

Disciples
Making Disciples

THE MANNA
Church of **St Francis Xavier**

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sfxchurch.sg

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

The Strength to Love

30th Sunday in Ordinary Time
25 Oct 2026

Ex 22:20-26
1 Thes 1:5-10
Mt 22:34-40



"I love you, Lord, my strength" **(Ps 17:1)**

In September 2016, at a world triathlon race in the heat of Mexico, British athlete Jonny Brownlee was only a few hundred metres from victory when his legs began to give way. His older brother, Alistair, was close behind and could have run straight past him. Instead, he gave up his own chance of winning, put Jonny's arm around his neck and held him up all the way down the finishing straight. At the line, he pushed his brother across ahead of him and only then crossed it himself. Alistair still had strength in his legs, and he chose to spend it on his brother. Alistair later explained that he had once collapsed near the end of a race himself and watched others run past, and he had never forgotten it.

In the First Reading, the Lord asks his people to remember in the same way. They are not to mistreat the stranger, be harsh with the widow and the orphan, or charge the poor interest, because they were once strangers in Egypt themselves. They knew oppression, but God had delivered them in mercy.

The Lord also warns that if the vulnerable cry out, he will hear them, and his anger will flare against those who have wronged them. These are strong words, and they show how seriously God takes the way the weak are treated. His concern reaches right into the practical details of a poor man's life. If you take his cloak as a pledge, you must give it back before sunset, because it is all he has to keep warm at night. "What else would he sleep in?" the Lord asks (Ex 22:26). God notices the one who is struggling, just as Alistair noticed his brother, and he does not want his people to hurry past either.

The psalm turns this into a prayer: "I love you, Lord, my strength" (Ps 17:1). The psalmist calls God his rock, his fortress and his shield, and he speaks as someone who has been in danger and been rescued. He knows that when his strength gave way, it was God who held him up and brought him safely home. Once we have been held up like that, it becomes very hard to walk past someone who is struggling.

St Paul sees another expression of God's strength in the Thessalonians' perseverance. They accepted the Gospel with the joy of the Holy Spirit, despite great opposition. Their faith did not make life easier, but they had turned from idols to serve the living God and were waiting for his Son, who would save them from the retribution to come. Because their hope rested in God and not in the approval of others, they held firm and became an example to believers far beyond their own city, throughout Macedonia and Achaia.

In the Gospel, the Pharisees try to disconcert Jesus by asking which is the greatest commandment of the Law. Perhaps they hoped to trap him, but his answer is simple. You must love the Lord your God with all your heart, soul and mind, and your neighbour as yourself (cf. Mt 22:37). He will not let us separate the two. Love of neighbour flows from love of God, whose grace strengthens us to love even when it costs us.

Straight after the race, Alistair said, "I'd have done that for anyone, not just my brother." Jesus asks the same of us, because our neighbour includes whoever happens to be struggling beside us. Caring for the widow, the orphan and the poor man without his cloak is as much a part of loving God as our prayers are.

Neither brother won that day, yet it is their finish that people remember. We tend to think of strength as finishing first and managing on our own, but God gives us strength to stop for the one who is falling, holding him up and helping him home. May the Lord, who is our strength, help us to do the same for others, even when it costs us the race.

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

SSVP SINGAPORE'S 75 YEARS OF SERVICE AND BLESSINGS

As the Society of St. Vincent de Paul (SSVP) Singapore celebrates its Diamond Jubilee, we give thanks to God for 75 years of His grace, love and blessings. This weekend, our SSVP SFX Conference will be hosting an awareness booth outside JPII Hall. Do pop by after Mass to discover how SSVP supports our friends in need through food rations, financial assistance and educational support. Find out how you can share your time and talents to make a difference in the lives of others as we continue our mission of love and service.

BIBLICAL APOSTOLATE TEAM: WHY DO I HAVE TO GO TO CONFESSION?

Confession can feel daunting, but it is one of the greatest gifts Christ left his Church – a place to encounter his love and mercy, not his judgment. Join SFXBAT as we unpack what Confession really is, why it matters, and how it draws us closer to the Father's love.

