



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

Facebook: [CathedralOfTheHolySpiritPenang](https://www.facebook.com/CathedralOfTheHolySpiritPenang) Instagram: [chspanang](https://www.instagram.com/chspanang) YouTube: [youtube.com/CHSPgTv](https://www.youtube.com/CHSPgTv)



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

2023 THEME
MARCH

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

DATE	TIME	ACTIVITY	MASSSES IN THE PARISH
Mar 19 (Sun) <i>1 Sam 16:1,6-7,10-13 Eph 5:8-14 Jn 9:1-41</i>	8.00 am 10.30 am	MASS (M) MASS (E)	FOURTH SUNDAY OF LENT (LAETARE SUNDAY) (YEAR A) / RCIA 2nd SCRUTINY No Livestream Livestream
Mar 20 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	St. Joseph, Spouse of the Blessed Virgen Mary, Solemnity No Livestream
Mar 21 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Mar 22 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Mar 23 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	St. Turibius de Mogrovejo, Bishop No Livestream
Mar 24 (Fri)	12.00 pm 8.00 pm	WOC (E) & MASS (E) WOC – Church (E) / Multipurpose Hall (T) / Classrooms (M)	No Livestream
	8.45 pm	MASS (E)	Livestream for 8pm English WOC & Mass
Mar 25 (Sat)	6.40 am 7.00 am	Lauds MASS (E)	Annunciation of the Lord, solemnity No Livestream Livestream
	5.30 pm 6.00 pm	Novena to the Holy Spirit MASS (E)	
Mar 26 (Sun) <i>Ez 37:12-14 Rom 8:8-11 Jn 11:1-45</i>	8.00 am 10.30 am	MASS (M) MASS (E)	FIFTH SUNDAY OF LENT (YEAR A) / RCIA 3rd SCRUTINY No Livestream Livestream

Link to Livestream Masses: [youtube.com/CHSPgTv](https://www.youtube.com/CHSPgTv)

PARISH ACTIVITIES			
Mar 20 (Mon)	3.30 pm	Legion of Mary	
	8.30 pm	EMHC Recollection	St Mark, OIKOS
Mar 21 (Tue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Mar 23 (Thu)	5.00 pm		
	Mar 25 (Sat)	8.00 pm	HSPG Prayer Meeting
4.00 pm		CEC (English) Catechism	OIKOS

PARISH NEWS

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 account:-

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 Bank-in-Slip to admin@holyspiritcathedral.com

Our Collection for 11 & 12 March 2023: RM7,729.70

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



DEVOTIONS BEFORE SUNSET MASS ON SATURDAYS

Below are the prayer devotions before Sunset Mass on Saturdays. Come and join in the devotions:-

Week	Date / Time	Devotions
4th Saturday	25 Mar 2023 / 5.30 pm	Novena to the Holy Spirit

PARISH NEWS

INFANT BAPTISM AT CHS FOR YEAR 2023

Infant Baptism will be held in the main church on the following Sundays at 12pm:-

26 March | 23 April | 21 May | 25 June | 23 July
27 August | 24 September | 22 October | 26 November | 24 December

Please register at our Parish Office. There will be a pre-baptismal instruction and briefing for both parents and godparents.

CHS BADMINTON COURTS | 19 MARCH 2023

The Dewan Holy Spirit will not be available for Badminton on Sun, 19 March 2023.

PENITENTIAL SERVICE IN CHS | 21 MARCH 2023

CHS will be having our Penitential Service on Tuesday **21 Mar 2023, 8pm-10pm**.

Schedule for penitential services across Penang Island Deanery are as follows:-

Mar 20	10.30am – 12.00pm 8.00pm – 10.00pm	Church of the Immaculate Conception
Mar 21	8.00pm – 10.00pm	Cathedral of the Holy Spirit

ETERNAL REST: THE ART OF DYING WELL | SESSION 3: 21 MARCH 2023

Whom exactly is the Sacrament of the Anointing of the Sick for? What are its effects? In this session, we discover the role of this sacramental anointing in the spiritual struggle during serious illness, in the final stages of our temporal life, and at the hour of our death.

Date: 21 March 2023 (Tuesday)
 Session 3: The Hour Of Our Death
 Time/Venue: 9.30 am @ St Mark Classroom

TUESDAYS 9.30AM-12.00PM
 Next two sessions: **21, 28 March 2023**
 St. Mark Classroom, Cathedral of the Holy Spirit, Penang

ETERNAL REST™

THE ART OF DYING WELL

1. The Story of Death
2. The Afterlife
3. The Hour of Our Death
4. The Faithful Departed

Registration: Debra 016 481 9033 or Lilian 016 453 7101

LENT FOOD SALES FUNDRAISING AT CHS CAFÉ | 25 & 26 MARCH 2023

Date & Time: 25 March 2023 (Saturday), 4.00pm to 8.00pm
 Date & Time: 26 March 2023 (Sunday), 7.30am to 1.00pm

Funds raised will be channeled to Mt Miriam Cancer Hospital and Persatuan Kebajikan Haemodialisis St. Anne.

