



## An Exercise of Faith

**M**any of us go to the gym to get physically stronger. Athletes train hard to get better at what they do. Artisans and artists spend long hours practising their craft to improve their skills. Even St Ignatius wrote of how prayer and other spiritual practices are like exercises for the spirit just as walking and running are exercises for the body. The readings today point to a similar idea, but it's a different faculty to be exercised. The apostles rightly asked the Lord to increase their faith, knowing full well that faith is something that is extremely important in our lives of discipleship. However, if they were hoping that this increase of faith would come without effort on their part, they were to be sorely disappointed. The Lord offered them a challenge – to consider how strong their faith was and to recognise that even the little faith that they had was fragile and rather delicate still.

More than just the challenge to consider their faith, the apostles were reminded that our lives of discipleship is not one where we sit back and reap the fruits of our following the Lord. The image of the servant working for the master was not meant to be a harsh one, but a reminder that we're here, just as the Lord was, to serve and not to be served. It reminds us that we do all that because working at serving the Lord and others is a real exercise of this faith that we have and want to increase. Thus, the Lord, through the parable, tells us that the one sure way of increasing our faith is to exercise it and to use it at the service of others. But how is one to really exercise this faith?

“O that today you would listen to his voice! Harden not your hearts.” Just as we need to warm up and get ourselves ready

for exercise, the exercise of our faith also requires some preparation for it to be effective. Hearing and being open to the Word of God is important as that comes almost like a spiritual personal trainer who would guide us in our exercise of faith. Being faithful disciples of the Lord means knowing what He's calling us to do, and being familiar with the Word and how it can be applied in our lives is a good first step to this exercise of faith. “Harden not your hearts” doesn't just mean not being stubborn or deaf to the Word, but it points to us being attentive to how we can bring what we hear during mass and what we read in Scripture into our daily lives. It's not easy to do, but it also gets slightly easier with practice, slowly conforming ourselves to the Lord.

Today's second reading gives us another way of exercising our faith – by witnessing to it. St Paul told Timothy never to be ashamed of witnessing to the Lord and added that we've been entrusted this faith to be guarded, but also to be spread through all the earth. What better way is there of strengthening one's faith than to share it with others? Talking to others about the faith is difficult and sometimes even frightening as we may have to answer questions that we don't know the answers to or speak on things that we're a little uncomfortable about. As with exercise and training, overcoming the difficulties will make us stronger to become even better witnesses.

The exercise of faith, just like physical exercise for the body, brings health to one's spiritual life. One who does not exercise his faith can run the risk of it fading away, like an injured limb that loses strength through lack of use. The constant exercise of faith allows us not only to serve the Lord and others better, but is also a sure way of sustaining and



LOVING OUR FAITH

 My dear friends, we started this year 2019, with the theme of being more loving in our family, our world and our church, respectively. As we enter into the last quarter of this year, I invite you to focus on the theme of **Loving our Faith**.

This is the faith of the apostles, of the early Christians, the martyrs, the saints who were willing to stake their lives for the love of Christ because He truly lived, walked and talked with them. He appeared to them after his death to herald the good news of his Resurrection — his victory over sin and death. This is their faith and our faith that we love because it is incredibly powerful, inspiring and foundational in our lives as Christians.

I invite you to express your love for our One, Holy, Catholic and Apostolic faith in prayers, in deeds of charity, kindness and goodness to those who are burdened in life. Even more so, to those who are your “enemies”, those who make life difficult for you, simply because they are crying out for help and do not know the merciful love of Christ! Let your faith light up the world!

FR COLINTAN, SJ

increasing our faith. Let us take the timely message of the Lord from this week and go out, exercising our faith in all ways so that our healthy faith lives can be examples to all around us.

DCN STANLEY GOH, SJ

## PARISH NEWS

### OCTOBER – MONTH OF THE ROSARY

We welcome all parishioners to make a special effort to join us in praying the Rosary at 7.30am and at 5.15pm before the 6.00pm weekday Masses.

### FINDING FATIMA

Friday 25 October, 7.30pm at St Ignatius Hall  
Celebrate October, month of the Rosary and anniversary of Fatima's miracles. Join us at this compelling docu-drama about the appearances and message of Our Lady in Fatima in 1917, a message of prayer, penance and conversion that is desperately needed in our modern world.



Light dinner begins at 7.00pm. Register online: <https://forms.gle/ij5NGZxcagjzrvnaA> or via the QR code or contact Angela at the church office (6466 0625).

