



CATHEDRAL OF THE HOLY SPIRIT

1 Tingkat Besi Satu, Island Park, 11600 Penang

☎ 04-658 4909 • 04-656 6681 • 04-656 4309 (Fax)

✉ admin@holyspiritcathedral.com 🌐 holyspiritcathedral.com

📘 CathedralOfTheHolySpiritPenang 📺 chspenang 📺 youtube.com/c/CHSPgTv




Parish Priest: FR. JOACHIM ROBERT Priest in Residence: FR. FRANCIS ANTHONY

2022 THEME SALT OF THE EARTH AND LIGHT OF THE WORLD:
MARCH COMMUNION, PARTICIPATION AND MISSION

DATE	TIME	ACTIVITY	MASSES IN THE PARISH
Mar 13 (Sun) <i>Gen 15:5-12, 17-18 Phil 3:17 – 4:1 Lk 9:28-36</i>	8.00 am 10.30 am	MASS (M) MASS (E)	2ND SUNDAY OF LENT (YEAR C) No livestream Livestream Link: https://www.youtube.com/c/CHSPgTv
Mar 14 (Mon)	6.40 am 7.00 am	Lauds MASS	No livestream
Mar 15 (Tue)	6.40 am 7.00 am	Lauds MASS	No livestream
Mar 16 (Wed)	6.10 pm 6.30 pm	Vespers MASS	Livestream Link: https://www.youtube.com/c/CHSPgTv
Mar 17 (Thu)	6.10 pm 6.30 pm	Vespers MASS	St. Patrick, Bishop & Missionary Livestream Link: https://www.youtube.com/c/CHSPgTv
Mar 18 (Fri)	12.00 pm 8.00 pm	WOC (E) MASS WOC (ET) MASS WOC (M)	St. Cyril of Jerusalem, Bishop & Doctor Livestream Link: https://www.youtube.com/c/CHSPgTv
Mar 19 (Sat)	6.40 am 7.00 am 6.00 pm	Lauds MASS MASS (E)	St. Joseph, Spouse of the Blessed Virgin Mary, Solemnity No livestream
Mar 20 (Sun) <i>Ex 3:1-8, 13-15 1 Cor 10:1-6, 10-12 Lk 13:1-9</i>	8.00 am 10.30 am	MASS (M) MASS (E)	3RD SUNDAY OF LENT (YEAR C) No livestream Livestream Link: https://www.youtube.com/c/CHSPgTv

PARISH ACTIVITIES

Mar 13 (Sun)	8.30 pm	RCIA	ZOOM
Mar 14 (Mon)	4.00 pm	Legion of Mary	ZOOM
Mar 19 (Sat)	9am–6pm	Creative Weekend	Oikos / Cenacle Building
Mar 20 (Sun)	9am–6pm		
	8.30 pm	RCIA	ZOOM

THANK YOU FOR YOUR GENEROSITY

Offerings of Mass Intentions, financial giving of monthly tithing, love offerings or donations to the Parish can be made through online transfers to the following designated bank accounts:

Online Payment for	Donations Mass Offering Hall Booking Wake Room Booking	Tithes	Sharing Hope Project Outreach Projects
Bank	Public Bank Berhad	RHB Bank Berhad	RHB Bank Berhad
Account Number	309 3049812	20708 2000 39510	20708 2000 39928
Account Name	Cathedral of the Holy Spirit	Cathedral of the Holy Spirit	Cathedral CHS

Please email or WhatsApp the Bank-in-Slip to admin@holyspiritcathedral.com or 012-3984909

Our Collection for 5 & 7 March 2022: RM3,100.00

TITHING ENVELOPES FOR YEAR 2022

We are pleased to inform that our Tithing Envelopes for Year 2022 is ready. Please do collect from Church Office. Thank you and God bless.

“God loves a cheerful giver.” – 2 Cor. 9:7

PUBLIC MASS

WHO MAY ATTEND

1. Parishioners who have a Low Risk / Casual Contact with no symptom Covid-19 risk status and are fully vaccinated (subject to SOP changes) are welcomed.
2. The public advisory continues to discourage children below 12 years old, senior citizens above the age of 60 and those with chronic illness from public gathering. If you are planning to come, please consult your family members and weigh the risk for yourself and others.

WHO CANNOT ATTEND?

1. Those who are unwell or exhibiting symptoms / infections such as cough, fever, sore throat, respiratory issues, flu or cold are not permitted.
2. Those who are NOT showing Low Risk / Casual Contact with no symptom Covid-19 risk status.
3. Those who are NOT fully vaccinated (must be more than 14 days after 2nd Dose)

Those who are under investigation or home quarantine (if there are members in your household that are under home quarantine or investigation, you are not allowed to attend).

