



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

“May All Be One”

7th Sunday of Easter
World Social Communications Sunday
1 Jun 2025

Ac 7:55-60
Rev 22:12-14, 16-17, 20
Jn 17:20-26

On this 7th Sunday of Easter, we are encouraged to observe and promote World Social Communications Sunday. There is much to learn from the readings on how to communicate God's divine truth in a world struggling with selfishness, hatred, and division.

In the First Reading, St Stephen sees a vision of Jesus sitting at the right hand of the Father. Fortified by the Holy Spirit, he affirms Jesus' true identity as the Son of God. This outrages the Sanhedrin, and he is stoned to death.

Having fortitude “enables one to conquer fear, even fear of death, and to face trials and persecutions ... even to renounce and sacrifice his life in defence of a just cause” (CCC 1808). St Stephen's fortitude inspires us to contemplate our challenges and the resilience required to communicate truthfully and uphold ethical standards, especially in today's digital age, where social media is rife with innuendos and half-truths that sow discord and cause harm. We are invited to reflect on our commitment to fostering unity and understanding, promoting the Gospel, and building a more just and compassionate world, even in the face of unforgiveness, threats, and dangers.

In the Second Reading, St John proclaims the eternal nature of God and his sovereignty over creation: “I am the Alpha and the Omega, the First and the Last, the Beginning and the End” (Rev 22:13). This revelation encourages us to remain steadfast in faith and anticipate the fulfilment of God's promises. The washing of the robes symbolises purification, achieved through trials, tribulations, repentance, and the Sacrament of Reconciliation. It alludes to the final purification in purgatory for those who are still imperfectly purified, a step towards achieving the holiness necessary to enter Heaven (cf. CCC 1030).

How prepared are we to share this challenging message, especially in a world plagued by relativism? Today, truth and moral values tend to be shaped by cultural, social, historical, or personal circumstances rather than being objective and universally applicable. By asserting the truth of our faith, we are essentially revealing the existence of right and wrong, prompting a deeper reflection on our actions and a return to the Lord who loves us and desires our return home. The Lord promises us a wellspring of his grace: “Then let all who are thirsty come: all who want it may have the water of life, and have it free” (Rev 22:17). But do we truly desire it?

Finally, in the Gospel, Jesus prays “not only for these, but for those also who through their words will believe in me” (Jn 17:20). He is praying for us, the Church. He wants us to be united as one body of Christ, and to be “so completely one that the world will realise that it was you who sent me” (Jn 17: 23). This unity of the body of Christ “subsists in the Catholic Church as something she can never lose” (CCC 820). The unity of the Church is a sign for the world. A sign that shines like a beacon

proclaiming to the world that God is alive and present here today - that he loves us and wants us to return to him. The foremost bond of unity is charity that “binds everything together in perfect harmony” (CCC 815). We are called to be charitable in thoughts, words, and deeds.

World Social Communications Sunday serves as a reminder that for our message to be impactful, we must lead authentic Christian lives. It is crucial to reflect on how we can embody Christ's love and unity through our discipleship and interactions, rather than solely focusing on what we say or the communication media we use.

Do we bear witness to God's love through how we live and communicate? Or are we contributing to strife and division? Let us courageously proclaim the truth and be united with our brothers and sisters in Christ, seeking the Holy Spirit's grace and fortitude to be kind, gentle, and forgiving.



*“Then let all who are thirsty
come: all who want it may
have the water of life, and
have it free”
(Rev 22:17)*

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

PARISH OFFICE CLOSURE

The Parish Office will be closed on **Sat 7 Jun** (Hari Raya Haji). Please note that Masses will be at **9am** and **5.30pm** (usual Saturday Sunset Mass).

WORLD SOCIAL COMMUNICATIONS SUNDAY

All Mass collections on the weekend of **31 May - 1 Jun** (7th Sunday of Easter), will be set aside for the Archdiocesan Media Apostolate. Please donate generously.

DADication PRAYER TREE

In anticipation of Father's Day (Sun 15 Jun), starting this weekend, join us in honouring all father figures (including our priests) in our lives with a gift of prayer. Write down your prayer or thanksgiving on the tags provided (better still make your own tag) and hang them on our prayer tree located at Mother Mary's icon. A special blessing for all father figures will take place on the weekend of 14 and 15 Jun.

SUNDAY FELLOWSHIP

Friends of SFX will be serving breakfast this Sunday at JPil Hall. Do drop by for some food and fellowship.

INTERCESSORY

Join us on **Mon 2 Jun, 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.