### DONATION FOR WALKWAY PROJECT

Thanks to your generous contributions, our church has raised \$656,000, exceeding our target of \$650,000, for the "additions & alterations" project to enable wheelchair access at the front of the church and covered walkways at Sacred Heart Hall behind. Renovation works will begin soon and should be completed by early next year.

All are invited to the talk "**MATTEO RICCI IN CHINA: A MISSION OF PERSUASION**", organized in conjunction with the Archdiocese Extraordinary Month of Mission. Fr Jerome Leon, SJ will present some of Ricci's missionary endeavors and approaches in China, analyzing them from the perspective of classical rhetoric. Friday 18 October, 8.00pm to 10.00pm at the Annex Hall.

### CCD (CATECHISM FOR INTERNATIONAL SCHOOLS STUDENTS)

Rite of Commitment Mass for 53 CCD students and their parents is this Sunday 6 October to prepare for receiving the Sacrament of Confirmation next May.

October being the month of the Rosary, all CCD students (Grades 1 to 7) will pray the Rosary on Tuesday 8 and Thursday 9 October, 4.10pm at St Ignatius Hall.

### WELCOMING OUR LORD THIS ADVENT

During Advent we hope to create a space for our Lord and ponder the awesome gift of our salvation through meditation on Scripture and art making. All aged 21 years and above are welcome to join any or all of our 4 sessions. Art materials are provided and no experience is required. A love offering will be collected for each session. Enquiries: email [anne.eighteen@gmail.com](mailto:anne.eighteen@gmail.com). Registration: <https://goo.gl/forms/E2CZMK6bMormjrn2> or via the QR code.

Venue: St Ignatius Church, Classroom #01-09

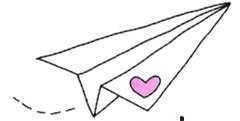
Time: 9 am to 12 noon

Dates: 4 Fridays, 25 October – 15 November 2019

## A Little Love Note

### LOVING OUR FAITH

"Be faithful in small things because it is in them that your strength lies." ST TERESA OF CALCUTTA



### NOSTRA AETATE

In conjunction with the Archdiocese Extraordinary Month of Mission in October, St Ignatius Church invites you to a talk on Nostra Aetate and why Catholics need to engage with people of different faiths.



Panel speakers:

Gerald Kong, Executive Secretary, Archdiocesan Catholic Council for Interreligious Dialogue (ACCIRD)

Fr Colin Tan, SJ, Parish Priest, St Ignatius Church

Date/Time: Saturday 12 October, 9.30am - 11.30am

Venue: St Ignatius Hall, 8 Victoria Park Rd. S266492

Register via the QR code or visit our website under "All Events". For more information, contact Angela at 6466 0625.

**PARISH ASSEMBLY 2019** will be held on Saturday 19 October, 9am to 12pm at St Ignatius Hall. Attendance is compulsory for all heads of ministries and core team members of ministries. Parish Priest Fr Colin Tan, SJ, will outline the new Parish organisational structure, and speak on the Universal Apostolic Preferences, pronounced by Jesuit Superior General, Fr Arturo Sosa in February 2019. All parishioners and ministry members are also encouraged to attend and to support candidates standing for election to the PPC executive committee.

### JUMBLE SALE BY HOMEMAKERS

Saturday 23 November, 9.30am to 3.00pm and Sunday 24 November, 9.30am to 1.00pm, at St Ignatius Hall. In support of the Parish Social Mission Fund. Ensure all donations are in good and saleable condition. NO bulky furniture or electronic items like TVs, printers, video, cassette tapes, and textbooks. Place your donations by 10 November at the drop-off point outside the Sacred Heart Hall canteen.

### CHARISMATIC RENEWAL COMMUNITY

All are invited to a sharing on "Mother Mary, the first Charismatic". This Wednesday 9 October at St Ignatius Hall. Light dinner fellowship begins at 7.30pm and the session ends at 9.30pm.

### POP-UP CAFÉ

Parents are invited for discussions and sharings on parenting in the context of our faith. Come for coffee at the pop-up cafe while your children are at their catechetical sessions. Hosted by the Magis Family Ministry at Sacred Heart Hall, Saturday 19 October, 3.45pm to 5.30pm. Topic: Communication with our kids. Love offerings are welcome.

