



Disciples
Making Disciples



Parish Office:
6280 6076, secretariat@sfxchurch.sg



Parish Priest:
Rev Fr Benedict Chng
6288 0484
benedict.chng@catholic.org.sg



Little Shepherds' Schoolhouse@St Francis Xavier:
6011 1076, lss-cosfx.admin@catholicpreschool.edu.sg

Assistant Priest:
Rev Fr Edward Lim
6282 3151
frelim@catholic.org.sg



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

The Holy Longing

15th Sunday in Ordinary Time
12 Jul 2026

Is 55:10-11
Rom 8:18-23
Mt 13:1-23

This weekend's readings remind us that our true, eternal destination is heaven, and that the deep restlessness we feel in this life is actually a sacred anticipation. Even in our happiest moments on earth, there is a lingering sense that we are made for more than just physical survival; we are wired for a glory that awaits us. Through the readings today, the Church invites us into a deeper understanding of how God meets us in this spiritual hunger. He does not view our longing or our confusion as a lack of faith. Rather, God uses our daily dissatisfaction with the passing things of this world as a spiritual compass, gently redirecting our hearts back toward his presence. He meets us not by erasing our struggles, but by planting his eternal word directly into the chaotic soil of our modern, restless lives.

The First Reading from Isaiah reminds us that God's word is uniquely powerful — it actually builds reality. In a modern culture flooded with empty noise, fake news and broken promises, God declares that his word "that goes from my mouth does not return to me empty" (Is 55:11). It always accomplishes his divine purpose. This means that not a single circumstance in our lives is out of God's reach or beyond his power to redeem. Every setback, career

anxiety, or family strain is an occasion where his word can break through and bring fullness. When unexpected hardships hit us, do we immediately succumb to panic? We so easily forget who is in charge of our lives. We must ask ourselves: in a world of endless secular opinions and digital chatter, whose word do we actually run to and depend on in times of difficulty?

St Paul takes this further by reminding us that "what we suffer in this life can never be compared to the glory, as yet unrevealed, which is waiting for us" (Rom 8:18). It is no accident that we feel a constant, underlying ache for something more. God deliberately created us with a heart that only he can fully satisfy; we possess an innate, holy longing that points us back to our Creator. As St Augustine famously noted in his *Confessions*, "You have made us for yourself O Lord & our heart is restless until it rests in you." We often mistake this spiritual restlessness for standard anxiety, trying to cure it with retail therapy, career achievements, or endless digital entertainment. By acknowledging this truth today, we recognise our true purpose. We discover that we cannot fix this ache on our own, but must humbly surrender our limitations to his grace. God allows us to feel the heavy limitations of this world so that we do not drop anchor in the wrong harbour, keeping our eyes fixed on our eternal home.

Finally in the Gospel, Jesus uses the Parable of the Sower to expose the specific ways God's word gets choked out in our daily lives. He tells his disciples, "happy are your eyes because they see, your ears because they hear" (Mt 13:16). Today, our eyes and ears are bombarded

by thousands of advertisements, notifications and media streams a day. Jesus warns that the seed of faith gets lost when we let these endless earthly worries consume our mental bandwidth, or when we seek cheap, superficial spiritual highs that wither at the first sign of real-world trouble. The person who yields rich fruit is the one who actively protects their interior life, carving out quiet moments for silent prayer amid the daily rush.

In today's fast-paced world of instant gratification and shrinking attention spans, let us choose to linger on the word of God. By intentionally slowing down, we allow his truth to take root deeply, turning us into resilient men and women of faith who endure the journey home with joyful confidence.



*"The word that
goes from my
mouth does not
return to me
empty."*

Is 55:11

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

Thank you Fr Gabriel

As Fr Gabriel concludes his six-month pastoral attachment at our parish, we would like to express our sincere gratitude for his dedicated service, faithful ministry and presence in our parish community. We thank Fr Gabriel for sharing his gifts and walking with us in faith during his time here.

With effect from 22 Jul, he will be moving to the Church of the Transfiguration for his next pastoral assignment. We assure him of our prayers and wish him God's abundant blessings as he continues his priestly ministry.

Thank you, Fr Gabriel, we will remember your three-story homilies most fondly and may the Lord continue to guide and strengthen you.

SACRAMENT OF RECONCILIATION

It is available via appointment only. You may contact the Parish Office to make an appointment at the following time slots:

- **Fridays: 4pm - 6pm**
- **Saturdays: 10am - 12pm**

INTERCESSORY

Come storm heaven with us in the presence of the Blessed Sacrament on **Mon 13 Jul, 8pm - 9.30pm** at Mount Tabor Adoration Room.



