# DIOCESE OF PENANG

#### CATHEDRAL OF THE HOLY SPIRIT

1 Tingkat Besi Satu, Island Park, 11600 Penang

**2** 04-658 4909 • 04-656 6681 • 04-656 4309 (Fax)





CathedralOfTheHolySpiritPenang

chspenang 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 12 (Sun) Ex 17:3-7 Rom 5:1-2, 5-8 Jn 4:5-42	8.00 am 10.30 am	MASS (M) MASS (E)	THIRD SUNDAY OF LENT (YEAR A)/RCIA 1 <sup>ST</sup> SCRUTINY No Livestream Livestream	
Mar 13 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream	
Mar 14 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream	
Mar 15 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream	
Mar 16 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream	
Mar 17 (Fri)	12.00 pm 8.00 pm 8.45 pm	WOC (E) & MASS (E) WOC – Church (E) / Chapel (T) / Classrooms (M) MASS (E)	St. Patrick, Bishop No Livestream Livestream for 8pm English WOC & Mass	
Mar 18 (Sat)	6.40 am 7.00 am 5.30 pm 6.00 pm	Lauds MASS (E) Praise & Worship MASS (E)	St. Cyril of Jerusalem, Bishop & Doctor No Livestream Livestream	
Mar 19 (Sun) 1 Sam 16:1,6-7,10-13 Eph 5:8-14 Jn 9:1-41	8.00 am 10.30 am	MASS (M) MASS (E)	FOURTH SUNDAY OF LENT (LAETARE SUNDAY) (YEAR A) /RCIA 2 <sup>nd</sup> SCRUTINY No Livestream Livestream	
Link to Livestream Masses: <u>voutube.com/CHSPgTv</u>				
PARISH ACTIVITIES				

PARISH ACTIVITIES				
Mar 13 (Mon)	3.30 pm	Legion of Mary		
	(1010)	8.30 pm	EMHC Recollection	St Mark, OIKOS
Mar 07 (T	ue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Mar 09 (T	hu)	5.00 pm		Diessed Sacrament Chapet Fortico

#### **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:-

Donations, Mass Offering, Hall Booking, Wake Room Booking: Public Bank Berhad **Tithes, Sharing Hope Projects, Outreach Projects:** RHB Bank Berhad

Refer to Bulletin for bank details. Email Bank-in-Slip to admin@holyspiritcathedral.com

Our Collection for 04 & 05 March 2023: RM8,192.25 2<sup>nd</sup> Collection for 04 & 05 March 2023: RM7,890.00

#### **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
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.

#### **CHS BADMINTON COURTS**

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

#### WAY OF THE CROSS FOLLOWED BY MASS | 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!

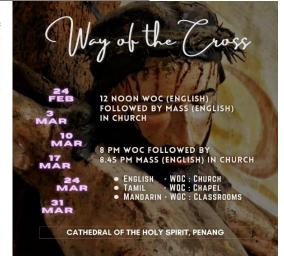
> 12 noon WOC (E)

> > followed by Mass (E) in church

WOC (E) : Church 8.00 pm

WOC (T) : Chapel WOC (M) : Classroom

8.45 pm Mass (E) in Church



Cathedral of the Holy Spirit, Penang Bulletin Mar 12th, 2023

#### **PARISH NEWS**

#### PENITENTIAL SERVICE IN CHS | 21 MARCH 2023

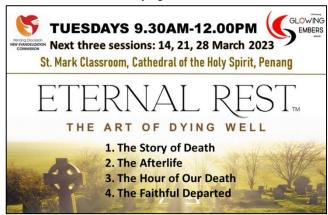
CHS will be having our Penitential Service on Tuesday 21 Mar 2023, 8pm-10pm.

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	8.00 pm - 10.00 pm	Church of the Risen Christ
Mar 15	8.00 pm - 10.00 pm	Church of Divine Mercy
Mar 16	8.00 pm - 10.00 pm	Church of the Holy Name of Jesus
Mar 20	10.30am – 12.00pm   8.00pm – 10.00pm	Church of the Immaculate Conception
<b>Mar 21</b>	8.00 pm - 10.00 pm	Cathedral of the Holy Spirit

#### ETERNAL REST: THE ART OF DYING WELL | 14, 21 & 28 MARCH 2023

Glowing Embers Ministry and the Penang Diocesan New Evangelization Commission bring to you Eternal Rest: The Art of Dying Well.



Date: 14 March 2023 Session 2: The Afterlife

 $Time/Venue:\ 10.00\ am\ @\ St\ Mark$ 

Classroom

All are welcome.

Contact:

Debra 016 4819033 Lilian 016 4537101

#### 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!

18 Mar God Still Wants More of you!

~ The Man Born Blind

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. 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.

4. Movie and Fellowship Night "The Bible"

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

Apr 29: Daniel, Jesus, Mary & Joseph May 20: Jesus Mission & Betrayal

Jun 10: Jesus Passion & Acts



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

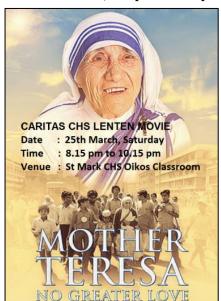
Feb 18 - Adam, Noah, Abraham & Moses Mar 11 - Joshua, Samson, Saul & David

non-muslims only Apr 29 - Daniel, Jesus, Mary & Joseph
May 20 - Jesus Mission & Betrayal

Jun 10 - Jesus Passion & Acts Venue: St Mark

CHS Oikos classroom

5. 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.

