

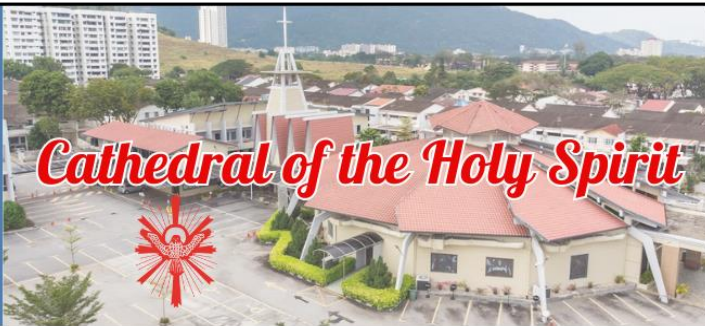
# CHS BULLETIN



1, Tingkat Besi Satu,  
Island Park, 11600 Penang



+604-6584909 | +604-6566681  
+604-6564309 (FAX)



*Cathedral of the Holy Spirit*

**Parish Priest: Fr. Joachim Robert**

**Priest-in-Residence: Fr. Francis Anthony**

*Get Connected With Us*

We would love to connect with you!

Please follow us on our social media platforms and email for the latest updates on our events.

admin@holyspiritcathedral.com

holyspiritcathedral.com

CathedralOfTheHolySpiritPenang

chspenang

youtube.com/CHSPgTv

**2023 THEME  
AUGUST**

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

DATE	TIME	ACTIVITY	MASSES IN THE PARISH
Aug 27 (Sun) <i>Is 22:19-23 Rom 11:33-36 Matt 16:13-20</i>	8.00 am 10.30 am	MASS (M) MASS (E)	21 <sup>ST</sup> SUNDAY IN ORDINARY TIME (YEAR A) 1 <sup>st</sup> Holy Communion No Livestream Livestream
Aug 28 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	St. Augustine, Bishop, Doctor No Livestream
Aug 29 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	The Passion of St. John the Baptist No Livestream
Aug 30 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Aug 31 (Thu)	9.00 am	MASS (E/BM) (Fellowship after Mass)	66 <sup>th</sup> Merdeka Day No Livestream
Sep 01 (Fri)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Sep 02 (Sat)	6.40 am 7.00 am 5.30 pm 6.00 pm	Lauds MASS (E) Novena to OMPH MASS (E)	No Livestream Livestream
Sep 03 (Sun) <i>Jer 20:7-9 Rom 12:1-2 Matt 16:21-27</i>	8.00 am 10.30 am	MASS (M) MASS (E)	22 <sup>ND</sup> SUNDAY IN ORDINARY TIME (YEAR A) No Livestream Livestream
BANNES OF MARRIAGE			
Aug 26 (Sat)	3.00 pm	Wedding Mass (English) for Terence John Fernandez & Felicia Joyce	

## PARISH ACTIVITIES

Aug 27 (Sun)	12.00 pm	RCIA (English)	St. Mark, Ground Floor, OIKOS
Aug 28 (Mon)	3.30 pm	Legion of Mary	
Aug 29 (Tue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Aug 31 (Thu)	3.30 pm	Inspiration Tea-Time Gathering	St. Mark, Ground Floor, OIKOS
Sep 02 (Sat)	10.00 am	First Corinthians Bible Study	St. Augustine Auditorium, 2 <sup>nd</sup> 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](mailto:admin@holyspiritcathedral.com)

Our Collection on 19 & 20 August 2023: RM 7,564.60

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

### 1. DEVOTIONS BEFORE SUNSET MASS | SEPTEMBER 2023

WEEK	DATE / TIME	DEVOTIONS
1 <sup>st</sup> Saturday	02 Sep 2023 / 5.30 pm	Novena to Our Mother of Perpetual Help
2 <sup>nd</sup> Saturday	09 Sep 2023 / 5.30 pm	Silent Adoration
3 <sup>rd</sup> Saturday	16 Sep 2023 / 5.30 pm	Praise & Worship
4 <sup>th</sup> Saturday	23 Sep 2023 / 5.30 pm	Novena to the Holy Spirit
5 <sup>th</sup> Saturday	30 Sep 2023 / 5.30 pm	Rosary

### 2. INFANT BAPTISM AT CHS FOR SEPTEMBER 2023

For parents who wish to have their child baptised, infant baptism will be held in the main church on Sunday, 24 September 2023 at 12 noon. Please register at the Parish Office. There will be a pre-baptismal instruction and briefing for both parents and godparents.

