CONFERENCE OF ST FRANCIS XAVIER

NEWSLETTER



Love For The Lord Is One With Love For The Poor - Dilexi Te by Pope Leo XIV,
Oct 9, 2025

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Newsletter 2025 $\mathbf{02}$



A JOURNEY OF HOPE WITH SSVP

SSVP has been a lifeline for my family and me since my primary school days, when we were going through some of our toughest financial struggles. But their help was never just about money—it was about hope, encouragement, and faith. I still remember the moments when we didn't even know how we would pay for my exam fees. At those times, SSVP stepped in, not only easing our burden but also reminding me to believe in myself and never give up.

Their kindness became the strength that carried me through. And today, by the grace of God and with their unwavering support, I am pursuing a master's degree in Hungary as a Stipendium Hungaricum scholar-a dream I never thought possible. My tuition, accommodation, and living allowance will all be covered, but what truly sustains me is the Love and generosity that made this journey real. For me, SSVP is not just an organization-it is hope in action, kindness made visible, and proof that no one is ever truly alone. To every donor and volunteer: you have not only changed my life, you have shaped my future. For that, I am deeply grateful. And yes, one day, I hope to stand on the other side-to give back, to serve, and to lift others up, just as SSVP has done for me.

--- Devaayashini

GUIDED BY FAITH, SUPPORTED BY LOVE

Education has been something I have always valued and kept close to my heart. For me, it was my only way out of a life of uncertainty and instability. I was raised by my grandmother, the only mother that I have ever known, who has always been there for me and has been my sole supporter. I understood then that the path would not be easy. And though her love and support were enough to keep me going, studying further seemed an impossible dream because of financial constraints.

Even back in high school, with the uncertainties about how I would pay for university, I still steeled myself and studied hard. There was one verse that I would constantly keep in my prayers every day; Deuteronomy 28:13 "The Lord will make you the head, not the tail." And by the grace of God, I achieved straight A*s in my exams, reminding me that determination is key and with faith the storm eventually fades away.

My chance to study at Asia Pacific University (APU) was made possible by the generosity of SSVP and the St. Francis Xavier's parish community. Thanks to them, I have been able to concentrate on my passion in technology and head towards my dream of having a career in cybersecurity. What seemed like an unattainable dream is now within reach.

Through this journey, I have come to see how God works through the hands of others. The generosity that I have seen is not just provision for my schooling, it is a reminder that I am not paving this way myself, but with a people of love and faith who have faith in me.

I am determined to make the most of this chance, to succeed in my studies, and to one day give back in the same spirit of service and compassion that SSVP has shown me. For this, I am truly grateful to SSVP and to the parish for believing in my dreams. Praise be to God!

Cameron Vishaalini



TOWARDS SELF SUFFICIENCY A MOTHER'S STRENGTH IN THE FACE OF STRUGGLE

Introduction

In our community, quiet heroes walk among us every day. One of them is our Friend in Need, Jayalahsiri (Jaya), a devoted mother of three who has faced life's hardships with courage, faith, and perseverance. When her husband was diagnosed with a critical illness a few years ago and was unable to continue working, she became the sole breadwinner while keeping her family together with love and determination.

We sat down with her to hear her story—one that reminds us of the power of resilience and the importance of community support.

In Her Own Words: Q&A with Jaya

Q: Can you tell us a little about yourself and your family?

A: "My name is Jaya. I am 37 years old and I have three children aged 16, 13, and 11, all still schooling. My husband has been unable to work since his cancer diagnosis six years ago. I work full-time as a central kitchen helper in PJ, six days a week from 7am to 3.30pm".

Q: What is daily life like in your home?

A: "I wake up at 5am and leave for work by 6.30am, my husband sends me to work on his motorbike. My children return from school in the early afternoons to lunch prepared by my husband, who helps with the cooking and cleaning."

Q: What has been the hardest challenge raising three young children while being the sole breadwinner?

A: "The constant worry is making enough to provide for my children's daily needs. We cook and eat at home to save, but balancing everything remains a financial challenge."

Q: What sacrifices have you made?

A: "I've to put aside my personal needs, like haircuts or makeup, to focus on my children and their schooling."

Q: What keeps you going during tough times?

A: "Good friends who step in to help when I need it. Their kindness comforts me and keeps me strong. And the thought of giving my children a better life. The recent assistance from SSVP has also uplifted my spirit".

