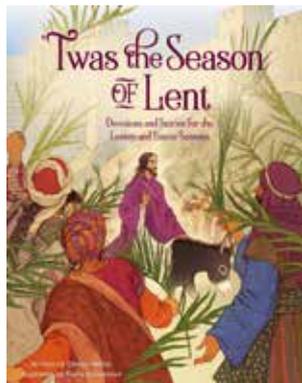
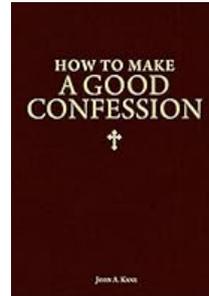


Looking for more Information?  
visit [www.sfxchurch.sg](http://www.sfxchurch.sg)

# Spiritual Reading for Lent from St Jerome Library

Prayer and stillness are important practices the Church has encouraged us to take on in Lent. In slowing down, we can then be open and free to hear our Lord speak to us and lead us.

Come by St Jerome Library to pick up a book or two and set aside time for yourself and also with your children to read and enjoy time with our Lord.



## 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

## 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)