



Disciples
Making Disciples



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

Be off, Satan!

1st Sunday of Lent
22 Feb 2026

Gn 2:7-9, 3:1-7
Rom 5: 12-19
Mt 4:1-11

Lent has rolled around once again. On the first Sunday of Lent each year, we read of the temptations of Jesus in the wilderness. We accompany Jesus into the desert – a place associated with dryness, struggle and even danger. Today's Gospel invites us to journey into our interior to identify the "wilderness" in our own lives when we have been tried, tested and given in to temptations without much effort at resistance.

In the aridity and quiet of our desert, which is a metaphor for the Christian life, we hear the whispers of the devil. He seldom arrives with drama and fanfare but sneaks up on us disguised as a good idea, a helpful question, an alternative life-choice that presents itself as your right and due. The subtle lures can take a myriad of forms – to indulge, to doubt, to dominate and control, to prove our superiority and worth.

Temptations are commonplace and unavoidable. Many would agree it is near impossible to fight temptations with just our own willpower. Jesus, after 40 days of fasting was hungry, weak and at the limit of human endurance. It was an opportune time for the devil to strike at his vulnerability. Yet Jesus didn't fall prey to the devil's wiles; he won by not entertaining the devil or dwelling on his propositions. Instead he turned to scripture to direct his response.

In his book 'In the Name of Jesus:

Reflections on Christian Leadership', Henri Nouwen suggests that Jesus' three temptations parallel the struggles of our spiritual life. He presents them (in the order they happened) as temptations to be relevant, to be spectacular and to be powerful – profound insights that are worth pondering over as we begin the Lenten season.

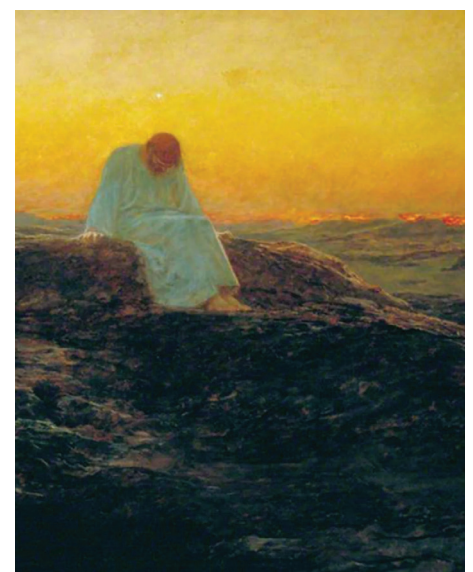
In the first temptation (turning stone to bread), Nouwen reflects that we are often tempted to tie our identity and self-worth to what we do, and not who we are. The secular and materialistic world we live in has conditioned us to believe that our value comes from our achievements, success and usefulness. Nouwen says this is the seduction of relevance. We should ask ourselves, "Who am I really if I were not needed or have nothing of significance to offer?" There is an urgency to go back to claiming our primary identity as God's beloved sons and daughters. Made in God's image and likeness, our intrinsic worth is independent of our accomplishments, labels and trophies.

The devil next dares Jesus to throw himself down from the temple, suggesting that the angels will catch him in good-enough time. Here the challenge to Jesus is to be spectacular, to prove who he really is. Applying this to our lives, it could be a temptation to be noticed by others, a desire to be seen as extraordinary. This feeds the ego, seducing one with the prospect of basking in self-serving stardom instead of humble service.

The devil's question to Jesus, "If you are the Son of God..." is the same question he whispers into our ear: "If you are beloved... prove it. Find your worth in fame, in spectacle, in

control." These are lies presented as assuring alternatives but in effect, a profound assault on our true identity as children of God.

Finally, the devil offers the kingdoms of the world, promising power but without the pain of the cross. Jesus' response is a command: "Be off, Satan!" (cf. Mt 4:10). He chooses to worship and serve only his Father as scripture commands, dismissing the glittery attractions of the world. Jesus' victory in the desert teaches us that we can resist the lies that bombard us only when we are as deeply rooted in the Father's love as he himself was. Only then will external validation lose its hold over us. We must live, not by bread alone, but by every word that comes from the mouth of a God (Mt 4:4) who calls us his own. This Lent, consider what attachments to let go of and the sins that separate us from God. Pray for his grace to strengthen us who are tempted to follow Satan instead of Christ.



***"Man does not live
on bread alone..."***

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.



