

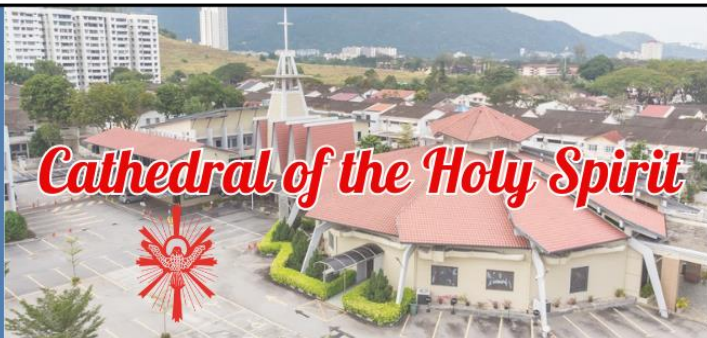
# CHS BULLETIN



1, Tingkat Besi Satu,  
Island Park, 11600 Penang



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**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 08 (Sun) <i>Is 5:1-7 Ph 4:6-9 Matt 21:33-43</i>	7.30 am 8.00 am 10.00 am 10.30 am	Rosary followed by MASS (M) Rosary followed by MASS (E)	27 <sup>TH</sup> SUNDAY IN ORDINARY TIME (YEAR A) No Livestream Livestream
Oct 09 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	Ss. Denis, Bishop and his Companions, Martyrs St. John Leonardi, Priest No Livestream
Oct 10 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Oct 11 (Wed)	6.40 am 7.00 am	Lauds MASS (E)	St. John XXIII, Pope No Livestream
Oct 12 (Thu)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Oct 13 (Fri)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Oct 14 (Sat)	6.40 am 7.00 am 5.30 pm 6.00 pm	Lauds MASS (E) Rosary followed by MASS (E)	St. Callistus, Pope, Martyr No Livestream Livestream
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 <sup>TH</sup> SUNDAY IN ORDINARY TIME (YEAR A) No Livestream Livestream

## PARISH ACTIVITIES

Oct 08 (Sun)	12.00 pm	RCIA (English)	St. Mark, Ground Floor, OIKOS
Oct 09 (Mon)	3.30 pm	Legion of Mary	
Oct 10 (Tue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Oct 11 (Wed)	8.00 pm	Tamil Apostolate Charismatic Prayer Group Praise & Worship	St. Michael, 2 <sup>nd</sup> Floor, OIKOS
Oct 12 (Thu)	8.00 pm	HSPG Prayer Meeting	St. Michael, 2 <sup>nd</sup> Floor, OIKOS
Oct 14 (Sat)	10.00 am	First Corinthians Bible Study	St. Augustine, 2 <sup>nd</sup> 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	<b>Public Bank Berhad</b>	<b>RHB Bank Berhad</b>	<b>RHB Bank Berhad</b>
Account Number	<b>309 3049812</b>	<b>20708 2000 39510</b>	<b>20708 2000 39928</b>
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 30 September & 1 October 2023: RM 8,206.50**

**2<sup>nd</sup> Collection on 7 & 8 October 2023 is for the poor and needy**

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

### 1. 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

2. **SALE OF COUPONS FOR FLOWERS AND CANDLES FOR ALL SOULS DAY BY ISLANDER'S TAMIL YOUTH NETWORK (ITYN) | 7 & 8 OCTOBER 2023**

Islander's Tamil Youth Network will be putting up a flower stall at the Western Road Cemetery from 28 October to 2 November 2023. Their members will be selling coupons for flowers and candles for All Souls Day after Masses on 7 and 8 October 2023.

3. **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 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.

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

4. **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

5. **PROTECT OUR EARTH, PROTECT OUR CHILDREN (PROTEC) CAMPAIGN YEAR 4 "Reduce Online Shopping"**

Online shopping is the cause of a huge increase in over-plastic packaging. Plastics are made from petrochemicals. Plastics have polluted the Earth and entered our food. Shipping/freight and return of goods is another huge contributor to the burning of fossil fuel for transport and the manufacture of wasted products. Resist temptation. Reduce online shopping today. Stop single/few item purchases. Buy whatever you can from a weekly shopping list from small retail stores. Bring your own bags.

6. **DEWAN HOLY SPIRIT AND BADMINTON COURTS NOT AVAILABLE ON 08 OCTOBER 2023**

The Dewan Holy Spirit and badminton courts will **NOT** be available for use on 08 October 2023 (Sunday) due to a parish event.

7. **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.

8. **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 submit via link: <https://bit.ly/chsmusings> or scan this QR code to submit.

We welcome English, Chinese, Bahasa Malaysia and Tamil testimonies



9. **CHRISTIAN MEDITATION FOR OCTOBER 2023**

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

10. **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

11. **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 Azrieel (017-411 2005)



**DIOCESAN NEWS**

1. **RACHEL'S VINEYARD RETREAT | 10 - 12 NOVEMBER 2023 IN KUALA LUMPUR**

Rachel's Vineyard welcomes any person, man or woman, who is struggling with emotional and spiritual pain of an abortion. This retreat is specially designed to help participants experience the mercy, compassion, love and healing grace of God. It is a time of grace.

Date: 10 – 12 November 2023 (Friday to Sunday)

Venue: Kuala Lumpur

Closing date: 10 October 2023

Please contact Mary at 016-4190538 or email at: [healinggracerachelsvineyard@gmail.com](mailto:healinggracerachelsvineyard@gmail.com) for more information. All communication will be strictly confidential.

2. **30<sup>TH</sup> NOTIFICATION AND UPDATES IN THE DIOCESE OF PENANG**

Please find the link to the 30<sup>th</sup> Notification and Updates for the Diocese of Penang:-

<https://www.pgdiocese.org/post/30th-notification-updates-in-the-diocese-of-penang>





## 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

## 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

A fundraising project by  
ISLANDERS' TAMIL YOUTH NETWORK

## FLOWER SALES

WESTERN ROAD CEMETERY

28 OCT (SAT) - 2 NOV 2023 (THU)

8.00AM - 7.00PM



GET YOUR FLOWERS AND CANDLES  
FROM OUR STALL!

COME & SUPPORT US

JOHN ANTHONY 017-4786609

## 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 Besi Satu, Island Park, 11600 Penang

Contact: Julia 017-343 6331 : June 017-866 2483

Caritas  
MALAYSIA | DIOCESE OF  
PENANG

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

