



THE MANNA

Church of St Francis Xavier

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

**Disciples
Making Disciples**

Risen Life

Easter Sunday of the
Resurrection of the Lord
5 Apr 2026

Acts 10:34, 37-43
Col 3:1-4
Jn 20:1-9

Easter stands at the heart of the Church's life. It is the greatest and most important solemnity in the Catholic liturgical year. This feast of feasts is not simply one celebration among many; it is the source from which all Christian life flows. For on this day, God definitively reveals his power: "God raised him to life on the third day and allowed him to be seen" (Acts 10:40).

Yet, the grandeur of Easter can feel distant from our ordinary lives. How do we, often hidden in routine and anonymity, relate to such a monumental victory over sin and death? The answer lies in recognising that the first witnesses were not so different from us. In the Gospel, St John enters the empty tomb: "[H]e saw and he believed" (Jn 20:8), even though "[t]ill this moment they had failed to understand the teaching of scripture" (Jn 20:9). Their faith began not in full understanding, but in encounter and trust. They saw, believed, and allowed that belief to reshape their lives — even unto martyrdom.

At the core of the Resurrection is the definitive victory over sin and death. This is no mere symbol. Jesus rises bodily, glorified — still human, yet no longer bound by earthly limits. In doing so, he overturns the "curse of Adam," reversing sin's consequences: shame, separation, and death. As the "first fruits," (cf. 1 Cor 15: 20-23) Jesus' Resurrection

proves that our resurrection will follow. To live a resurrected life is to refuse to remain defined by sin or failure. Each time we repent, forgive, or begin again, we participate in this victory of grace over death.

This victory becomes personal through justification—the gift of new life. As St Paul writes, "Since you have been brought back to true life with Christ, you must look for the things that are in heaven" (Col 3:1). Through Baptism, we are not merely cleansed but reborn, united to Christ's death and Resurrection. Practically, this means a daily pattern of dying and rising: dying to pride and disordered desires; rising to love, humility, and truth. Choosing righteousness and purity — especially when unnoticed — are concrete expressions of resurrection power.

This transformation is not achieved by human strength. The Resurrection brings about the outpouring of the Holy Spirit, who dwells within us. It is the Spirit who enables us to persevere in holiness, to bear fruit, and to remain faithful

through trials. When we resist temptation, forgive deeply, or remain steadfast in prayer despite dryness, it is the Spirit at work — the very power that raised Christ from the dead now active in us.

This divine life is made tangible through sacramental realism. The risen Christ is truly present in the Eucharist — body, blood, soul, and divinity. Each reception of Holy Communion is an encounter with the living Lord, a sharing in his glorified life, and a pledge of our future resurrection. The sacraments are channels of grace flowing from the risen body of Christ, strengthening us to live in the Reign of God here and now.

Still, we live in the tension of the "already" and the "not yet." "[Y]our life is hidden with Christ in God" (Col 3:3). Already, we share in divine life; not yet do we experience its fullness. Our lives remain marked by struggle and limitation, yet everything is now oriented towards transformation.

Living in anticipation of this hope means trusting that no suffering is meaningless. It means choosing forgiveness over resentment, because love has triumphed. It means fidelity in hidden things — prayer, sacrifice, integrity. And it means witnessing, like St Peter, not only with words, but with a life marked by courageous evangelisation.

The Apostles did not begin with certainty, but they allowed the Resurrection to transform them. They saw, believed, and lived accordingly. Easter is not only something we celebrate — it is something we are called to live. For the power of the Resurrection is alive, poured out through the Holy Spirit, active in the sacraments, and at work in every act of grace, drawing us steadily from death to life.



***"At the core of the
Resurrection is the
definitive victory over
sin and death."***

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.



EASTER SUNDAY FELLOWSHIP

The Wardens Ministry will be serving breakfast this Sunday at JPll Hall. Do drop by for some food and fellowship.

CATECHISM NOTICE

There will be a break from Catechism on 5 Apr, Easter Sunday. Session will resume on 12 Apr.

INTERCESSORY

Come storm heaven with us in the presence of the Blessed Sacrament on **Mon 6 Apr, 8pm - 9.30pm** at **Mount Tabor Adoration Room**.

STATIONS OF THE RESURRECTION (OUTDOORS)

The Small Christian Communities (SCC) will be praying the Stations of the Resurrection (Outdoors) on Wednesdays during Easter (**from Wed 15 Apr**) after the evening Mass at about **7pm**. Meet outside JPll Hall. Let us meditate upon the resurrection of Christ and discover the pathway of light that Christ blazes through our lives. All are welcome.