Fr Colin Tan, SJ Parish Priest ★ Fr Jerome Leon, SJ Assistant Parish Priest ★ Fr Ravi Michael Louis, SJ Assistant Parish Priest

Angela Kurnadi Parish Administrator ★ Suzie Wee Parish Accountant ★ Gerard Robert Youth Coordinator ★ Cheryl Lek Youth Coordinator ★ Susan Thian Catechetical Administrator

Robert Ong Sacristan ★ David Saw Operations Manager ★ Steven Leong Facilities Manager ★ Therese Gian Communications Manager

# Baptised and Sent

## Church of Christ on Mission

**O**n World Mission Sunday in October 2017, Pope Francis announced the urgency for *a missionary reawakening*, and suggested October 2019 as an Extraordinary Missionary Month to celebrate the 100th anniversary of Pope Benedict XV's apostolic letter *Maximum Illud* (The Great Mission).

The theme for the Extraordinary Missionary Month this October is "Baptised and Sent: The Church of Christ on Mission in the World". The Holy Father Pope Francis invites us to recall the gift of being baptised as God's beloved children, and sent to proclaim the Good News of Jesus Christ in our daily living. Doing this mission creates a community of people, that belongs to the Church, whom through baptism, become one God's family (Mt 28:19). Baptism allows the baptized to enter into the mystery of Easter, the death and resurrection of Jesus Christ, and to grow in faith within the Church communities. In his public ministry,

Jesus called and sent his disciples on mission "two by two" (Mk 6:7, 30), which means that missionaries must not work alone, but as a team. The Second Vatican Council states that the Church is "missionary by nature". The risen Christ sent out his disciples, literally becoming apostles, to continue Jesus' work (*missio Dei*) in the world today (Jn 20:21-23). This *missio Dei* belongs to God from origin to end, where Jesus Christ is the head, all of us members of Christ's Body (Jn 17:18). This *missio Dei* is oriented for the glory of God and the salvation of the world, where the Lord accompanies his Church, the People of God (Mk 16:20). As baptized Christians, we are then sent out into the world by following Jesus' steps and experiencing joy, and hostility, in carrying out the *missio Dei* and revealing God's love (Jn 3:16-17) and His Kingdom among us.

What is my understanding of mission? How can I participate in the *missio Dei* in my daily living?

## The Universal Apostolic Preferences (UAPs)

**I**n February 2019, Fr Arturo Sosa, SJ, Superior General of the Society of Jesus, promulgated the *Universal Apostolic Preferences*. All Jesuits and partners-in-mission are called to take the UAPs as the mission received from Pope Francis to the least Society of Jesus. This mission is expressed in four UAPs: *Showing the way to God through the Spiritual Exercises and discernment; Walking with the poor, the outcasts of the world, those whose dignity has been violated, in a mission of reconciliation and justice; Accompanying young people in the creation of a hope-filled future; and Collaborating in the care of our Common Home*. They give a horizon, a point of reference, to the works and ministries of the least Society of Jesus for the next ten years. We are called to engage in a deeper reflection and intellectual study on the key issues of our times. We want to witness and carry out our mission of faith with sincerity in collaboration and networking for God's greater glory, and open ourselves to renew the Society, the Church and our broken world through a closer contact with Jesus Christ and a deep love of Him. Assimilating the UAPs invites us into the path of renewal and change in our lifestyle: personal, communal and institutional conversion so that in all things, we love and serve God (SE 233).

**29<sup>th</sup> Anniversary**  
of Kingsmead Centre

**OUR** Kingsmead Centre for Ignatian Spirituality and Counselling provides a 500-year tradition of Ignatian spirituality that helps people grow in their faith through talks, workshops, retreats, spiritual direction and counselling. Officially opened on 21 October 1990, the Centre offers quiet space and companionship to reconnect with your faith, spiritual journey and relationship with God.

Kingsmead Centre celebrates our 29th Anniversary with programmes by Fr Geoffrey (Monty) William, SJ, internationally acclaimed spiritual director and leader for Ignatian spirituality, and author of prize-winning books.

Fr Monty's first talk (9 October), *The Dynamics of Forgiveness in Ignatian Tradition*, helps

Kingsmead Centre thanks all friends and parishioners for their support throughout and we look forward to being a living spiritual spring and space for all seeking the love of God.

us in the continuing mission of Christ for the world today. His second talk (16 October), *Discerning the Signs of the Times*, helps us understand our contemporary culture, showing the tension

of what we value in the light of God who values us and calls us beyond to a fuller manifestation of life. The weekend retreat (11-13 October) will explore *the search for a home and belonging as the desire of every human*. (More information at <https://tinyurl.com/Monty19>)

Look out for Kingsmead Centre's workshops on relationship wellness: *Couple Goals* (28 November) and *Longing: An Advent Retreat* (13-15 December).

FR AGUSTINUS TANUDJAJA, SJ

## NCC NEWS

Unless otherwise stated, all meetings start at 8.00pm.

