



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**

Be as Generous as Christ

18th Sunday in Ordinary Time
2 Aug 2026

Is 55:1-3
Rom 8:35, 37-39
Mt 14:13-21

A resounding theme across this weekend's readings is the Lord's generosity towards us. The Gospel recounts the familiar miracle of the five loaves and two fishes, inviting us to bring what little we have to the Lord and trust that he will multiply it. In the First Reading, the prophet Isaiah speaks of the Lord's generous invitation to receive water, corn, wine, and milk freely, symbolising the abundant blessings he longs to bestow upon us (cf. Is 55:1). As Christians, we too are called to respond to God's generosity by offering something in return.

Having received so generously from the Lord, how should we respond? Our first thought may be material offerings, such as our collections and charitable donations. These are good acts of generosity. Yet the readings invite us to ask whether our response can go beyond material gifts. The Gospel acclamation reminds us that "Man does not live on bread alone but on every word that comes from the mouth of God" (Mt 4:4). Looking at what we receive through the eyes of faith, we begin to recognise that God calls us to give beyond material things — not because he desires more from us, but because he desires so much more for us.

St Paul points us to the source of such generosity: the unwavering love of God revealed in Christ. He



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declares that "neither death nor life... nor any created thing, can ever come between us and the love of God made visible in Christ Jesus our Lord" (Rom 8:38-39). Knowing ourselves to be loved with such an unshakeable love, we see material blessings in their proper place. The question is not whether the material is bad and the spiritual is good, but whether we value material things so highly that we lose sight of the One who alone can satisfy the deepest hunger of our hearts.

The fullest measure of God's generosity is seen not in what he gives us, but in how completely he gives himself to us. We see this most fully in the scourged body of Christ crucified — bruised, stripped, and suffering, yet beautiful because there we witness the fullness of God's self-giving love. Christ's generosity is not measured by

what he possessed, but by how he offered himself in love.

If Christ has given himself so completely for us, then our response is to imitate that same generosity. We are called to offer ourselves fully to God and to his Body, the Church. This means allowing our time, talents, sacrifices, and even our sufferings to become gifts of love. Even with the little we possess, the Lord invites us to love not only from our own resources, but from the abundance of the love he has already poured into our hearts.

Jesus himself models this self-giving generosity. The Gospel opens not with the miracle of the multiplication, but with the sorrowful news of John the Baptist's death. Jesus withdraws by boat to grieve, yet when the crowds follow him, he is moved with compassion, heals the sick, and feeds them. Even amid his own sorrow, Jesus continues to pour himself out for others. Here we glimpse the same self-giving love that reaches its fullness on the Cross. By placing the needs of others before his own, Jesus shows us what it means to love generously.

That same hunger for Christ remains today. When we are dismissed from Mass with the mandate to "announce the Gospel of the Lord" or to "glorify the Lord by your life", we are sent to respond to the generous gift we have received in the Eucharist by giving ourselves to those we encounter. Whether through serving in a ministry, helping a colleague in need, or accompanying a struggling friend, we are invited to move beyond the comfort of our own lives and imitate Christ's self-giving love. Our call to generosity is not answered merely from our pockets, but from hearts transformed by the One who first gave everything for us.

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

PARISH OFFICE CLOSURE & MASS SCHEDULE

The Parish Office will be closed on Mon **10 Aug** (day off in lieu of National Day). There will be **one Mass only at 9am**. The Adoration Room and Columbarium will also be closed.

CHURCH EMERGENCY RESPONSE TEAM (CERT): CALL FOR VOLUNTEERS

The Church Emergency Response Team (CERT) is seeking 5 volunteers at every weekend Mass to provide First Aid and fire response support. 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>

SUNDAY FELLOWSHIP

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

INTERCESSORY

Come storm heaven with us in the presence of the Blessed Sacrament on **Mon 3 Aug, 8pm - 9.30pm** at Mount Tabor Adoration Room.

MINISTRY AWARENESS DRIVE

Have you ever wondered how you can share your gifts and become more involved in parish life? Our Ministry Awareness Drive begins this weekend! Visit the ministry booths after Mass outside JPll Hall to learn more about the various ministries serving our parish, meet their members, and discover how you can use your gifts to serve our parish community.

Featured Ministries: Intercessory, Anawim, Legion of Mary, SaLT, Lectors & SMK Choir Family

CATECHISM NOTICE

Due to National Day holiday, there will be no Catechism session on **9 Aug**. Session resumes on 16 Aug.

SOLEMNITY OF THE ASSUMPTION OF THE BLESSED VIRGIN MARY (HOLYDAY OF OBLIGATION)

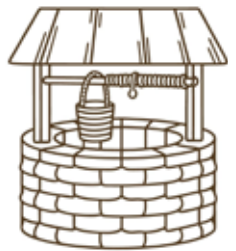
- **Sat 15 Aug** (Vigil Mass): 5.30pm
- **Sun 16 Aug:** 7am, 9am, 11am, 5.30pm

EXHIBITION ON POPE LEO'S CATECHESIS ON THE 16 DOCUMENTS OF VATICAN COUNCIL II

In his final Catechesis on Divine Revelation (Dei Verbum) which he titled "The Word of God in the Life of the Church," Pope Leo reminds all of us to continuously "drink from this wellspring" of God's Word, "first and foremost in the celebration of the Eucharist." It is in the Eucharist and the other Sacraments that the Christian community is "sustained and invigorated."