SUNDAY FELLOWSHIP

The Altar Servers Ministry will be serving breakfast this Sunday at JP11 Hall. Do drop by for some food and fellowship. Love offerings are welcome!

CANDLELIGHT ROSARY PROCESSION

Come join us on **Mon 13 Jul, 8pm**. Meet at JP11 Hall for the rosary procession within the church grounds. You may bring your own waxless candle.

CHURCH EMERGENCY RESPONSE TEAM (CERT): CALL FOR VOLUNTEERS

Church Emergency Response Team (CERT) is seeking volunteers to provide First Aid and fire response support during weekend Masses. Parishioners and medical professionals with valid First Aid and AED certification are welcome to join. Training will be provided, with certification valid for two years. Scan the QR code or sign up at <https://tinyurl.com/SFXCERTVol2026>.



UPPER ROOM

Come and bask in the presence of our Lord on **Fri 17 Jul, 8.45pm** at the Auditorium. At this mid-year point, let us reignite our love for the Lord who has come to redeem us. 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.

POPE LEO'S 3RD CATECHESIS ON DEI VERBUM - THE RELATIONSHIP BETWEEN SCRIPTURE AND TRADITION

Catholics hold as "Tradition" the doctrines of the Trinity, Papal Primacy, the four Marian dogmas - and even the canonicity of the biblical books - even though these truths are not explicitly articulated in Scripture. In his third Catechesis on Dei Verbum, Pope Leo explains that Tradition and Scripture form "one deposit of the word of God" (DV 10) that has been committed to the Church and her Magisterium.



Come by the exhibition on Pope Leo's Catechesis on the 16 Documents of Vatican Council II held outside the JP11 Hall to understand better the relationship between Scripture and Tradition. **Engage with the exhibition pieces that demonstrate how Sacred Tradition and Sacred Scripture are intricately interwoven, forming the foundations on which our faith is built!**

DINING WITH THE STARS

In celebration of the **World Day for Grandparents and the Elderly**, join us for a special evening honouring our grandparents and senior community members with fellowship, entertainment and a four-course dinner. Younger family members are encouraged to serve their grandparents as a gesture of love, gratitude and respect.



Tickets will be available for purchase at the booth outside JP11 Hall after all Masses this weekend. As seating is limited, only 6 pairs of tickets are available for purchase after each Mass, and tickets will be sold on a first-come, first-served basis while stocks last.

Date & Time : Sat 25 Jul, 6.30pm – 9pm
Venue : JP11 Hall
Ticket : \$120 per pair

FAITH THAT LIVES: NAVIGATING BAPTISM, CULTURE & TRUTH

Organised by LiFE Ministry. What does Baptism really mean for your life today? How do we live our faith in a world shaped by culture and religion? Come with your questions and leave with deeper conviction.

Date & Time : 17 Jul & 24 Jul, 8pm - 10pm
Venue : JP11 Hall
Register : 9752 9723 (Raymond)/ 9664 2127 (Ignatius)

ST FRANCIS XAVIER MAJOR SEMINARY VOCATION RETREAT

Have you felt a desire to give more? Do you think the Lord may be inviting you to consider the diocesan priesthood? The St Francis Xavier Major Seminary invites all young men aged 21 to 35 for their annual Vocation Retreat happening from **14 to 16 Aug**. Priority will be given to first timers. **Registration closes on 31 Jul**. To sign up, scan the QR code or use this registration link: <https://tinyurl.com/vocationretreat2026>.





Promoting Sacred Scripture in the Life of the Church



Every July, the Catholic Church in Singapore celebrates Bible Month – a dedicated season to encounter Sacred Scripture not as a book on the shelf, but as a living word that shapes how we think, pray and live.

The Bible is not just meant to be read — it is meant to be prayed. This Bible Month, we invite you to discover **two ancient methods of encountering Scripture** that are transforming the lives of Catholics around the world:

1

Lectio Divina

A slow, contemplative reading of the Word that opens the heart to what God is saying to you personally.

The Four Steps of Lectio Divina:



Lectio (Read)

Read the Bible passage slowly. Place yourself in the scene rather than focusing on a message for yourself. Visualise the time, place, and people as vividly as possible. Slow down, savour the details, and notice anything that stirs a reaction in you. Read it several times.



Meditatio (Meditate)

Try focusing on a word or phrase from the passage. One way to do this is by repeating the word or phrase out loud or in your head a few times.

Oratio (Pray)

Allow the meditation to lead you to a conversation with God. Why did that word or phrase resonate with you? What is God calling you to think about?



Contemplatio (Contemplate)

Spend a few moments resting in the presence of God.

