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**Disciples**  
*Making Disciples*

**The Yoke**  
**and the Cross**

14<sup>th</sup> Sunday in Ordinary Time  
5 Jul 2020

**Zec 9:9-10**  
**Rom 8:9, 11-13**  
**Mt 11:25-30**

*“Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, for my yoke is easy and my burden light.”*

This is a familiar passage to Christians. We quote it when we are stressed, bogged down by to-do lists, burdened by duties and responsibilities. When the world seems too heavy to carry, this passage brings us comfort.

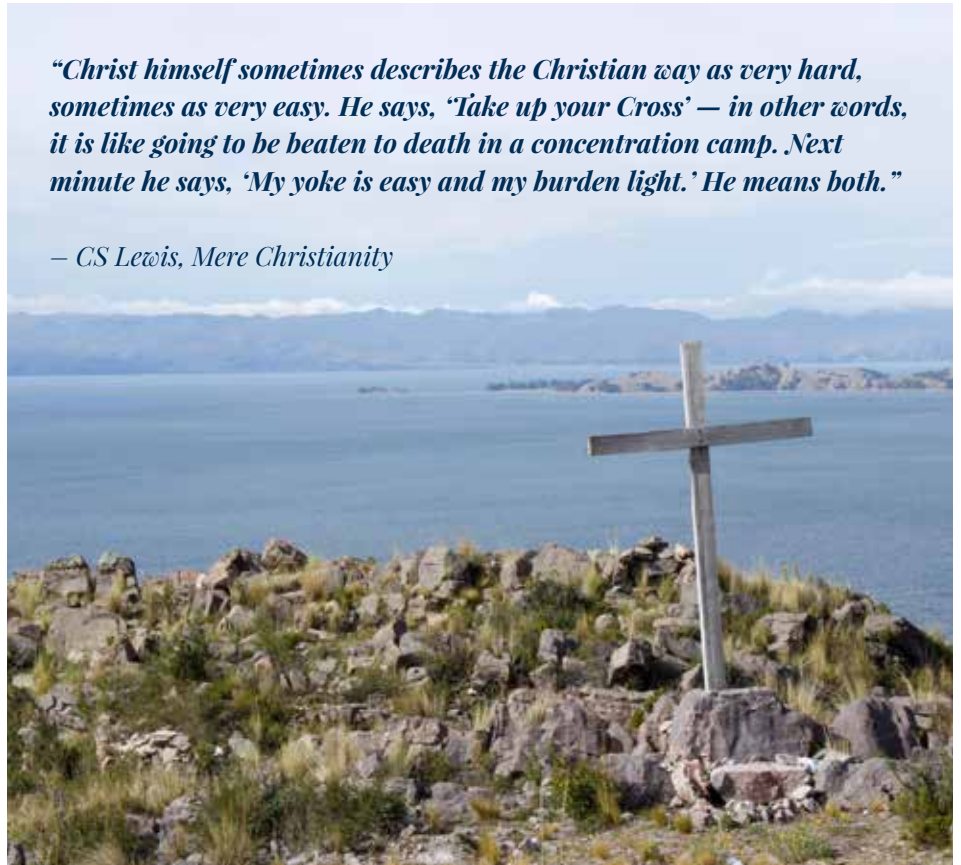
But exchanging our heavy worldly burdens for Jesus’ lighter yoke is not easy, ironic as that may seem. As CS Lewis writes in *Mere Christianity*, “It means unlearning all the self-conceit and self-will that we have been training ourselves into for thousands of years. It means killing part of yourself, undergoing a kind of death.”

After years of striving for wealth, fame, popularity, and progress, that heavy worldliness is not just something that we *carry*, but something that we *are*. To give up that part of us is to die to ourselves.

As Lewis puts it, “Christ himself sometimes describes the Christian way as very hard, sometimes as very easy. He says, ‘Take up your Cross’—in other words, it is like going to be beaten to death in a concentration camp. Next minute

*“Christ himself sometimes describes the Christian way as very hard, sometimes as very easy. He says, ‘Take up your Cross’ — in other words, it is like going to be beaten to death in a concentration camp. Next minute he says, ‘My yoke is easy and my burden light.’ He means both.”*

– CS Lewis, *Mere Christianity*



he says, ‘My yoke is easy and my burden light.’ He means both.” For to be yoked to him is to be yoked also to his life, death, and eventually, his resurrection.

