



CATHEDRAL OF THE HOLY SPIRIT

1 Tingkat Besi Satu, Island Park, 11600 Penang

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




Est. 1955
DIOCESE OF PENANG
MALAYSIA

✉ admin@holyspiritcathedral.com

holyspiritcathedral.com

[CathedralOfTheHolySpiritPenang](https://www.facebook.com/CathedralOfTheHolySpiritPenang)

[chspenang](https://www.instagram.com/chspenang)

[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	MASSES IN THE PARISH
Mar 05 (Sun) <i>Gen 12:1-4 2 Tim 1 8-10 Mt 17:1-9</i>	8.00 am 10.30 am	MASS (M) MASS (E)	SECOND SUNDAY OF LENT (YEAR A) No Livestream Livestream
Mar 06 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Mar 07 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	Ss. Perpetua & Felicity, Martyrs No Livestream
Mar 08 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	St. John of God, Religious No Livestream
Mar 09 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	St. Frances of Rome, Religious No Livestream
Mar 10 (Fri)	12.00 pm 8.00 pm 8.45 pm	WOC (E) & MASS (E) WOC –Church (E) / Chapel (T) / Classrooms (M) MASS (E)	No Livestream Livestream for 8pm English WOC & Mass
Mar 11 (Sat)	6.40 am 7.00 am 5.30 pm 6.00 pm	Lauds MASS (E) Silent Adoration MASS (E)	No Livestream Livestream
Mar 12 (Sun) <i>Ex 17:3-7 Rom 5:1-2, 5-8 Jn 4:5-42</i>	8.00 am 10.30 am	MASS (M) MASS (E)	THIRD SUNDAY OF LENT (YEAR A)/RCIA 1 ST SCRUTINY No Livestream Livestream

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

PARISH ACTIVITIES			
Mar 06 (Mon)	3.30 pm	Legion of Mary	
	7.45 am	WOTC – Meditation Group	Meet at Blessed Sacrament Chapel Portico
Mar 07 (Tue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Mar 09 (Thu)	5.00 pm 8.00 pm	HSPG Prayer Meeting	St Michael, 2 nd Floor, 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 25 & 26 February 2023: RM9,727.40
2nd Collection on 04 & 05 March 2023 is for the poor & needy

“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
2nd Saturday	11 Mar 2023 / 5.30 pm	Silent Adoration
3rd Saturday	18 Mar 2023 / 5.30 pm	Praise & Worship
4th Saturday	25 Mar 2023 / 5.30 pm	Novena to the Holy Spirit

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.

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.**

Remember the experience during our Pentecost Renewal Experience and the HYM Christmas Celebration in 2022 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.

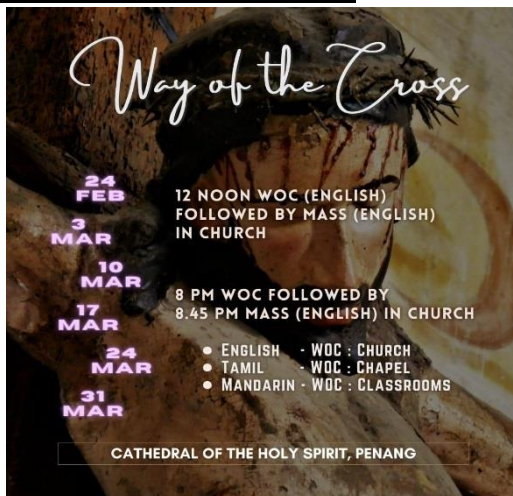
Matthew 10:32

PARISH NEWS

WAY OF THE CROSS FOLLOWED BY MASS 3, 10, 17, 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 pm WOC (E) : Church
WOC (T) : Chapel
WOC (M) : Classroom
- 8.45 pm Mass (E) in Church



