



THE MANNA

Church of St Francis Xavier

63A Chartwell Drive,
Singapore 558758



Disciples *Making Disciples*



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

Bread for the World

Solemnity of the Most Holy Body
and Blood of Christ (Corpus Christi)
22 Jun 2025

Gen 14:18-20
1 Cor 11:23-26
Lk 9:11-17

The Church celebrates the Solemnity of the Most Holy Body and Blood of Christ (Corpus Christi) today, honouring the profound mystery of the true presence of Christ in the Eucharist, despite its external appearance as bread and wine. This grand solemnity reminds us that Christ is always with us in the here and now, fully alive in the Eucharist.

The reception of Holy Communion transforms and unites us to Christ and his Church. It "renews, strengthens, and deepens this incorporation into the Church, already achieved by Baptism" (CCC 1396). The more we receive the Eucharist worthily, the more we are transformed into the *imago dei* (image of God). It deepens our union with Christ, assures us of eternal life and empowers us to live as missionary disciples.

Yet there is much more to this sacrament. Pope Benedict XVI writes, "Our communities, when they celebrate the Eucharist, must become ever more conscious that the sacrifice of Christ is for all, and that the Eucharist thus compels all who believe in him to become "bread that is broken" for others, and to work for the building of a more just and fraternal world" (*Sacramentum Caritatis*, 88).

Keeping in mind today's gospel story, we are reminded that Christ exhorts us, his disciples, to be personally engaged: "Give them something to eat yourselves" (Lk 9:13). Each of us is truly called, together with Jesus, to be bread broken for the life of the world. Like Melchizedek in the First Reading, who blessed Abram, we pray to bless others through acts of charity and service.

What does this look like in practical terms? CCC 1397 spells out very clearly our obligations in no uncertain terms: "The Eucharist commits us to the poor. To receive in truth the Body and Blood of Christ given up for us, we must recognize Christ in the poorest, his brethren."

CCC 1397 goes on to quote St. John Chrysostom to reinforce this assertion: "You have tasted the Blood of the Lord, yet you do not recognize your brother, . . . You dishonor this table when you do not judge worthy of sharing your food [with] someone judged worthy to take part in this meal. . . . God freed you from all your sins and invited you here, but you have not become more merciful (Hom. in 1 Cor. 27, 4: PG 61, 229-230; cf. Mt 25:40).

This goes further than the familiar reminder to Christians to love and care for the poor. To say 'the Eucharist commits us to the poor' frames it in sacramental theology — and tells us that when we consciously live this out, divine graces flow. Something more happens than just the meeting of a physical need. Perhaps that is what the miraculous multiplication of loaves led to — not just to the sharing of abundant food to feed the hungry, but a sharing of lives; we are told the crowd 'all ate as much as they wanted' (Mt 15:37).

The Eucharist, as a source of grace, is meant to transform the



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believer's heart and inspire a life of service, thereby fostering a deeper relationship with Christ and with the community. In giving our 'Amen' when we receive Jesus in the Eucharist therefore, we are saying our yes to our union with him, and committing also to generously share all that we receive from the Eucharist with the world in need — graces, gifts and God's own abundance. The Eucharist gives us a foretaste of the heavenly banquet that awaits those who are faithful.

Who are the poor and hungry amongst us who need the Lord? Let us ponder deeply how we might 'give them something ourselves'. Having received the Eucharist, we are sent on mission after every mass to bring his love to the world. Let us heed the Church's call to share the Living Christ generously.

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

ANNUAL CLERGY RETREAT

From **30 Jun to 4 Jul**, our priests will be away for their annual retreat. Please keep them in your prayers. Communion services will be held in place of Mass, with Mass resuming on Fri at 8pm.

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, exploring 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)

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



SUNDAY FELLOWSHIP

The Bible Apostolate Team & Library Ministries will be serving breakfast this Sunday at JPll Hall. Do drop by for some food and fellowship.

CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 23 Jun, 8pm - 9.30pm** at the **Auditorium**. There will be Praise & Worship followed by Praying Over. All are welcome!

INTERCESSORY

Join us on **Mon 23 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.

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: JPll Hall (Parsonage, Level 1)
For enquiries: 9626 5960 (Angela) or email rcia@sfxchurch.sg

OFFICE FOR YOUNG PEOPLE: KICKSTART25

Beginning your university journey this year? Come join us at Kickstart25, a stay-in retreat with fellowship and formation for all incoming university freshmen (studying locally or overseas). You can look forward to hearing the faith stories of other university students and learn more about the universities you are entering from the seniors who will be there to welcome you. The Lord desires much for you, young friend. Take a leap of faith to discover more. For enquiries, please contact Dennis via email (dennis.oyp@catholic.org.sg) or Telegram (@jeremiahlo).