UPPER ROOM

Come and bask in the presence of our Risen Lord. In this Easter season, we are reminded that our God comes to meet us and renews our strength. The community of In One Spirit (IOS), part of the SFX 1Cor12 Communion of Communities, warmly invites you to our Upper Room Session — a night of prayer and adoration of the Blessed Sacrament. Bring a friend — all are welcome! Light refreshments will be served after the session. For enquiries, please contact @minitsuii or @JaredStevie on Telegram.

Date and Time:

Fri 17 Apr, 8.45pm

Venue:

SFX Auditorium (Parish Centre, Level 3)



THE LORD IS TRULY RISEN, ALLELUIA!

The Priests of the Parish and all Staff wish you a blessed Easter and may you come to believe and experience the living hope and joy of Christ in these extraordinary times.

BAT: CONTEMPLATING THE FACE OF JESUS WITH MARY (HOW TO PRAY THE ROSARY)

The Rosary is more than repetition — it's a journey through Scripture, where Vocal Prayer, Meditation, and Contemplation unite. Drawing on John Paul II's teachings, discover how to pray the Rosary with depth, devotion, and a heart fixed on Christ.



Date & Time: Sun 12 Apr, 9am

Venue: Jeremiah Room (Parish Centre, L2)

Join chat: https://chat.whatsapp.com/I5rXBhxAWQk9cKZV3bpnmK?mode=gi_t

EXHIBITION OF LITURGICAL VESTMENTS AND EMBROIDERY

Carlo Catholic Services will be hosting an Exhibition of Liturgical Vestments and Embroidery, featuring several sets of liturgical vestments from different periods, including vestments crafted with Sulam embroidery and Kebaya craftsmanship. During the exhibition, there will be a series of activities such as talks on the **History & Spirituality of Liturgical Vestment** by Frs. Reginald (OCD) and Bartolo (OCD), and **workshops and embroidery demonstrations** by Mr Heath Yeo, a Kebaya and Sulam maker. For more information, please contact Agnes (Carlo) at 8085 3241.

Dates:

10 to 24 Apr 2026

Venue:

CCS, Level 2 (225B Queen St, Singapore 188552)

CENACLE SISTERS: EMBRACING THE SLOW PATH: A SPIRITUALITY OF RETIREMENT

Come and be part of this sacred exploration where the end of a career marks the magnificent beginning of a calling, a new way of being rather than simply doing. This is not a retreat about letting go of work; it is a spiritual adventure into the vast, open landscape of your soul, a time to rediscover the true rhythm of the heart God placed within you.



Dates: 22 - 23 Apr

Venue: La Salle House, stay-in retreat

Register: https://docs.google.com/forms/d/e/1FAIpQLSfjdd3vNqo9Mk-g_R7uFCIEHJkTg_9eI9wi1jFY2mZkRyiUIQ/viewform

CATHOLIC FAMILY LIFE - SNAPCHATS & TIKTALKS: TUNING IN, REACHING OUT

Ever feel like your child's conversation is limited to "yes," "no," or "fine"? You are not alone! In this session, we will explore the world of today's children through real-life case studies and provide practical tools to tune in, build trust, and respond with empathy instead of frustration. Register via familylife.sg/SNT_Reg

Date:

Sat 25 Apr 2026

Time:

9.30-11.30am

Venue:

Church of St. Vincent De Paul

Cost:

\$20 per pax | \$35 per couple



REVIEW OF LIFE WORKSHOP - SEE JUDGE ACT METHOD

How can we integrate faith into real-life issues? How can we make decisions as a community with faith? *Lumen Gentium*, the focus of Pope Leo's current catechesis, tells us that we are called to sanctify the world from within and become to the world what the soul is to the body. Join us at CANA to learn the See-Judge-Act method to integrate faith and life in the way we decide our actions. Used by popes and various Catholic organisations, we will use the method in facilitated discussions. You are encouraged to bring friends and community members to learn together. For enquiries, please email Caritas Singapore at formation.cst@caritas-singapore.org

Date: Sat 25 Apr

Time: 9.30am - 1.30pm

Venue: CANA, The Catholic Centre

Register: bit.ly/reviewoflife

L10 Retreat: Holy Spirit, a Friend to Me

The L10 Retreat 2026, held from 14 to 16 March 2026, was a grace-filled weekend centred on the theme *"Holy Spirit, a Friend to Me."* It brought together 135 retreatants and 92 service team members — including facilitators, logistics team, worship team, and session presenters — from the Church of St Francis Xavier, Church of the Risen Christ, and Church of St Bernadette. It was a beautiful collaborative effort among the three parishes in accompanying our young people in faith.