### ZONE A DISTRICT 1 – ST PAUL THE APOSTLE

Wednesday 9 October, Room Sh-02-E (opp adoration room)  
Programme: The Pivotal Player: Michaelangelo – The Artist

### ZONE B DISTRICT 3 – ST JOSE MARIA RUBIO

Wednesday 16 October, Rm #02-06  
Programme: Symbolon Session 10: Catholic social teaching – Protecting the Dignity of Human Person

## JESUIT NEWS

### THE SEARCH FOR A HOME (A FILM RETREAT)

This film retreat will explore the theme of the search for a home and belonging as the desire of every human being.  
Date/Time: 11 October (7.30pm) – 13 October (5.00pm)  
Contribution: \$270 (non-AC); \$330 (AC).

MAGIS  
Series

### TALK 1: THE DYNAMICS OF FORGIVENESS IN IGNATIAN TRADITION

The Christian mission is one of forgiveness, which occurs when we, filled with the Holy Spirit, continue the mission of Christ in the world. This talk presents the dynamics of forgiveness by discovering that the work of forgiveness goes beyond our personal salvation.  
Date/ Time: Wednesday, 9 October, 7.30pm–9.30pm.

### TALK 2: IGNATIAN SPIRITUALITY: DISCERNING THE SIGNS OF THE TIMES

This talk presents some ways in which our contemporary culture is read and suggests each is an attempt to deal with the tensions between security and rootedness, ideology and Mystery, power and Emptiness, complacency and creativity.  
Date/ Time: Wednesday 16 October, 7.30pm – 9.30pm.

Facilitator: Fr Monty Williams, SJ.

Contribution: \$50 for 1 talk, \$80 for 2 talks.

Registration: <http://tinyurl.com/monty19>; T: 6467 6072

Venue: Kingsmead Spirituality Centre, 8 Victoria Park Road, Singapore 266492

## ARCHDIOCESAN NEWS

### 3RD ACCIRD INTERRELIGIOUS PANEL— *SERVING THE POOR AND NEEDY*

Date: 21 October (Monday), 7.30pm to 9.30pm, at Fr J M Beurel Centre (Annex Building), L3 Hall, Cathedral of the Good Shepherd at "A" Queen Street, S 188533. Muslim, Sikh and Catholic speakers are Ustaz Dr Leyaket Ali (Founder/MD of Human Connection.sg), Mr Gurdip Singh Usma (Chairman, Sikh Welfare Council) and Msgr Philip Heng, SJ, Vicar General (Interreligious Relations). Register by 20 October (Sunday) at <https://tinyurl.com/21Oct-ACCIRD-Panel>

### Church Office

120, King's Road, Singapore 268172 or 8, Victoria Park Road, Singapore 266492

### Entrance via 8 Victoria Park Road

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

### 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

Friday & Saturday: 5.40pm  
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 are available at front of Church office.

### Weddings

Couples must make themselves known to the priest at least one year before the wedding.  
Contact: Sacristan, Robert Ong (8511 4614)

### Inigo Bookstore Opening Hours

Saturday: 4.30pm to 7.00pm  
Sunday: 8.00am to 2.00pm, 5.30pm to 7.00pm  
Closed on Monday to Friday.  
Enquiry: Peter Hong 9749 3702

### Sick, Elderly and Homebound

Please contact the parish office if pastoral help is needed for a parishioner who is homebound or hospitalised. In emergencies, you may also contact the priests' residence at 6466 3225.

### Visiting Hours (Columbarium)

Open daily from 6.30 am to 8.00 pm (including weekends & Public Holidays)  
Memorial Mass at the Main Church every 4th Friday, 6.00 pm for all deceased parishioners and families, followed by prayers in the Columbarium.

### Bereavement

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

Church of St Ignatius has no official social media account.

### WEEKLY

#### Rosary Devotion in Church

Monday to Saturday, after 7am Mass and Monday to Friday 5.15pm to 5.45pm, except first Friday of the month

#### Intercessory Prayers

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

Catholic content online, login:

[www.FORMED.org](http://www.FORMED.org); parish code: 4904ed

#### 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.

#### Christian Meditation

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

### MONTHLY – in Main Church

#### Sacred Heart of Jesus Mass

Every 1st Friday, 8.00pm (No 6.00pm Mass)  
Followed by Eucharistic Adoration by Generation CHRIST!

#### Children Eucharistic Adoration

Every 3rd Friday, 7.45pm. No session in June and December

#### Memorial Mass

Every 4th Friday, 6.00pm, followed by prayers in the Columbarium