SACRAMENT OF RECONCILIATION

It is available via appointment only. You may contact the Parish Office to make an appointment at the following time slots:

- **Fridays, 4pm - 6pm**
- **Saturdays, 10am - 12pm**

2025 MARRIAGE PREPARATION COURSE (MPC)

MPC is an apostolate of the Archdiocese dedicated to preparing couples for marriage in the Catholic Church. This course, spanning over six half-day sessions on weekends, is designed to help couples build a strong foundation for a lasting and fulfilling marriage. Couples intending to marry in the Catholic Church are required to attend MPC and should do so as early as possible before your wedding date. 2025 dates are open for registration for **20 Jul - 31 Aug** and **5 Oct - 9 Nov**. Register at <https://mpcsingapore.com/registration>.

RITE OF CHRISTIAN INITIATION FOR ADULTS/YOUTH 2025 - 2026

Do you have family/friends who may be interested in the Catholic faith or are seeking answers to the stirrings in their hearts? Invite them to the RCIA/RCIY journey to explore the deeper questions of life. Registration forms are available on our website or can be obtained from the Parish Office.

New RCIY Journey (15 - 23 years old)

Sessions begin: Sat 28 Jun 2025

Time: 3pm - 5pm

Venue: Isaiah room (Parish Centre, Level 2)

Register: tinyurl.com/SFXRCIY2025

For enquiries: 9118 2922 (Nicholas) / 9060 4326 (Renae) or email rciy@sfxchurch.sg

New RCIA Journey (24 years old and above)

Sessions begin: Tue 1 Jul 2025

Time: 8pm - 10pm

Venue: JPil Hall (Parsonage, Level 1)

For enquiries: 9626 5960 (Angela) or email rcia@sfxchurch.sg

9-DAY NOVENA TO THE HOLY SPIRIT

The novena to the Holy Spirit holds great significance as it commemorates the first novena. Before ascending to Heaven, Jesus instructed Our Lady and his disciples to return to Jerusalem, pray, and wait for the promise of the Father.

Join us for a 9-day novena to the Holy Spirit, led by the Charismatic Prayer Group as we prepare for Pentecost. All are welcome!

Day 1	Fri 30 May, 9pm	Gift of Holy Spirit
Day 2	Sat 31 May, 8pm	Fear
Day 3	Sun 1 Jun, 8pm	Piety
Day 4	Mon 2 Jun, 8pm	Fortitude
Day 5	Tue 3 Jun, 8pm	Knowledge
Day 6	Wed 4 Jun, 8pm	Understanding
Day 7	Thu 5 Jun, 8pm	Counsel
Day 8	Fri 6 Jun, 9pm	Wisdom
Day 9	Sat 7 Jun, 8pm	Fruit of the Holy Spirit

Zoom URL: bit.ly/sfxcpgnovenatoHS2025

Meeting ID: 834 0691 5398

Password: HolySpirit

PARISH RECOLLECTION

In our busy lives, it's easy to lose sight of our connection with God. God's question - "Where are you?" - offers a gentle invitation to pause, reflect and recentre ourselves on him. Join Deacon Sherman Kuek for a reflection on the Luminous Mysteries, explore what these mysteries reveal about our Catholic life and find rest in the Lord. Registration closes on **Sun 13 Jul**.

Date: Fri 25 Jul - Sun 27 Jul

Venue: SFX Auditorium (Parish Centre, Level 3)

Cost: \$50

Register: <https://tinyurl.com/SFXPR25>



CHARIS: HUMANITARIAN FORUM AND FAIR 2025

Join us for a day of inspiring talks, interactive experiences and vibrant booths by CHARIS Member Organisations. Whether you're exploring, learning, or looking for opportunities to get involved, the event invites us to reflect on how we can serve with our Heart, Head and Hands. Come connect, be moved and discover how your actions - big or small - can create real-world impact. Together, we can do more. For more information, visit charis-singapore.org/hff2025.

Date: Sat 14 Jun

Time: 9am - 6.30pm

Venue: St Joseph's Institution (Junior)



PAUL J. KIM IN SINGAPORE 2025

Back again in Singapore! International Catholic speaker Paul J. Kim returns with his signature blend of music, comedy, and Gospel truth that's touched hearts across the globe!

