



 **Parish Office:**  
6280 6076, [secretariat@sfxchurch.sg](mailto:secretariat@sfxchurch.sg)

 **Little Shepherds' Schoolhouse@St Francis Xavier:**  
6011 1076, [lss-cosfx.admin@catholicpreschool.edu.sg](mailto:lss-cosfx.admin@catholicpreschool.edu.sg)

**Disciples**  
*Making Disciples*

 **Parish Priest:**  
Rev Fr Benedict Chng  
6288 0484  
[benedict.chng@catholic.org.sg](mailto:benedict.chng@catholic.org.sg)

**Assistant Priest:**  
Rev Fr Edward Lim  
6282 3151  
[frelim@catholic.org.sg](mailto:frelim@catholic.org.sg)

 **Online Mass Offering:**  
[tinyurl.com/SFXMassOfferings](https://tinyurl.com/SFXMassOfferings)  
 **Church Donation/ Mass Offering: UEN: T08CC4033J**

## Hope Does Not Disappoint

5<sup>th</sup> Sunday of Lent  
6 Apr 2025

Is 43:16 – 21  
Phil 3:8 – 14  
Jn 8:1 – 11

In recent years, Singapore has made mental health a national priority. Compounded by COVID-19, the nation is facing a crisis of anxiety, depression and burnout — especially among youths and working adults. In response, the government launched Singapore's National Mental Health and Well-Being Strategy and other initiatives to improve access to care, reduce stigma and build resilience through schools, workplaces and community programmes.

Still, many feel alone and unheard. Mental health stigma remains, and many carry their burdens in silence. Beneath the symptoms lies a deeper ache — a loss of hope, a feeling of being overwhelmed and the weight of inadequacy in a culture that values success and perfection.

The readings provide an uplifting approach to managing our trials and tribulations. In the Gospel, the woman caught in adultery is dragged into public shame and used as a pawn. She stood condemned. Yet at that moment, she received not judgement, but mercy. Jesus saw her dignity beyond her failure. He didn't dismiss her sin, but neither did he define her by it. Instead, he offered her a new beginning: "Go, and sin no more" (Jn 8:11).

This is a radical message of hope. For the burdened and unworthy, Jesus doesn't throw stones. He restores and invites us to live again. In a world where many suffer in silence, the Gospel reminds us that failure isn't final. Jesus sees beyond our wounds and offers healing.

Even saints walked this road — among them, Blessed *Enrico Rebuschini* battled years of depression and was beatified. His life shows holiness is possible amid struggles.

The First Reading echoes this hope: "No need to recall the past, ... See, I am doing a new deed" (Is 43:18-19). God reminds his people that he is not just the God of past miracles, but the God of the present and future. He is making a way in the wilderness and streams in the wasteland.

This does not mean we ignore or forget the blessings of our past. As St. Ignatius writes in paragraph [235] of the *Spiritual Exercises*, we are called to recall God's blessings with deep affection and gratitude. However, Isaiah reminds us not to become stuck in the past — whether wounds, regrets, or even glories — because God is always active, always doing something new in our lives. We are called to perceive and receive his present grace.

In the Second Reading, St. Paul presses on: "I forget the past and I strain ahead for what is still to come" (Phil 3:13). His message is clear — our past doesn't define our future. Despite trials, we press forward toward God's upward calling in Christ.

Don't let struggles rob you of what lies ahead. In a society where worth is tied to image and success, Christ's

*"Christian hope does not deceive or disappoint because it is grounded in the certainty that nothing and no one may ever separate us from God's love"*  
(Pope Francis, *Spes Non Confundit*, 3)

call is countercultural — our true value is rooted in his love, not in what we achieve.

As Lent deepens, prayer, fasting and almsgiving reveal our weaknesses and attachments. Yet nearing Easter, they become acts of hope — turning us back to God and grace. Lent reminds us that, despite everything, transformation is possible and mercy is near.

Pope Francis, in his Bull of Indiction for the Jubilee Year 2025 titled *Spes Non Confundit (Hope Does Not Disappoint)*, invites us to be 'pilgrims of hope'. In a world marked by conflict, suffering and disillusionment, he reminds us that hope is not naive optimism, but a firm anchor rooted in God's love. He writes in paragraph 3: "Christian hope does not deceive or disappoint because it is grounded in the certainty that nothing and no one may ever separate us from God's love."

As we continue this Lenten journey, let us hold fast to this truth: whether we're battling mental health challenges, facing failure, or simply feeling tired — hope is not lost. Christ does not condemn us. He walks with us, calls us by name, and invites us to live again. In him, hope does not disappoint.

## 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).



## SUNDAY FELLOWSHIP

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

## CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 7 Apr, 8pm - 9.30pm** at the **Auditorium**. There will be Praise & Worship followed by Praying Over. All are welcome!

