



Disciples
Making Disciples



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

Vessels of God's Living Light

5th Sunday in Ordinary Time
8 Feb 2026

Is 58: 7-10
1 Cor 2: 1-5
Mt 5: 13-16

This Sunday's Scripture readings remind us with striking clarity that any light we bear, any healing we mediate, and any love we extend to others does not originate from ourselves, but from the life-giving grace of God at work within us. Left to ourselves, we possess no light of our own. Yet, when we allow God to act, our lives can become clear and effective channels through which his mercy and truth reach a world in need.

In Isaiah 58, the Lord calls his people to a fast that is pleasing to him: one that breaks chains of injustice, feeds the hungry, shelters the homeless, and clothes the naked. The promise that follows is profound: "Then will your light shine like the dawn, and your wound be quickly healed over" (Is 58:8). This light and healing are not rewards for moral achievement, but fruits of obedience rooted in compassion. Isaiah's call also extends beyond material poverty. There are those who are spiritually hungry, spiritually naked, and spiritually oppressed—those deprived of hope, truth, and the knowledge of God. To serve them is also an act of mercy, one that demands prayer, patience, and fidelity to the Gospel.

Psalm 111 grounds this mission in

"When we act in love, we do so as stewards of grace, not as its source."

remembrance of who God is and what he has done. The psalmist proclaims that the Lord is "generous, merciful and just" and that "his justice stands firm forever" (Ps 111:4, 9). Our works of mercy do not create redemption; they participate in it. God alone is perfectly holy, faithful, and just. When we act in love, we do so as stewards of grace, not as its source. This remembrance protects us from pride and keeps our service anchored in worship and poverty in spirit.

St Paul deepens this truth by directing us away from reliance on ourselves and toward trust in God's power. In his weakness and suffering, St Paul discovers that true empowerment comes not from human wisdom or strength, but from God, and is always "only a demonstration of the power of the Spirit" (1 Cor 2:4). Any ability we have to uplift others flows from first being anointed by Him. St Paul's ministry is marked not by self-confidence but by dependence — by a willingness to be weak so that God's strength may be revealed. This is a vital lesson for evangelisation: we do not convert hearts through clever arguments or personal charisma, but by allowing God's wisdom and grace to work through our limitations, and



eventually through the way we live our lives, with righteousness and integrity.

In the Gospel of St Matthew, Jesus calls his disciples "the salt of the earth" and "the light of the world" (Mt 5:13-14). Yet salt that loses its taste is useless, and light hidden under a basket fails in its purpose. Christ invites us to be willing vessels, placing ourselves where his light can be seen. "Your light must shine in the sight of men, so that, seeing your good works, they may give the praise to your Father in heaven" (Mt 5:16). The goal is never self-glorification, but that others may be drawn to God.

To live this calling requires courage and boldness. Like a city set on a hill, we must be visible in faith, charity, and truth. We must ask the Lord for the grace to step beyond comfort, to evangelise with humility, and to reach out to those lost in darkness — materially and spiritually. When we do, we discover anew that the light is not ours to manufacture, but his to give. Our task is simply to receive it, trust it, and let it shine, so that he, the one true light of the world, may increase as we decrease.

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

Friends of SFX will be serving breakfast this Sunday at JP11 Hall. Do drop by for some food and fellowship. Love offerings are welcome!

COLLECTION OF OLD PALMS

Old palm branches may be returned to the box outside JP11 Hall for the preparation of Ash Wednesday ashes. Please remove all plastic bags and rubber bands.

COOKIES SALE BY ALTAR SERVERS [LAST CHANCE!]

This is the final weekend of our Altar Servers Ministry selling Chinese New Year cookies outside JP11 Hall. Come and give them your support!

CHARISMATIC

The next Charismatic Prayer session is on **Mon 9 Feb, 8pm** at the Auditorium. There will be Praise & Worship followed by a talk on 'Walking gently with the Holy Spirit'. All are welcome!