SSVP COLLECTION

There will be a second collection by the Society of St Vincent De Paul this weekend to help the poor and needy in monthly rations and other aid programmes. SSVP members will be at the atrium area. Please give generously. For cheque payments or PayNow, pay to:

Society of St Vincent de Paul (SSVP)

- OCBC Bank Account No:
686 596 768 001
- PayNow UEN: S61SS0149BSFX

SUNDAY FELLOWSHIP

The Fortify & In One Spirit from 1Cor12 Community will be serving coffee and tea this Sunday at JP11 Hall. Do drop by for some fellowship. Love offerings are welcome!

CATECHISM NOTICE

There will be a break from Catechism on 15 Mar. Parents and Guardians, please continue to lead your family and children in prayer, reflection and worship. Sessions will resume on 22 Mar.

CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 23 Feb, 7.45pm** at the Auditorium. There will be Praise & Worship followed by Holy Mass celebrated by Fr Edward Lim. All are welcome!

STATIONS OF THE CROSS FOR CHILDREN

We invite children up to the age of 12 to walk the path Jesus took by visiting the Stations of the Cross with our Children's Liturgy Ministry at different locations at SFX on **Sat 28 Feb, 9.45am** (Registration starts at 9.30am) at Basement Chapel. Register at <https://tinyurl.com/yt2bym9x>



ADVISORY: PROTECTING OUR FAITHFUL FROM DIGITAL SCAMS

Please be vigilant against a recent rise in scams. Fraudsters are impersonating our clergy and church leaders via email and messaging apps.

Important Reminders:

- ! **No Private Solicitations:** Our priests will never contact you via private message to ask for money, bank transfers or gift cards.
- ! **Verify First:** If you receive a suspicious request, do not reply. Call your parish office directly to verify.
- ! **Official Emails:** Authentic emails from the Archdiocese and clergy come mostly from @catholic.org.sg addresses.

Read the full advisory at www.catholic.sg/advisory-digital-scams.

HEALING THROUGH A EUCHARISTIC-CENTRED LIFE

Join us for a special evening of praise and worship, Spiritual talk, Holy Mass & Healing Adoration led by Fr Joseph Edattu, VC. Come and encounter the Lord in the Eucharist, and allow His healing grace to renew your heart. Public Transport is strongly encouraged and all are welcome.

Date: Mon 9 Mar
Time: 7.45pm - 10pm
Venue: SFX Main Church

STATIONS OF THE CROSS: POINT-OF-VIEW (POV) - MEETING JESUS ON CALVARY



She met Jesus on Calvary while following her son and held it all in her heart.

Each week during Lent, we will explore a different point-of-view of a person who personally encountered Jesus on His walk to Calvary. This week, you'll be given an A3-sized card and a character card. There is a short write-up on the perspective of the character on the card and a reflection question. Collect all 5 cards during the weekends of Lent and stick them to the A3 card.

Before Holy Week, you are invited to fill in your reflection on the last panel. There will be a board outside the canteen where you can post this panel as your testimony to how Christ has been with you.

The Friday Stations of the Cross at 8pm will include a slightly extended reflection on Mary next week. May this little activity help you enter into a deeper reflection on the Passion in your prayer time with your friends and family.

LAUDATO SI' LEARNING CIRCLES WORKSHOP BY CARITAS SINGAPORE

This in-person workshop aims to promote awareness, understanding and reflection of Laudato Si' by Pope Francis that calls on all people to care for our common home. Each circle will explore a theme from Laudato Si' through selected readings, time for reflection and guided discussions designed to deepen understanding and spark action. For enquiries, please email Caritas Singapore at careforcreation@caritas-singapore.org.

Dates: Every alternate Wed, starting 4 Mar, for 10 sessions
Time: 7.30pm - 9pm
Venue: Caritas Agape Village
Register: <https://tinyurl.com/laudatosi-lc>



RETRouvaille WEEKENDS

Retrouvaille Singapore invites parishioners who are considering separation, divorce or are already divorced and hoping to reconcile to register for the Retrouvaille Weekends. This is a stay-in programme for couples designed to help troubled relationships heal and grow again.

Dates: Fri 24 Apr, 8pm to Sun 26 Apr, 6pm
Venue: 201-B Punggol Seventeenth Ave, Singapore 829651
Cost: \$50 per couple
Register: <https://tinyurl.com/retrouvailleapr26>



OYP: SHINE RETREAT

Calling all Polytechnic, ITE and Private diploma students between 16-25 years old. SHINE is a Catholic encounter retreat for all who are currently studying or waiting to be enrolled in any local Polytechnic, ITE, or private diploma institution.

