

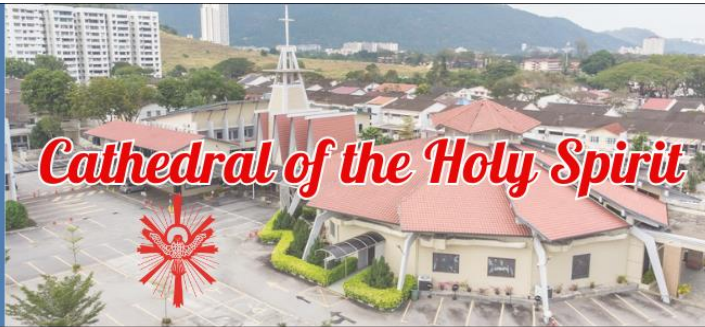
# CHS BULLETIN



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



CHSPenang



chspenang



youtube.com/CHSPgTv

2024 THEME  
FEBRUARY

SALT OF THE EARTH AND LIGHT OF THE WORLD:

*COMMUNION, PARTICIPATION AND MISSION*

CELEBRATING HUMAN FRATERNITY

DATE	TIME	ACTIVITY	MASSES IN THE PARISH
Feb 25 (Sun) <i>Gen 22:1-2,9-13,15-18 Rom 8:31-34 Mk 9:2-10</i>	8.00 am 10.30 am	MASS (M) MASS (E)	2 <sup>ND</sup> SUNDAY OF LENT (YEAR B) No Livestream Livestream
Feb 26 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Feb 27 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	St. Gregory of Narek, Abbot & Doctor of the Church No Livestream
Feb 28 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Feb 29 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Mar 01 (Fri)	12.00 pm 8.00 pm	WOC followed by MASS (E) WOC (ETM) followed by MASS (E)	Livestream only for 8pm Mass (Church) WOC – E (Church), T (Chapel), M (Classroom)
Mar 02 (Sat)	6.40 am 7.00 am 6.00 pm	Lauds MASS (E) MASS (E)	No Livestream Livestream
Mar 03 (Sun) <i>Ex 20:1-17 1 Cor 1:22-25 Jn 2:13-25</i>	8.00 am 10.30 am 5.30 pm	MASS (M) MASS (E) MASS (T)	3 <sup>RD</sup> SUNDAY OF LENT (YEAR B) RCIA RITE OF 1 <sup>ST</sup> SCRUTINY No Livestream Livestream No Livestream (Blessed Sacrament Chapel)

## PARISH ACTIVITIES

Feb 25 (Sun)	12.00 pm	RCIA (English)	St. Mark, Ground Floor, OIKOS
Feb 26 (Mon)	3.30 pm	Legion of Mary	
	6.30 pm	GE: Line Dancing	St. Clare, 2 <sup>nd</sup> Floor, OIKOS
Feb 27 (Tue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Feb 28 (Wed)	8.00 pm	Tamil Apostolate Charismatic Prayer Group Praise & Worship	St. Michael, 2 <sup>nd</sup> Floor, OIKOS
Feb 29 (Thu)	5.00 pm	Christian Meditation	Blessed Sacrament Chapel Portico

## 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 17 & 18 February 2024: RM 8,696.65

2<sup>nd</sup> Collection on 02 & 03 March 2024 is for the poor and needy

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

### 1. BADMINTON COURTS NOT AVAILABLE | FEBRUARY 2024

The badminton courts at the Dewan Holy Spirit will not be available for use on Sundays 4, 11, 18 and 25 February 2024 due to a function and parish events.

### 2. GLOWING EMBERS: LINE DANCING | 26 FEBRUARY 2024

Line dancing is a fun form of exercise to get your heart pumping and brain working, all while being part of a social activity. Come, be part of the fun!

Date/Time/Venue: 26 February 2024 (Monday) at 6.30pm, St. Clare, 1<sup>st</sup> Floor, OIKOS

### 3. CAFÉ CLOSED | 9 - 10 MARCH 2024

Our Café will be closed on the weekend of 9<sup>th</sup> and 10<sup>th</sup> March 2024 due to a parish event.