INTERCESSORY

Join us on **Mon 9 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 and the Memorial of Our Lady of Lourdes, parishioners are invited to write the names of loved ones who are unwell and place them in the prayer box at the icon of our Blessed Mother.

We encourage all to attend either the 6.30am or 6.30pm Mass on **Wed 11 Feb**, 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 during Lent, except on Good Friday, which is already a day of fast and abstinence.

18 Feb: 9am, 11am, 4pm

CANDLELIGHT ROSARY PROCESSION

Join us for the candlelight rosary procession on **Fri 13 Feb, 6.30pm**. Meet in JP11 Hall. The procession will take place within the church grounds. Bring your own waxless candle and join us in prayer as we honour our Blessed Mother. All are welcome!

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 & Time: 13, 27 Feb, 6, 20 Mar, 10 Apr, 8pm – 9.30pm
Venue: JP11 Hall

THE WOMAN AT THE WELL AND THE LOVE OF CHRIST

Join the SFX Biblical Apostolate Team to experience the powerful story of Jesus and the Samaritan Woman at the Well through ancient Jewish eyes. This is not just a story of Jesus' mercy and forgiveness, but a powerful symbol of God's love for sinners.

Date & Time: Sun 15 Feb, 9am - 10:30am
Venue: Jeremiah Room, Parish Centre L2
Q&A Chat link: <https://chat.whatsapp.com/CLcW5SEC39PHYVFc6ZgjI>

COURAGE SINGAPORE: WHAT WOULD JESUS DO

This year's theme, "What would Jesus do?", invites us to pray, reflect, and converse on how we, as Church, can better understand and accompany our LGBTQ loved ones in faith. The sessions will be led by Fr Adrian Danker, Spiritual Director of the Courage Ministry, which supports parents, family members, and friends in nurturing healthy and loving relationships with their loved ones.



Who do you say I am? – The LGBTQ person & the Church's Teachings

Date: Fri 13 Feb
Time: 8pm – 9.30pm
Venue: Church of the Transfiguration (Room 4.2 & 4.3, Level 4)

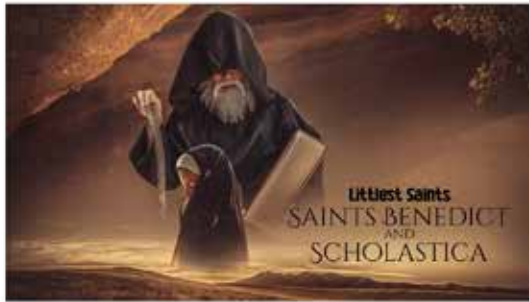
Who do you say we are? – Understanding our Pastoral Response as Church

Date: Sat 14 Feb
Time: 9am – 12.30pm
Venue: Church of the Transfiguration (Room 4.2 & 4.3, Level 4)

ONE: LENT TO EASTER REFLECTION BOOKLET 2026

The Office for the New Evangelisation (ONE) offers a Lent-to-Easter Reflection Booklet to support individuals, families, ministries, and communities as we journey inward to receive God's love more deeply, and outward to share that love with others. Through Scripture commentaries, reflections, and sharing questions, the booklet accompanies us throughout this sacred season. Download at bit.ly/lenteaster26





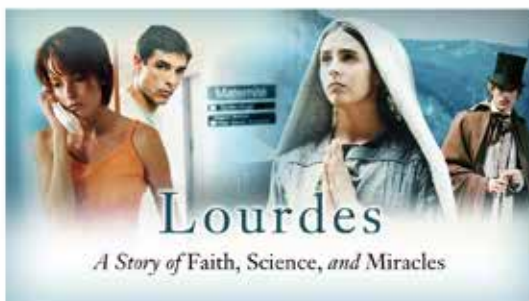
Sts. Benedict and Scholastica

A pair of holy twins, a cave, and a group of naughty monks... this is the story of Saint Benedict and Saint Scholastica.



Beloved

Beloved uncovers the mystery and the meaning of the sacrament of marriage. What if marriage is more than you think it is? What if God has woven into the very fabric of your humanity a purposeful need and desire that can only be fulfilled in your marriage? Beloved invites all couples to experience firsthand the wonder, mystery, and joy behind that first "I do" ... whether you said it last year or many years ago.