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#### **PARISH NEWS**

#### DONATIONS, SPONSORSHIP AND WELFARE PROGRAM/ACTIVITIES

1. 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.

Deadline: 12 March 2023.

The program is now open for application, limited to the first 50 approved applicants. Contact: Catherine Ong 016-451 2264.



#### 2. Donate Items for Charitable Projects

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

- (a) Sharing Hope: Rice, Cooking Oil, Biscuit, Canned Food, Milk Powder
- (b) 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

#### **PARISH NEWS**

#### 3. 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: pdlcdop@gmail.com.

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

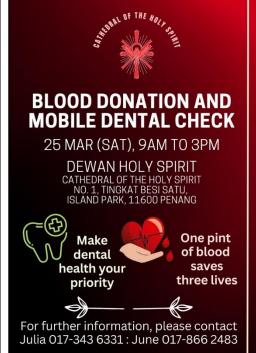
#### 4. Sponsor A Charitable Program

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:

- (a) "Lighthouse" : Sponsoring meal to the homeless at RM10 per meal (b) "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. Blood Donation and Mobile Dental Checks on 25 March 2023, 9am to 3 pm



## 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)





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#### **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.

#### INTRODUCTORY WORKSHOP ON EDITATION 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)



#### 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 <a href="mailto:chsmusings@gmail.com">chsmusings@gmail.com</a>

#### **DIOCESAN NEWS**

#### 23RD NOTIFICATION & UPDATES IN THE DIOCESE OF PENANG

Blessings of the new month! Click link to read the 23<sup>rd</sup> Notification and Updates for the Diocese of Penang. Link: <a href="https://www.pgdiocese.org/post/23rd-notification-updates-in-the-diocese-of-penang">https://www.pgdiocese.org/post/23rd-notification-updates-in-the-diocese-of-penang</a>

#### INSTALLATION AS ACOLYTE & LECTOR | 16 MARCH 2023

We are thankful to share that Andrew Loh, Dave Kameron, Paul Kang and Richard Wilson be installed as Acolyte and Lector at Basilica Minor St Anne's 8pm Mass on Thursday 16th March 2023.

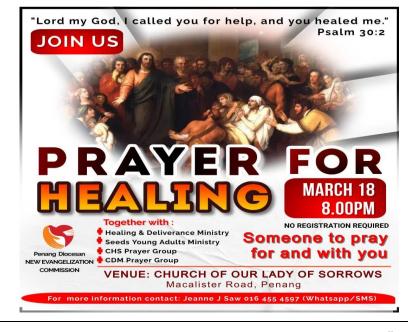
Kindly do continue to pray for their vocation as they take another step towards answering God's call.

The installation will be live-streamed via this link:-

https://bit.ly/Lector\_n\_Acolyte Installation\_of\_Andrew\_Richard \_Dave\_Paul



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



Cathedral of the Holy Spirit, Penang

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#### **DIOCESAN NEWS**

## LENTEN PROJECT 2023 CARE FOR OUR COMMON HOME - CLEANUP DAY 25 MAR 2023

Caritas Penang and the Buddhist Tzu Chi Merits Society Malaysia are organizing a cleanup day in line with the Lenten theme - Renew our Hearts to Care for Creation.

What To Bring: Face Mask, Gloves, Sun Hat, Rubbish Picker, Mineral Water

Date: Saturday 25th March 2023

Time: 7.30am-10.30am

Venue: Astaka Pantai Seagate, Bayan Lepas

Register before: 18.3.2023

Register via link: <a href="https://forms.gle/cR4C4tUpj9njb2Q96">https://forms.gle/cR4C4tUpj9njb2Q96</a>
For more information, kindly contact Juanita at 012-4011567

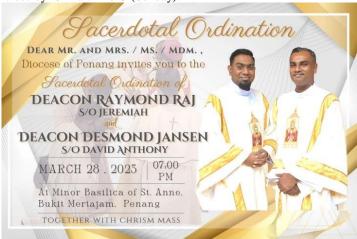


#### **DIOCESAN NEWS**

#### 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. 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).



## 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



<u>Date & time</u> 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 中文里拼人: 黄唐升原元 (bro Mark Ng) gulig GengioCumgloung): bro Benedict Savarimuthu Penceramah BM: Para Sister dari Putri Karmel



To register, please click on URL or scan QR code https://forms.gle/3zP66BXU9QV6iAqz5

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 012-435 056

Cathedral of the Holy Spirit, Penang

Bulletin Mar 12<sup>th</sup>, 2023

#### **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

## $\mathcal{L}^{\mathsf{v}}$

#### **Way of the Cross**

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

#### **ACTIVITIES**



#### Love Squad at Lighthouse

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



#### **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



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



#### **Penang Diocese Lenten Campaign**

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