



**Disciples
Making Disciples**



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

Rejoice and be Glad

4th Sunday in Ordinary Time
1 Feb 2026

Zeph 2:3, 3:12-13
1 Cor 1:26-31
Mt 5:1-12

What is our usual reaction when we hear the Beatitudes? Do we think of these sayings as wise, worthy of pursuing, or foolish, perhaps even unintelligible? We should not be surprised if we fall into the second category, for the Beatitudes contradict the wisdom of the world. St Paul explains in the Second Reading: "it was to shame the wise that God chose what is foolish by human reckoning" (1 Cor 1:27). The paradoxical nature of each Beatitude should remind us of Christ himself, who conquers death by dying. God's ways are far above and beyond the world's (cf. Is 55:9), and the world struggles to comprehend the treasure of his wisdom.

In the book, *Jesus of Nazareth*, Pope Benedict XVI observes that the apostle Matthew deliberately links this moment, where Jesus ascends the mountain to teach, with the moment Moses ascends Mount Sinai to receive and then share the Ten Commandments. Jesus, the new Moses, comes to fulfil the law (cf. Mt 5:17), not merely in the sense of observing the law, but in the sense of becoming the new standard for it. In this same sermon, Jesus affirms that not one letter of the law shall change (cf. Mt 5:18); yet instead of repeating the commandments, he gives the people something different. The Beatitudes are not commandments

— they are essentially promises. To those who climb the mountain of the Lord (cf. Ps 24:3), and who walk the narrow path that leads to life (cf. Mt 7:14), he promises supreme happiness. How happy, how blessed, is the one who walks the same path as our Lord. The Beatitudes in the gospel today are Jesus's invitation to all who would hear him, to remake themselves in his image. "Through him all things were made", as we profess in the Nicene Creed.

It is not easy to grasp the Beatitudes in their fullness, for they contain immense wisdom, yet are expressed with striking simplicity. We might understand the Beatitudes better by looking at their inverse. Poverty of spirit refers to one who is humble, who

sees and recognises his need for God and his help. Conversely, how unhappy are those who are full of themselves, who seek to be exalted in the kingdoms of this world — they will not belong in the Kingdom of the lowly. In contrast to the meek, how unhappy are those who seek power and control, who quarrel over earthly and superficial matters. In the new Kingdom, they shall inherit nothing, for they have proven themselves unfit to receive them. How unhappy are the unmerciful — blind to their own shortcomings, they expect perfection from their neighbour. They do not see their own need for mercy. How unhappy are the impure in heart — those whose hearts desire many worldly things. Amidst all the distractions, they shall never be able to see God, who fulfils all human desire. How unhappy are those who remain unrighteous — they shall always experience the emptiness and incompleteness of their own existence. How unhappy are those who sow disunity through petty strife — they will have little in common with God, who gives peace, and by whom all are united.

While each of the Beatitudes invites deep meditation, the core message of the Beatitudes is echoed by the prophet Zephaniah, in the First Reading: "Seek the Lord" and "seek humility" (Zeph 2:3). How much space in our hearts do we have for the Lord's invitation and wisdom? How eager are we to walk in his ways, and to seek him above all other cares and concerns? Let us not be discouraged by how far we still have to walk in our discipleship, but rather look to the Lord's sure promises — a happiness beyond this world awaits us all on his holy mountain.



*"Let us not be
discouraged...
but rather look to the
Lord's sure promises."*

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

FAULTY CHURCH PEWS?

Spot any faulty or damaged pews in church? Scan the QR code to share with us at tinyurl.com/SFXFacilityReport.



SUNDAY FELLOWSHIP

The Biblical Apostolate Team Ministry will be serving breakfast this Sunday at JPll Hall. Do drop by for some food and fellowship. Love offerings are welcome!

COOKIES SALE BY ALTAR SERVERS

The Altar Servers Ministry will be selling Chinese New Year cookies outside JPll Hall this weekend and the next few weekends. Come and give them your support!

FEAST OF THE PRESENTATION OF THE LORD (2 FEB)

There will be the blessing of candles on the Feast of the Presentation of the Lord. You may bring your candles for blessing during the 6.30pm Mass.

CHARISMATIC

The next Charismatic Prayer session is on **Mon 2 Feb, 8pm** at the Auditorium. There will be Praise & Worship followed by praying over. All are welcome!

INTERCESSORY

Join us on **Mon 2 Feb, 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.