### 3. MASS FOR THE SICK & ELDERLY | 09 SEPTEMBER 2023

Mass will include an anointing for the sick and elderly as well as a special blessing for caregivers and healthcare professionals. All are welcome to give support as a loving and prayerful community. A simple fellowship will ensue at the Café thereafter.

Date: 09 September 2023 (Saturday)

Time: 10.00 am

Venue: Church

**4. CHS INSPIRATION GROUP - MERDEKA TEA-TIME GATHERING | 31 AUGUST 2023**

CHS Inspiration Group would like to invite parents/guardians with special needs children, teens or young adults to a Tea-Time Gathering on Merdeka Day from 3.30 pm to 5.30 pm. To register : <https://bit.ly/chsinspiration2023>

There will be games organized by the Youth from HYM and activities by a Team of Volunteers for the children, teens and young adults, while parents/guardians have their tea-break. Snacks will be prepared and you are most welcomed to bring along some finger food. Let us come and support one another.

**5. CHS MEDITATION GROUP: CHRISTIAN MEDITATION | 06 SEPTEMBER 2023**

Penang Harmony Corp (HARMONICO) is organising the Penang Harmony Celebration 2023 – Celebrating Harmony in Diversity in conjunction with Hari Merdeka, Malaysia Day and the International Day of Peace (IPD) which is observed each year on the 21 September, worldwide. One of the programmes is MEDITATE 21, which aims to feature a series of meditations from religious and non-religious organisations.

The Cathedral of the Holy Spirit (CHS) will be partnering HARMONICO to host a meditation session representing the Catholic faith practice. CHS Meditation Group in collaboration with WCCM-Malaysia will facilitate the session on Christian Meditation (The John Main Tradition) on:-

Date: 06 September 2023 (Wednesday)

Time: 7.30 pm

Venue: St. Mark and St. Luke, Ground Floor, OIKOS

Come and join us together with other non-Catholic and Non-Christian groups to pray and meditate together for the peace and harmony in our society and the world. For enquiries, please contact:- Victoria Labrooy (011-1148 7528) or Bernard Capel (016-411 7675).

**6. SPIRITUAL BOUQUET: BLESSED VIRGIN MARY'S BIRTHDAY | 8 SEPTEMBER 2023**

To celebrate Blessed Virgin Mary, our mother's birthday, we would like to offer a spiritual bouquet comprising of continuous Rosary prayers throughout the day. We welcome you to join us in reciting the beautiful Rosary prayer on the time of your choosing. Kindly share with us the time you wish to pray the Rosary by filling in this google form:

<https://docs.google.com/forms/d/e/1FAIpQLServPfTp2KaarBpEPqtq1JffKVRL3r5sQbHdzW5LxodfVaJQg/viewform>



**7. PARISH PRIEST AWAY | 10 – 23 SEPTEMBER 2023**

Fr Joachim Robert will be away from 10 – 23 September. If there are matters that require Fr Joachim's attention, kindly contact parish office for appointments prior to the schedule above.

**8. ORDINATION TO PERMANENT DEACON | 17 SEPTEMBER 2023**

It is with great joy to share that Andrew Loh will be ordained a Permanent Deacon on 17 September 2023.

We are arranging buses at RM20 per person to go to the Minor Basilica of St Anne to join in the celebration. Kindly provide your details to the parish office if you would like to take the bus. Seats are limited so please do book early.

**9. RENTAL OF DEWAN HOLY SPIRIT AND BADMINTON COURTS**

The Dewan Holy Spirit and the badminton courts will be available for rental from October 2023 onwards. Rental bookings for October 2023 onwards are open from September 2023. Those interested can contact Andrew Loh at the parish office for further details and enquiries.