Married couples – strengthen your bond and faith together. Youth and young adults – navigate life, faith, and adulthood with purpose. Paul brings real talk, deep insights, and a whole lot of heart. Don't miss these powerful sessions designed just for you! Register at bit.ly/pjks2025

**Bulletproof Your Marriage**

[For Couples]

Date: Fri 4 Jul

Time: 8pm - 10pm

Venue: Church of the Holy Spirit

Cost: \$16/pax

Talk: A Catholic Guide to Adulthood

[For Youth & Young Adults]

Date: Sat 5 Jul

Time: 8pm - 10pm

Venue: Church of the Holy Spirit

Cost: \$12/pax

LANDINGS SINGAPORE

Feeling distant from your faith? You're not alone. Reconnect with peace, purpose, and community in our 10-week journey back to the heart of Catholicism from 11 Aug to 20 Oct. The sessions will be held on a weekly basis on Mondays at the Church of the Holy Spirit. Explore your questions, rediscover the sacraments, and find belonging in a safe space. No pressure, just open hearts and open doors. Your journey home starts here. Register at <https://landings.org.sg>.

**IN THE MONTH OF MAY 2025****WEDDINGS**

We congratulate the following couples:

1. Haven Kiara Quek & Kenneth Phoon
2. Lee Si Yinn & Ashley Ong Jun Kiat
3. Kwa Shaur En & Lee Yao Wei Timothy Gerard
4. Shron d/o Sugumaran & Kang Meng Whey Cornelius Patrick
5. Nikki Suwanee Pereira & Brendan Loy Ming Chuen

CONDOLENCES

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

1. Ivy Wong Chow Mooi
2. Priscilla Tan Ser Boon
3. Teresa Ng Gek Kee
4. Tan Poh Kim Magaret

BAPTISMS

We welcome the following:

1. Alexander Tay
2. Philip Seow Yong Wen

59TH WORLD SOCIAL COMMUNICATIONS SUNDAY

*Share with gentleness
the hope that is in
your hearts*
(1 Peter 3:15-16)

The late Pope Francis' message for the 59th World Day of Social Communications, delivered on 24 January 2025, calls for a transformation in how we communicate, urging a shift from divisive rhetoric to a communication that fosters hope, unity, and empathy.

**Disarming Communication**

He calls for "disarming" communication by rejecting aggression, manipulation, and divisive rhetoric. He warns that digital media often fragments society and promotes hostility. True hope, he says, is a courageous, transformative virtue that requires honest, respectful dialogue and a commitment to the common good.

Accounting with gentleness for the hope that is in us

He reflects on Christian communication through the lens of 1 Peter 3:15-16, urging believers to share the hope within them with gentleness and reverence. He highlights three key messages:

1. Hope has a face - the risen Christ, whose presence sustains believers even in dark times.
2. Witness through life - Christians are called to live in a way that naturally invites questions about their hope.
3. Gentle communication - our responses should foster connection, empathy, and dignity, not defensiveness or division.

He envisions a kind of communication that uplifts, inspires, and walks with others, focusing on truth, beauty, and solidarity in a fractured world.

Hoping together

He emphasises that hope is a shared journey, not a solitary one. The Jubilee Year invites everyone to begin anew, embraced by God's mercy, and to walk together in solidarity.

He highlights the social dimension of hope, calling attention to the marginalized, prisoners, and those in need of compassion. Communicators are urged to seek out and share hidden stories of goodness—"nuggets of hope"—to counter indifference and inspire unity.

This kind of hopeful, attentive communication can build community, reduce isolation, and remind us of the power of walking together in hope.

Do not forget the heart

He urges communicators to care for their hearts amid rapid technological progress. He calls for communication that is gentle, hopeful, and healing, grounded in empathy and human connection.

Avoid reacting instinctively or aggressively; instead, speak to the dignity of others and nurture trust, even in difficult times. Share stories that reflect the quiet resilience of hope in suffering, and work to build bridges, foster care, and promote unity.

With God's grace, he says, we can all help write a future rooted in compassion and shared hope.

This kind of hopeful, attentive communication can build community, reduce isolation, and remind us of the power of walking together in hope.



The Ascension: True or False?



1. Jesus kept appearing to His disciples for forty days after Easter. True or False?
2. Jesus did not send the Holy Spirit to the disciples until after He went up into Heaven. True or False?
3. Jesus had taught the Apostles everything they needed to know before He died, so He didn't have to teach them anything after the Resurrection. True or False?
4. Some of the disciples asked Jesus if He was going to start a new kingdom in this world. True or False?
5. Jesus and the apostles were all gathered in one room when Jesus disappeared and went into Heaven. True or False?
6. Jesus was with a big crowd of His friends on a hill when He went up, body and soul, into Heaven. True or False?
7. When Jesus comes back, He will return in the same sort of way as how He left. True or False?



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

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 JPPII 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