Date: Sun 25 Oct
Time: 9am - 10.30am
Venue:
Jeremiah Room
(Parish Centre, Level 2)
Enquiries:
tinyurl.com/2026WhyConfession

CHARISMATIC: LIFE IN THE SPIRIT - GROWTH SERIES

Join us for a session on "Worship in the Spirit" on **Mon 26 Oct, 8pm** at the Hosea Room, Parish Centre Level 2. All are welcome!

SUNDAY FELLOWSHIP

The L6 Catechetical Ministry will be serving breakfast this Sunday at JPII 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 26 Oct, 8pm – 9pm** at Mount Tabor Adoration Room.

ALL SAINTS' DAY AND ALL SOULS' DAY

Mass schedule for All Saints' Day (Day of Obligation)
- **Sat 31 Oct (Vigil):** 5.30pm
- **Sun 1 Nov:** 7am, 9am, 11am, 5.30pm

Come to Mass dressed as your favourite Saint! Children and families are invited to celebrate the saints and be inspired by their faith and holiness.

Mass schedule for All Souls' Day
- **Mon 2 Nov*:** 6.30am, 6.30pm

**Blessing of niches at the Columbarium will be after each Mass*

Please submit your Mass intentions by Tue 27 Oct.
Forms are available outside JPII Hall, or submit digitally via https://tinyurl.com/SFXMassOfferings.

As the list needs to be compiled and printed, we're unable to include submissions after the deadline. Thank you for your understanding.

ALTAR SERVERS RECRUITMENT 2026

Have you ever wondered what it's like to serve Jesus at the altar? The Altar Servers Society invites boys aged 8 to 12 to discover the joy of serving God and our parish through the liturgy. As an altar server, you will grow in faith, learn more about the Mass, build friendships, and play a special part in our parish celebrations. No prior experience is needed — just a willing heart and a desire to serve. Sign up at https://tinyurl.com/SFXAltarServerRecruitment.

MASS AND ANOINTING OF THE SICK & ELDERLY 2026

We invite all who are unwell as well as the elderly to this special Mass with the Sacrament of Anointing. Come receive the "special grace on the Christian experiencing the difficulties inherent in the condition of grave illness or old age" (CCC 1527). Family and friends are also welcome to join in this special Eucharistic celebration. Physical registration forms are available in Church and the Parish Office. Return completed forms to the Parish Office by **Mon 2 Nov.**

Date & Time: Mon 9 Nov, 11am - 12.30pm (Be seated in church by 10.45am)
Venue : Main Church (63A Chartwell Drive, Singapore 558758)
Enquiries : Melissa (9363 6516)

Programme:
9.45am: Registration
10am – 11am: Sacrament of Reconciliation (Confession)
11am – 12.30pm: Mass and Anointing

Register : https://tinyurl.com/SFXMFTS2026

EXHIBITION ON POPE LEO'S CATECHESES ON LUMEN GENTIUM (CHAPTER 7)



In his Catechesis on Chapter 7 of *Lumen Gentium* which highlights the eschatological dimension of the church, Pope Leo reminds us to live as God's people with the end of history in mind. We must be keenly aware that we are on a pilgrimage and the Kingdom of God should be the purpose of all our actions (cf. LG 9). This reminder of our short earthly journey is impressed on us at every Eucharist when we pray for the dead and are re-awakened to the reality that we are One Church in Christ made up of a communion of saints in heaven and on earth.

Read more of Pope Leo's insightful catechesis on the *Eschatological Nature of the Pilgrim Church and its Union with the Church in Heaven* at the exhibition outside JPII Hall. Complete a simple activity and bring it to St Jerome Library in exchange for a Catholic-themed bag charm! **(The library is open Sundays 8am - 1pm).**

CTIS: CERTIFICATE IN CATHOLIC BIOETHICS – INFORMATION SESSION

As part of its mission to provide education, guidance and resources to healthcare personnel, the Church and society to uphold the dignity of the human person in health care and biomedical research, the Catholic Medical Guild of Singapore (CMG) is partnering the Catholic Theological Institute of Singapore (CTIS) to jointly offer a bioethics course, as part of the new Certificate in Bioethics programme to be conducted from 2027.

The main goal of the Certification Programme is to train individuals – particularly those engaged in the health care ministry – to effectively convey and apply the Church's moral teaching, with complete fidelity to the magisterial teaching of the Catholic Church.