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 13	10.30am – 12.00pm 8.00pm – 10.00pm	Church of Our Lady of Sorrows
Mar 14	8.00pm – 10.00pm	Church of the Risen Christ
Mar 15	8.00pm – 10.00pm	Church of Divine Mercy
Mar 16	8.00pm – 10.00pm	Church of the Holy Name of Jesus
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 | 7, 14, 21 & 28 MARCH 2023

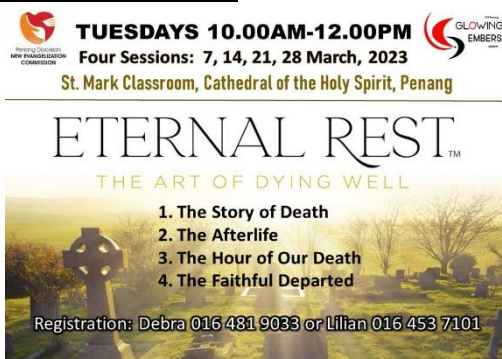
Glowing Embers Ministry and the Penang Diocesan New Evangelization Commission bring to you Eternal Rest: The Art of Dying. What happens when we pass on? What does Scripture teach about death? How do we prepare for the life to come? Explore the mystery of death, dying, and everlasting life through Eternal Rest, a new offering of the Augustine Institute.

Four sessions: 7, 14, 21 and 28 March 2023
Time/venue: 10 am @ St Mark Classroom

7 March 2023 / Session 1: The Story of Death

The Story of Death touches on God's response to it: defeating death by dying and rising from the dead. We pray that through Eternal Rest, God may give us greater peace, solace, and perspective.

All are welcome. Contact: Debra 016 4819033 | Lilian 016 4537101



PARISH NEWS

PRAYER, REFLECTION AND FELLOWSHIP

1. Lenten Companion every Saturday during Lent

Commencing Ash Wednesday, we invite all parishioners to embark in 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 Toups, 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!



2. 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.

3. 40 days Personal Reflections by Love Squad

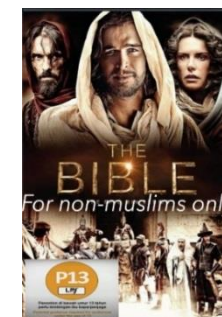
The students will be sharing their personal reflections on the gospel of the days for 40 days of Lent. Follow the students' personal reflections on CHS social media platforms ie Facebook, Instagram, Website.

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.

5. Movie and Fellowship Night "The Bible"

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



CHS MOVIE NIGHT
@ 8.15 - 10.00pm
On Saturdays from Feb 18, 2023

Feb 18	- Adam, Noah, Abraham & Moses
Mar 11	- Joshua, Samson, Saul & David
Apr 29	- Daniel, Jesus, Mary & Joseph
May 20	- Jesus Mission & Betrayal
Jun 10	- Jesus Passion & Acts

Venue: St Mark CHS Oikos classroom

PARISH NEWS

CARE FOR CREATION

1. 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

2. “Refuse Single-Use Plastic” Lent Challenge 12 to 18 March 2023

We invite everyone to join in the Lent challenge by Caritas Penang to reduce waste in preserving our earth. It is easy to do – bring your own water tumbler, food container and recycle bags whenever you go out to buy food or items and take time to sort your house waste for items to be reused or recycled.



DONATIONS, SPONSORSHIP AND WELFARE PROGRAM/ACTIVITIES

- Gift of Blessing program** supports parents from humble background by providing each eligible student with RM100 cash voucher for the purchase of School Uniform & other essential school items in their preparation for the new school term in March 2023.

The program is now open for application, limited to the first 50 approved applicants. Scan QR code or click on link to apply:- <https://bitly/Student2023>

Contact: Catherine Ong 016-451 2264.



2. 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.

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

The funds are channelled to various charitable activities including Grant for Education, Welfare & Medical Aid, Orang Asli, Migrants & Refugees, Welfare Homes and others. Please refer to the website <https://caritaspenang.com/give-donation/> or contact 016-900 4882.