**10. GLOWING EMBERS MINISTRY : LINE DANCING | SEPTEMBER 2023**

Jom ! Let's learn to line dance and have fun. No previous experience required. Just know which foot is left versus right; and how to count to 8. Parishioners of all ages are welcome.

From September : Mondays, 6:30 pm - 7.30pm

Venue: St. Clare Classroom

**11. CHS TAMIL APOSTOLATE CHARISMATIC PRAYER GROUP PRAISE & WORSHIP**

CHS Tamil Apostolate Charismatic Prayer Group conducts Praise and Worship in Tamil **every Wednesday from 8pm to 9.30pm**, 2nd Floor (St Michael Room) followed by refreshments at the Café. From children to adults, all are welcome to praise God in one voice. For more information, you may contact: Jonathan (012-456 7142) or Alice Anthony (016-437 7190)

**12. PRAYER, REFLECTION AND FELLOWSHIP MOVIE AND FELLOWSHIP NIGHT**

Date: Monthly on Saturdays

Venue: St. Mark Classroom, OIKOS Building

Date	Time	Movie
26 August 2023	8.15 pm – 10.30 pm	Restless Heart - The Confessions of Augustine
23 September 2023	8.15 pm – 10.15 pm	Breakthrough
21 October 2023	8.15 pm – 10.15 pm	Esther – One Night with the King

**13. FROM ME TO YOU ~ PRAYERS FROM THE HEART**

'From Me to You ~ Prayers from the Heart' is an initiative of the Cathedral of the Holy Spirit to compile a collection of personal prayers composed by parishioners for parishioners. This Prayer Book will be published in three languages, English, Chinese and Tamil.

1. You may submit more than one prayer. Please submit one prayer per form.
2. Please limit your prayer to **250 words**.
3. Deadline for prayer submission: **31 August 2023**

Click on the QR Code or this link to submit your personal prayers online:

<https://bit.ly/prayersfrmheart>



Alternatively, you can drop your hardcopy personal prayers into the dropbox located in front of the Parish Office (near the Holy Water dispenser). Hardcopy forms can be obtained from the respective BEC Zone Leaders.

**Disclaimer:**

- The Prayers from the Heart Committee reserves the right to edit your prayers.
- Any prayers which are not original or are from some publications will not be accepted for the Prayer Book.
- Prayers that are not selected for the Prayer Book may be used for other Parish Projects.
- We accept multi-lingual submissions ie English, Chinese and Tamil.
- In the interest of privacy, we do not require your name or contact number.

**14. MUSINGS – OUR CHS 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. You may submit your testimony in a 'sealed' envelope marked 'CHS Musings' to Parish Office, email to [chsmusings@gmail.com](mailto:chsmusings@gmail.com) or scan this QR code to submit via link: <https://bit.ly/chsmusings>.

We welcome English, Chinese, Bahasa Malaysia and Tamil testimonies.





## 15. SHARING HOPE PROJECT

This project is to support families in need through monthly provision of essential items. You can contribute by donating: **Rice, Cooking Oil, Biscuit, Canned Food, Milk Powder**  
Kindly place them in the basket in front of church office.

## 16. SEASON OF CREATION 2023 (SoC) AND PROTECT OUR EARTH, PROTECT OUR CHILDREN (PROTEC) CAMPAIGN YEAR 4 ARE HERE!

- The theme for the Season of Creation 2023 is: **"Let Justice and Peace Flow"**. It will run from 1 September 2023 to 4 October 2024 (Feast of St. Francis of Assisi).
- The theme for PROTECT YR4 is: **"Cut Fuel Consumption"**. It will run from 1 September 2023 to 31 August 2024.
- Let us all fully celebrate SoC and PROTEC for the love and protection of all children and all creation.