Q: How do you manage your household with limited finances?

A: "We plan meals carefully, for example cooking a meal to stretch a meal over two days, eating all meals at home, and only buy essentials. Thankfully, my children accept this without complaint."

Q: What small victories are you proud of?

A: "My children's education. They are disciplined about homework, and we teach our eldest to set a good example for his siblings"



Q: What small victories are you proud of?

A: "My children's education. They are disciplined about homework, and we teach our eldest to set a good example for his siblings"

Q: What advice would you give to another mother in your situation?

A: "Don't be shy or proud about asking for help. There's nothing wrong with reaching out for the sake of your family."

"Financial struggles are temporary. If we are honest and act responsibly, we can overcome them." — Jaya

The Heart of the Story

Jaya's journey is not just about hardship, but about strength and hope. She has shown that even in the toughest circumstances, love for one's family can keep the spirit unbroken.

With the encouragement of caring neighbours, the support of SSVP volunteers, and her own determination, Jaya has found breathing space in her daily struggles. Her story reminds us that none of us are truly alone — and that reaching out for help is not weakness, but a step toward healing and growth.

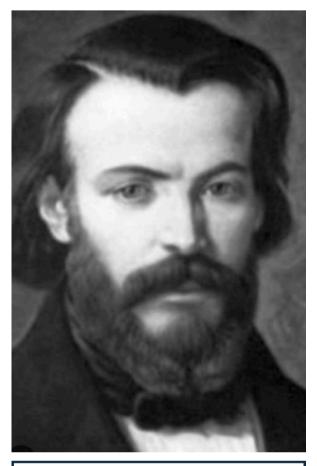
Closing Message

As Jaya continues to work hard for her family's future, she leaves us with a powerful reminder: hardship may be temporary, but kindness lasts forever.

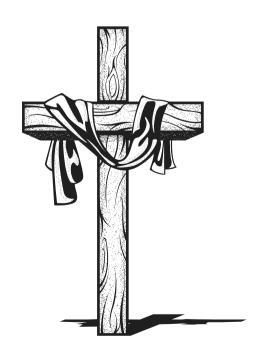
Let us walk alongside families like Jaya's — not only during struggles but also in their moments of hope. Together, we build a stronger, more compassionate community.

--- Jennifer Chong

"To be a Christian is to see Christ in everyone and to serve Him in the poor."



"Let us learn to see Christ in the person of the poor, and let us lend our hands to those whom we would like to see saved."



FAITH IN ACTION

The Standard 6 Religious Education (RE) students, with the wholehearted support of their parents, brought joy and energy to this year's vibrant SFX Family Day on 13 July 2025. Their stall, filled with delicious cakes and desserts, drew enthusiastic crowds and generated an impressive profit — a testament to their teamwork and dedication.

Guided by compassion and a spirit of generosity, the students and parents made a touching decision: to share their earnings with those in need. They donated RM 680 each to two meaningful causes — the Society of St Vincent de Paul (SSVP) and the Migrant Ministry (Migmin).



On 5 October 2025, Mrs. Claudine Flavia Roy, Assistant Parent Leader, together with several Standard 6 students and their parents, personally presented these contributions during the SSVP Service Sunday. Sis Sally Chan, President of SSVP, and Francis Lai, representing PIHDM CC on behalf of Migmin's Lanny



Sugijono, gratefully received the donations. Both ministries expressed heartfelt thanks to the students and their families for their thoughtful generosity.

Through this simple yet profound act of kindness, the RE students have truly lived out the Universal Apostolic Preferences of the Society of Jesus, especially Pillar 2: Walking with the Marginalized — transforming faith into action and love into service.

--- Francis Lai

"Charity is the cement which binds communities to God and persons to one another." Newsletter 2025 $\mathbf{07}$

RUMAH PENGAJIAN XAVIER (RPX) ECO PROJECT

Four dedicated lads from RPX — Thiru, Lachuman, Vetri, and Adrien — were inspired by their participation in last year's JCAP Youth ECO Retreat in Sepang to launch an environmental project. Initially, they planned to start a recycling effort involving their immediate neighborhood, but after thoughtful reflection, they chose a more focused and manageable approach.

The process they developed involves cutting plastic bottles into various sizes and shapes to create functional planting vessels. These repurposed pots provide an effective way to recycle plastic while simultaneously enhancing the home's outdoor space with colourful blooms.