### 4. OUTDOOR WAY OF THE CROSS

We encourage zones, ministries, families and friends to come together and go through the Outdoor Way of the Cross on the grounds of CHS during Lent. Please call the parish office to notify us of the date and time you wish to do so to avoid overlapping of groups.

### 5. NO SATURDAY DEVOTIONS | 24 FEBRUARY TO 18 MAY 2024

In order for us to focus on Lenten and Easter liturgical celebrations, all Saturday Devotions during Lent and Easter Seasons (24 Feb through 18 May) will be cancelled. Exception:

- 9 March, 5-6pm Silent Adoration after Parish Formation Day 1 and before Sunset Mass

**6. PARISH FORMATION DAY: LIVING THE VIRTUES: A DAY OF RECOLLECTION FOR PARISHIONERS ON 09 MARCH 2024**

We extend to you a heartfelt invitation to partake in a soul-nourishing journey at the Cathedral of the Holy Spirit.

Theme: **Living the Virtues: A Day of Recollection for Parishioners**

**Act justly, love tenderly and walk humbly with our God (Micah 6:8)**

Date: 9 March 2024 (Saturday) (For All Parishioners aged 13 and above)

Registration: 8:00 am

Session: 9:00 am - 5:00 pm (ends with Silent Adoration and followed by Mass at 6:00 pm)

Experience:

- Dive deep into the beauty of virtues through enlightening sessions
- Reflect, rejuvenate, and reconnect with your spiritual essence
- Embrace the fellowship of our parish community as we journey together

Practical Details:

- No registration fees
- Kindly bring your personal writing materials
- Lunch and refreshments provided
- Daycare provided for children aged 6 to 12

**Register Now!** Registration Deadline: **5 March 2024 (Tuesday)**. Registration can be completed through digital form: [https://bit.ly/CHS\\_LivingTheVirtues](https://bit.ly/CHS_LivingTheVirtues)

You can also register in person at the parish office or at registration booth following every Mass. Let us come together, united in purpose and strengthened in faith, as we delve into the essence of virtues. Your presence will illuminate our shared path of spiritual growth and community enrichment.

**7. GLOWING EMBERS: MOVIE JEREMIAH | 05 MARCH 2024**

Date/Time/Venue: 05 March 2024 (Tuesday) from 10am – 12noon, St. Mark, Ground Floor, OIKOS  
Jeremiah tells the story of the prophet who abandons his family and the woman he loves in order to relay God’s message to Jerusalem. Also persecuted and branded as a traitor for warning others of the destruction of the Holy City, he continues fearlessly with this mission.

(Brought to you by courtesy of Simon Wong).

Enquiries : WhatsApp Debra 016 4819033

**8. PRISON MINISTRY: SPONSOR A MEAL | 16 & 17 MARCH 2024**

Every year, our Catholic priests celebrate Easter Mass/service for inmates in the Penang and Jawi prisons. Along with this, we ask you, our dear parishioners, to reach out to bring God’s love to those in prison by donating RM 10.00 or more to bless an inmate with an Easter lunch this year. CHS Prison Ministry members will be next to the Chapel after the 16th/17th March weekend masses to collect your generous contribution. Alternatively, please bank into:-

RHB Account No: 20708 2000 39928

Account Name: CHS Cathedral

Enquiries: Chan Lilian (016-557 1964)

**9. SHARING HOPE PROJECT**

This project is to support families in need through monthly provision of essential items. You can contribute by donating the following by placing them in the basket in front of parish office.

Please refer to poster for items to donate.