Please contact Madeline 林駙嘉 016-5582196 or Eunice 陈碧观 012-5290060 for more details.

PARISH NEWS

WAY OF THE CROSS FOLLOWED BY MASS

24 & 31 MARCH 2023

Join us for Way of the Cross followed by Mass on Fridays in this season of Lent! Let us prepare our hearts and come together in meditating the Passion of Jesus Christ through the 14 stations!

12 noon	WOC (E) followed by Mass (E) in church
8.00 pm	WOC (E) : Church WOC (T) : Chapel WOC (M) : Classroom
8.45 pm	Mass (E) in Church

Way of the Cross

24 FEB
3 MAR
10 MAR
17 MAR
24 MAR
31 MAR

12 NOON WOC (ENGLISH) FOLLOWED BY MASS (ENGLISH) IN CHURCH

8 PM WOC FOLLOWED BY 8.45 PM MASS (ENGLISH) IN CHURCH

- ENGLISH - WOC : CHURCH
- TAMIL - WOC : CHAPEL
- MANDARIN - WOC : CLASSROOMS

CATHEDRAL OF THE HOLY SPIRIT, PENANG

CHRISM MASS & SACERDOTAL ORDINATION | 28 MARCH 2023

The Diocese of Penang invites you to the Sacerdotal Ordination of Deacon Raymond Raj and Deacon Desmond Jansen together with Chrism Mass at Minor Basilica of St Anne Bukit Mertajam on 28 March 2023 (Tuesday) at 7.00 pm. Refreshment will be served after Mass. CHS will be organizing a bus at a subsidized fee of RM10 per head. Bus will leave CHS at **4.45pm**. Parishioners who would like to join this celebration, kindly register with the Parish Office.

Registration will close by 19 March 2023 (Sunday).

Sacerdotal Ordination

DEAR MR. AND MRS. / MS. / MDM.,
 Diocese of Penang invites you to the

Sacerdotal Ordination of
DEACON RAYMOND RAJ
 S/O JEREMIAH
 and
DEACON DESMOND JANSEN
 S/O DAVID ANTHONY

MARCH 28, 2023 | 07.00 PM
 At Minor Basilica of St. Anne,
 Bukit Mertajam, Penang
 TOGETHER WITH CHRISM MASS

MEDICAL CAMP OUTREACH | 22 APRIL 2023

The Medical Team and volunteers will be going for an outreach to a migrant community in Perak on 22 April 2023. We would like to request your prayers for the outreach.

Should you like to be part of the Medical Camp Outreach team or contribute to the outreach, please contact Juliana Khoo 012-4081392 for more details.

PARISH NEWS

PALM SUNDAY | 01 & 02 APRIL 2023

You are reminded to bring your own palms. Mass will start from the hall and blessing of palms will be done in the hall.

CARE FOR CREATION

Seeds of Hope: Farming with Love Squad

Seeds of Hope is hosting the children from CHS Love Squad in the farming activity for the consecutive year in 2023. Please come join us to farm with the children in February & March.

All harvest will go to the Children Protection Society.

Every Saturday @ 8am (18 February to 1 April 2023) near the Grotto.

Please call: 012-4002488 | 012-5207360

CHS MEDITATION GROUP | INTRODUCTORY WORKSHOP ON MEDITATION IN THE CHRISTIAN TRADITION (JOHN MAIN TRADITION) | 04 MAY 2023

Date / Time: Thursday, May 4, 2023 | 8.30am to 4.00pm
 Venue: St Mark Classroom, OIKOS, The Cathedral of the Holy Spirit, Penang
 Cost: RM20.00 per person (inclusive Morning Snack & Lunch)

Presenters: Rev. Fr Eugene Fernandez CSSr and WCCM Team

Further enquiries: Victoria Labrooy 011-11487528 | Bernard Capel 016-4117675

To register - click on the link <https://forms.gle/Wx2bDFVzhWFgxQuH6>

For Payment RM20.00 via TNG – Mobile No: 012-4081392 (Juliana Khoo)
 (please attach your Payment screenshot)

Closing Date for Registration: **20 April 2023** (Limited to first 60 pax)

PRAYER, REFLECTION AND FELLOWSHIP

1. Lenten Companion every Saturday during Lent

Commencing Ash Wednesday, we invite all parishioners to embark on an inward journey inviting the Lord to heal those areas where needed most! Let us gather together each week on Saturday after Sunset Mass @ 8pm for a short session with Fr. Mark Touns, an experienced spiritual director who will help lead us on a Personal Encounter with the Power of Gospel through his Lenten Companion as we endeavour to enter more deeply into Lent and remain focused throughout the season!