The success of their initiative is clearly visible in the photos shared, showcasing healthy and thriving plants growing in these handmade containers.



Looking ahead, the Home Management Committee together with the administration, plans to extend this project to all eleven lads currently at RPX. As the number of flower pots increases, the surplus will be donated to the St. Francis Xavier Care for Creation Ministry (C4C) to support their efforts in beautifying the church grounds with more flowering plants.

The result is a flourishing collection of flower plants that exemplify creativity, environmental stewardship, and community spirit. This initiative aligns seamlessly with St. Francis Xavier Church's pledge to be an eco-friendly parish, inspiring others to join in the care for creation.

Instead of broadening the project, the lads decided to collect plastic bottles used within the RPX home and transform them into flower pots. This innovative idea serves both to reduce plastic waste and to bring greenery and vibrancy to their home environment.

--- Francis Lai



A GLIMPSE INTO CARMELITE LIFE

Last year during my break, I had the grace to enter the Carmelite Monastery in Kuching. This was my second time experiencing the life of the Carmelite Sisters, and once again, it became a deeply meaningful and transformative encounter. Each moment spent within those monastery walls drew me closer to God and opened my heart to a deeper understanding of faith, silence, and surrender.

The charism of the Discalced Carmelites is prayer, and this is precisely what drew me to them and prompted me to give this sacred way of life a try. The Carmelite way of life is not easy. These sisters have chosen to give up their personal freedom and to live enclosed within the walls of the monastery for the rest of their lives. They make this radical choice out of love for God and for the world, dedicating their entire lives to prayer. Hidden from the world's eyes, they continually intercede for those who are outside, carrying the needs and sufferings of humanity in their hearts before the Lord. Their lives are a silent, powerful testimony of love and faithfulness.

Among all the beautiful experiences I had in Carmel, the silence is what touched me most deeply. In that silence, I encountered not only the gentle presence of God, but also my own heart—my worries, my thoughts, my doubts, my questions. With no distractions around me, I learnt to face myself honestly and to place everything before God in prayer. It was in this interior stillness that I felt most united to Him.



During this second experience, one of the most profound lessons I learnt was how to truly spend time in silence with God. Inside the monastery, life unfolds at a slower and more prayerful rhythm. While many things were happening outside—situations I could neither control nor participate in—I was gently invited to let go. I realised that I needed to surrender everything into God's hands, trusting Him completely and wholeheartedly. In the stillness, I discovered a new depth of faith: a faith that doesn't cling anxiously to outcomes, but rests securely in God's providence.

The sisters keep silence for most of the day, speaking only when it is necessary. Yet their life is not cold or distant. They also have two periods of recreation each day—one in the afternoon after lunch and another after dinner. During recreation, the sisters gather to talk, laugh, and share joyfully with one another. I truly cherished these moments because they revealed another side of community life: the warmth, simplicity, and sisterly love that flourish even within the cloister. It reminded me that joy and fraternity are integral parts of religious life.

Looking back on my time in the Carmelite Monastery, I am deeply grateful. This experience has strengthened my trust in God, deepened my prayer life, and opened my eyes to the beauty of a vocation that is often hidden but incredibly rich. It has shown me that silence is not emptiness—it is a sacred space where God speaks to the heart.

I sincerely hope that more young people will open their hearts to consider religious life. In a world filled with noise and constant distractions, the witness of those who dedicate their lives completely to God is a precious gift. While God calls each person to different paths in life, I believe more young people would find profound joy and purpose if they courageously explored this calling. God continues to call; it is up to us to listen and respond with trust.



MY JOURNEY WITH SSVP

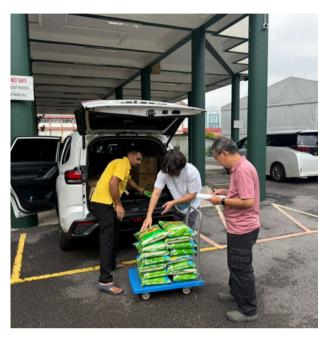
Earlier this year, I felt a quiet calling to do more — to serve, to connect, and to live out my faith in a more tangible way. That's when I decided to join the Society of St. Vincent de Paul (SSVP) at St. Francis Xavier Church.

