



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
AUGUST
SALT OF THE EARTH AND LIGHT OF THE WORLD:
COMMUNION, PARTICIPATION AND MISSION

DATE	TIME	ACTIVITY	MASSES IN THE PARISH
Aug 07 (Sun) <i>Wis 18:6-9 Hebr 11:1-2, 8-19 Lk 12:32-48</i>	8.00 am 10.30 am	MASS (M) MASS (E)	19 TH SUNDAY IN ORDINARY TIME (C) No Livestream Livestream: youtube.com/CHSPgTv
Aug 08 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	St. Dominic, Priest No Livestream
Aug 09 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	St. Teresa Benedicta of the Cross, Virgin & Martyr No Livestream
Aug 10 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	St. Laurence, Deacon & Martyr, Feast Livestream: youtube.com/CHSPgTv
Aug 11 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	St. Clare, Virgin Livestream: youtube.com/CHSPgTv
Aug 12 (Fri)	6.10 pm 6.30 pm	Vespers MASS (E)	St. Jane Frances de Chantal, Religious Livestream: youtube.com/CHSPgTv
Aug 13 (Sat)	6.40 am 7.00 am 5.30 pm 6.00 pm	Lauds MASS (E) Silent Adoration MASS	Ss. Pontian, Pope & Hippolytus, Priest, Martyrs } No Livestream } Livestream: youtube.com/CHSPgTv
Aug 14 (Sun) <i>Jer 38:4-6,8-10 Hebr 12:1-4 Lk 12:49-53</i>	8.00 am 10.30 am	MASS (M) MASS (E)	20 TH SUNDAY IN ORDINARY TIME (C) No Livestream Livestream: youtube.com/CHSPgTv

PARISH ACTIVITIES			
Aug 08 (Mon)	4.30 pm	Legion of Mary	Zoom
	8.30 pm	EMHC Reflection & Election	St Mark, Ground Floor, Oikos Building
Aug 09 (Tue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Aug 11 (Thu)	5.00 pm		
Aug 13 (Sat)	4.00 pm	CEC (English)	Oikos Classrooms
Aug 14 (Sun)	12.00 pm	RCIA (English)	St Mark, Ground Floor, Oikos Building

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

Email or WhatsApp Bank-in-Slip to admin@holyspiritcathedral.com or 012-3984909

Our Collection for 30 & 31 July, 2022: RM7,670.70

Second Collection for 6 & 7 August is for our Parish outreach projects for the Poor

PENANG DIOCESAN LENTEN CAMPAIGN 2022

Thank you for supporting the 2022 Penang Diocesan Lenten Campaign. The total amount collected in 2022 by Penang Deanery came to RM 236,695.00. Tax exemption receipts are being processed and will be sent out soon.

TITHING ENVELOPES FOR YEAR 2022

If you have not collected your Tithing Envelopes for Year 2022 kindly do so at the Church Office. Thank you and God bless.

CHS 2ND COLLECTION

CHS is blessed and grateful for your generosity as a caring Parish, especially so during the pandemic when we are able to reach out to so many, crossing geographical boundaries, race, religion and social stature. This was made possible by your generosity in answering our call by donating cash and kind, helping to distribute the aid, organizing and also mobilizing all the resources. We are very grateful to all of you and also for God blessing us abundantly with your talents, generosity, energy and compassion.

To enable us to continue with these activities and also to embark on new outreach initiatives, we will be resuming the 2nd Collection during our weekend Masses on the 1st Sunday of every month and the proceeds will be used to fund all Parish outreach activities for the needy. The 2nd Collection will also give you opportunities to help make our outreach activities possible.

Again, we thank you for your continued generosity. May God's blessings and grace always be abundant with you.

Thank you.
Fr. Joachim Robert

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

DEVOTIONS BEFORE SUNSET MASS ON SATURDAYS

CHS will be resuming prayer devotions 30 minutes before Sunset Mass on Saturdays. Below are the schedules for the month of August. Come and join in the devotions.

<u>Week</u>	<u>Date / Time</u>	<u>Devotions</u>
1 st Saturday	06 Aug 2022 / 5.30pm	Novena to Our Lady of Perpetual Help
2 nd Saturday	13 Aug 2022 / 5.30pm	Silent Adoration
3 rd Saturday	20 Aug 2022 / 5.30pm	Praise & Worship
4 th Saturday	27 Aug 2022 / 5.30pm	Novena to the Holy Spirit

2-DAY WORKSHOP ON THE ART OF LETTING GO AND SILENT MEDITATION **– HOLISTIC HEALTH OF MIND, BODY & SPIRIT**

Spiritual Director: Fr. Charles Chin
Date / Time : 24 & 25 September 2022 (Saturday & Sunday) / 9.00am to 7.00pm
Venue : Cathedral of the Holy Spirit, No 1 Tingkat Besi Satu, Island Park, Penang

Focus of the Workshop:-

The art of letting go, letting go of and disengaging from stress and traumatic experiences through silent meditation.

During this two-day workshop, Fr. Charles Chin will share a simple holistic health formula that will help us in our journey of healing and wholeness of body, mind and spirit. This formula is also a rehabilitation program to recharge and to rejuvenate, helping oneself gradually to:-

- Be more focused
- Be calm, peaceful
- Reduce/eliminate stress, anxiety, tension, anger, resentment, un-forgiveness, attachments to status, worldly things
- Eliminate migraine.