2

Ignatian Contemplation

A form of imaginative prayer developed by St Ignatius of Loyola, placing you within the scenes of Scripture so that the Word comes alive. **How to begin:**

REVIEW THE HISTORY 1

Do a bit of research into the time period, events, customs, related Bible passages, etc., surrounding the passage to better understand the context.



CREATE THE COMPOSITION 2

You can do this by imagining the place — for example, see the road from Nazareth to Jerusalem.



PRAY FROM THE HEART 3

Ask for an interior knowledge of Our Lord, that you may know him more, love him more, follow him more.



SEE THE PERSONS 4

See the characters. See them visually, but also try to see them in other ways - emotionally, spiritually. Understand where they are in their lives in this passage.

LISTEN 8

Pay attention to any dialogue in the passage. Observe what they are saying.

HEART CHECK 7

Take some time to reflect on yourself, and where you are during this moment in your life and prayer.

PARTICIPATE 6

Place yourself in the scene, contemplating it just as if you were there.

IGNITE THE FIVE SENSES 5

Seeing, hearing, smelling, tasting, touching. Places, people, faces, emotions.

SEE THE ACTION 9

What are the characters' actions and their meanings? Consider what they are doing and the context surrounding it.

HEART TO HEART 10

Conclude with a conversation with Jesus or Mary, as a friend speaks to a friend, or a subordinate to a leader; speaking your concerns and asking for advice.

CLOSE WITH A FAMILIAR PRAYER
Our Father, Hail Mary, etc.



ACTS' 2026 YEAR-END MISSION TRIPS

ACTS Singapore (A Call To Share) is a Catholic lay organisation arranging short mission trips to reach out to the needy across the region, including Cambodia, the Philippines, Vietnam and Laos. Each year, ACTS organises week-long mission trips in collaboration with local Catholic churches and religious congregations. We invite you to join us in sharing your talents and resources across initiatives in health, education and community work. This November and December, ACTS will organise six mission trips to Cambodia and the Philippines. For more details and to sign up for our mission trips, please visit www.acts-singapore.com. Online registration closes on **26 Jul 2026**.

CONNECTION BEFORE CORRECTION: A POSITIVE DISCIPLINE INTRODUCTION FOR PARENTS

Parenting can often feel like a cycle of reminders and negotiations. This workshop introduces Positive Discipline—a respectful approach that is both kind and firm—helping parents build connection, encourage cooperation, and reduce power struggles at home. Visit our website or scan the QR code below to learn more and register. Visit our website at <https://www.familylife.sg/CBC> or scan the QR code below for more information and to register.

Date & Time : Fri 31 Jul 2026, 8pm - 10pm
Venue : Church of St. Vincent De Paul, Room #04-02
Fee : \$20/pax, \$35/couple
Target Audience: Parents with School-going Children



CARITAS SINGAPORE: WALK WITH CARITAS FAMILY 2026

We warmly invite you to our community walkathon, Walk With Caritas Family 2026, where over 14 Catholic charitable organisations unite to raise funds for marginalised communities in Singapore and walk in solidarity with those in need.

This year's theme, **"Wear Your Why, Walk As One"** invites participants to personalise their bibs and support a cause close to their hearts. Participation fees are donated directly to these causes. The event also features a carnival, sustainability marketplace and live performances.

Date & Time : Sat 29 Aug 2026, 8am - 11am
Venue : Palawan Green, Sentosa
Register : <https://bit.ly/wwcf26b>



GEBIRAH MISSIONS: HONG KONG MISSION TRIP IN NOV

Gebirah, a global Catholic humanitarian organisation and member of CHARIS, invites you to support and pray for its upcoming mission trip. Join the Catholic Mission in Hong Kong from **6 - 10 Nov 2026** as we serve refugees, the poor and marginalised communities, sharing Christ's love in a city where hidden poverty exists behind its bright skyline. For more information, visit www.gebirah.org/mission-trips/hong-kong.



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.



Beyond the Pew *Bite-sized Catholic catechesis*

Discover the meaning behind the sacred objects and symbols in our church.

Why does the priest kiss the altar?

The priest kisses the altar at the beginning and end of Mass because **the altar symbolises Christ Himself**. It is the sacred place where Christ's sacrifice is made present in the Eucharist.

Word Meaning

Altar comes from the Latin *altare*, meaning "a place of sacrifice."

This Week's Invitation

As the priest kisses the altar, remember **Christ's love made present in every Mass**.



A Simple Prayer: "Lord Jesus, draw me closer to You in every Eucharist."

NEW
FEATURE!

VOLUNTEER & SHARE YOUR GIFTS!

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