At first, I wasn't sure what to expect. I was new, still learning how things worked, and wondering how I could contribute. But from the very first meeting where I was invited to join the Service Sunday, I was touched by the warmth and dedication of the Vincentians around me. I'm reminded that charity is not just about giving things — it's about giving time, compassion, and respect.

After 3 months of assisting the Service Sunday and learning the ropes from inventory check, allocation, packaging till distribution, I was entrusted to take on and lead the Food Bank. Taking on the role has been one of the most meaningful experiences of my journey so far. It's more than just distributing food; it's about listening, understanding, and being present for those who often feel unseen. Each family I learned from their hardships reminds me of the quiet strength that exists even in difficult times — and how a small act of kindness can truly make a difference.

Through this journey, I've learned that service isn't about having everything figured out. It's about showing up, with sincerity and compassion, and letting God work through us. I'm grateful for the opportunity to serve alongside such inspiring people, and for the chance to grow — not just in faith, but in empathy and humility.

Being part of SSVP has strengthened my faith and deepened my understanding of what it means to serve "Christ in the poor." I'm grateful for the support of my fellow Vincentians, who inspire me with their dedication and quiet generosity.



I'm still learning every day, but I know I'm exactly where I'm meant to be.

- Jessica Lim



"Service isn't about having everything figured out. It's about showing up, with sincerity and compassion."

NURTURING HEARTS OF SERVICE SSVP INDUCTION & VOLUNTEER TRAINING

On 16 August 2025, the Conference of St. Francis Xavier, Petaling Jaya, held a special one-day induction and volunteers training session for new and seasoned volunteers. Our RPX boys were also invited to join the Induction since the training was held at RPX. The program combined history, spirituality, and practical volunteers training into a meaningful experience that inspired Vincentians to serve with compassion and conviction.

A Journey Through Heritage and Spirituality

The morning began with a warm welcome, opening prayer, and ice-breakers that set the tone for fellowship and openness. Sis Irene Ng led the induction by sharing about the Society's heritage—from its founding in 1833 by Blessed Frédéric Ozanam to its growth in Malaysia since 1934. She explained the symbolism of the SSVP logo and reminded everyone that Vincentian spirituality is more than just charity—it is a way of life rooted in humility, love, and prayer. As she beautifully put it:

"Without Vincentian spirituality, we risk becoming just another NGO. With it, we journey with the poor as brothers and sisters, bringing Christ's love into their lives."

Bro Francis Lai then introduced the Society's key activities—ranging from home visitations and financial aid for Friends in Need (FINs), to the Ozanam Service Centre and Mobile Food Bank. He emphasized that becoming a Vincentian means more than lending a helping hand; it means committing to a life of faith in action, seeing Christ in the poor, and walking alongside them with dignity.

Practical Training for Volunteers

In the second half, Sis Jennifer Chong facilitated the Volunteer Training session, equipping participants with the essential skills for serving FINs.

The session covered:

- · Active listening and empathy as the heart of journeying with our FINs
- ·Cultural sensitivity and inclusion, especially in Malaysia's diverse setting
- ·Understanding needs beyond immediate financial struggles
- ·Boundaries and self-care of Volunteers to prevent compassion fatigue
- · Confidentiality and ethics, ensuring respect for FINs' dignity and privacy

Volunteers were guided through the Case Handling Process, from building trust and gathering information, to assessing needs, referring for aid, and following up with consistent care.

Resonating Feedback from the Heart

The impact of the session was deeply felt by those who attended. Here are some voices from the day:

- ·"A very meaningful and informative experience... The tenets of doing the work directly, seeing the face of Christ in the poor, and trusting in Providence resonated with me."
- ·"The most important takeaway was to serve with a Christian heart and see Christ in the poor while treating them with dignity and privacy."
- ·"As a first-timer, this was an eye-opener in journeying alongside the underprivileged. May God be our strength and light in serving the poor."
- ·"The fellowship we shared was equally enriching, reminding us that service is never done alone."

One participant reflected on the words of St. Vincent de Paul:

"Let us love God, brothers, let us love God, but let it be with the strength of our arms and the sweat of our brows."

This call to action is at the heart of Vincentian service—faith that moves beyond words into acts of love.