PARISH NEWS

3. Donate Items for Charitable Projects

If you would like to support the following projects, the items needed are :-

- Sharing Hope: Rice, Cooking Oil, Biscuit, Canned Food, Milk Powder
- Hygiene Kit to: Anti-bacterial soap, toothbrush and toothpaste

The people in the detention centre need essential items. In collaboration with Caritas Penang, the Parish would like to send 200 sets to the detention centre. Please drop the items in the basket below the Notice Board located near the Blessed Sacrament Chapel.

Contact: Roselyn 016-521 5027



4. Sponsor A Charitable Program

If you would like to sponsor for the following programs, kindly make your donation to “Cathedral of the Holy Spirit” RHB Bank Account No. and indicate the project name:

- “Lighthouse” : Sponsoring meal to the homeless at RM10 per meal
- “Uniform” : Sponsoring Gift of Blessing at RM100 per student

5. Soap-making for Prisoners on 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.


6. Love Squad

The Form 5 students who are preparing for their confirmation are animating the Lent Activities as part of their formation. Other than the daily personal reflections and Seeds of Hope project, they will also be distributing meals to the homeless at Lighthouse on 4 March 2023 and assisting with other projects. Please support them and keep them in prayer.

PARISH NEWS

DONATIONS, SPONSORSHIP AND WELFARE PROGRAM/ACTIVITIES


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




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



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

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)

Caritas
MALAYSIA

DIOCESE OF PENANG

PARISH NEWS

INTRODUCTORY WORKSHOP ON MEDITATION IN THE CHRISTIAN TRADITION | 04 MAY 2023

Date / Time:
Thursday, May 4, 2023 | 8.30am to 4.00pm

Venue:
St Mark Classroom, OIKOS

Cost:
RM20.00 per person

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)



INTRODUCTORY WORKSHOP ON MEDITATION IN THE CHRISTIAN TRADITION (JOHN MAIN TRADITION)

Join Us

Thursday, May 4 2023
8.30 AM - 4.00 PM
CHS, St. Mark, Oikos
Ground Floor

For Enquiries :
Victoria Labrooy : 011-11487528
Bernard Capel : 016-4117675



REGISTER NOW >



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

PRESENTERS:
Rev. Fr Eugene Fernandez CSsR and WCCM Team

FEES:
RM 20

MANDARIN WOMEN'S GROUP FUNDRAISING | 25-26 MARCH 2023



妇女组
Mandarin Women Group

LENT FOOD SALES FUNDRAISING

四旬期献爱心活动

In Aid Of



50%

MOUNT MIRIAM
CANCER HOSPITAL
NEEDY FUND



50%

PERSATUAN KEBAJIKAN
HAEMODIALISIS
ST. ANNE BM

25/3/2023 Sat 4:00pm-8:00pm
26/3/2023 Sun 7:30am-1:00pm
CHS Cafeteria

我们欢迎主内的兄弟姐妹一起来参与这个献爱心活动, 把爱传出去 ❤️

We welcome our brothers and sisters in Christ to support this fundraising activity. Let us spread our love and share with others.

Contact person:
0165582196 Madeline 林曉嘉
0125290060 Eunice 陈碧观



DIOCESAN NEWS

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. To assist and encourage more of our parishioners to be able to participate in the celebration, CHS will be organizing a bus at a subsidized fee of RM10 per head.

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



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). Let us come together as CHS parish to witness this joyful celebration.