Come by the exhibition outside JPll Hall to read more excerpts of Pope Leo's catechesis. A "wellspring" of scripture verses has also been placed there. "Drink" from it and in turn, write the bible verse that has most invigorated you and leave it in the well for a fellow brother or sister and pray that those Words may also nourish another as they have nourished you!

**Please note that this is the final 3 Sundays of the Dei Verbum Exhibition. The Exhibition will be taken down on 16 Aug.*



LIFE: MYSTERIES OF THE ROSARY - THE GLORIOUS MYSTERIES

The tomb was not the end. It was the beginning of everything! When our Lord was taken down from the Cross and laid in the tomb, His mission appeared to end in failure. Yet, from that darkness, glorious light broke through, and He rose victorious. Our world is filled with complicated problems. Our God offers simple, yet powerful, solutions. Jesus is the Way, the Truth, and the Life. Join LIFE Ministry for six sessions on the Glorious Mysteries, and let your life become evidence of the Resurrection and proof of Pentecost.

Dates: (Fridays) 14 Aug, 21 Aug, 4 Sep, 18 Sep, 25 Sep, 2 Oct
Time: 8pm - 10pm
Venue: JPll Hall
Enquiries: Raymond (9752 9723) or Ignatius (9664 2127)

NOVENA YOUTH RALLY 2026

Join the Annual Novena Youth Rally 2026 for an evening of inspiring talks, creative experiences, praise & worship, Eucharistic Adoration, and fellowship. There will also be flea market booths to explore before the rally begins.

Date: Fri 4 Sep
Time: 6pm - 10.30pm
Venue: Novena Church

In a world that often defines us by our achievements, appearance, or what others think, God reminds us that our true identity has always been found in Him. Long before we were born, we were known, loved, and called by name. Come and encounter Jesus, discover your true identity, and be reminded that your story has always been Written in the Stars.

MONTFORT EXPERIENCE RETREAT: GENTLENESS OF WISDOM

"How gentle, attractive and approachable is eternal Wisdom." - LEW 5

Come, embrace and be embraced by Wisdom! Based on the book, The Love of Eternal Wisdom, this retreat invites us into the gentle moments that explore the foundation of St Louis Marie de Montfort's spirituality: our relationship with Jesus Christ, Eternal and Incarnate Wisdom.

Date: 7 - 9 Sep (stay-in)
Time: Monday, 7pm to Wednesday, 2pm
Venue: Montfort Centre, 624 Upper Bukit Timah Rd, S678212
Register: www.montfortcentre.org/events-1/gentleness-of-wisdom



**HOLY FATHER'S PRAYER INTENTION
FOR THE MONTH OF AUGUST
FOR EVANGELISATION IN THE CITY**

Let us pray that in large cities often marked by anonymity and loneliness we find new ways to proclaim the Gospel, discovering creative paths to build community.

IN THE MONTH OF JULY 2026

WEDDINGS

We congratulate the following couple:

1. Fok Kian How Joshua Damien & Giam Weng Yan Abigail

CONDOLENCES

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

1. Peter Crosby Teng Chien Chai

**CATECHETICAL
AWARENESS
WEEKEND
2026**

A Vibrant Community that Sows



Joshua Lee
(L9)



Grace Tan
(L1)



Makoto Gomez
(L8)



Ella Liu
(L1 & L4)



Angela Yeo (L1) &
Gerald Yip (L9)

This weekend, we celebrate **Catechetical Awareness Weekend (CAW)** and give thanks for the many catechists and volunteers who generously share the beauty of the Catholic faith with the next generation. The theme for this year's CAW is "**A Vibrant Community that Sows.**" In harmony with the Office for the Formation of Catechists' (OFC) 2026 catechetical theme, "**A Vibrant Community that Celebrates,**" it highlights the beauty of a catechetical community united in mission, while enriched by the diverse gifts, charisms and ministries of its members.

As the Directory for Catechesis reminds us, "*If all are responsible (for catechesis), all are not so, however, in the same way. The responsibility is differentiated in the gifts of charisms and ministries...*" (DC 288).

This weekend, six of our SFX catechists share what inspired them to answer God's call, what keeps them motivated, and how they continue to sow seeds of faith in the hearts of the children and youth entrusted to their care. May their stories inspire us to appreciate the vital role of catechesis and encourage more members of our parish community to join in this mission of forming disciples for Christ.

WHY BE A CATECHIST?

