

CHS BULLETIN



1, Tingkat Besi Satu,
Island Park, 11600 Penang



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+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
SEPTEMBER

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

DATE	TIME	ACTIVITY	MASSES IN THE PARISH
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)	22ND SUNDAY IN ORDINARY TIME (YEAR A) No Livestream Livestream
Sep 04 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Sep 05 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	St. Teresa of Kolkata, Religious No Livestream
Sep 06 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Sep 07 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Sep 08 (Fri)	6.10 pm 6.30 pm	Vespers MASS (E)	The Birthday of the Blessed Virgin Mary, Feast No Livestream
Sep 09 (Sat)	10.00 am 5.30 pm 6.00 pm	MASS (E) Silent Adoration MASS (E)	St. Peter Claver Mass for Sick and Elderly (No Livestream) Livestream
Sep 10 (Sun) <i>Ez 33:7-9 Rom 13:8-10 Matt 18:15-20</i>	8.00 am 10.30 am	MASS (M) MASS (E)	23RD SUNDAY IN ORDINARY TIME (YEAR A) No Livestream Livestream
VISITORS TO CHS			
Sep 18 (Mon)	10.30 am	Visit of 41 pilgrims from Nativity Church, Singapore	

PARISH ACTIVITIES

Sep 03 (Sun)	12.00 pm	RCIA (English)	St. Mark, Ground Floor, OIKOS
Sep 04 (Mon)	3.30 pm	Legion of Mary	
Sep 05 (Tue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Sep 06 (Wed)	8.00 pm	Tamil Apostolate Charismatic Prayer Group Praise & Worship	St. Michael, 2 nd Floor, OIKOS
Sep 07 (Thu)	5.00 pm	Christian Meditation	Blessed Sacrament Chapel Portico
Sep 09 (Sat)	10.00 am	First Corinthians Bible Study	St. Augustine, 2 nd Floor, OIKOS
	8.00 pm	CEC (E) 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 on 26 & 27 August 2023: RM 8,269.85

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

- 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
- CLERGY AWAY | 10 - 24 SEPTEMBER 2023**
 - Fr Joachim Robert will be away for his retreat and visit to the Taize Community in France from 10 - 23 September 2023.
 - Fr Francis Anthony will be away for his annual retreat and break from 10 - 23 September 2023.
 - Fr Fabian Dicom will be away in Sabah from 15 - 24 September 2023.
 - Andrew Loh will be away on his silent retreat in preparation for his Permanent Diaconate Ordination from 4 - 8 September 2023.

Let us lift them up and keep them in our prayers for a safe and spirit-filled time away.
- NEW CHS FACEBOOK PAGE**
In early August, our Social Media Team issued a notice on the social media (Instagram and the CHS Official website) as well as the BEC Zone Whatsapp chats that the CHS Facebook (FB) Page has been compromised. Please refrain from accepting any invitations i.e. friend/game requests, or click any unsolicited links to videos sent from the CHS FB Profile. The team is working on migrating to a new CHS Facebook page from 1st September. While waiting for us to go 'live', stay connected with us on Instagram and the CHS Official website to get more updates from the parish.

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

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:- Bernard Capel (016-411 7675).

5. **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/1FAIpQLServPfTp2KaarBpEPgtq1JffKVRL3r5sQbHdzw5LxodfVaJQg/viewform>



6. **CHS INSPIRATION GROUP - TEA-TIME GATHERING | 10 SEPTEMBER 2023**

The tea-time gathering initially scheduled on Merdeka Day has been rescheduled to **10 September 2023** from 3.30 pm to 5.30 pm. CHS Inspiration Group would like to invite parents/guardians with special needs children, teens or young adults.

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.

7. **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.

8. **RECEPTION FOR PERMANENT DEACON ANDREW LOH | 24 SEPTEMBER 2023**

The ministry of a deacon is a gift to the church in the ministry of Charity, Word and Liturgy. As a community we rejoice with Andrew Loh in responding to the vocation of Permanent Diaconate with generosity. To celebrate God's blessing to the church, all are welcome to a **lunch reception on 24 September 2023 (Sunday) at 12:00 noon in the Dewan Holy Spirit.**

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

23 September 2023

21 October 2023

Time

8.15 pm - 10.15 pm

8.15 pm - 10.15 pm

Movie

Breakthrough

Esther - One Night with the King

13. **FROM ME TO YOU - PRAYERS FROM THE HEART | DEADLINE EXTENDED**

Thank you for all the online and hardcopy prayers. Your generosity in sharing your personal prayers truly reflect CHS's unique caring and inclusive community. The Prayer Booklet Committee has decided to extend the deadline for prayer submissions until **10 September 2023**. We want the spark of flame that has been lit to continue to spread.

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.



14. **FROM ME TO YOU - PRAYERS FROM THE HEART | COVER DESIGN COMPETITION**

We invite you to let your artistic side shine and submit your creative design for the cover of this book. The creator of the winning design will receive a cash prize of RM100.

Deadline for submission: **24 September 2023**

Submit your design via google form: https://bit.ly/fmty_cover

or scan here →



15. **CHS DAY OF PLANNING FOR 2024 | 01 OCTOBER 2023**

Thank you for participating in our recent Parish Pastoral Assembly where together we as a community identified **3 Key Areas** for us to focus on:-

Inclusive

Care

Unity

We are grateful for 535 feedbacks received from the PPA which we will refer to as we proceed to plan the celebrations and activities for 2024 guided by the **"ICU"**

We will have our **CHS Day of Planning** on **Sunday, 01 October 2023 from 2pm-5pm** to come together to plan for 2024. As the planning involves all ministries, we need the ministry leaders and/ or representatives to join in this Day of Planning.

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

PROTECT OUR EARTH, PROTECT OUR CHILDREN (PROTEC) YEAR4: "Cut Fuel Consumption Now".

Transportation accounts for some 14% of greenhouse gas emissions which cause global heating. Let us resolve to cut down use of our road and air travel especially as they guzzle petroleum, heat up the earth and cause air pollution. Car pool, do multiple errands per trip, take public transport, drive and fly less.

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
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> or scan here →



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

"Cut fuel consumption and let justice and peace flow like a mighty river" A mighty river -Prophet Amos cries out: "But let justice roll on like a river, righteousness like a water-falling stream!" (Amos 5:24)

SEASON OF CREATION

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

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"

Scan me for more information.

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
Saturday, 2 Sept 2023 via Zoom @ 8pm
ZOOM LINK:
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.

SEASON OF CREATION

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

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: Each 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



PRAYER BOOK
COVER
DESIGN COMPETITION

PUT YOUR ARTISTIC TALENTS
INTO ACTION & WIN A PRIZE!
发挥你的艺术天赋并赢得奖品!

CASH PRIZE
RM100

最后期限
24
09

提交这里!

QR CODE

CHS LOGO
A5 SIZE
CHS NAME

TITLE 标题
“FROM ME TO YOU”
PRAYERS FROM THE HEART

Inspiration Tea-Time Gathering
Inviting all parents / guardians with special
needs children and young adults to join us!

Date : 10 Sept 2023 (Sunday)
Time : 3.30 pm to 5.30 pm
Venue : St. Mark classroom

Activities - Games and activities for children and young adults
- Tea break for parents (pot bless)

Rescheduled to
10 Sept (Sun)

Contact : Jo Anne 012-480 0861
Annie Chong 016-8264909 or Angelina 012-5526483

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.

www.harmonico.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

QR CODE

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.

SCAN TO REGISTER!

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 (0165137507)

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 : 20th to 22nd 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

