

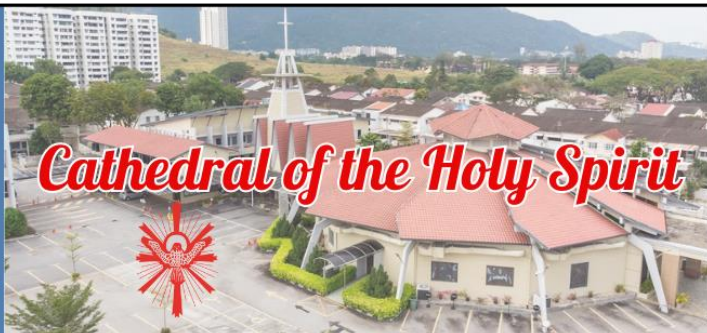
CHS BULLETIN



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



chспенang



youtube.com/CHSPgTv

**2023 THEME
OCTOBER**

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

DATE	TIME	ACTIVITY	MASSES IN THE PARISH
Oct 15 (Sun) <i>Is 25:6-10 Ph 4:12-14, 19-20 Matt 22:1-14</i>	7.30 am 8.00 am 10.00 am 10.30 am	Rosary followed by MASS (M) Rosary followed by MASS (E)	28 TH SUNDAY IN ORDINARY TIME (YEAR A) No Livestream Livestream
Oct 16 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	St. Hedwig, Religious St. Margaret Mary Alacoque, Virgin No Livestream
Oct 17 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	St. Ignatius of Antioch, Bishop & Martyr No Livestream
Oct 18 (Wed)	6.40 am 7.00 am	Lauds MASS (E)	St. Luke, Evangelist, Feast No Livestream
Oct 19 (Thu)	6.40 am 7.00 am	Lauds MASS (E)	Ss. John de Brebeuf & Isaac Jogues, Priest & Companions, Martyrs St. Paul of the Cross, Priest No Livestream
Oct 20 (Fri)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Oct 21 (Sat)	6.40 am 7.00 am 5.30 pm 6.00 pm	Lauds MASS (E) Rosary followed by MASS (E)	No Livestream Livestream
Oct 22 (Sun) <i>Is 45:1, 4-6 1 Th 1:1-5 Matt 22:15-21</i>	7.30 am 8.00 am 10.00 am 10.30 am	Rosary followed by MASS (M) Rosary followed by MASS (E)	29 TH SUNDAY IN ORDINARY TIME (YEAR A) MISSION SUNDAY No Livestream Livestream

PARISH ACTIVITIES

Oct 15 (Sun)	12.00 pm	RCIA (English)	St. Mark, Ground Floor, OIKOS
Oct 16 (Mon)	3.30 pm	Legion of Mary	
Oct 17 (Tue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Oct 18 (Wed)	8.00 pm	Tamil Apostolate Charismatic Prayer Group Praise & Worship	St. Michael, 2 nd Floor, OIKOS
Oct 21 (Sat)	10.00 am	First Corinthians Bible Study	St. Augustine, 2 nd Floor, Oikos
	4.00 pm	CEC (E) Catechism	OIKOS

BANNS OF MARRIAGE

Oct 21 (Sat)	10.00 am	Wedding Mass (English) ~ Pugan A/L Ravinthar & Callista Mariel Joachim	
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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 07 & 08 October 2023: RM 9,591.30

2nd Collection on 7 & 8 October 2023: RM 7,294.55

Sharing Hope Donations for September 2023: RM 655.70

Café Donations for September 2023: RM 1,200.00

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

1. PRAY FOR PEACE

As a parish, let us, in one heart and mind, light a candle at our Grotto and pray for peace. Let us, together with Pope Francis, pray for the restoration of justice and peace in the regions of Palestine and Israel. You are invited to come individually, with your BEC group, family or friends, to pray for peace at our Grotto. Candles and matches are available outside our Blessed Sacrament Chapel.

2. INFANT BAPTISM AT CHS FOR OCTOBER 2023 | 22 OCTOBER 2023

For parents who wish to have their child baptised, infant baptism will be held in the main church on Sunday, 22 October 2023 at 12noon. Please register at the Parish Office. There will be a pre-baptism instruction and briefing for both parents and godparents.

3. CHRISTIAN MEDITATION FOR OCTOBER 2023

Meditation at the Blessed Sacrament Chapel Portico will be held only once a week on Tuesdays at 7.45am.

4. 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.