WORLD DAY OF THE SICK

In preparation for World Day of the Sick on **Wed 11 Feb**, and coinciding with the Memorial of Our Lady of Lourdes, a day of healing and devotion to the Virgin Mary, we invite you to write the names of family members and friends who are unwell and place them in the box marked 'World Day of the Sick - Prayer Petitions' at the icon of our Blessed Mother. We encourage all to attend the Mass on Wed, where we will pray for your prayer petitions and for all who suffer from illness and for their caregivers.

LUNAR NEW YEAR MASS SCHEDULE

There will be distribution and blessing of oranges.

Mon 16 Feb (Eve): 4pm only
Tue 17 Feb: 9am, 11am



ASH WEDNESDAY MASS SCHEDULE

Dispensation from fasting and abstinence has been granted. You are encouraged to observe the fast and abstinence on another day.

18 Feb: 9am, 11am, 4pm

LIFE: MYSTERIES OF THE ROSARY - THE SORROWFUL MYSTERIES

What is your prayer life like today? Do you desire to grow in your life of faith and prayer? The call to pray is urgent. Discover the awesome power of just one Hail Mary and be inspired with an explosion of faith that can move mountains. For the season of Lent, the LiFE ministry will be embarking on 6 sessions of Mysteries of the Rosary - The Sorrowful Mysteries, which outlines the epic battle between good and evil. For enquiries, please contact Raymond (9752 9723) or Ignatius (9664 2127)

Dates: 6, 13, 27 Feb, 6, 20 Mar, 10 Apr
Time: 8pm - 9.30pm
Venue: JPll Hall



CENACLE: MIRROR & MAP (THE FAMILY AS A GUIDE TO KNOWING OURSELVES)

The love we experience from our family is the first and most fundamental form of love we know, shaping our capacity for future relationships. This early love provides a foundation of security, belonging, and support that helps us develop confidence and learn how to love and interact with others throughout life. Yet this is also the very place that makes us feel most vulnerable. Taking advantage of this holiday season, we focus on various interpersonal dynamics within the family using systemic perspective that can give us insight to our personal growth.

Dates: 14, 21 Mar (Saturdays)
Time: 9am - 4.30pm
Venue: Kingsmead Centrer
Register: <https://tinyurl.com/cenaclemirrormap2026>



CARITAS SINGAPORE: MY PERSONAL COMPASS BY FR DAVID GARCIA, OP

My Personal Compass returns as a set of 10 sessions. Get introduced to the basics of morality, which are applicable to all and not just Christians. Come and build an ethical foundation so you can journey towards fulfilling your potential as a person made in the image of God. For enquiries, please email Caritas Singapore at formation.cst@caritas-singapore.org

Dates: Thurs 5 Feb - 16 Apr (No class on 2 Apr)
Time: 8pm - 9.30pm
Venue: CANA (55 Waterloo St, Level 2)
Register: www.bit.ly/perscomp-feb26



EPHESIANS 6:10-17: ARMOUR OF GOD RETREAT (EPH6)

A 2D1N stay-in retreat that unpacks the spiritual and practical implications in St Paul's letter to the Ephesians Chapter 6: 10 - 17 and helps leaders to be equipped with the "whole armour of God, so as to withstand the wiles of the devil" (Eph 6:11). Retreat includes talks by Fr Valerian Cheong, Fr Andrew Wong and Joseph Fernandez on being more aware of the supernatural.

Dates & Time: 28 Feb
9am - 1 Mar 5pm
Venue: SFX Retreat
Centre
Register: www.bit.ly/eph6retreat



Level 10 Covenant Ritual – Part II: A Renewal of Baptismal Covenant with Fire and Light

Following last year's Level 9 Covenant Ritual, on 18 January, approximately 145 confirmands, parents, and/or godparents gathered at the SFX Auditorium for Covenant Ritual – Part II. This para-liturgy served as a poignant reminder of the confirmands' baptismal identity — this time, not through water, but through fire and light. The candle, bound with a red ribbon, drew our hearts to the Holy Spirit, whose presence purifies, strengthens, and sets us aflame with love for God. In a quiet yet powerful way, the sign of the candle recalled that baptism not only cleanses, but also enlightens—calling each confirmand to live as a bearer of Christ's light in the world, renewed in their threefold baptismal mission as priest, prophet, and king.

Before the para-liturgy began, the session opened with a heartfelt surprise prepared by Lynnette Tan and Edwin Yeo, parents of Luke and Bryce Yeo. With tender care and diligence, they had kept photographs since the confirmands' kindergarten years and presented a moving 10-minute montage capturing more than a decade of growth—an experience that reminded many of us how swiftly time passes, and how faithfully God continues to accompany our teens through each season of life.