The retreat sessions helped retreatants grow in their understanding of the Holy Spirit — who he is, his gifts and charisms, the fruits of the Holy Spirit, and how to live daily life in the Spirit. The retreat aimed to lead the retreatants into a personal encounter with the Holy Spirit and to inspire them to live out their faith as witnesses to others.

One of the clearest highlights was the outpouring of the Holy Spirit. Many teens encountered the Lord in a deeply personal way, and the words most often heard from them were "peace," "joy," and "God is real!" While catechists have often shared this truth in class, for many teens the retreat was the moment when it became real through their own experience.

We thank all facilitators, ICs, and service team members for their dedication and service in making this retreat possible. May the Holy Spirit continue to guide and inspire our young people as they journey in faith.



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

FOR PRIESTS IN CRISIS

Let us pray for priests going through moments of crisis in their vocation, that they may find the accompaniment they need and that communities may support them with understanding and prayer.

IN THE MONTH OF MAR 2026

CONDOLENCES

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

1. Alfred Tan Lye Swee
2. Loh Mee Ngan @ Lo Mee Ngan
3. Cecilia Chua Ah Moi
4. Bibiana Chia
5. Sim Chin Seng
6. Amelia Hah Yin Lin
7. Janet Lim Poh Eng



"I am extremely thankful to have been able to attend the L10 retreat. Throughout the whole retreat I was surrounded by my fellow brothers and sisters in Christ who constantly supported and encouraged me, helping me grow deeper in my faith throughout the camp. One of the most impactful parts of the retreat was the praise and worship sessions, where I could genuinely feel the presence of the Holy Spirit in the room as all of us gathered together to worship the Lord through music. The outpouring session, in particular, was something I will never forget. I felt so deeply overwhelmed by the Holy Spirit and my relationship with Christ was strengthened in a way I had never experienced before. I am truly grateful to all the facilitators and ICs for their time and effort in organising our last catechetical camp for us and for allowing us to realise who the Holy Spirit really is."
- **Ashley Lim, SFX**

"The L10 Church Retreat with the theme of the Holy Spirit was a very meaningful and life-changing experience for me. During the retreat, I learned more about how the Holy Spirit guides, strengthens, and encourages us in our daily lives. Through the worship sessions, teachings, and prayers, I felt a strong sense of God's presence. It helped me understand that the Holy Spirit is always with us to give us wisdom, peace, and courage, especially when we face challenges."

The retreat also allowed me to grow spiritually and connect more deeply with others in the Church. Listening to the messages and sharing with fellow members reminded me that we are not alone in our faith journey. I left the retreat feeling refreshed, inspired, and more committed to living a life that follows God's guidance through the Holy Spirit. It was truly a memorable experience that strengthened my faith." - **Ezekiel Tan, SFX**



"Up till the praise and worship on the second night, I did not feel anything. I could not feel his work in my life and did not have trust in him. However, during the empowerment, I was prayed over in tongues and I felt a new sense of peace wash over me. It was quiet and I felt chills.

At first, I was surprised and even now I don't know how to comprehend or communicate exactly what happened that night. However, what I do know was that it was the Holy Spirit washing over me. Now, I feel changed after being touched by the Holy Spirit. I'm really grateful for that moment." - **Isaac Goh, SFX**

"My L10 retreat was nothing short of inspiring as it helped me to encounter the Holy Spirit on a deeper level. During the retreat, there was an empowerment session on the second night. Honestly, I had mixed feelings because I didn't know what to expect but my facilitators told me to keep an open mind and heart, just relax. It was a bit awkward when I heard people praying over me in tongues, but I tried to let the Holy Spirit work within me and accept whatever gift I have. I thought praise and worship also made this retreat unforgettable and I thought the songs used for worship were very apt to the theme of the Holy Spirit, helping us to cultivate it in our lives. When my groupmate decided to share his testimony, there were 5 words that he said which was really inspiring to me 'The Holy Spirit is REAL!' All in all, this retreat was definitely something memorable to me, and it made me change my perspective on the Holy Spirit to let him be a healer and a friend to me." - **Adele Ng, SFX**

"I'm truly grateful to have attended this L10 retreat, as it has helped me grow in my faith. This retreat has helped me become closer to the Holy Spirit and see how it has been present in my daily life. The most memorable part of the retreat for me was the Holy Spirit empowerment. Though I didn't feel anything physical, through the empowerment, I felt a deepening of my personal relationship with God. Overall, I had a very fruitful camp and look forward to serving at future retreats for others." - **Clarice Glass, SFX**



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

**Mini
MANNA**

The two men on the road to Emmaus didn't know the man who came and walked with them on Easter morning. Use the colour code below to see if you can figure out who it was!

- ♦ Red
- ♦ Purple
- Skin-colour
- Yellow
- Brown
- White