In this regard, the second reading exhorts us: “Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you... there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.”

This may sound daunting. But this gospel text is comforting because it reminds us that we do not do this on our own. Jesus invites us to go to him, not just to celebrate with him when we are joyful, but specifically when we are struggling.

In fact, he is right there with us when we take up his yoke. Typically used between a pair of oxen, a yoke allows the strength of two animals to be combined to pull a load heavier than what one could have accomplished on its own. When we take up the yoke of Christ, we are thus assured that Christ is right there beside us, lifting and pulling along with us, as he did in the road to Calvary. This is the true meaning of *comfort* — with strength.

Pope Francis thus reassures us in *Gaudete Et Exsultate* at [24]: “Let yourself be transformed... The Lord will bring it to fulfilment despite your mistakes and missteps, provided that you do not abandon the path of love but remain ever open to his supernatural grace, which purifies and enlightens”. In other words, provided that we remain yoked to him.

## Announcements

For announcements in the bulletin, send your requests to [mmm@sfxchurch.sg](mailto:mmm@sfxchurch.sg) by the MONDAY before the weekend, 2359hrs

### NEED SOME PRAYERS?

Feeling overwhelmed/stressed or anxious while coping with uncertainty during this period? Fret not! Our SFX Intercessory Prayer Ministry will be filling in the gap to intercede and offer up your prayer petitions at their weekly prayer sessions. You may submit your prayer request to [www.sfxchurch.sg/intercessory-prayer](http://www.sfxchurch.sg/intercessory-prayer). Rest assured that all prayer requests will be treated with the strictest confidence.

### TEMPORARY ONLINE MASS OFFERINGS

Please submit your intention **1 WEEK in advance**. Please kindly wait for the Finance Department to contact you and provide you with a "Reference No", MO xxx (eg MO 001) before indicating the given referral number upon making payment via PayNow (**T08CC4033J**). These will be offered up during our priests' private masses.

### SFX ONLINE ROSARY, HOSTED BY SaLT (SERVANTS AT THE LORD'S TABLE)

For the month of July, let's come together as a parish community to pray the Rosary and bring our intercessions to our Blessed Virgin Mary. Every **Tuesday from 7 - 28 July 2020, 8.30pm**. Meeting room opens from 8.15pm onwards via <https://tinyurl.com/SFXTueRosary>. Please note that recording of the session is not allowed.

ZOOM MEETING DETAILS  
Meeting ID: 867 1052 4234  
Password: 465481



### SFX CHARISMATIC (ONLINE): WONDERWOMEN OF SCRIPTURE

The next Charismatic service via Zoom is on **Monday 6 Jul, 8pm**. Praise and Worship followed by a talk given by Michelle Voo on 'Wonderwomen of Scripture: Neither Saints nor Superheroes'. All are welcome.

ZOOM MEETING DETAILS  
Meeting ID: 864 2035 9893  
Password: CPGMON0607



## Happy 17th Sacerdotal Anniversary Fr Brian! (7 July)

Thank you for being our good shepherd! We appreciate your sacrifices and devotion. May God bless you abundantly on this special day and guide you in this sacred vocation!



### GRADUAL RESUMPTION OF MASSES IN JULY

Starting July, Masses will gradually resume. **The booking of Masses at the Church of St Francis Xavier will commence at 12pm on Tues 14 July 2020.**

- All parishioners will have to register themselves with the Archdiocese **Mass Attendance Registration System (MARS)**.
- Registration Details:
  - Register yourselves as Catholics residing in Singapore at [myCatholic.sg](http://myCatholic.sg) from **Saturday 27 June 2020 9am** onwards.
  - Choose only **ONE** church (can't be changed) that you will be attending during this time (Covid-19 Phase 2 onwards). Church 'hopping' is strictly not allowed.
- Each Mass is limited to a maximum of 50 registered persons. Strictly no walk-ins allowed.
- Mass bookings must be made **individually**. Family bookings are currently not available.

Kindly note that these measures are in place so as to ensure the safety of everyone and an equal opportunity for everyone to attend Mass.