**10. PRISON MINISTRY: SOAP MOULDING | 17 MARCH 2024**

Using washing detergent to clean the body? This is what inmates in the Penang and Jawi prisons are resorting to for lack of adequate supply of bath soap. We are indeed blessed to be given the permission to supply small antiseptic soaps to them. So in this season of Lent, let us reach out to those behind bars - join in our soap moulding session:

Date/Time: 17 March (Sunday) from 9.30am to 1.00pm

Venue: St Paul LOC, Multipurpose Hall, CENACLE

Enquiries: Chan Lilian (016-557 1964)

**11. BLOOD DONATION & MOBILE DENTAL CHECK | 6 APRIL 2024**

Date/Time/Venue: 6 April 2024 (Saturday) from 9am – 3pm, Dewan Holy Spirit

For more details, contact:- Julia Arulandu (017-343 6331) or June (017-866 2483)

One pint of blood can save up to 3 lives. We encourage all those aged between 17 to 60 years old, weighing above 45 kgs to come and donate for this meaningful cause. Please bring along your Identity Card and blood donor card (for regular donors).

**12. LENT 2024**

Lent season, which starts on 14 February 2024, Ash Wednesday, is a time of preparation for Easter Celebration through the three key pillars – Prayer, Fasting and Almsgiving. We seek the Lord in prayer by reading Sacred Scriptures, we practice self-control through fasting and we serve by giving alms.

**I) Lenten Companion: Walking with Jesus to Jerusalem with Fr Mark Toups**

Inviting all to a transformational Lenten season that will help you experience the radical love of Christ for his bride, the Church! This program **begins on Ash Wednesday (after Mass at the Blessed Sacrament Chapel)** with a short session to kick start this journey. Thereafter, come together **each week after Sunset Mass or Sunday Morning (10:30am) mass** for a 5-10 minute weekly video presentation. This is followed by daily reflections and meditations which will be sent to you via Whatsapp to help you through Lent in preparation for Easter!

**II) 40 days of Lenten Gospel Reflection by the Love Squad**

The Love Squad are students who are preparing to receive their Sacrament of Confirmation. As part of their Lenten journey, they will be sharing their reflections from the Gospel reading. Come and be part of their Lenten journey! Reflections will be available on CHS Social Media.

**III) Lenten Campaign by Caritas, Diocese of Penang**

**Theme: “Together We Rebuild our Church, Community & Common Home”**

Caritas, Diocese of Penang, will be raising funds to carry out various social mission programmes in the Diocese, 29 Catholic churches, 13 organisations and 28 social mission groups located in Penang, Perak, Kedah, Perlis and Kelantan. All donations and prayers are welcome.

(a) **Lenten Campaign T-shirt (RM20)**. Buy and wear the T-shirt to create awareness.

(b) **Donate to the Lenten Campaign**. Online transfer to “Penang Diocesan Lenten Campaign” RHB Bank Account: 2070 82 000 383 87. Lenten Campaign envelopes are available in the parish office for cash/cheque payments.

(c) **Lenten Kit 2024**. To download resources for the whole family, click:-

- English → [https://bit.ly/LentenKit2024\\_Eng](https://bit.ly/LentenKit2024_Eng)
- Mandarin → [https://bit.ly/LentenKit2024\\_Mandarin](https://bit.ly/LentenKit2024_Mandarin)
- Bahasa Malaysia → [https://bit.ly/LentenKit2024\\_BM](https://bit.ly/LentenKit2024_BM)
- Tamil → [https://bit.ly/LentenKit2024\\_Tamil](https://bit.ly/LentenKit2024_Tamil)



**13. CHOICE MANDARIN PENANG 9 (CMPG9) - MAKE A DIFFERENCE (M.A.D.) EVENT | 10 MARCH 2024**

Join our charity food fair and spread love to the underprivileged! Choice Mandarin Penang 9 (CMPG 9) is organizing a mini charity food fair and sincerely invites you to participate. Your involvement will be meaningful as all proceeds will be donated to the "Be Home" charity organization in Penang Island.