5. ZONE MASSES IN OCTOBER

We will be having our respective Zone Masses (at Zone level) in the month of October. Below is the schedule for the Zone Masses. You are encouraged to come together to pray and attend these Masses with your respective Zones:-

Date/Day	Time	Zone/Apostolate	Venue / Address
Oct 02 (Mon)	8.30 pm	Zone C	Blessed Sacrament Chapel
Oct 06 (Fri)	8.30 pm	Zone D	8 Jalan Tembaga
Oct 09 (Mon)	8.30 pm	FOCHS (Chinese Apostolate)	Level 7, Setia Sky Vista, Lebuhraya 9
Oct 10 (Tue)	8.00 pm	Zone B	Blessed Sacrament Chapel
Oct 11 (Wed)	8.00 pm	Zone A	69 Medan Terengganu
Oct 12 (Thu)	8.00 pm	Zone G	Blessed Sacrament Chapel
Oct 13 (Fri)	8.00 pm	FOCHS	Blessed Sacrament Chapel
Oct 16 (Mon)	8.00 pm	Zone H	30 Lorong Kaki Bukit Taman Buah Pala
Oct 17 (Tue)	8.00 pm	Zone E	Blessed Sacrament Chapel
Oct 18 (Wed)	8.00 pm	Tamil Apostolate	Blessed Sacrament Chapel
Oct 19 (Thu)	8.00 pm	Zone I	Blessed Sacrament Chapel
Oct 20 (Fri)	7.00 pm	Zone F	Blessed Sacrament Chapel

6. GLOWING EMBERS MINISTRY: MAKE YOUR OWN MISSION ROSARY | 17 OCTOBER 2023

In conjunction with World Mission Day 2023 on 22nd October, Glowing Embers Ministry will be organising a session on 'Make your own Mission Rosary

Date & Time: 17 October, 10.00 am Venue: St Mark Classroom.

There is a small fee of RM8 per rosary for the cost of materials. All are welcome. Enquiries/registration, please WhatsApp : Tony Dorai 018 2684394

7. HAVEN YOUTH MINISTRY: BATTLE NIGHT ~ THE UNWANTED TOY | 21 OCTOBER 2023

Hello hello! Once again, HYM is back, offering yet another spirit-filled evening of fellowship to our beloved youth! As usual, there will be games, praise & worship, and an empowering session to end the night!

This month's session, titled "The Unwanted Toy: Woody's Story", explores what happens when we do not address our hurts properly. We may feel unloved or rejected every so often, but why is that?

We welcome you with open arms, as we journey together to uncover the steps we must take in order to overcome these human emotions. Join us for battle night this October!

Date/Time: 21st October 2023 (Saturday) from 8:30pm - 10:30pm

Venue: St. Michael - St. Raphael (2nd floor old classrooms)

Program: 8:30pm:Games | 9:00pm:Praise & Worship | 9:30pm:Session | 10:30pm : End

If you have any questions, don't hesitate to reach out to our core team members:

Caitlin: +6016-421 5027 | Jonathan: +6019-553 7506

8. PRAYER, REFLECTION AND FELLOWSHIP MOVIE AND FELLOWSHIP NIGHT

Date/Time: 21 October 2023 from 8:15pm - 10:15pm

Venue: St. Mark Classroom, OIKOS Building

Movie: Esther - One Night with the King

9. SOCIETY OF SAINT VINCENT DE PAUL (SSVP) 2024 CALENDARS

SSVP 2024 Calendars are available at the parish office at RM15 each.

10. ALTAR SERVER RECRUITMENT (ENGLISH)

Youth from ages 10 to 16 are welcome. Scan the QR code to register:-

For any enquiries, contact:- Ethan (012-453 2107) or Azriel (017-411 2005)



11. WORLD MISSION SUNDAY 2023 | 22 OCTOBER 2023

Theme : **"Hearts on fire, feet on the move"** (cf. Lk 24:13-35)

World Mission Sunday is a time to renew our commitment to show love and solidarity to all our brothers and sisters in Christ, especially the more vulnerable in our society. Let us re-commit ourselves and support this Church mission through our prayers and actions.

CHURCH OF SACRED HEART'S MIGRANT MISSION | 21 & 22 OCTOBER 2023

Church of the Sacred Heart (CSH) is currently on a mission to improve the quality of life of the migrant workers from its surrounding plantations. In growing their faith and community life, CSH also provides them with the opportunity for medical, education and other assistance. CSH is currently renovating its community hall to grow its mission work and seek your support. There will be booths available on 21 and 22 October 2023 for T-shirt sales to raise funds, or you can make a donation by depositing into RHB Bank Account No. 20802536009185 under the "Church of the Sacred Heart" and then WhatsApp CSH parish at 017-554 3110.

BLOOD DONATION, MOBILE DENTAL CHECK, HEALTH AND CANCER SCREENING ON 21 OCTOBER 2023

In conjunction with World Mission Day 2023, CHS will hold a blood donation, mobile dental check and also health and cancer screening by National Cancer Society Malaysia (NCSM) on:-

Date/Time: 21 October 2023 (Saturday) from 9 am - 3 pm

Venue: Dewan Holy Spirit

For more details, contact:- Julia Arulandu (017-343 6331)

For the health screening, there will be a RM50 charge for blood test (complimentary for those who are eligible under Perkeso HSP3.0+++). Please fast for at least 12 hours prior to screening.