### JOURNEY TOWARDS A LOW CARBON FUTURE AT CHS

Biodiversity is being lost at an alarming rate and the future for the young people are threatened by the cascading impacts of the loss of biodiversity and a changing climate. The urgency grows and we ask you to take part of this journey together by adopting the following practices:-

1. Cut Fuel Consumption
2. Reduce Waste – BYOC – Bring Your Own Container and Avoid Single-Use Plastic
3. Segregate Waste to Reuse / Recycle
4. Grow a Plant with Us – Replenish our Carbon Footprint

#### SEASON OF CREATION SCHEDULE

Date	Time	Events / Activities
1 Sept (Fri)	6.30 pm	Mass Celebration with Launching of SoC
2 Sept (Sat)	8.00 pm	Movie Night "The Letter" By Penang State's Creation Justice Movement Zoom Meeting ID: 832 8856 0360 Passcode: SoC2023CHS
2 & 3 Sept (Sat & Sun)	After Mass	Grow a Plant with Us – Can you grow a plant with us this season? Venue: Near Blessed Sacrament Chapel
5, 12 & 19 Sept (Tue)	10.00 am – 12.00 noon	Upcycling Sachet – Full workshop with Glowing Embers (all are invited). Venue: St Mark, Ground Floor, OIKOS Registration: WhatsApp Lilian 016-453 7101
9 Sept (Sat)	4.00 pm – 5.30 pm	Upcycling Sachet – Demo session Venue: CHS Café
10 Sept (Sun)	9.30 am – 11.00 am	Upcycling Sachet – Demo session Venue: CHS Café

#### Hands On Waste Segregation

Hands on as a family, ministry or BEC at the waste segregation centre to understand and experience how we can minimise waste. Visits can be scheduled between Mondays to Saturdays in the month of September. Registration via google form:

<http://bit.ly/soc2023waste>

Come and join our WhatsApp group for more sharing on CHS' Laudato Si' activities:-

<https://bit.ly/whatsappsoc>

**Let Justice and Peace Flow**  
Season of Creation 2023

**Journey towards a Low Carbon Future**  
Biodiversity is being lost at a rate not seen since the last mass extinction. The futures of young people are threatened by the cascading impacts of the loss of biodiversity and a changing climate. We are called to join the river of justice and peace, to take up climate and ecological justice, and to speak out with and for communities most impacted by climate injustice and the loss of biodiversity.

**The urgency grows and we ask you to take part of this journey together:**

1. Cut Fuel Consumption
2. Reduce Waste  
BYOC – Bring Your Own Container  
Avoid Single-Use Plastic
3. Segregate Waste to Reuse/Recycle.
4. Grow a Plant with Us  
Replenish our Carbon Footprint

**Come and join our WhatsApp group for more sharing on CHS Laudato Si' activities.**

**SEASON OF CREATION**

**Let Justice and Peace Flow**  
Season of Creation 2023

**Care of Creation Come and Join Us!**  
for  
**SEASON OF CREATION**  
1 Sept 2023 to 4 Oct 2023

**Mass Celebration with launching of Season of Creation**  
In conjunction with World Day of Prayer for Care of Creation  
Come and Celebrate with Us on Friday, 1 Sept 2023 at 6.30pm

**Grow a Plant with Us**  
Replenish our Carbon Footprint  
Can you grow a plant with us this season? You can pick up a pot from the booth after Mass on 2 & 3 Sept 2023 weekend.

**Hands on Waste Segregation**  
Hands on as a family, ministry or BEC at waste segregation center to understand and experience how we can minimize wastes.  
Registration via Google Form <http://bit.ly/soc2023waste>

**Movie Night "The Letter"**  
by Penang State's Creation Justice Movement  
Meeting ID: 832 8856 0360  
Passcode: SoC2023CHS  
"The Letter" tells the story of the journey to the encyclical letter Laudato Si' with Pope Francis

**Upcycling Sachets**  
**DEMO SESSIONS**  
will be held at CHS Cafe on Saturday, 9 Sept 2023 4pm to 5.30pm & Sunday, 10 Sept 2023 9am to 11.00am

**FULL WORKSHOP SESSIONS**  
All are invited to join Glowing Embers for the full workshop. Please register via WhatsApp to Lilian - 016 453 7101  
Tuesdays - 5, 12 & 19 Sept 2023 from 10am to 12 noon.

