

To Be Salt and Light

ou are salt of the earth and light of the world", Christ says this to all his followers. He is not challenging us to be salt of the earth and light of the world. In fact, he is saying that we are already the salt of the earth and light of the world. This is not an encouragement to live our potential, but rather a reality that we should live: that all Christians are to live faithfully as the salt of the earth and light of the world.

Yes, our life should make a difference in this world. Our faith does not only change our personal life, but also influence and impact the lives of others for the better. As Christians, we are to lead lives that bear witness to the teachings of Christ. Our "saltiness" and our "light" are not aimed at self-gratification. They are to focus totally on Jesus Christ who is the source of all meaning for our lives.

In order to be the "salt of the earth" and "light of the world", we need a good spiritual life. Fr. Ronald Rolheiser writes in The Holy Longing that there are four non-negotiable elements in a healthy spiritual life:

- 1. Private Prayer and Morality,
- 2. Social Justice,
- 3. Mellowness of heart and spirit,
- 4. Community as a constituent element of true worship.

As modern science and technology eliminate physical boundaries, the concept of who we call "neighbour" must be redefined. People who are in need can never be too far away for us to reach out. It is important for us to speak out for those who are voiceless, and to fight for right for those who are too weak to fend for themselves. This is what Jesus would like His followers to do.

Christian faith does not promote privatized, isolated preoccupation with

self. Based on the teachings of Jesus, Christianity is by nature a communal religion. The goal of Christian faith is to enlighten the world through the words and actions about Jesus the Messiah, the Son of God, so that His love can be experienced by all through our words and actions.

Fr Emanuel Lim, SJ

A Living Example

'You are the salt of the earth." Jesus uses the It is only metaphor to reprethrough the sent the disciples' Grace of God, positive effect on the can we world. Like salt used to preserve food, the disbe ready. ciples will preserve life, eternal life, for all mankind. As salt is an antiseptic, so are the disciples moral disinfectants to a sin-infested world. It is also a reminder for the disciples and us to remain faithful, not to lose our saltiness, so that we can continue to serve and be His disciples.

"You are the light of the world. A city built on a hill-top cannot be hidden". Light represents purity, truth, divine revelation and God's presence. The "city built on the hill-top" refers back to the Messianic prophecy about God lifting up Zion (Isaiah 2:2-5). Today, we understand this to be the Church, that city that shines for all to see. The Church is the manifestation of good works.

As Disciples of Christ, we are called not to just attend Mass every Sunday, go to confession and serve in our various communities. We are not called to live a different life outside of Church. "A



Sunday 5 February 2017

Fifth Sunday of Ordinary Time 1st Reading: Isaiah 58: 7-10 2nd Reading: 1 Corinthians 2: 1-5 Gospel: Matthew 5:13-16

Monday 6 February

St Paul Miki SJ and companions, BB Charles Spinola SJ, Sebastian Kimura and Martyrs (SJ) in Japan

> Tuesday 7 February Liturgy of the day

Wednesday 8 FebruarySt Jerome Emiliani and St Josephine Bakhita

Thursday 9 February Liturgy of the day

Friday 10 February

Saturday 11 February Our Lady of Lourdes

Sunday 12 FebruarySixth Sunday of Ordinary Time

disciple of Jesus who chooses to hide has ceased to follow Him". We are called for so much more, to be

the Light of Christ, to be living examples for the world to follow.

We may know of people who are trying to find themselves. Maybe it is time for us to take initiative and be their guiding light, to guide them to Jesus. Some might think they are unworthy or not ready for such a task. Here's something to think about. Do you think Jesus was ready or prepared to die on the cross? He begged God to prevent it only if it was God's will. Is a new priest, fresh from the seminary, ready to take on a parish?

Honestly, none of us are ever ready, but with a slight push, God will always show and provide for us. It is only through the Grace of God, can we be ready. So do not be afraid to be living examples of God.

Gerard Robert

PARISH NEWS

SPECIAL MASS FOR THE ELDERLY AND THE SICK with

the Sacrament of Anointing of the Sick.

Saturday, 25 February at 2.30pm. Confessions from 2.00pm. Please fill up registration form at the Place of Gathering.

