



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**

Love to Obey

6th Sunday of Easter
10 May 2026

Acts 8:5-8, 14-17
1 Pt 3:15-18
Jn 14:15-21

The Gospel reading on this Sixth Sunday of Easter continues our meditation on Jesus' farewell discourse with his Apostles at the Last Supper. On this Sunday, the Church prepares us to anticipate the giving of the Holy Spirit on two levels — to the Church and the individual disciple, sanctifying the Church and empowering all disciples of Christ to grow in holiness.

To the Apostles, the nucleus of his Church, Jesus describes the Holy Spirit as being "with you" forever, as a companion in fellowship and as an advocate and counsellor guiding the Church. Jesus will go on to tell the Apostles that the Holy Spirit will "teach them all things" (Jn 16:13) and "bring to remembrance" (Jn 14:26) all that Jesus had taught them. It is the Holy Spirit who brings to fulfilment Jesus' promise that the "gates of hell will not prevail" (Mt 16:18) against the Church, guaranteeing that she will remain "the pillar and bulwark of the truth" (1 Tim 3:15). The Holy Spirit is with the Church to keep us united to it and to Christ, and makes the Church "the temple of the living God" (CCC 797).

Jesus also describes the Holy Spirit as being "in you," which speaks to our personal encounters with Jesus in the Sacraments of the Church. The First Reading today tells us about the Sacraments of Baptism and Confirmation in the early Church,



where Philip proclaimed Christ and baptised, whilst the Apostles Peter and John administered the Sacrament of Confirmation. Thus initiated into the Church, the Holy Spirit comes to dwell in the baptised. At the summit of all Sacraments stands the Eucharist, which is the real presence of the Body, Blood, Soul and Divinity of Jesus Christ. When we partake of the Eucharist, Jesus literally comes "in you," and we spiritually become what we eat — individually, Christ in me and I in Christ (cf. Jn 14:20). This indwelling of Christ in each of us becomes the source of our supernatural life, welling up to eternal life with God in his heavenly kingdom.

The Holy Spirit and sacramental graces come to us freely as a gift from God, and nothing that we do can ever merit such a gift. However, it does come with a condition — the obedience of faith (cf. Rom 1:5, 16:26), expressed in keeping his commandments. Jesus says that if we love him, we will keep his commandments; and he who keeps his commandments is the one who loves him. We must not misconstrue this to mean that Jesus is a domineering master demanding obedience. Rather, he desires that we freely love him just as he has loved us, and it is only through keeping his commandments that

*"...he who keeps his
commandments is
the one who loves
him."*

we can learn to love him from our inmost being. When we learn to love Jesus, we come to see that his commandments are not burdens, but rather something that brings completeness and joy to our lives. His commandments are simple yet profound — love God and neighbour in the same way that Jesus loved us and laid down his life for us.

The fact that Jesus loved us to the end on the Cross and continues to come to his Church and to us sacramentally gives us a sure hope in which we can place our trust in his promises and not rely on our own strength (cf. CCC 1817). Through the Sacraments, the Holy Spirit gives us sufficient grace by which our desires are shaped in accordance with Jesus' heart, giving us comfort in our woundedness and moving us towards holiness and a fruitful life. To the extent that we allow these graces to move our spirit, we can learn to love God and neighbour. We may dislike our neighbour, but by the grace of the Holy Spirit, we can consistently will and do good to them from the heart, and thus love them as God loved us, even though we are sinners. Thus formed, we can, like Philip in the city of Samaria, bring joy to those around us and draw them to Christ.

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 Society of St Vincent de Paul (SSVP) will be serving breakfast this Sunday at JP11 Hall. Do drop by for some food and fellowship. Love offerings are welcome!

MOTHER'S DAY APPRECIATION



This weekend, let us celebrate Mother's Day by honouring our mothers, grandmothers, godmothers, and our Blessed Mother through the gift of flowers. Mini bouquets will be available for purchase before and after Masses at the Foyer and outside JP11 Hall. Love Offerings are welcome and appreciated.

CATECHISM NOTICE

There was a break from Catechism on Sun 3 May, as catechists were encouraged to attend an Office for Catechesis Retreat. **All sessions will resume on Sun 10 May.**

CHARISMATIC

The next Charismatic Prayer Meeting is on **Mon 11 May, 8pm - 9.30pm** at Hosea Room (Parish Centre, Level 2). There will be Praise & Worship followed by a talk 'Preparing our hearts for Pentecost'. All are welcome.

CANDLELIGHT ROSARY PROCESSION

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

PARISH T-SHIRT SALE

Purchase your new parish T-shirt this weekend for just \$21 from the Parish Office, while stocks last. Payment is via **UEN T08CC4033J** with reference 'Tshirt'. Goods sold are non-exchangeable and non-refundable.