DIOCESAN NEWS

PRAYER FOR HEALING IN CHURCH OF OUR LADY OF SORROWS | 18 MARCH 2023

"Lord my God, I called you for help, and you healed me."
Psalm 30:2

JOIN US



PRAYER FOR HEALING

MARCH 18 8.00PM

Together with :

- Healing & Deliverance Ministry
- Seeds Young Adults Ministry
- CHS Prayer Group
- CDM Prayer Group

Someone to pray for and with you

NO REGISTRATION REQUIRED

VENUE: CHURCH OF OUR LADY OF SORROWS
Macalister Road, Penang

For more information contact: Jeanne J Saw 016 455 4597 (Whatsapp/SMS)

KURSUS PRA-PERKAHWINAN DALAM BAHASA MALAYSIA | 15-16 APRIL 2023

Apostolat Bahasa Malaysia Diosis Pulau Pinang akan menganjurkan Kursus pra-perkahwinan dalam Bahasa Malaysia

Kursus Pra-Perkahwinan dalam BM

ANJURAN APOSTOLAT BAHASA MALAYSIA DIOSIS PULAU PINANG

Tarikh : 15 – 16 April 2023

Tempat : Stella Maris II, Jalan Penang (PDPI)

KHAS UNTUK PASANGAN YANG BERTUTUR DALAM BAHASA MALAYSIA DI DIOSIS PULAU PINANG SAHAJA.

Untuk pertanyaan lanjut dan pendaftaran sila hubungi :

Sr. Marysia-0198732382 Sr. Florence -0128484158 Sr. Rusiah-0162002650

Byron - 0135950232 Bintin - 0124259375 Henry -0128200199

Atau Ketua Komite Apostolat BM di paroki anda.

E-mel: teamabmpgd@gmail.com

Tarikh tutup pendaftaran: 09 April 2023

SILA SCAN UNTUK
BORANG PENDAFTARAN
SECARA ONLINE



DIOCESAN NEWS

PENANG DIOCESAN CATECHETICAL COMMISSION RETREAT | 22 TO 24 APRIL 2023

A retreat for all catechists (catechism and RCIA) of Penang Diocese to personally encounter Christ before sharing Christ with others. Those discerning to be catechists are encouraged to sign up and participate.

Theme:

“Proclaiming Jesus as the Hope of the World”

Date & time:

22 Apr 2023 (Sat) 12pm to

24 Apr 2023 (Mon) 2pm

Venue:

Minor Basilica of St Anne,
Bukit Mertajam

Registration deadline: 15 April 2023



A Retreat organized by
Penang Diocesan Catechetical Commission



Date & time

Start: 22/4/2023 (Sat) 12pm

End: 24/4/2023 (Mon) 2pm

Venue

Minor Basilica of St Anne,
Bukit Mertajam

English speaker: bro Michael Xavier

中文主理人: 黃啟升弟兄 (bro Mark Ng)

தமிழ் சொற்பொழிவுவர்: bro Benedict Savarimuthu

Penceramah BM: Para Sister dari Putri Karmel



To register, please click on URL or scan QR code

<https://forms.gle/3zP66BXU9QV6iAgz5>

Individual registration fee **RM20.00*** Registration deadline: 15/4/2023

*Meals provided, accommodation at own expense (pls refer to registration form)

A retreat for all catechists (catechism and RCIA) of Penang Diocese to personally encounter Christ before sharing Christ with others.

Those discerning to be catechists are encouraged to sign up and participate.

For more information, please contact

Jeanne J Saw 016-455 4597 Deacon Clement Samuel 012-435 0566

23RD NOTIFICATION & UPDATES IN THE DIOCESE OF PENANG

<https://www.pgdiocese.org/post/23rd-notification-updates-in-the-diocese-of-penang>

1ST MARCH 2023
PKK/BDN/2023/03/156

Rt. Rev. Sebastian Francis
Bishop of Penang

23RD NOTIFICATIONS & UPDATES IN THE DIOCESE OF PENANG

I greet you with JOY, MERCY AND HOPE in your synodal journey of Lenten Penance as Missionary Disciples of Christ. May you PRAY, FAST, GIVE AND RECEIVE with an unwavering focused on our Father in Heaven. With Pope Francis, let us "Listen to Jesus, Rise and Not Be Afraid". The Holy Spirit who stirs us for communion and mission, will help us in this journey. I remain united with all of you this Lent as we accompany our elects in prayer, for their preparation to answer the call of Baptism.