SUNDAY CANTEEN

Willing hands are needed for Sunday canteen to start on 19 February. If you or your ministry is interested in serving this good cause (3-4 times a year), contact Raymond, 97318432 or raymond.thng37@gmail.com.

CHURCH MAIN GATES AT KING'S ROAD

Please note that the main gate at King's Road will close at 8.00pm during weekdays when there are no masses and prayer services at night. Cars can still exit automatically and pedestrians can leave by pressing the release button on the shutter gate.

GERMAN-SPEAKING CATHOLIC COMMUNITY OF ST ELIZABETH

German-speaking Catholic Community in Singapore is holding a community festival on 11 February, 3.30pm to 7.30pm, at Sacred Heart Hall. Live music and colourful programme for children. All are welcome.

WEEKEND CATECHETICAL PROGRAMME

Parents, youths and children are reminded that 2017 catechetical sessions will begin next weekend, Saturday, 11 February.

PARENTS PRAYER GROUP

While the children are in class, join the Parents Prayer Group and support your children, and each other, in prayer. Saturday 11 February, 1.30pm and 4.00pm. Sunday 12 February, 10.00am. At Room #02-06, Annexe building. For information, contact Donald Poon at 81232660 (Sunday), Andi Sumaryo at 91913734 (Saturday, 1.30pm) or Aaron Boey at 96185337 (Saturday, 4.00pm).

ROAD TO EMMAUS SESSIONS – RECOMMENCEMENT

Journey with us on the Road to Emmaus and let the Word of God burn within your hearts (Luke 24:32). Parish-wide Bible programme designed to help us "Break

Parish-wide Bible programme designed to help us "Break the Word" of the weekend Liturgies and to apply its truths and meanings in our daily lives. Monday 6 February, 7.45 pm, Annexe Hall; subsequent Mondays (except school and public holidays). All are welcome. Contact Raymond at road.to.emmaus.st.ignatius@gmail.com for queries.

SATURDAY ROCKERS

Come deepen your encounter with Christ in this bible study, "Meeting Jesus in the Gospel of John" by Dr Edward Sri.

Eight Saturdays from 18 February, 1.30 pm, at Room 02-02. Contact Magdalene at svdp88@gmail.com or 9152 8227 for information.

CHARISMATIC RENEWAL COMMUNITY

This Wednesday, we celebrate our parish CRC's 38th Anniversary. Fr Leslie Raj is the celebrant for this special Mass. This year is also the 50th Anniversary Year of the Catholic Charismatic Renewal. Wednesday, February 8, at St Ignatius Hall. Praise & Worship at 7:30pm, Eucharistic Celebration at 7.50pm, followed fellowship. All are welcome.

PRAISE GOD WITH YOUR VOICES!

Sunday 10.15am choir Ignatian Voices is looking for new voices. Join us if you want to be part of a supportive fellowship of singers, make a difference in the music ministry, improve your singing or try your hand at conducting. We practise every Saturday 2-3pm. For information, call Adrian 9796 8136 or Agnes 9663 6819.

DEDICATION OF THE CATHEDRAL OF THE GOOD SHEPHERD

Due to the Dedication of the Cathedral of the Good Shepherd on Tuesday 14 February, there will be NO 6 pm mass at all parishes throughout the Archdiocese. Mass intentions for 6 pm Mass will be offered at 7 am Mass.

RIP NEWS – Risen in the Lord Chia Ya Hui – 86 years old Date of death: 18 January 2017

ONCC NEWS

Unless otherwise stated, all meetings start at 8.00pm.

Zone A District 1

Wednesday, 8 February, SH-02-E Programme: Symbolon episode 8 – "Why do I need the Church?"

ZONE A DISTRICT 3

Wednesday, 15 February #02-06 Programme: Symbolon, part 1 session 10 – The Last Things

ZONE B DISTRICT 3

Thursday, 9 February @ Lai Wah Restaurant, Blk 44, Bendemeer Road, #01-1436, Singapore 330044 Programme: CNY celebration and fellowship

KING'S, QUEEN'S & TAN KIM CHENG GROUP

Saturday, 18 February @ the home of Stephen Chua & Kiat Beng, 97 Sunset Way, Singapore 597124 Programme: Planning session for 2017

y time in Timor Leste as a Jesuit Regent was an interesting one. I initially and boldly described my

y time in Timor Leste as a Jesuit Regent was an interesting one. I initially and boldly described my being there as being "shanghaied" – an old sailor's term for getting sailors blind drunk and taking them onboard a ship, and when they had woken up from their drunkenness, there was nothing to do about it except to work on board. In my case I didn't have any hard liquor. While I couldn't see how this would all work out, God had other ideas. I'll share one of those ideas here.