"Be Home" is an NGO that shelters underprivileged children and is currently facing financial difficulties. They urgently need funds to cover next month's expenses (currently about RM24280). Particularly during the Season of Lent, would you be willing to join hands with family and friends to help these unfortunate children? Welcome everyone to participate in the upcoming charity mini food fair at the **Church of Holy Name of Jesus, Balik Pulau** on **10 March 2024** from **8.30am to 12.30pm** and contribute according to your financial ability. Blessed are the givers, may your kind deeds bring abundant blessings. With you, there's hope for these children ❤️. God bless. 🙏  
 "Whatever you did for one of these least brothers of mine, you did for me." (Matthew 25:40)

**14. PDYN LEADERSHIP RETREAT | APRIL, AUGUST & DECEMBER 2024**

Penang Diocesan Youth Network (PDYN) is organising a PDYN Leadership Retreat on the following dates:

- **April: 9<sup>th</sup> - 12<sup>th</sup> 2024**
- **August: 5<sup>th</sup> - 8<sup>th</sup> 2024**
- **December: 2<sup>nd</sup> - 5<sup>th</sup> 2024**

Objective: *To nurture and equip the young people to be the 'Now of God'*  
 These leadership retreats are for the parish youths & campus students ages 18 to 29 years old. For more details, please refer to the poster. You can register for any one of the retreats via this Google Form link: <https://bit.ly/PDYNLR2024> or scan the Qr Code on the poster. The closing date for the April Leadership Retreat is on 19th March 2024 (Tuesday). Contact us for further queries: 012-346 4416 (PDYN Office). 📞

**PDYN LEADERSHIP RETREAT 2024**

Penang Diocesan Youth Network

**Scan to register**

**OBJECTIVE**  
 TO NURTURE AND EQUIP THE YOUNG PEOPLE TO BE THE "NOW OF GOD"

**TARGET AUDIENCE**  
 CAMPUS STUDENTS & YOUNG ADULTS  
 18 - 29 YEARS OLD

\*Limited to 100 participants per camp  
 \*Registration fee: (T-shirt & Kit included) **RM 70**

**REGISTRATION : 3.00 PM**

For further enquiries, contact us:  
 PDYNPENANG | 012-346 4416 (PENANG DIOCESAN YOUTH NETWORK)

**CATHEDRAL OF THE HOLY SPIRIT, PENANG** | **CHURCH OF CHRIST THE KING, SUNGAI PETANI** | **CHURCH OF ST. ANTHONY, TELUK INTAN**

9 - 12 April | 5 - 8 August | 2 - 5 December

**Lenten Companion**

*Walking with Jesus to Jerusalem*  
 Inviting all to a transformational Lenten Season that will help you experience the radical love of Christ for his bride, the Church!

Location: Blessed Sacrament Chapel  
 When: Each weekend after Sunset & Sunday Morning (10:30am) Mass

14 FEB "DETERMINED" 4<sup>th</sup> WEDNESDAY  
 18 FEB "TRANSFORMED" 1<sup>st</sup> WEEK  
 25 FEB "MERCY" 2<sup>nd</sup> WEEK  
 03 MAR "LISTEN" 3<sup>rd</sup> WEEK  
 10 MAR "COMMIT" 4<sup>th</sup> WEEK  
 17 MAR "UNWAVERING" 5<sup>th</sup> WEEK  
 24 MAR "FAITHFUL" 6<sup>th</sup> WEEK  
 31 MAR "REMEMBER" EASTER SUNDAY

LENT © CHS

**Love Squad**  
 40 days Lenten Gospel Reflection

**Who are the Love Squad ?**  
 The Love Squad are students who are preparing to receive their Sacrament of Confirmation. This year, there are 37 students in the Love Squad.

**40 Days Lenten Gospel Reflection**  
 As part of their Lenten journey, they will be sharing their reflections from the Gospel reading.

**Come and be part of their Lenten journey !**  
 Reflections will be available on CHS Social Media platform -

CHSPenang | chspenang

**Cathedral of the Holy Spirit Formation 2024**

*Living the Virtues*  
 A day of Reflection for Parishioners

Act justly, love tenderly, and walk humbly with our GOD  
 - Micah 6:8

Date: **9 March 2024 (Saturday)**  
 Time: **9:00 am - 5:00 pm** (Registration starts at 8:00 am) (ends with Silent Adoration followed by Mass at 6:00 pm)

Practical Details:

- No registration fees
- Lunch and refreshments provided
- Kindly bring your personal writing materials and water bottles
- Daycare provided for children aged 6 to 12

Register Now!