For those who do not have access to a mobile phone, computer or internet, kindly get in touch with the Parish Office and we will assist you. Alternatively, you can ask your family or friends for help.

**The adoration room, columbarium and the sacrament of reconciliation remain unavailable for now.**

Online Masses by the Archbishop will continue to be made available.

Young children, the elderly (> 60 yr), and those with pre-existing medical conditions are considered vulnerable to the disease, and are highly encouraged to continue attending Mass online instead.

- For more details on the Resumption of Mass: <https://lite.catholic.sg/page/resumption-of-mass>
- For FAQ regarding Mass Resumption: [www.mycatholic.sg/faq](http://www.mycatholic.sg/faq)
- Registration User Guide: [www.mycatholic.sg/help](http://www.mycatholic.sg/help)

### MASS COLLECTION

Mass collections can be made via:

- PayNow** - Launch Paynow service on your bank's app or online website. Select "**Send via Unique Entity Number (UEN)**" and enter "**T08CC4033J**". Proceed to check entity Name = **Church of St Francis Xavier**, then key in Amount. Lastly, key in Ref - **Mass Collection**.
- Cheque** - Payable to **Church of St Francis Xavier**. Mail cheques to **63A Chartwell Drive, Singapore 558758**.
- Giro** - Download **Mass Collection Giro Form** via [sfxchurch.sg/donate](http://sfxchurch.sg/donate). Mail completed form to **63A Chartwell Drive, Singapore 558758**.

Step-by-step guide: [www.catholic.sg/transfer-funds-via-paynow/](http://www.catholic.sg/transfer-funds-via-paynow/)



## RCIA AND RCIY 2020/2021: A JOURNEY OF FAITH

Do you know of anyone who is interested in embarking on a journey of faith? Or perhaps someone who has felt a stirring in their heart and is seeking answers to questions, or even peace in their struggles? We encourage you to reach out to them and invite them to join us in RCIA and RCIY. Here are some details:

### RCIA journey (24 years and above)

**Date:** every Fri from 26 Jun\*

**Time:** 7.30pm – 10pm

**Register:** [tinyurl.com/sfxrciasignup](https://tinyurl.com/sfxrciasignup)

**Enquiries:** Angela at [ast\\_goh@hotmail.com](mailto:ast_goh@hotmail.com) or call 9626 5960.

*\*RCIA sessions will be conducted every Friday via Zoom for now. Sessions will be moved to Tuesdays, 8pm – 10pm once Circuit Breaker restrictions are formally lifted.*

### RCIY journey (13 – 23 years old)

**Date:** every Sat from 4 Jul\*

**Time:** 4pm – 6pm

**Register:** [tinyurl.com/sfxrciysignup](https://tinyurl.com/sfxrciysignup)

**Enquiries:** [rciy@sfxchurch.sg](mailto:rciy@sfxchurch.sg) or contact Angela at 9002 9977; or Mark at 9751 3448

*^RCIY sessions are originally scheduled for Sundays, 10.30am-12.30pm. The current timing on Saturday afternoon is only an interim arrangement for the next month or two.*



**HOLY FATHER'S  
PRAYER INTENTION  
THIS MONTH**

### UNIVERSAL – OUR FAMILIES

We pray that today's families may be accompanied with love, respect and guidance.

### IN THE MONTH OF JUN 2020

#### CONDOLENCES

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

1. Ellen Tan Kim Neo
2. Tan Thian Hock Roger

#### BAPTISMS

We welcome:

1. Katherine Lee Meng Kim

# Goodbye Testimonials

**Thank you Fr Brian and Fr Jude!**



We are so sad that our beloved Fr Brian and Fr Jude are leaving our parish. We will definitely miss them, especially the humour and guidance that they have shared with us over the years at SFX! However, we also know that we cannot be selfish by not sharing our bright shining shepherds with other "sheep" in Singapore. Attending the zoom farewell was very touching. There was a mix of humour and poignant tributes from many other parishioners which brought us to tears more than once.

In fact, the queue of people wanting to speak was endless - only limited by the timing of the zoom booking.

We want to wish both Fathers well and pray that they continue to apply their God-given talents to touch the hearts of many more people and bring them home. God Bless our Fathers!