ASCENSION OF THE LORD (Day of Obligation)

Wed 13 May (Vigil): 6.30pm
Thu 14 May: 6.30am, 6.30pm, 8.30pm

NOVENA TO THE HOLY SPIRIT

Feeling tired, overwhelmed, or in need of strength and direction? Come and experience the power of the Holy Spirit in your daily life. Join us for the 9-day Novena to the Holy Spirit from **15 - 23 May**, held from **8pm - 8.45pm (Saturday to Thursday)** and **9pm - 9.45pm (Friday)** at Jeremiah Room (Parish Centre, Level 2). Organised by the Charismatic Prayer Group in collaboration with the Intercessory Prayer Group and SMK Choir.

15 May (Day 1): Gift of Holy Spirit	20 May (Day 6): Gift of Understanding
16 May (Day 2): Gift of Fear	21 May (Day 7): Gift of Counsel
17 May (Day 3): Gift of Piety	22 May (Day 8): Gift of Wisdom
18 May (Day 4): Gift of Fortitude	23 May (Day 9): Gift of Fruit of the Holy Spirit
19 May (Day 5): Gift of Knowledge	

MOTHER'S DAY MASS

The SFX Mothers Prayer Group is organising a special Mass to celebrate Mother's Day - to give thanks for the gift of motherhood and our children. We invite all mothers, grandmothers, godmothers, mother-figures and all who have played the nurturing role of a mother to come join in this celebration. There will be a potluck fellowship after Mass at the JP11 Hall. Do bring a dish for about 5-6 people if you're able to. For more info, pls contact Siew Whoon (98216174) or Carolyn (9755 2335).

Date: Wed 20 May 2026
Time: 10.30am
Venue: Basement Chapel (Columbarium)

JESUS AND THE JEWISH ROOTS OF MARY

Presented by SFX Biblical Apostolate Team. Why do Catholics call Mary sinless, or believe she was assumed into heaven? Is venerating her idolatry?

This talk uses three Old Testament images to explain: Mary as the New Eve, the New Ark of the Covenant, and the Queen Mother — unlocking Catholic beliefs about Mary and her unique role in salvation.

Date: Sun 24 May 2026
Time: 9am - 10.30am
Venue: Jeremiah Room (Parish Centre, Level 2)
Q&A Chat Link: https://chat.whatsapp.com/EbA7kt1xvayKbAMUwM8up6?mode=gi_t



RITE OF CHRISTIAN INITIATION FOR ADULTS 2026/27

Are you or is someone you know curious about the Catholic faith? The Rite of Christian Initiation of Adults (RCIA) is beginning a new journey, and all are warmly invited to join. RCIA is a welcoming process for adults who wish to explore the teachings of the Church, deepen their relationship with God, and prepare to receive the Sacraments of Initiation — Baptism, Confirmation, and the Eucharist. Whether you are curious or simply seeking to learn more, this journey is for you. Registration forms are available on our SFX website and at the Parish Office.

New RCIA Journey
(24 years old and above)

Session start: Tue 30 Jun
Time: Every Tuesday, 8pm - 10pm
Venue: JP11 Hall (Parsonage, Level 1)
For enquiries: 9626 5960 (Angela) / 9478 6570 (Kathleen)

LITTLE SHEPHERDS' SCHOOLHOUSE (LSS): PRESCHOOL TEACHERS RECRUITMENT



LSS @ SFX is hiring dedicated preschool teachers with the required early childhood certification. We seek passionate educators who can create nurturing, engaging learning environments for young children. Interested applicants should submit their detailed resumes to lss.recruit@catholicpreschool.edu.sg for our consideration. Join us in shaping confident lifelong learners.

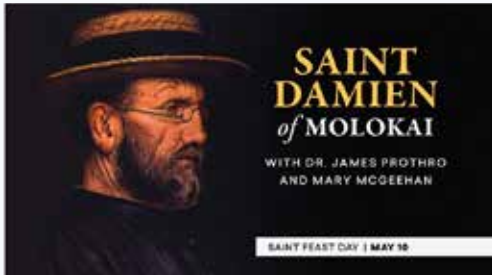
69TH BEGINNING EXPERIENCE (BE) WEEKEND

If you are separated, divorced or widowed, you are welcome to attend the 69th Beginning Experience (BE) Weekend. It is a live-in weekend to help single-again persons move on from the darkness of their grief into the light of a new beginning, be healed and be free to love themselves, others and God.