Closing Reflection

As participants left the training, there was a renewed sense of purpose: to continue seeing Christ in the poor, to serve with humility and love, and to walk together in building a more compassionate community. Volunteers left the session with a clearer understanding of their role, strengthened by Vincentian spirituality and the Society's enduring values.

As St. Vincent de Paul reminds us:

"Charity is the cement which binds communities to God and persons to one another."

→ Together, may we continue to see Christ in the poor, serve with humility, and let love be our guiding force.

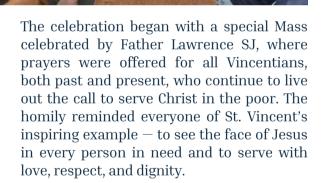
--- Jennifer Chong





SAINT VINCENT DE PAUL FEAST DAY

On 27 September 2025, the Society of Saint Vincent de Paul (SSVP) joyfully celebrated the Feast Day of St. Vincent de Paul, the patron saint of our charity and service to the poor. Members of the society, together with parishioners and friends, gathered in thanksgiving for the gift of St. Vincent's life and his enduring legacy of compassion and humble service.



Following the Mass, members enjoyed a brunch fellowship, filled with warmth, laughter, and sharing of experiences from their ministry. It was a moment to strengthen bonds of friendship and renew commitment to the society's mission of "Serving in Hope."

As the SSVP continues its work among the less fortunate, the feast day celebration was a beautiful reminder that charity is not just an act, but a way of life inspired by faith and guided by love.

--- Sally Chan

"Let us love God, but let it be with the strength of our arms and the sweat of our brows."



UAP2 – NURTURING HOPE TOGETHER

A DAY WHEN LOVE, JOY, AND FAITH CAME ALIVE

After months of preparation by Social Communication Ministry together with SSVP, Prison, Migrant and C4C Ministries, UAP2 – Nurturing Hope Together finally came alive in a beautiful celebration of compassion and community.

Our guests — lovingly referred to as our community friends — included the poor, migrants, children from SSVP education homes, and individuals rebuilding their lives. They arrived in great numbers, filling the parish with warmth, joy, and anticipation. Each was welcomed with a tote bag containing a reusable cutlery set, to promote care for our environment, and a chocolate cookie, symbolising love and sweetness in fellowship.

The event began with a warm welcome from our parish priest, who greeted everyone as one big family in English, Malay, and Mandarin, while our RPX administrator translated joyfully into Tamil. A short video presentation showcasing the works of the UAP2 ministries followed, setting the tone for the day.

Then came an energetic drum circle — an icebreaker that filled the air with rhythmic beats, joyful clapping, and laughter, breaking down all barriers and bringing everyone together in harmony.

Participants were then ushered to various activity zones — from dance therapy and mosaic art creation in Loyola Hall (Level 2) to Mandala healing therapy, creative arts, and stone painting on Level 1. Meanwhile, the children had their own fun-filled session in Xavier Hall, enjoying songs, games, and another lively drum circle.

The day concluded with a sumptuous nasi lemak lunch and an exciting lucky draw. No one left empty-handed — each guest received a thoughtful gift pack as a memento of the day.

Voices of Gratitude

From our community friends:

> "I was not interested in art at first, aunty, but after doing the Mandala, I feel like I want to do more. It's really a nice day. Spread joy and love

"Praise the Lord, sister! We enjoyed ourselves and are very happy to join this event. Everyone was so friendly, loving, and caring. Hope to join again soon. Thank you so much for all the love you've shown us! ""



From our facilitators:

"It's been a joy and privilege to work with all of you. The children were so happy during music therapy — some even asked if they could come again next week! Seeing their laughter and joy is the greatest reward. Ad Majorem Dei Gloriam •"

"I truly enjoyed the session. The participants were creative and engaged. Thank you for inviting me. God bless — the team did a great job!

©"

From our volunteers:

"UAP2 truly came alive! It was inspiring to see our community friends and their children enjoying themselves while volunteers served joyfully together. Well done to the committee for organizing this event with so much heart. I'm blessed to be part of the team. Thank you and God bless!

A Day of Grace and Gratitude

The event was truly a blessing — for our community friends, facilitators, volunteers, and the entire organising team.

Indeed, God is good, and all glory be to Him! Guided by the Holy Spirit from planning to execution, everything came together beautifully despite the minor challenges that come with any big event.

Praise the Lord, for His blessings and love that continue to inspire us to serve others joyfully and wholeheartedly.







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