**- Jessica and John Piontkowski**

Fr Jude and Fr B, just want to thank both of you for being the face of Christ to me, for being generous with your time, and for being there for me in my struggles and providing me with your wise counsel. I thank you also for always being patient, kind, encouraging, but also firm when needed. Even though you both will be sorely missed at SFX, I am happy that many more will also get to come and know the amazing shepherds that you are. May you continue to lead more people to Jesus and know that both of you will always be in my thoughts and prayers.



**- Melissa Low**



Looking for more Information?  
visit [www.sfxchurch.sg](http://www.sfxchurch.sg)!

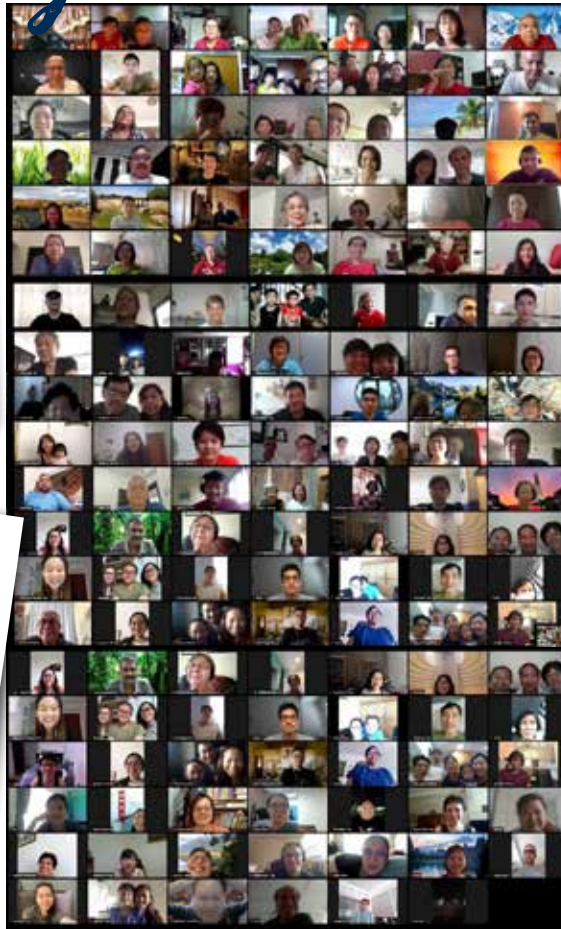
# Goodbye Testimonials



**THANK YOU  
FR JUDE!**



**THANK YOU  
FR BRIAN!**



The zoom farewell was a beautiful time where we paid tribute to the works of God through the Shepherds of our parish, Fr Brian and Fr Jude. It was amazing to see so many parishioners gather and share their personal encounters and experiences of them. It was very moving to see how God shone through the words and actions of our Shepherds.

Fr Brian and Fr Jude, thank you so much for being the face of Christ to the parish of St Francis Xavier, especially 1COR12. We appreciate your hearts that burn with passion for the youth of Singapore, where you have showed us how to pray, journey and most importantly, love in community. Additionally, we thank you for being so supportive during our L7-10 camps, where many of our 1COR12 members encountered the Lord's love.

May God continue to bless and reaffirm your identity as children of God as you take up your roles in the Cathedral of the Good Shepherd. In Psalm 56:3, it says, "Whenever I am afraid, I put my trust in you." Take heart in knowing that you are never alone on this journey, as the Lord walks with you. We love you, Fr Brian and Fr Jude, and may God continue to shower his blessings on both of you!

- Timothy Wong



## Mass Timings

### WEEKEND MASSES

Suspended until further notice

### WEEKDAY MASSES

Suspended until further notice

### MASS ON PUBLIC HOLIDAYS

Suspended until further notice

### HOLY HOUR

Suspended until further notice

## Opening Hours

### PARISH OFFICE

Closed until further notice

### ADORATION ROOM

Closed until further notice

### LIBRARY

Closed until further notice

### COLUMBARIUM

Closed until further notice

### CANTEEN

Closed until further notice

## 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



For more information, please contact the Parish Office for Baptism of Infants.

## 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. Church unavailable from 1 Nov 2018 due to renovations.

## MASS OFFERING



Mass offering envelopes are available outside the Parish Office and Church. 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](mailto:mmm@sfxchurch.sg)