## INTERCESSORY

Join us on **Mon 7 Apr, 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.

## LENTEN VIGIL

The SFX Intercessory Prayer Ministry is organising a 9-hour Lenten Vigil with a closing Mass at 6.30am. Come and prepare our hearts as we enter Holy Week. All are welcome! Sign up at [tinyurl.com/SFXLentenVigil2025](https://tinyurl.com/SFXLentenVigil2025).

### Dates & Time:

Fri 11 Apr, 9pm to  
Sat 12 Apr, 6am  
**Venue:** JP11 Hall



## PALM SUNDAY OUTDOOR PROCESSIONS

There will be outdoor processions for the 5.30pm Masses on **Sat 12 Apr** and **Sun 13 Apr** subject to weather conditions. Palms will be available outside JP11 Hall and the Main Church Foyer next week.

## HOLY WEEK SCHEDULE

- Maundy Thursday:**  
17 Apr, 7.30pm  
(Altar of Repose until 12am)
- Good Friday:**  
18 Apr: 9am, 12pm, 3pm
- Easter Vigil:**  
19 Apr, 7pm  
(Internal Livestreaming)
- Easter Sunday\*:**  
20 Apr: 7am, 9am, 11am, 5.30pm  
\*There will be fellowship at JP11 Hall after Morning Masses



## L8 & L9 RETREATS

Camp season is around the corner, and as you may have heard, we're collaborating as three parishes — SFX, St Bernadette's and Risen Christ — to hold our L8 & L9 retreats this year. It's our first time organising such a big retreat, and we're going to need as much help as possible! If this call to serve has stirred your heart, we encourage you to pray and consider signing up. Do note that we'll also be holding a preparatory (prep) camp from 2 to 4 May for all service team members. It's important that we set aside time to pray intentionally and prepare our hearts to serve, so the prep camp is compulsory. More details can be found in the respective signup forms. We hope to see you at the retreats!

### L8 Retreat

**Date:** Sat 31 May - Mon 2 Jun  
**Register:** [bit.ly/L8combined25](https://bit.ly/L8combined25)

### L9 Retreat

**Date:** Thu 19 Jun - Sun 22 Jun  
**Register:** [bit.ly/L9combined25](https://bit.ly/L9combined25)

## CPS LUNCHTIME TALK - THE SERVANT KINGSHIP OF JESUS

Join us as Rev Fr. Krish Mathavan guides us in meditating more deeply on the Servant Kingship of Jesus in this season of Lent.

**Date:** Tue 8 Apr **Time:** 12.30 pm - 1.30pm  
**Venue:** 143 Cecil Street, GB Building, Level 11, Singapore 069542  
**Register:** <https://tinyurl.com/CPSTalksKing2>



## OFFICE FOR YOUNG PEOPLE: GRADUATING POLY, ITE & PRIVATE DIPLOMA RETREAT

Graduating from poly, ITE, or private diploma? Wondering what lies ahead in the next chapter of life? This is for all who are graduating this year! Join us for a time of recollection, and to discover more of what God has in store for you in this new phase of life. If you know someone who is graduating from Poly, ITE or Private Diploma, invite them to come and join us! If you have any enquiries, please write to Neumann at [neumann.oyp@catholic.org.sg](mailto:neumann.oyp@catholic.org.sg).

**Date & Time:** Wed 30 Apr - Fri 2 May (Stay-in)  
**Venue:** Office for Young People (2 Lorong Low Koon, S536449)  
**Retreat Fee:** \$32.60 (incl. 9% GST)  
**Register:** [tinyurl.com/GPR25P](https://tinyurl.com/GPR25P)  
**Age:** 18 - 25 years old



## ASSISI FUN DAY

Gather your loved ones and head over to Assisi Fun Day, the BIGGEST charity carnival of the year. With over 100 stalls packed with thrilling rides, exciting games, fun activities and mouthwatering treats, there is something for everyone! This is also an ideal way to celebrate Father's Day with the most important man/men in your life! This weekend, there will be a sale of Assisi Fun Day carnival tickets outside JP11 Hall. Please support them by purchasing the carnival coupons or making a donation. All proceeds will go towards supporting care for patients with terminal illnesses and their families. Find out more at [www.assisi hospice.org.sg/events/assisi-fun-day-2025/](http://www.assisi hospice.org.sg/events/assisi-fun-day-2025/)

**Date:** Sun 15 Jun **Time:** 10am - 4pm  
**Venue:** St Joseph Institution International (SJII)  
**Donation:** <https://l.ead.me/AFDGiving>

# L10 Retreat

31 teens from the Church of St Bernadette (CSB) and 50 teens from our parish attended a combined L10 retreat from 15 - 17 March. The aim of this retreat was to provide a space for them to encounter the Holy Spirit and to inspire them to actively live out their faith as witnesses to others. Apart from the Sacrament of Reconciliation and Eucharistic Adoration, there were sessions on the fruits and gifts of the Holy Spirit leading to praying over our teens for the empowerment of the Holy Spirit. It was truly wonderful to see our teens growing in maturity. During the times of silent adoration, they were able to sit and pray without too much prompting. This will be their last retreat before they receive the Sacrament of Confirmation on 18 May. Some of the testimonies of the participants are set out below. Others can be found on our parish website.