"I have always enjoyed interacting with children because they have so much potential to grow and flourish. Every session, conversation, and small moment can help shape them. I want to help children come to know God's love and build a strong foundation of faith." - **Ella Liu**

"When my children entered primary school, I joined the Religious Education Group as a Parent Volunteer. When all of them graduated, I decided to be a Catechist as I witnessed the children grow in faith and love for God as they learnt more of the Word of God." - **Grace Tan**

"I wanted to give the next generation the kind of faith formation that helped me grow in my own relationship with God. Through my testimony, I hope they will see that our faith is not simply something we inherit from our grandparents, but an invitation to encounter a God who loves each of us personally." - **Joshua Lee**

"My own encounter with God has shaped who I am. Being a Catechist has not just been about teaching, but about befriending and accompanying my group of teens as they discover and encounter Christ for themselves." - **Makoto Gomez**

"I volunteered to become a Catechist so that my youngest child could attend catechetical sessions in our parish. I have continued serving because, after attending the ICPCM by the OFC, I came to understand and be convicted of three things: (1) as adults, we must continue growing in our faith, or we will become spiritually stunted; (2) we need to set a good example for our children; and (3) it is our God-given duty to bring as many people as possible to God." - **Angela Yeo**

"I first volunteered when my firstborn was in Primary 1 and journeyed with him for four years before taking a break because of work commitments. I returned after a friend invited me to serve as a Catechist when my firstborn was approaching Confirmation. At that time, however, I was still too busy and decided to volunteer again only when I could commit myself spiritually and emotionally. Being a Catechist has been, and continues to be, a meaningful way for me to understand what my child is going through, journey with a faith community, and discover Christ in our youth and in myself." - **Gerald Yip**

WHAT KEEPS YOU MOTIVATED?

"Every time I prepare a lesson, I learn something new—both exciting and humbling, even after more than 40 years as a Catholic! What keeps me going is seeing how the lessons stay with the children, and watching my own children share God with others, turn to Him for comfort, and stand up for what is right." - **Angela Yeo**

"Seeing the smiles of the children and chatting with them, whether during a session or simply when we meet around church, always brings me joy. One of the most encouraging moments is seeing them pray quietly during Mass or participate sincerely during lessons. These simple moments reassure me that they are growing in their relationship with God. It reminds me that, in our own small way, we are helping to plant the seeds of faith in their hearts." - **Ella Liu**

"Seeing the enthusiasm, zest and motivation of the children to want to learn more and put in their best to do their craft work. Also, when they can answer the quiz questions pertaining to the sessions I taught. And when there are so many parents around, yet they remembered my name." - **Grace Tan**

"When I reflect on how the Lord pursued me with such great love during my formative years, I am inspired to extend that same love and compassion to my L9 class. Having experienced the sacrifices made for me, I, too, want to make sacrifices for others—to love without counting the cost." - **Joshua Lee**

"What keeps me motivated is seeing the children grow in their curiosity about the topics we discuss and watching them internalise the truths they learn. Seeing their relationship with God begin to take shape is deeply encouraging." - **Makoto Gomez**

"Seeing the children share about their faith, talk about their week, and knowing that only God can sustain them through life's challenges motivates me to share how He has worked in my own life. I hope to reassure them that He is always present and at work in their lives too." - **Gerald Yip**

WHAT IS ONE MAIN CHALLENGE YOU FACE, AND HOW DO YOU OVERCOME IT?

"My greatest challenge is helping children build a relationship with God, not just teaching them about the faith. I do my best to prepare each session with prayer, trusting God to do the rest: 'Dear Father, help me share with them what you want them to hear.'" - **Angela Yeo**

"Worrying I may not have enough knowledge or keep them engaged. I learn from other Catechists, do my own research, and pray for inspiration — trusting every small act of love is a seed God will grow." - **Ella Liu**

"Looking for materials and inspiration to get their full attention. Though we have the resources, the challenge is to engage them. As my daughter is a growing teenager, she lets me know what fascinates young children. I will also go into all Catechism sessions to help, observe, listen and talk to the children so that I have them in mind when I prepare for my session." - **Grace Tan**

"Often worry if I'm doing things the right way, if my sessions are good enough. But whenever I bring these worries to prayer, God reminds me that he is good, he is in control and their salvation is not in my hands, but his hands which are MUCH better than mine." - **Joshua Lee**

"Falling into just 'delivering content' when time is short. I overcome this by being creative in how I deliver lessons, giving space for conversation and allowing the children to express themselves." - **Makoto Gomez**

"To teach and share requires me to often look into my life, acknowledge my shortcomings, reflect, and pray before I am able to delve into the session plan properly. Often because of a lack of time and energy this can sometimes pose a challenge. Thankfully, I am supported by some very dedicated Catechists and we take turns to catechise. This allows me time also to better reflect and even when not being the main presenter, share better with the group." - **Gerald Yip**

Interested in becoming a Catechist?

Visit our Catechetical booth after all Masses this weekend to meet our catechists, ask questions, and learn more about the ministry. You can also hear personal testimonies during the pulpit sharing at each Mass.

For further enquiries, email to cat.ministry@sfxchurch.sg.



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 JP II 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