Date & Time : Sat 14 Nov, 2pm – 3pm
Venue : Online via Zoom
Registration :
https://www.cmg.org.sg/cmg-ctis-certificate-in-bioethics

CONVERSATIONS THAT MATTER: WHEN YOUR TEEN QUESTIONS THEIR IDENTITY & SEXUALITY

What if your teen questions their sexuality or expresses views on identity that seem at odds with your Catholic faith? How can you guide them in the Church's teachings without making them feel rejected?

Join Fr David Garcia, OP and Nicholas Gabriel Lim as they explore identity, attraction and morality, offering practical guidance on listening, responding and having meaningful conversations with your teen.

Discover how to stay rooted in your faith while keeping the relationship with your child open, turning difficult conversations into opportunities for trust, understanding and accompaniment.

Date & Time : Sat 28 Nov, 1.30pm - 4pm
Venue : Church of the Holy Cross, Auditorium (Level 4)
Fee : $20 per pax | $35 for 2 pax
Registration : familylife.sg/CTM_B

L2 FIRST RECONCILIATION JOURNEY






A child's first confession (Sacrament of Reconciliation) is a gentle step where a child learns to say sorry, receives God's forgiveness, and clears their heart. On Saturday 26 Sep, 35 children made their first confession in our parish.

See next page for some of their thoughts.

PIETA: SUPPORT FOR BEREAVED PARENTS

PIETA is a faith-based support group for parents who have lost a child, regardless of the child's age or how long ago the loss occurred. Through prayer, reflection and the Word of God, bereaved parents journey together in faith, seeking God's comfort, wisdom and hope.

ANNUAL PIETA MEMORIAL MASS

Families who have lost a child are invited to unite in prayer and remembrance at the annual PIETA Memorial Mass.

Date & Time: Fri 13 Nov, 8pm
Venue: Church of St Alphonsus (Novena Church)
Registration: To include your late child's name in the Mass, please register **by 30 Oct** at https://tinyurl.com/MM2026Pieta.
Enquiries: pietamass@gmail.com
Website: https://pieta.familylife.sg/

PIETA MONTHLY SESSION – OCT

Bereaved parents are warmly invited to gather for prayer, reflection and the breaking open of the Word of God, journeying together in faith and hope.

Date: Tue 27 Oct
Time: 7.30pm - 9.15pm
Venue: Catholic Archdiocesan Education Centre, 2 Highland Road, #LG-01, Singapore 549102
Enquiries:
pieta.singapore@gmail.com

70TH BEGINNING EXPERIENCE (BE) WEEKEND

Come and experience a weekend away for a lifetime of change. The 70th Beginning Experience (BE) Weekend is a live-in weekend for the permanently separated, divorced or widowed (for both males and females). The BE Weekend helps single-again individuals move on from the darkness of their grief into the light of a new beginning to be healed and be free to love themselves, others and God.

Dates: 13–15 Nov (Friday night to Sunday afternoon)
Cost: $230
Registration:
www.besingapore.org/BE_Event
Enquiries: 9755 4310 (Mary) / 9828 5162 (Jean)

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L2 FIRST RECONCILIATION JOURNEY



Reflections from the children on their First Reconciliation:



"I was scared at first, but when I went in, I felt much relief." – *Teresa Asha Terence*

"I felt fresh and clean the moment I came out of the room." – *Aenea Cara Song*

"I grow closer to God by washing away my sins." – *Arielle Yang*

"On the day of Reconciliation, I felt that my heart became closer to God." – *Sonya Ava Seow*

"I felt happy and experienced that if I am kind and pray every day, I can grow closer to God." – *Andrea Cheng*

"I experienced God on the day of Reconciliation." – *Joseph Emmanuel Tang*

"I enjoyed praying and learning with my friends. I felt really good to confess my sins and joyful after my first confession." – *Alyssa Toh*

"I felt happy because my sins are no longer in my head." – *Ignatius Wee*

"I felt embarrassed because I messed up during the Reconciliation; but I also felt good because my sins were washed away and I was forgiven." – *Isabelle Mary Ang Liu*

"I felt really clean after confession!" – *Freyja Amelia Tugas*

"I experienced God's love and forgiveness during the Sacrament of Reconciliation." – *Jaime Lye*







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 JPII 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**