*"What touched me most during the retreat was the praying-over by our facilitators. During the praying over, I saw a vision of the gates of Heaven and God spoke to me for the first time. Through this retreat, I learned that it is alright to be vulnerable to God as he will love you no matter what and it has allowed me to grow closer to God."*

- Benedict Chen

*"During the retreat, I encountered the Holy Spirit in ways I had never expected. I truly felt his presence in every moment, through prayer, the sessions and especially during praise and worship. During praise and worship, I felt more confident in adopting a stance of openness, and even joined in the singing. These actions were things that I was too shy to do during the past few retreats, but with my renewed sense of purpose and strengthened faith, I felt inclined to be more vulnerable and less conscious of my surroundings. L10 retreat has truly helped push me forward in my faith journey and I'm grateful for the experience."*

- Meisha Estocapio

*"Initially, I was reluctant to join the L10 retreat, feeling I could use the time for revision instead. However, it turned out to be an enriching experience during which I deepened my understanding of God. With the theme focused on the Holy Spirit — something I had rarely encountered in catechism or at Mass — I gained insight into his gifts and fruits. Receiving the prayer in tongues was a unique and eye-opening experience, unlike anything I had encountered before. Most importantly, as my last camp, it was truly memorable, filled with fun and bonding moments with my friends. This retreat was a golden opportunity that strengthened both my connection with the Holy Spirit and my catechism brothers and sisters."*

- Treston Tiew



*"Surrounded by a loving community, I felt a sense of peace and joy at the retreat. The days were filled with worship sessions, heartfelt prayers and meaningful sharings that deepened my understanding of God's love. Through this retreat, my faith in God grew stronger. I learned to trust him more, especially during times of uncertainty, and I felt his presence in ways I hadn't before. The sessions encouraged me to rely on him fully, knowing that his plans are always greater than my own. One of the most special moments was during adoration, when I truly felt God speaking to my heart. That experience made me want to grow even closer to him. God is truly present and real in our lives."*

- Simone Xavier



## HOLY FATHER'S PRAYER INTENTION FOR THE MONTH OF APR

### FOR THE USE OF THE NEW TECHNOLOGIES

Let us pray that the use of the new technologies will not replace human relationships, will respect the dignity of the person, and will help us face the crises of our times.

## IN THE MONTH OF MAR 2025

### WEDDINGS

We congratulate the following couples:

1. Joseph Parkinson & Chew Shu-Lin Jane
2. Kong Wei Chern Ryan & Celeste Teo Shu Ying

### CONDOLENCES

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

1. Cecilia Lo Choon Hwa
2. Janice Cheah Sau Wah
3. Mary Tang Oi Lin
4. Edward Tan Puay Nan
5. Dolly Dorothy Chan Geok Kim
6. Chan Soon Kwai Theresa



"I started the camp simply looking forward to the fun that I would have, and had zero expectations about strengthening my relationship with God. However, God works in mysterious ways. Not only did I learn more about our Catholic faith, I also encountered God and grew closer to him. I received gifts of the Holy Spirit, and felt so much peace as he moved among us. The music and prayers truly brought me closer to him and I felt God's presence strongly, working through my friends and everyone in the camp. I really do treasure the deeper friendships I have forged through this experience, and am forever grateful for this opportunity."

- Kayla Yeow



"On the first day of the retreat, I felt reluctant. Despite it being the March holidays, I had lots of work to do and preparation for my upcoming tests. However, I thought that the retreat would not only give me an opportunity to detox from my mobile devices, but also pull me closer to God. What spoke out to me most was the sharing by Ethan. I was able to relate to him, given how he himself was not as religious in his younger days. However, after a 30-minute confession during which he poured his sins out to the priest, he slowly turned his life around. This gave me the courage to be completely honest with the priest during my confession. After completing my penance, I felt like a clean person with a new start. The second day of the retreat was also very eventful, particularly the praying in tongues. It was something I have never done before. I also heard 5 analogies that were all very applicable to my life. It felt as though I was communicating with the Holy Spirit. The final day was rather sad. The reluctance towards the retreat had completely vanished, and I wished it would never end. Nevertheless, I am grateful for my wonderful group mates as I have built a connection with them over the days, as well as my facilitator, Nicholas Wong, whom I felt a strong bond with."

- Dylan Beh



### 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 - 12am  
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)