Workshop Particulars:-

Fee : RM30.00 (inclusive lunches for 2 days)
Attire : T-Shirt & Long Pants
(Optional – socks, jacket, etc. to keep warm)
Language : Bilingual (English & Mandarin)
Closing date : 10 September 2022
Further enquiries : Victoria Labrooy (011 - 1148 7528) / Bernard Capel (016 - 411 7675)
王雪玲 (016 - 451 2264) / 韩珊珊 (012 - 444 3802)
Registration : <https://forms.gle/4X35cQUGNjwfhx6q6>

All are welcome for a day of insights and learn how to meditate.

CHS MOVIE NIGHTS

We will be having the following video screened through ZOOM in the month of August.

13th August Sat 8.30pm: *Life For Life Maximilian Kolbe*
27th August Sat 8.00pm: *Restless Heart – The Confessions of Augustine*

Zoom Link: <https://us02web.zoom.us/j/87173389571?pwd=dIBsOHVKSkMwYWhLY0tMRkoxVXB2Zz09>

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.



ALTAR SERVER RECRUITMENT

Calling all aged 10-16 year olds (you have to be a baptised Catholic and have received your first holy communion). Come join us to serve at the altar and to be closer to Jesus!

Through serving, you will have a deeper understanding of the liturgy and the rich culture of the Church as well as grow in faith and in responsibility, friendship, and other virtues. Do call us if you are interested:-

Ethan Goon 012 453 2107 / Nicole Yeoh 010 385 2730

CHS MEDICAL MISSION

CHS is calling for doctors and nurses to join us in medical mission trips to communities with limited access to medical attention in Perak. The mission is in collaboration with the Church of Sacred Heart, Kampar. Let us be inspired by the Holy Spirit in the church's mission to share divine compassion for those in need. We encourage you to contact the following coordinators to understand more on this mission:-

Anne Marie 012-563 0794 | Juliana Khoo 012-408 1392 | Roselyn 016-521 5027

MUSINGS DURING THE PANDEMIC – OUR CHS WEEKLY REFLECTIONS

Has God answered your prayers? Did you call on the name of Jesus and He answered you (*Jer 33:3*)? **God still works miracles today.**

Remember the Renewal Experience at the Crib during Christmas and our recent Pentecost Renewal Experience where we are called to ask of the Lord the things that matters most to our heart? When your prayers are answered, give thanks to our loving Father who hears all our prayers and answers them in accordance to His will. Share your testimony that will draw us closer to our Lord. Please send your testimony 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.

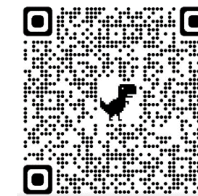
Matthew 10:32

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
 - Biscuits
 - 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

ELECTIONS FOR MINISTRY LEADERS (2023 – 2025)

The time has indeed passed very quickly, it has already been 2 years & 7 months since our current PPC and Ministry Leaders assumed service. It is time again for us to reflect, review and discern on the next 3 years of our Parish leadership. Below is the timeline that we need to align with to have our next PPC and Ministry Leads on-board by 1st January 2023.

- **July – September:** Ministries to meet and hold elections
- **October:** Cluster groups to meet and hold elections
- **November 11th:** PPC elections

Next Step

1. We need help to run the elections and request each Cluster Lead to nominate 2 members from each Cluster Group for us to form the Election Committee. The Election Committee will be led by a Council Member appointed by Fr. Joachim.
2. Ministry Leaders are kindly requested to help Cluster Leads by planning and proposing a time for your respective Ministry elections

Clarification

Since the current constitution of 2 terms of office only applies to PPC, the current Ministry Leadership may continue to stand for election and serve while we include and develop the next line of leadership. Let us continue to pray for our Parish as we journey through the selection of leadership towards the formation of our next PPC and Ministry Leaders. Thank you and God bless.

ELECTIONS GUIDELINES FOR ALL MINISTRIES AND GROUPS TO FOLLOW

1. Election is to be conducted between now and September 2022. The newly elected office bearers will serve in the term 1st January 2023 to 31st December 2025 (3-year term).
2. Election is to be facilitated by an Electoral Member. Each Ministry who are conducting their elections must liaise with the Electoral Team to have one of their members present for your election. Contact person: Iruthaya Das (019-288 2202)
3. Quorum for election – minimum 50% of registered members are present.
4. Office Bearers to be elected:-
 - a) Coordinator
 - b) Assistant Coordinator
 - c) Secretary(as per positions for Zones/BEC Office Bearers).
Ministries and Support Groups will have similar roles titled specific to each group.
Note:- To specify clearly in the Election Form.
5. Treasurer and Committee Members can be co-opted by the elected office bearers or can be included in the election. To specify clearly in the Election Form.
6. All candidates for election must be baptized and practicing Catholics and have been serving in that respective Ministry for at least one year.
7. Existing office bearers may stand and be elected to hold the position for the new term. The important factor is that they are chosen to lead the Ministry again by the members and not self-elected to lead.
8. A member absent cannot be nominated or elected for any position except when they have indicated their willingness to be nominated/elected and provide reason(s) for their absence.
9. Results of the election should be reviewed by the Parish Priest within 1 week after the election.
10. Ministries are to inform the Parish Office of their newly elected office bearers latest by 30 September 2022.
11. Ministries that do not conduct elections and do not abide by the PPC guidelines herein contained may not be able to enjoy full Parish facilities as per a recognized Ministry/Support Group.
12. Elections for all Ministries and Support Groups must not be held on a BEC day. Only Zone/BEC groups will be able to do so.