- 25 Mar This is the way back to God
~ The Raising of Lazarus
- 01 Apr Praying @ The Foot of the Cross
~ A Meaningful Holy Week

PARISH NEWS

PRAYER, REFLECTION AND FELLOWSHIP

2. 40 days Personal Reflections by Love Squad

The students will be sharing their personal reflections on the gospel of the days for 40 days of Lent. Follow the students' personal reflections on CHS social media platforms ie Facebook, Instagram, Website.

3. Lenten Movie Night "Mother Teresa, No Greater Love"

25 March 2023, 8.15 pm to 10.15 pm. at St. Mark Classroom

The story of Mother Teresa's life and her ongoing legacy for a new generation. During the last half of the 20th century, Mother Teresa captured the imagination of the world through her dedication to serving the poorest of the poor. Filmed on five continents and featuring unprecedented access to institutional archives and the works of the Missionaries of Charity, this movie is a soaring tribute to a spiritual icon, a powerful witness of authentic Christian charity, and a guidepost for all who seek hope in our turbulent times.



CARITAS CHS LENTEN MOVIE
 Date : 25th March, Saturday
 Time : 8.15 pm to 10.15 pm
 Venue : St Mark CHS Oikos Classroom

4. Walk and Pray the (Outdoor) Way of the Cross

We invite you to walk and pray the Stations of the Cross located in the church compound. A walk that can be taken on your own, as a group or with your BEC. Just scan the QR code at each station for the prayers. Please contact Parish Office 04-658 4909 for more details.

You are welcome to join these sessions:-

- 19 March : 6.00pm by Zone C
- 20 March : 7.30pm by Hospitality Ministry
- 26 March : 6.00pm by CEC (Mandarin) Group

5. Movie and Fellowship Night ~ "The Bible"

Monthly from 8.15 pm to 10.00 pm. at St. Mark Classroom

- April 29 : Daniel, Jesus, Mary & Joseph
- May 20 : Jesus Mission & Betrayal
- June 10 : Jesus Passion & Acts

PARISH NEWS

DONATIONS, SPONSORSHIP AND WELFARE PROGRAM/ACTIVITIES

1. Penang Diocese Lenten Campaign 2023 (PDLC)

Caritas Penang has launched its Lenten Campaign 2023 on 11 February 2023. It is now available for donation via DUITNOW, TNG, FPX, Grab Pay, Shopee and Boost. Donation amount of RM100 and above may be eligible for tax exemption. PDLC envelopes are available at the Parish Office/Church Entrances.

Alternatively, please send your full name, IC number, address and attach a screenshot of the payment transaction receipt to email: pdldop@gmail.com.

Please refer to the website <https://caritaspenang.com/give-donation/> or contact 016-900 4882.

2. Sharing Hope Project

This project is to support families in need through monthly provision of essential items.

You can contribute to this project by donating:
Rice, Cooking Oil, Biscuit, Canned Food, Milk Powder

Kindly place them in the basket in front of church office.

3. Soap-making for Prisoners | 19 March 2023 (Sun) 9am to 1pm

Prison ministry will be organizing a session for soap-making to be sent to the prisoners.

Contact: Lilian 016-557 1964.



SOAP MOLDING WORKSHOP
肥皂制作工坊

19 MARCH (SUNDAY), 9AM TO 1PM

Join us for 15 minutes to mold one set of soap.
Soaps molded will be sent to prisoners by Prison Ministry
利用15分钟参与我们一起制作肥皂。
铸好的肥皂将会由 Prison Ministry 转交给狱友们

Lilian 016-557 1964 (Eng) | Bernadette (Mand) 012-430 5090

A form of outreach to prisoners to let them know that God cares for them.
以这种关怀的形式，让狱友们知道天主对他们的照顾。

"I was in prison and you came and visit me." Matthew 25:36
“我在监里；你们來探望了我。”玛窦福音 25:36

MUSINGS – 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.** Share your testimony that will draw us closer to our Lord. Please send your testimony to chsmusings@gmail.com

PARISH NEWS

DONATIONS, SPONSORSHIP AND WELFARE PROGRAM/ACTIVITIES

4. Hygiene Kit to Detention Centre Program by Caritas, Diocese of Penang

Hygiene Kit: Anti-bacterial soap (Antabax), tooth brush and tooth paste (50g to 70g)

Caritas, Diocese of Penang is supporting an urgent need of hygiene kit for the people in the detention centre and we hope to be able to contribute 200 sets. Please drop the items in the basket below the Notice Board near Chapel.