CHS COMMUNICATION CHANNEL

We are currently using **Whatsapp Chatgroup** for all Zones and FoCHS communication to disseminate information on the upcoming activities and events for our Parish. Please ensure you are registered in your Zone or FoCHS Chatgroup to receive these broadcasts and information. Contact your respective Zone or FoCHS Leaders for assistance. Thank you and God Bless.

CHS MOVIE NIGHTS

As we step into the season of Lent we will be screening videos through ZOOM that helps us relate to Christ teachings, values and passion.

9th April Sat 8.00pm: *The Passion of the Christ*

23th April Sat 8.30pm: *Resurrection*

Zoom Link: <https://us02web.zoom.us/j/87173389571?pwd=d1BsOHVKSkMwYWwLY0tMRkoxVXB2Zz09>

Meeting ID : 871 7338 9571

Pass Code: 777555

or Scan for Zoom Meet →

Come, join us, meet and catch-up with one another. God Bless.



2022 CHRISM MASS

CHS will be hosting 2022 Chrism Mass on Apr 5th Tuesday. Do keep this day free and join us to participate in the Chrism Mass. More details will be made available in coming weeks. God Bless.

CHS 2022 CALENDAR

We are pleased to announce that our [CHS 2022 Calendar](#) is now available. Limited printed copies will be made available for those who need it. Kindly request through your Zone/BEC leaders. Softcopy of the calendar is available for download. Thank you and God Bless.

https://drive.google.com/file/d/1J8EWzDDO9PD5o-fEnY-e7_xlpHw12Lz/view?usp=sharing



MUSINGS DURING THE PANDEMIC – OUR CHS WEEKLY REFLECTIONS

We welcome contributions of testimony and reflections that draw us closer to our Lord via video. Please send your testimony or reflections to chsmusings@gmail.com. Our weekly reflections are archived and available at our CHS website and circulated weekly via our social media apps. Be encouraged. *Matthew 10:32*

SHARING HOPE 2.0

Let us continue to reach out to the families around us who are in need, help them submit the Provision Application Form at:- <https://tinyurl.com/PgCaritasReceiveBlessings> or scan QR code to submit form.

Besides submitting the Provision Application Form, how can you help?

1. Inform CHS office of any families that need help in your neighborhood.
2. Volunteer to pack or deliver
3. Cash donation
4. Donate food/essential items:-
 - Rice
 - Instant Noodles
 - Canned Food
 - Milo / Coffee
 - Adult Diapers
 - Biscuit
 - Cooking Oil



Essential items can be dropped into the basket at CHS from 9am – 12noon. For those who wish to transfer online to "Cathedral CHS", RHB account no: 20708200039928 or Call CHS Parish office. List of food/essential items is available at the front of CHS office. For details, please contact: Catherine Tan 019-4565577 or Anne Tan (CHS Office) 04-6584909 / 012-3984909

THE LENTEN COMPANION BY FR MARK TOUPS

CHS BECs/Zone is inviting you this Lent for a Personal Encounter with the Gospel ~ The Lenten Companion.

Topic:

Lent @ CHS Lent ~ The Lenten Companion by Fr Mark Touns

Time: 08:30 PM Kuala Lumpur

Join Zoom Meeting

<https://bit.ly/CHSlent2022>

Meeting ID: 868 7564 7866

Passcode: CHSLENT

LENT @ CHS

MAC

03 **REND YOUR HEART**
This Ash Wednesday

10 **BE NOT AFRAID**
Temptation in the Desert

17 **WHAT DOES GOD THINK OF YOU?**
The Transfiguration

24 **NOTHING ELSE WILL SATISFY**
The Samaritan Woman

31 **GOD STILL WANTS MORE OF YOU!**
The Man Born Blind

APR

07 **THIS IS THE WAY BACK TO GOD**
The Raising of Lazarus

11 **PRAYING @ THE FOOT OF THE CROSS**
A MEANINGFUL HOLY WEEK

Lenten Companion

Come Join Our BECs/Zone for a Personal Encounter with the Gospel

Zoom @ 8:30pm
<https://bit.ly/CHSlentComp>
Meeting ID: 868 7564 7866
Passcode: CHSLENT

NOTICE

With the new revision on the abolishment of the temperature control and log books, our position to ensure a safe environment for parishioners to attend Mass is severely compromised. The only alternative we can turn to, is to yourselves, as parishioners of CHS to take responsibility and take care of each other (*Kita jaga kita*). The new Omicron variant is highly contagious and most of the time, those tested positive do not have any fever or any of the usual symptoms of the Delta variant. As such, we appeal to all to refrain from coming for Mass especially if you have the following symptoms:-

sore throat, runny nose, persistent cough or any other symptoms related to this pandemic, irrespective of your self-test result. This would greatly help us make our church safe for us to gather together as one body to worship Him and receive the Eucharist.