**Come and join our WhatsApp group for more sharing on CHS Laudato Si' activities**

**SEASON OF CREATION**

**Seeds of Hope**  
ECO CREATION

**GROW A PLANT WITH US**  
Can you grow a plant with us this season?

We receive, We plant, We grow & We share.

Seeds of Hope has received so much joy through our urban farming journey. We would like to share this abundance with you in this Season of Creation, and many more days to come. Come and join us for a session of seeds planting and bringing home one type of your favourite seedlings to grow in your home.

Date: 2 & 3 Sept 2023  
"After Weekend Mass"

**SEEDS** Dig a small hole in the soil and place the seeds in.

**WATER** Seeds contain all nutrients for them to germinate and grow their leaves. Ensure to water twice a day.

**SUN** Leave your pot under the sun so they receive lots of vitamins too.

**SEEDLING** Transfer the seedlings to a bigger pot if your pot is too small.

**HARVEST** Now is time for harvesting! Plan for your next round of planting.

*Please note that different type of seeds has different time frame to grow.*

Scan me for more information.

**Seeds of Hope**  
ECO CREATION

**GROW A PLANT WITH US**  
Can you grow a plant with us this season?

We receive, We plant, We grow & We share.

Snap for your reference

**SEEDS** Dig a small hole in the soil and place the seeds in.

**WATER** Seeds contain all nutrients for them to germinate and grow their leaves. Ensure to water twice a day.

**SUN** Leave your pot under the sun so they receive lots of vitamins too.

**SEEDLING** Transfer the seedlings to a bigger pot if your pot is too small.

**HARVEST** Now is time for harvesting! Plan for your next round of planting.

*Please note that different type of seeds has different time frame to grow.*

Scan me for more information.



## Line dancing

SEPTEMBER  
Mondays  
6.30pm to  
7.30pm  
St Clare  
Classroom



Easy, fun  
dance  
steps.  
All  
are  
welcome.

Upcycle non-biodegradable  
packets into usable items.



Workshop on  
5 | 12 | 19 Sept  
10am – 12 noon  
St Mark  
Classroom

Season of  
Creation 2023



Cathedral of the Holy Spirit, Penang

## MERDEKA MASS

**SELAMAT HARI MERDEKA**

31 AUGUST 2023  
MASS : 9.00 AM (E/BM)  
(FELLOWSHIP AFTER MASS)

ALL ARE ENCOURAGED TO COME IN NATIONAL COSTUMES

## INSPIRATION TEA-TIME GATHERING

Inviting all parents / guardians with special  
needs children, teens & young adults to join us!

Date : 31 August 2023 (Merdeka Thursday)  
Time : 3.30 pm to 5.30 pm  
Venue : St. Mark classroom  
Activities - Games & activities for children, teens & young adults  
- Tea break for parents / guardians

CONTACT  
JO ANNE 012-480 0861

Scan me  
to register

CATHOLIC CHURCH

## CHRISTIAN MEDITATION (JOHN MAIN TRADITION)

BY CATHEDRAL OF THE HOLY SPIRIT

CATHEDRAL OF THE  
HOLY SPIRIT, TINGKAT  
BESI 1, ISLAND PARK,  
11600 PENANG

(Wednesday)  
**6 Sept 2023**  
7:30PM – 9:00PM

SCAN TO REGISTER:

We welcome you to join us in a  
prayer of the heart – a surrender of  
all thoughts, images and words –  
allowing the divine presence within  
us to transform us. Session will be  
carried out in English.

PENANG  
HARMONY  
CELEBRATION

www.harmonio.my/meditate21

## The Anointing of the Sick

Mass for the  
Sick & Elderly  
Cathedral of the  
Holy Spirit, Penang  
Saturday,  
Sept 9, 2023 @ 10am

Anointing for the sick, elderly  
and a special blessing for  
caregivers and healthcare  
professionals.  
All are welcome to give  
support as a loving and  
prayerful community.  
A simple fellowship will ensue  
at the Cafe thereafter.