Date & Time: Sat 28 Jun, 10am - Sun 29 Jun, 7pm
Venue: Office for Young People,
2 Lorong Low Koon, S 536449
Cost: \$21.80 (inclusive of 9% GST)
Register: <https://tinyurl.com/Kickstart25P>



OFFICE FOR YOUNG PEOPLE: WITNESS25

"We have seen the Lord!" (Jn 20:25) isn't just the theme to mark their move — it's their testimony, their prayer, and their invitation to you! Come and see. Come and let the faith of others stir your own. Most of all, come and be loved by the Lord at WITNESS25! At WITNESS25, you can look forward to Mass celebrated by Cardinal William Goh, a pre-mass programme and an evangelistic evening. There will be praise and worship, creative elements, testimonies, prayer, and more! We will end the night together with Eucharistic adoration.

Date & Time: Sat 19 Jul, 3pm till late
Venue: Office for Young People,
2 Lorong Low Koon, S 536449
Register: <https://tinyurl.com/WITNESS25>



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.

Talk 1: **Bulletproof Your Marriage**
Date & Time: Fri 4 Jul, 8pm - 10pm
Venue: Church of the Holy Spirit
Cost: \$16/pax

Talk 2: **A Catholic Guide to Adulthood**
Date & Time: Sat 5 Jul, 8pm - 10pm
Venue: Church of the Holy Spirit
Cost: \$12/pax



Scan the QR Code
or register at:
bit.ly/pjks2025

SYMBOLON: THE FAITH OF THE CATHOLIC CHURCH

Unlock the profound beauty and depth of the Catholic faith with *Symbolon: The Faith of the Catholic Church*, and delve into Catholicism's rich history, core teachings and spiritual practices.

This series, guided by the Creed, explores everything from the sacraments to inspiring saintly stories, empowering you to understand, live and share your faith confidently. The LiFE ministry will be continuing with the next seven episodes. For further enquiries, contact Brian Rezel (9789 2253) or Monica Yap (9669 6781).

Time: Fridays, 8pm - 9.30pm
Venue: JPPII Hall
Register: <https://tinyurl.com/LiFESymbolon2025>



Episodes of *Symbolon: The Faith of the Catholic Church*:

4 Jul: Born of The Virgin Mary
11 Jul: He suffered under Pontius Pilate
18 Jul: I believe in the Holy Spirit
15 Aug: Mary the Mother of God
22 Aug: The Sacraments
29 Aug: The Body and Blood of Christ
5 Sep: Made for Communion

Altar Servers Retreat from 13 - 15 June 2025



Happy campers with Fr. Ben.

A total of 35 participants attended the Altar Servers Retreat 2025, themed "Finding Our Place in Community" which focused on fostering brotherhood, clarifying roles and deepening understanding of the altar's significance. Guided by Matthew 18:20, the retreat explored how servers can grow in their faith and service. Let us pray that our Altar Servers continue to grow in their understanding and commitment to their role, serving with love and devotion.



After Mass with Fr. Ben and Fr. Reginald Marie OCD.



(Top) A walk with Mother Mary during the Rosary Procession. (Below) Bonding time.





Looking for more information?
Visit www.sfxchurch.sg

Keeping Christ in the School Holidays



While school is out and there are no catechism classes during the school holidays, your child's faith formation does not have to be put on pause. Here are five ways to nurture your child's faith and stay rooted in Christ.

1



MOVIE NIGHT WITH THE KIDS

Watch a drama or animated show about Jesus, Bible figures or the saints.

FAITH-FILLED CRAFTS & ACTIVITIES

Explore kid-friendly crafts and printables on parents.catholic.sg/



2

3



ACTIVITIES AT YOUR PARISH

- Join a Corpus Christi procession.
- Attend weekday mass.
- Visit Jesus in the Adoration room.

CREATE YOUR OWN PILGRIMAGE

- Visit the different parishes in Singapore.
- Go on a stained glass pilgrimage.
- Visit the Cathedral Pilgrimage of Hope.



5



FAMILY OUTINGS

Learn about the Catholic Church's rich history at the Cathedral Heritage Museum.

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.