Lourdes: Story of Faith, Science,

The film follows a journalist, his ancestor who met Bernadette at Lourdes, and the story of a woman healed by Lourdes' waters, tracing three lives.



Martyrs and Monastics

Dr. Ben Akers sits down with Dr. Elizabeth Klein, Professor of Theology at the Augustine Institute Graduate School, to discuss her Short Course: Martyrs and Monastics. Who are the early Church martyrs? What fueled their witness to the faith? How did monasticism develop? These questions and more are addressed in this show.

1. Go to formed.org/signup
 2. Search for SFX's parish by Postal Code (558758). Click on our parish.
 3. Register with your first and last name, and email address
 4. Your account will be created, and you will automatically be signed in.
- Access these resources at: <https://watch.formed.org/this-week-on-formed>



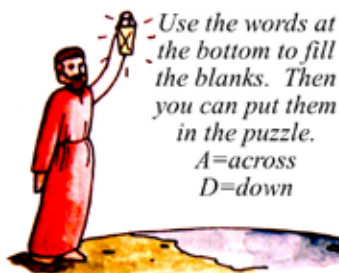
Trailer | Heart of Prayer

Heart of Prayer invites participants into an intimate and peaceful retreat with Bishop Andrew Cozzens. Set in the beautiful Chateau on the Augustine Institute Campus, Heart of Prayer reveals the beauty and transcendence of a prayer life, as Bishop Cozzens draws from Scripture and the saints to offer guidance that is practical and down-to-earth.

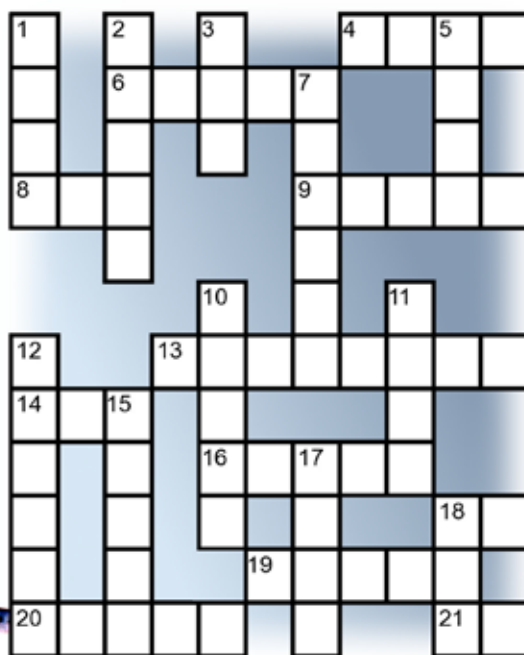
An offering from the AUGUSTINE INSTITUTE



Salt and Light Crossword Puzzle



Use the words at the bottom to fill the blanks. Then you can put them in the puzzle.
A=across
D=down



_____ 2D _____ 5D to his disciples: "You are the _____ 11D of the _____. 6A But if salt _____ 15D its _____, 20A with what can it be seasoned? It is no longer _____ 17D for anything but _____ 21A be thrown out and trampled underfoot. _____ 8A _____ 3D the light of the _____. 10D A _____ 1D set on a _____ 13A cannot be _____. 7D Nor do they light a lamp and then put it under a bushel _____; 12D it is _____ 18D on a lampstand, where it gives _____ 16A to _____ 14A in the _____. 19A Just _____, 18A your light _____ 4A shine before others, that they may see your good _____ 9A and glorify your heavenly Father."

MUST JESUS MOUNTAIN CITY LIGHT
SAID DEEDS BASKET EARTH WORLD
GOOD HOUSE HIDDEN YOU SET ALL
SALT TASTE LOSES ARE SO TO



Looking for more information?
Visit www.sfxchurch.sg

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

Sun:
8am - 1pm,
4pm - 5.30pm

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