12. GLOWING EMBERS MINISTRY: HOW TO LIVE A GRACE FILLED LIFE | 24 OCTOBER 2023

Ephesians 2:8 *'For by grace you have been saved through faith, and that not of yourselves'*

Date/Time/Venue: 24 October 2023, Tuesday at 9.45am, St Mark Classroom

Speaker : Regina Xavier Registration : WhatsApp Lilian 016 4537101

13. PROTECT OUR EARTH, PROTECT OUR CHILDREN (PROTEC) CAMPAIGN YEAR 4

"Cut Plastics - Cut Global Heating"

Plastics are made from petrochemicals and contribute 3.8% to the greenhouse gas emissions. By 2030, greenhouse gas emissions from plastics could reach 1.34 billion tonnes of CO2 equivalent per year. Plastics also pollute our oceans and land while microplastics in our food and water present a serious health hazard. Reducing plastic usage will not only reduce plastic pollution but help stop global heating from getting worse. Cut plastic and petrol consumption today!

14. GLOWING EMBERS MINISTRY : LINE DANCING | OCTOBER 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 October: Mondays, 6:30pm - 7:30pm Venue: St. Clare Classroom

15. 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.**

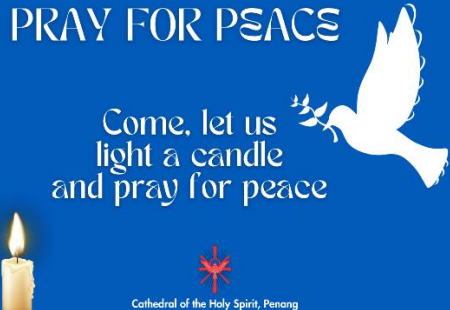
Share your testimony. You may submit your testimony in a 'sealed' envelope marked 'CHS Musings' to Parish Office, email to chsmusings@gmail.com or submit via link: <https://bit.ly/chsmusings> or scan this QR code to submit.

We welcome English, Chinese, Bahasa Malaysia and Tamil testimonies



PRAY FOR PEACE

Come, let us
light a candle
and pray for peace



Cathedral of the Holy Spirit, Penang

**Make your own
Mission Rosary**

17 Oct. 10am
St Mark Classroom

RM8.00 for
Rosary materials

WhatsApp
Tony 0182684394




GLOWING EMBERS

HAVEN YOUTH MINISTRY : BATTLE NIGHT

THE UNWANTED TOY


woody's story
inspired by Toy Story
- 1 Peter 2:9 -

Date: 21st October 2023
Time: 8.30p.m. - 10.30p.m.
Venue: St.Michael - St.Raphael
(2nd Floor Old Classroom)



**COME JOIN
ALTAR SERVERS
MINISTRY**

AGES 10 TO 16
ARE WELCOME



SCAN TO
REGISTER


FOR ANY ENQUIRIES DO
CONTACT:
ETHAN - 012 4532107
AZRIEL - 017 4112005

24 October
9.45am
St Mark
Classroom

Speaker
Regina Xavier

Reg: WhatsApp
Lilian
016 4537101

**HOW TO
LIVE A
GRACE
FILLED
LIFE**



GLOWING EMBERS

T-SHIRT FOR FUNDRAISING
(RENOVATION OF THE MERCY HALL)

RM 30




Church of
Sacred Heart,
Kampar

DuitNow
QR Code



SACRED HEART



**BLOOD DONATION
AND MOBILE
DENTAL CHECK**
21 OCTOBER (Sat)
9AM TO 3PM
DEWAN HOLY SPIRIT

Emergency Response
Team
Julia 017-343 6331
June 017-866 2483

**CALLING ALL ELIGIBLE
BLOOD DONORS**

One pint
of blood
saves
three lives

Make dental
health your
priority

Caritas
MALAYSIA | DIOCESE OF
PENANG

**HSP3.0+++
HEALTH & CANCER SCREENING**

Eligibility Criteria

Free Cancer Screening and Blood Test if you are

- Malaysian, aged 40-59,
- PERKESO Contributor for a minimum of 12 months (Inclusive invalidity pension scheme)
- An active SOCSO contributor under the invalidity scheme. (has at least one month of contribution in the current year)

If you are not a member of PERKESO, you can still enjoy FREE Cancer Screening & RM50 for Blood Test.

Screening

- Physical Examination (Anthropometry, Waist Circumference, Blood Pressure / Pulse Rate)
- Mental health screening (DASS 21 score)
- Doctor's consultation

Male Screening

- Full Blood Count (FBC)
- HbA1c
- Fasting Lipid Profile
- Renal Function Test
- Liver Function Test
- Tumor Marker (CEA & AFP)
- Urine FEME

Female Screening

- Full Blood Count (FBC)
- HbA1c
- Fasting Lipid Profile
- Renal Function Test
- Liver Function Test
- Tumor Marker (CEA & AFP)
- Urine FEME
- Pap Smear
- Mammogram (at selected centres)

Date: 21.10.2023 (Saturday) Time: 9am-3pm
Venue: Cathedral of The Holy Spirit
Address: No. 1, Tingkat Basi Satu, Island Park, 11600 Penang
Contact: Julia 017-343 6331 : June 017-866 2483

National Cancer Society Malaysia
No 66, Jalan Raja Muda Abdul Aziz, 50300 Kuala Lumpur
Tel: 03-2698 7300 fax: 03-2698 4300 Website: www.cancer.org.my

Caritas
MALAYSIA | DIOCESE OF
PENANG

National
Cancer
Society
Malaysia
Giving Hope Celebrating Life