Recently at my annual retreat, I faced obstacles that seemed to make light of the word "retreat". The windows of the room squarely faced the setting sun and there wasn't much wind. In the evenings you could see clouds, rain, and even lightning, and still not feel a bit of rain or wind right where I was.

Then there were the moquitoes and sand flies – understandable – and large groups of co-retreatants – less understandable; especially a retreat director's habit of taking from the measured (i.e. just enough) breakfast laid out for my little group of retreatants on our small table. He could have waded into the polite, almost silent rugby scrum that happened around the long trestle table laid out for his group. Impossible. Terrible. I could go on and on.

Fortunately, I came packed and loaded with my art materials. I drew and painted to channel my prayers, my thoughts, my silences of waiting for God to speak to me. One day, I felt like I needed a pick-me-up, to get away from the heat, mess, whatever. I needed wings, something positive and uplifting. Wings, I thought. And indeed I got them.

Using a sponge brush for the first time, with some leftover paint, I painted a pair of wings. I decided to augment with shining yellow rays. Once finished, I contemplated those

wings of mine. And then, aaaah...

I had painted a pair of blue upright folded wings that would have fitted the back of a person looking to the left side of the painting. But in drawing the vellow rays, the head and body of a figure appeared, seemingly rising or flying up at an angle towards the top right hand corner. The blue wings, folded, upright, stationary, were in the figure's way, as if they had reached from the back of the figure and blocked his way up towards the right.

I wanted wings. I had them. Contrary to what I thought they

would do, I suddenly realised that they hindered me. Instead of helping, they were hindering. What I wanted, what I thought was rational and my right to demand, were a hindrance to the real me, to what I am called to be.

Instead of cursing, or demanding apologies or revenge, better for me to forgive. Instead of holding grudges, better for me to wait, listen, and at least forgive if I were to do anything at all.

Wings. We associate them with angels, freedom and flight. Perhaps, I don't have to fly away from what I faced, but continue on being there, and encountering God who is always there. Perhaps what I want is not really all that important, or in any way easy, compared to what I can give.



"Wings" by Michael Phung, SJ, 2016.

In giving forgiveness, and in accepting all that was there – being a little bit more attentive to the schedule of the mosquitoes' habits allowed me to open doors and windows to get better air circulation in my room – I was truly who and where I was supposed to be: a child of God in conversation with God.

All in all, my time in Timor Leste turned out to be a most surprising and God-led journey. I received many graces from God, graces which came about with as much surprise as Christmas gifts during Lent. Well, maybe I shouldn't be surprised. After all, God is full of surprises, and jokes, and most of all, love.

OJESUIT NEWS

THE FIRST SPIRITUAL EXERCISES RETREAT

A retreat made in daily life over four weeks. These exercises contain first-step exercises for beginners, new visions for searchers, and solid food for those desiring more in their interior life. Includes 4 SD sessions in between.

Opening: 5 March. Closing: 9 April, 1.30pm-5pm; Fee: \$170 (inclusive of SD stipend). Register: http://tinyurl.com/1stexercises; Details: www.kingsmeadcentre.sg

BECOME A JESUIT

If you are considering a vocation as a Jesuit priest or brother, go to www.mas-jesuits.org and www.facebook.com/jesuit.vocations.malaysia.singapore for information. You can also contact Fr Agustinus Tanudjaja SJ or Fr Adrian Danker, SJ at mas-vocations@jesuits.net

Jesuit Regional Curia, Telephone: 6469 7356

Fr Christopher Soh SJ, Fr James Tan SJ

Kingsmead Hall, Jesuit Community, Tel: 6466 3225

Fr Gerard Keane SJ, Fr Gerald Tseng SJ, Fr Charles Sim SJ, Fr Colin Tan SJ, Msgr Philip Heng SJ, Fr Adrian Danker SJ, Sch Don Basil Kannangara SJ