## DIOCESAN NEWS

### 1. PERMANENT DIACONATE ORDINATION | 17 SEPTEMBER 2023

Come and join us as we witness the  
permanent diaconate ordination of Andrew  
Loh Su Aun, Devakumaran S Narayanasamy  
@ Dave Kameron, Paul Kang Hian Beng and  
Richard Wilson through the laying on of  
hands and the invocation of the Holy Spirit  
by His Eminence Cardinal-Elect Rt. Rev.  
Sebastian Francis, Bishop of Penang on:-

Date: Sunday, 17 September 2023

Time: 6 pm

Venue: Minor Basilica of St. Anne, Bukit  
Mertajam, Penang

## Permanent Diaconate Ordination

"Here am I, send me." – Isaiah 6:9

Andrew Loh Su Aun Devakumaran S Narayanasamy @ Dave Kameron Paul Kang Hian Beng Richard Wilson

Through the laying on of hands and the invocation of the Holy Spirit by  
His Eminence Cardinal - Elect Rt. Rev. SEBASTIAN FRANCIS, Bishop of Penang

Date: Sunday, 17 September 2023  
Time: 6:00 pm  
Venue: Minor Basilica of St. Anne,  
Bukit Mertajam, Penang

LIVE ONLINE

### 2. CARITAS MALAYSIA: REFUGEE CRISIS IN MALAYSIA | 23 SEPTEMBER 2023

Date: Saturday, 23 September 2023

Time: 9 am – 1 pm

Venue: Auditorium, Minor Basilica of St. Anne, Bukit  
Mertajam

Admission: Free of Charge

Closing Date: 16 September 2023

Caritas MALAYSIA | DIOCESE OF  
PENANG

## REFUGEE CRISIS IN MALAYSIA

## LOVE ONE ANOTHER.

JOHN 13:34

- Understand the plight.
- Learn how to help them.
- Networking with other  
NGOs or ministries.

SATURDAY, 23 SEP 2023  
9AM - 1PM

AUDITORIUM, MINOR BASILICA OF  
ST ANNE, BUKIT MERTAJAM

Collaboration with:  
Caritas Minor Basilica of St Anne & MSF (Doctors without Borders)

Caritas MALAYSIA | DIOCESE OF  
PENANG

## WORLD DAY OF MIGRANTS AND REFUGEES 2023

SCAN TO REGISTER  
TODAY!

Please register by  
16th September 2023

## Refugee Crisis in Malaysia

Date: Saturday, 23 Sep 2023 Time: 9am - 1pm  
Venue: Auditorium, Minor Basilica of St Anne, Bukit Mertajam  
Admission: Free of Charge  
For more information, please contact:  
Juanita (0124011567) or Francis (01165137507)

Behind the statistics of millions of refugees are the faces of ordinary people  
who live through extraordinary times. These are people living in almost every  
community and may be among the many people we meet everyday.  
Understanding how this came about, the experiences of refugees and how to  
help them is vital.

Who should attend?  
• Anyone interested to know more  
about refugee crisis in Malaysia.  
• Members of organisations providing  
services to migrants and refugees

Collaboration with:  
Caritas Minor Basilica of St Anne  
& MSF (Doctors without Borders)

### 3. MARRIAGE ENCOUNTER (STAY-IN 3D2N) | 20 – 22 OCTOBER 2023

Venue:

Domus, Minor Basilica of St Anne,  
Bukit Mertajam

Registration Fee: RM50 per couple

Closing Date: 15 September 2023

Contact:

Martin & Rose Kang  
(012-504 5890 / 016-441 6911)

Rouven & Anna  
(012-482 1868 / 017-475 9968)

## Uncover the secrets to a lasting, supportive, transformational marriage!

## Live your best life in Love!

## Thriving Together!

Date : 20<sup>th</sup> to 22<sup>nd</sup> Oct 2023 – ENGLISH  
(Stay-In 3d2n)  
Venue : Domus, Minor Basilica of St. Anne,  
Bukit Mertajam  
Registration Fee : RM50 per couple  
Closing Date : 15-Sep-2023  
Contact : Martin & Rose Kang  
012-504 5890 / 016-441 6911  
Rouven & Anna  
012-482 1868 / 017-475 9968

www.org