SPONSOR HYGIENE KIT TO SEND TO DETENTION CENTRE
赞助发送至拘留所的卫生包

PLEASE DROP THESE INTO THE PURPLE BASKET NEAR CHAPEL BY 19 MARCH
请在 3 月 19 日前将以下捐献放入小圣堂附近的紫色篮子里

Anti-bacterial soap
抗菌肥皂 (Antabax 85g)

Tooth brush & tooth paste
牙刷和牙膏 (50gm - 70gm)

Contact CHS Love Squad:
Daria (Eng) 019-542 2585
Mary (Mand) 016-492 6766

a project by:
Caritas MALAYSIA | **DIOCESE OF PENANG**

5. Blood Donation and Mobile Dental Checks on 25 March 2023, 9am to 3 pm

One pint of blood can save up to 3 lives. We encourage all those ages 17 to 60 years old, weighing above 45 kgs to come and donate for this meaningful cause.



BLOOD DONATION AND MOBILE DENTAL CHECK

25 MAR (SAT), 9AM TO 3PM

DEWAN HOLY SPIRIT
CATHEDRAL OF THE HOLY SPIRIT
NO. 1, TINGKAT BESI SATU
ISLAND PARK, 11600 PENANG

Make dental health your priority

One pint of blood saves three lives

CALLING ALL ELIGIBLE BLOOD DONORS

Eligibility to Donate Blood:

- Age between 17 – 65 for regular donors
17 – 60 for new donors
(Individuals age 17 years are required to bring written consent from parents or guardian)
- Body weight above 45 kg
- In good physical and mental health with no chronic medical illness
- Not on long term medications
- Had enough sleep (more than 5 hours) the night prior to donation
- Had taken a meal prior to donation

**Note: Kindly bring along your:
- Identity Card
- blood donor card (regular donors)

For further information, please contact
Julia 017-343 6331 : June 017-866 2483

Caritas MALAYSIA | **DIOCESE OF PENANG**

PARISH NEWS

INSTALLATION AS LECTOR AND ACOLYTE

Congratulations Andrew Loh on being installed as lector and acolyte on 16 March 2023 in the Minor Basilica of St Anne, Bukit Mertajam, Penang.



DIOCESAN NEWS

REVIVAL OF CHRISTIAN EDUCATION IN PENANG | 01 APRIL 2023

Stonyhurst College is the oldest and the most prestigious Catholic Boarding school in the United Kingdom. First founded by the Jesuits in 1593, the College has been at its current location since 1794. In September 2022, this institution opened their very first International sister Catholic school of Ignatian spirituality – Stonyhurst International School – in Seri Tanjong Pinang. With the blessing of Bishop Sebastian, Stonyhurst Penang is holding a public forum entitled “The Revival of Catholic Education in Malaysia” and would like to invite all Catholics to appreciate how a Catholic Education in Stonyhurst Penang will make a significant impact on their children’s lives.



The forum will be held on:-

Date: 1st April, 2023

Time: 10am to 12pm

Venue: Auditorium of the school’s campus (located between Lotus’s Tanjong Tokong and Straits Quay)

CHS LENTEN ACTIVITIES



Lent 2023 PRAY FAST GIVE

PRAY

Love Squad 40 days

lenten personal reflection
follow us on CHS social media

Lenten Companion

by Fr. Mark Toupe (video)
8pm every Sat at St. Mark

Way of the Cross

every Friday 12 noon or 8pm,
or walk the Outdoor WOTC
at your own time.

ACTIVITIES

MAR
4

Love Squad at Lighthouse

Love Squad will be serving lunch
to the homeless. Sponsor a meal.

MAR
19

Soap Making Workshop

for prisoners
9am - 1pm

UNTIL
MAR
12

Gift of Blessing 2023

Uniform sponsorship program
Open for application until 12 Mar.
Forms are available at the parish office.

MAR
25

Blood Donation & Mobile Dental Clinic

9am - 3pm
Dewan Holy Spirit

MAR
12-18

Refuse Single-Use Plastic

Join us in this campaign to care for
our common home.



Movie Night

Mother Teresa, No Greater Love
8.15 pm-10.15pm at St Mark

GIVE ITEMS

drop the items into the purple basket near chapel



Hygiene Kit

for Detention Centre &
Lighthouse Feeding Centre
Anti-bacterial soap (antabax 85g),
tooth brush and tooth paste (50g-70g)



Sharing Hope

Supporting families
with basic needs
Rice, cooking oil, canned food,
biscuits, milk powder, noodles
adult diapers, oats, nestum

DONATE

Penang Diocese Lenten Campaign

Donation amount of RM100 and above may be
eligible for tax exemption receipt.
PDLC envelopes are available at the parish office.

Support parish project

Donation can be made to: Cathedral CHS
RHB Bank Account No. 20708 2000 39928
Uniform : RM100 / student
Lighthouse : RM10 / meal