COMING BACK TO CHURCH - Catechism of the Catholic Church 1324-1327 defines the Eucharist as the source and summit of Christian Life. We need to receive the Eucharist to strengthen ourselves and persevere through the trials of life. We cannot receive the Eucharist virtually and with the majority of parishioners fully vaccinated, we are encouraging all parishioners to come back and worship our Lord as one body especially on Sundays as it is a day of obligation. The dispensation was given at a time when Covid-19 was taking many lives and no vaccines were available. The situation is different now. If you are fully vaccinated, and especially if you are going to work every day, eating out, going to the market or mall, visiting relatives during CNY, you should be able to come and worship our Lord in church on Sundays as well.



LENT 2022

Mission Week

14 to 20 March



Bless
someone
with a meal



Order through
google link form.
Pick-up or request
for delivery on
Saturdays.



Canned food
Cooking oil
Oats/Nestum
Milk powder
Adult diapers



Drop them
into the
Lenten Basket
outside
parish office

DONATE



Penang Diocesan
Lenten Campaign



Cathedral of the
Holy Spirit



Caritas | DIOCESE OF
MALAYSIA | PENANG

LENT 2022

Theme : Together WE Restore

RESTORATION

- IN OUR RELATIONSHIP WITH GOD
- IN OUR FAMILY RELATIONSHIP
- IN PARISH MINISTRIES
- IN OUR COMMUNITY AND SOCIETY
- IN CREATION (ENVIRONMENT)

WEEKLY ADVOCACY

7- 13 MARCH - PRAYER & REFLECTION
14 - 20 MARCH - MISSION WEEK
21-27 MARCH - CREATION WEEK
28 MAR - 3 APRIL - ASHES OUT OF
BEAUTY
4 - 10 APRIL - CALL FOR ACTION
11-17 APRIL - HOLY WEEK

ACTIVITIES PLANNED

- DAILY GOSPEL REFLECTION BY LOVE SQUAD
- LENTEN COMPANION
- 5 MARCH - LENTEN RECOLLECTION BY FR. JOHN ANANDAN IN CHS, JOINTLY ORGANIZED BY CARITAS, DIOCESE OF PENANG AND CHS
- 19-20 MARCH - CREATIVE WEEKEND
- 2 APRIL - BLOOD DONATION

sadness
upset
fear
stress
anxious



**Are you having
a crisis of feeling
overwhelmed?**

**You don't have to
suffer in silence.**

**Shalom Careline offers
free and anonymous
emotional support
and is just a call away.**

Call Shalom Careline:
 **03-2723 7272**

Operating hours:
Everyday
10.00 a.m. - 1.00 p.m.
7.00 p.m. - 11.00 p.m.



11TH NOTIFICATION AND UPDATES IN THE DIOCESE OF PENANG (MARCH 2022)

<https://www.pgdiocese.org/post/11th-notification-updates-in-the-diocese-of-penang>

1ST March 2022
PKK/BDN/2022/03/130

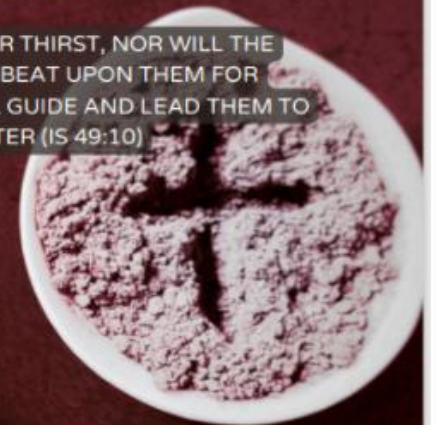
Bishop Sebastian Francis



11TH NOTIFICATION & UPDATES

**In the Diocese of Penang
(March 2022)**

THEY WILL NEITHER HUNGER NOR THIRST, NOR WILL THE
SCORCHING WIND OR THE SUN BEAT UPON THEM FOR
HE WHO HAS MERCY ON THEM WILL GUIDE AND LEAD THEM TO
THE SPRINGS OF WATER (IS 49:10)



LENT

Ash Wednesday - 2nd March
World Water Day - 22nd March



INTENDED FOR ALL THE
CATHOLIC FAITHFUL IN THE
DIOCESE OF PENANG

For internal
circulation only

CREATIVE WEEKEND 2022



19-20 March 2022

9:00am to 6:00pm

[There will be a Closed Mass for participants on Sunday at 6pm]



Open for ages 14 years and above

Click here for more details
and to register

Closing Date: **06 March 2022**



Cathedral of the
Holy Spirit, Penang