Date: Sat 21 Mar 9am - Wed 25 Mar 6pm
Venue: 199 Ponggol Seventeenth Ave, S 829645
Cost: \$87.20 (inclusive of GST)
Sign-up: <https://tinyurl.com/SHINE26P>



LENTEN EXHIBITION 2026 BY ST JEROME LIBRARY

Fr Alfred McBride has written an exceptional meditation entitled "The Seven Last Words of Jesus." *The Seven Last Words of Jesus* is a devotion that began in the 17th century based on the last words uttered by Jesus as he hung on the cross. Taken from the Gospels, the devotion has since become part of the church's Lenten tradition in many countries.

Reflecting on Jesus' First Word, Fr McBride says, "The evidence for the real temptation [Jesus] faced is found in his first word: 'Father, forgive them, they know not what they do' ...Jesus does not experience the temptation to save himself... If he is experiencing any temptation at all, it is... the temptation to refuse forgiveness." – p12, *The Last Temptation*

St Jerome Library has taken excerpts of Fr McBride's reflection on Jesus' words and arranged them in a display with pictures of the locations, relics and artwork referred to in the book.

The display will be up from now until Holy Week. St Jerome Library is open **Sundays, 8am - 1pm & 4pm-5.30pm**. The full catalogue of books in St Jerome Library can be found at <https://www.librarything.com/catalog/sfxchurchlibrary>

3 Things

Pope Leo XIV Is Asking of Every Catholic This Lent

In his first papal message for Lent, titled "Listening and Fasting: Lent as a Time of Conversion", Pope Leo XIV has asked the faithful to refrain from words that hurt and offend others. In this article, we summarise the salient points in his message.

Lent is a time in which the Church invites us to place the mystery of God back in the centre of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life.

Every path towards conversion begins by allowing the word of God to touch our hearts and welcoming it with a docile spirit. For this reason, the Lenten journey is a welcome opportunity to heed the voice of the Lord and renew our commitment to following Christ, accompanying him on the road to Jerusalem, where the mystery of his passion, death and resurrection will be fulfilled.



Listening

In revealing himself to Moses in the burning bush, God teaches us that listening is one of his defining characteristics. Hearing the cry of the oppressed is the beginning of a story of liberation in which the Lord calls Moses, sending him to open a path of salvation for his children who have been reduced to slavery.

In the midst of the many voices present in our personal lives and in society, Sacred Scripture helps us to recognize and respond to the cry of those who are anguished and suffering. In order to foster this inner openness to listening, we must allow God to teach us how to listen as *he does*.



Fasting

Fasting must be done in faith and humility. It must be grounded in communion with the Lord, because "those who are unable to nourish themselves with the word of God do not fast properly."

A very practical and frequently unappreciated form of abstinence is that of refraining from words that offend and hurt our neighbor. Let us begin by disarming our language, avoiding harsh words and rash judgement, refraining from slander and speaking ill of those who are not present and cannot defend themselves. Instead, let us strive to measure our words and cultivate kindness and respect in our families, among our friends, at work, on social media, in political debates, in the media and in Christian communities. In this way, words of hatred will give way to words of hope and peace.



Together

Finally, Lent emphasises the communal aspect of listening to the word and fasting. The Bible itself underlines this dimension in multiple ways. For example, the Book of Nehemiah recounts how the people gathered to listen to the public reading of the Law, preparing to profess their faith and worship through fasting, so as to renew the covenant with God (cf. 9:1-3).

Likewise, our parishes, families and religious communities are called to undertake a shared journey during Lent, in which listening to the word of God, as well as to the cry of the poor and of the earth, becomes part of our community life; and fasting, a foundation for sincere repentance. In this context, conversion refers not only to one's conscience, but also to the quality of our relationships and dialogue.

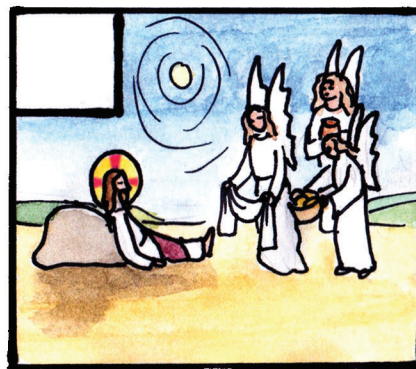


Let us ask for the grace of a Lent that leads us to greater attentiveness to God and to the least among us. Let us ask for the strength that comes from the type of fasting that also extends to our use of language, so that hurtful words may diminish and give way to a greater space for the voice of others. Let us strive to make our communities places where the cry of those who suffer finds welcome, and listening opens paths towards liberation, making us ready and eager to contribute to building a civilisation of love.



Sort the Story!

What happened when Jesus had prayed and fasted for forty days in the desert?
See if you can sort out the order of these pictures.
Write 1 on the first, 2 on the second, and so on.



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