Dates: 22 - 24 May 2026
(Friday night through Sunday afternoon)
Venue: Lifesprings Canossian Spirituality Centre
Cost: \$230
Registration: www.besingapore.org/BE_Event



THIS WEEK ON FORMED WEEK OF MAY 10, 2026



St. Damien of Molokai | Catholic Saints

St. Damien was born in Belgium but spent most of his life ministering to lepers in Molokai, Hawaii. An incredible example of holiness, he dedicated his whole life to spreading the Gospel. Sit down with Dr. James Prothro and Mary McGeehan as they discuss the life and witness of this great saint.

Watch: <https://app.formed.org/app/videos/2663023/>



The Sanctuary Youth Series

The Sanctuary Youth Series is centered on the pressing questions that young people are asking about faith and mental health. It provides space to engage these questions and start important conversations in youth ministries and church communities. Drawing on insights from mental health professionals, theologians, and evidence-based research, this educational and interactive course is designed to reduce stigma, increase awareness, and prepare students for a faith journey that includes seasons of flourishing and languishing.

Watch: <https://app.formed.org/app/videos/3737534/>



The Sanctuary Course for Catholics | Trailer

This eight-session course — designed for use in small groups — explores the realities of mental health and illness, as well as the vital need for faith-based community conversations about these topics. The sessions are accompanied by compelling films that feature the stories of Catholics living with mental health challenges, along with the insights of archbishops, theologians, and psychologists.

Watch: <https://app.formed.org/app/videos/1258626/>

NEW FORMED USER

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.



Saint Philip Neri: I Prefer Heaven

This captivating film highlights St. Philip Neri's great love for youth, his warm sense of humour, contagious joy, deep mystical spirituality, and his amazing gift for miracles. Watch this film to learn more about the famous Apostle of Rome.

Watch: <https://app.formed.org/app/videos/582316/>



Carlo Acutis: God's Influencer

"Carlo Acutis: God's Influencer" is a beautifully animated film that brings to life the inspiring story of Carlo Acutis, a modern teenager who used his passion for technology to share the Catholic faith with the world.

Watch: <https://app.formed.org/app/videos/3764391/>



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 - Sat:
9.30am - 6.30pm

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

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.



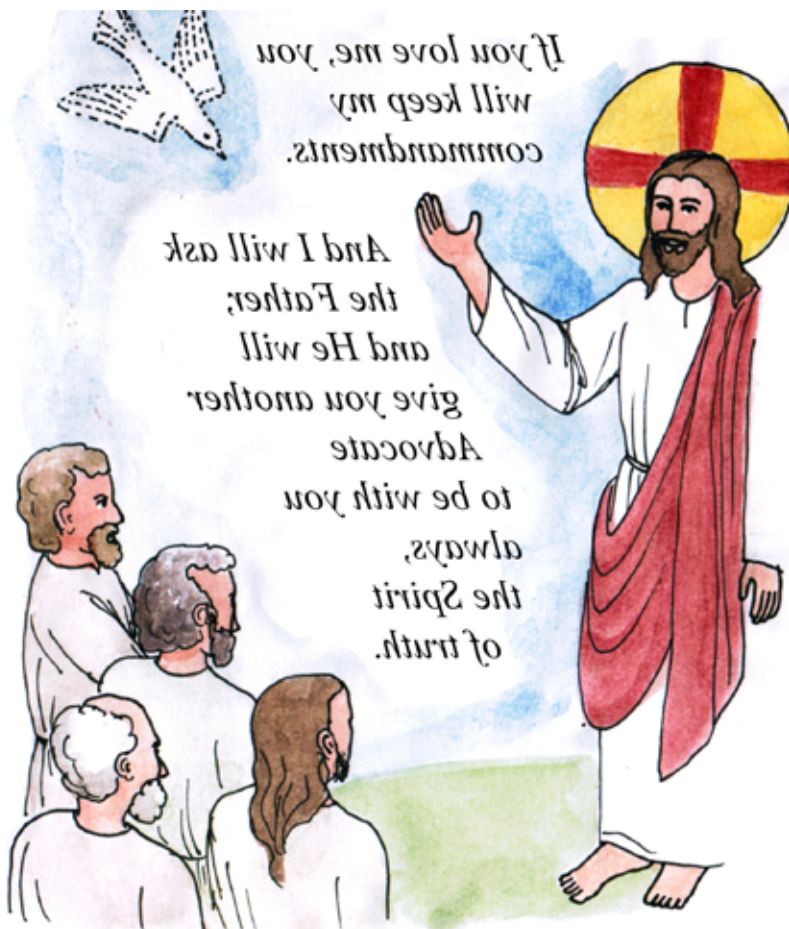
MARRIAGE

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.



What did Jesus say to the disciples
to prepare them for His departure?
Look at this page in the mirror to find out!

VOLUNTEER & SHARE YOUR GIFTS!

If you're interested in content curation and design layout, contact mmm@sfxchurch.sg