Thereafter, the upcoming formative journey for the remaining months leading up to the Sacrament of Confirmation was shared. One highlight will be a four-week series on Theology of the Body, to be facilitated by Edwyn and Karen deSouza. Building upon last year's Theology of the Body sessions — where the previous Level 10 batch expressed a desire for additional sessions — the programme has been extended to allow more time for reflection, dialogue, and grounding in the Church's vision of love, dignity, and vocation. Participants were also blessed by inspiring testimonies from Marc Yip and Francesca Locanas from the Level 10 (2025) batch, who shared from their lived experience how faith is shaped not only through lessons, but through prayer, relationships, and the daily choice to return to Christ.

We were likewise grateful for the presence of Rev Fr Terence Kesavan, who attended as a godparent of one of the confirmands. In his address to confirmands, parents, and godparents, he emphasised that Confirmation is not an “end point,” but a strengthening for mission — and encouraged confirmands to remain rooted in community and/or ministry, so that faith may be sustained, supported, and lived joyfully beyond the Sacrament itself.

As we continue walking with our Level 10 confirmands, may this renewed covenant — marked by the light of the candle and the fire of the Holy Spirit — remind each of them that they are claimed by Christ, strengthened for discipleship, and sent to shine His love in the world.

Let us continue to pray for these young confirmands, that they may grow in courage, conviction, and joy as they prepare to receive the Sacrament of Confirmation and live their calling as missionary disciples of Jesus.

“Witnessing the Confirmation Covenant ritual for our sons, Luke and Bryce, was a deeply moving experience. As we lit their candles, it beautifully symbolised the passing of the light of faith, our commitment to their spiritual journey, and our family's shared commitment to Christ. We are incredibly proud of the young men they are becoming and cherish this significant milestone in their lives. Our heartfelt thanks to the catechists for their dedication in journeying with the teens and for being such inspiring mentors in their faith” - **Lynnette Tan and Edwin Yeo, parents of Luke Yeo and Bryce Yeo**

“The L10 Covenant Ritual was a meaningful moment. Watching the candlelight being passed from parents and godparents to the confirmands signified faith and love being entrusted to the next generation. It was a reminder that our confirmands are supported in their journey ahead, even after formal Catechism comes to an end soon.” - **Corrine Teng, Mother of Ashley Lim**

“Receiving the candlelight from my mum during the L10 Covenant Ritual reminded me of the faith and values shared with me over the years. It made me feel encouraged to take ownership of my faith moving forward.” - **Ashley Lim, L10 2026 Confirmand**

“Witnessing our teens embrace the Light of Christ was truly heartwarming. These covenant rituals draw us together as a family and as a community. The video montage made us emotional — it reminded us how far our teens have come, both physically and spiritually. We were also deeply moved by the two youths who shared their Theology of the Body testimonials; they were so sincere, and it was brave of them to open up about their experiences with all of us.” - **Tiffanie Low and Vincent Lam, parents of Matthew Lam.**



**HOLY FATHER'S PRAYER INTENTION
FOR THE MONTH OF FEB**

FOR CHILDREN WITH INCURABLE DISEASES

Let us pray that children suffering from incurable diseases and their families receive the necessary medical care and support, never losing strength and hope.

IN THE MONTH OF DEC 2025

WEDDINGS

We congratulate the following couples:

1. Ng Zheng Xiang Benedict & Oh Xiu Wen
2. Aaron Sanjay John & Gn Wei Xuan Kusala

CONDOLENCES

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

1. Jo-ann Choo June Imm
2. Malcolm Peter Hyder
3. Raymond Raphael Chew Yon Chuang
4. James Lee Swee Goh





Looking for more information?
Visit www.sfxchurch.sg

Parish Pastoral Council (PPC) Retreat



Over the weekend, members of the Parish Pastoral Council (PPC) gathered at Majodi Retreat Centre for a focused think-tank retreat centred on dialogue, reflection, collaborative discussion, and fellowship. Through honest conversations and shared insights, participants explored key pastoral priorities and exchanged ideas to better respond to the needs of the parish, while deepening our communion with God. The sessions fostered clarity, alignment, and a shared commitment to journey forward together in service of the community.

As St John reminds us, "God is love" (1 John 4:8). When our ministry, synodal journey, and parish life flow from this divine love — received in prayer, celebrated in the Sacraments, and poured out in service — we become living witnesses to the Gospel.

May the Holy Spirit continue to guide us as we walk together, bearing one another's burdens, discovering our gifts, and leading all souls to the Heart of Christ, who is our Way, our Truth, and our Life.



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 - 11pm

Closed on Public Holidays
after 9am Mass

PARISH OFFICE

Mon - Fri:
9.30am - 6.30pm

Sat & 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

ANOIDING 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