Kingsmead Centre, Tel: 6467 6072 Jesuit Mission Office Tel: 6463 6022

• ARCHDIOCESAN NEWS

AT HOME RETREAT by Cenacle Sisters & team

13 February – 17 April (every Monday) from 7.15pm to 9.30pm @Church of Sts. Peter and Paul, 225A Queen Street . Ten-week programme, based on the Spiritual Exercises of St. Ignatius of Loyola, to know Jesus Christ more intimately in the midst of daily life. Includes weekly meetings of faith sharing, daily prayer using Scripture, and spiritual direction. Call: 9722-3148; E: cenaclemissionsingapore@gmail.com; W:www.cenaclemission.com Contact Victor at 9105 9921 or Andrea at 9857 9075, email goto_cep@hotmail.com, or visit www.cep-sg.org or facebook.com/CEP. Register at http://tinyurl.CEPRegForm

CHARIS HUMANITARIAN FORUM & FAIR (HFF)

Pre-Event: Listening to the Cry of the Earth and the Poor

Workshop that explores climate change and how it affects vulnerable communities, and discusses how we can make a positive difference. Saturday, 11 February, 2.30 to 5.30pm, at CANA, 55 Waterloo Street, Catholic Centre, Level 2, Singapore 187954. To register email Gabriel Lee at gabriel@charis-singapore.org or call 63374119.

CLARITY'S WORKSHOP ON UNDERSTANDING DEPRESSION

People with depression have difficulty seeking help, causing friends and family to feel frustrated. Find out what depression is and share insights into providing care for friends and loved ones. Saturday, 25 February, 10.30am – 12.30pm at CANA The Catholic Centre L2. To register: registration@clarity-singapore.org or Tel: 6757 7990

Church Office

3rd floor (from King's Road) or behind Kingsmead Hall (Victoria Park Road)

Sunday Masses

Saturday:6:00pm Sunday:6:45am,8.15am,10.15am, 12;15pm and 6:00pm

Weekday Masses

Monday - Friday: 7.00am & 6.00pm Saturday: 7.00am

Confessions

Every Friday & Saturday: 5.40pm Every Sunday Mass: 20mins before Mass begins

Infant Baptism (each month)

Briefing for parents & godparents (compulsory): 1st Sunday, 3.00pm Baptism: 2nd Sunday, 3.00pm sharp. Registration forms available at front of Church office

Weddings

Couples must make themselves known to the priest at least 6 months before the wedding. Contact: Robert Ong (8511 4614)

Columbarium Opening Hours

Monday to Saturday: 6.30am -10.00pm Sunday: 6:30am - 8.00pm Public Holiday: Closed

Inigo Bookstore

Open during Weekend Masses.

Sick and elderly

Please contact the parish office if help is needed for parishioners regardless of which hospital they are at. You may also contact priests' residence at 6466 3225

Bereavement

Please contact the parish office Sacristan, Robert Ong (8511 4614) for help and advice before contacting the funeral director.

Entrance via, 8 Victoria Park

Kingsmead Hall (Priests' Residence), St Ignatius Hall, Sacred Heart Hall, Kingsmead Centre (for Ignatian Spirituality & Counselling)

WEEKLY

Rosary in Church

Monday to Saturday, after 7am Mass and Monday to Friday 5.15pm to 5.45pm

Intercessory Prayers

Tuesday, 2.30pm in Sacred Heart Hall Adoration Room, Level 2

Christian Meditation

Friday, 2.30pm in St Francis Xavier Prayer Room (Kingsmead)

Gentle Light

Tuesday, 10am – 12noon in St Francis Xavier Chapel (Kingsmead) Thursday, 10am – 12noon in Sacred Heart

Canteen (Room SH-A)

Divine Mercy Devotion

Every Wednesday after 6.00pm Mass in the Main Church.

Catholic content online, login:

www.FORMED.org; parish code: 4904ed

MONTHLY - in Main Church

Sacred Heart of Jesus Mass

Every 1st Friday, 8pm (No 6pm Mass)

Followed by
Generation CHRIST!
Eucharistic Adoration

Children Eucharistic Adoration Every 3rd Friday, 7.45pm

Memorial Mass

Every 4th Friday, 8pm (No 6pm Mass)