- Registration Deadline: **5 March 2024 (Tuesday)**
- Registration can be completed through digital forms: [https://bit.ly/CHS\\_LivingTheVirtues](https://bit.ly/CHS_LivingTheVirtues)
- You also can register in person at the parish office or at the registration booth following every Mass.

Register Now!

**GLOWING EMBERS**

**MOVIE SCREENING**  
 5 March, Tue.  
 10am-12 noon  
 St Mark Classroom  
 Starring Patrick Dempsey

**JEREMIAH**

The story of the prophet who abandons his family and the woman he loves in order to relay God's message in Jerusalem.

Enquiries:  
 Debra  
 016 4819033





# BLOOD DONATION AND MOBILE DENTAL CHECK

6 APRIL (SAT), 9AM TO 3PM

DEWAN HOLY SPIRIT  
CATHEDRAL OF THE HOLY SPIRIT  
NO. 1, TINGKAT BESI SATU,  
ISLAND PARK, 11600 PENANG



Make dental health your priority



One pint of blood saves three lives

For further information, please contact  
Julia 017-343 6331 : June 017-866 2483

# 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)



**Caritas MALAYSIA** | DIOCESE OF PENANG



## CMFG9 - MAKE A DIFFERENCE (M.A.D.)

小型义卖会 MINI FOOD FAIR  
《义举的爱心，无限的可能》

受益单位: 槟城美家圆弱势儿童福利机构

20 24 3月10日  
(星期日)  
8.30AM - 12.30PM  
(10.30am - 11.30am - 华语办档Mandarin Mass)

浮罗山背耶稣圣名堂  
Balik Pulau, Penang

联系人:

Bencara Ooi: 016-420 7757  
Moi Wern: 019-265 6286

Facebook: <https://www.facebook.com/meijayuan.org/>  
Email: [info@meijayuan.org](mailto:info@meijayuan.org)  
Phone: 012-4811824  
Address: 14P, Jalan Delima, Taman Island Glades, Tasek Gelugor, penang

捐款户口: AMBANK: 88810 3366 4395  
(PERSATUAN KEBAJIKAN ANAK-ANAK OKU TAMAN ISLAND PENANG)

凡你们对这些最弱小兄弟中的一个所做的，都是对我做的。(马 25 : 40)

PERSATUAN KEBAJIKAN ANAK-ANAK OKU TAMAN ISLAND PENANG  
槟城美家圆弱势儿童福利机构  
BE HOME FOR SPECIAL CARE, PENANG  
PPM-021-07-10032019  
Tel: 04-6568118 Visit Time: 9am-5pm



(如果有任何捐款，请直接转账到美家圆户口并索取收据记录)

# soap MOULDING

For the Prisons - Soap Moulding Session:



17 March, Sat  
9.30am – 1.00pm  
St Paul LOC  
Multi Purpose Hall

Enquiries:  
Lilian 016 5571964  
Prison Ministry

# Sharing Hope

DONATE to families in need

Your small donation can impact many lives.  
You can place your donation items in the basket outside the church office.

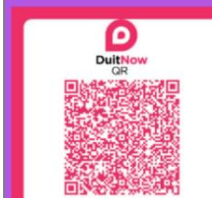
## Wishlist

- |                |                   |          |
|----------------|-------------------|----------|
| Milk Powder    | Curry powder      | Biscuits |
| Chocolate Malt | Canned food       | Flour    |
| Coffee         | Laundry detergent | Noodles  |



[caritaspenang.com/lent2024](http://caritaspenang.com/lent2024)

TOGETHER WE REBUILD  
OUR CHURCH,  
COMMUNITY  
AND COMMON HOME



DONATE  
Penang Diocesan Lenten Campaign  
RHB Bank Account  
2070 82 000 383 87



谢谢  
நன்றி

TERIMA KASIH

THANK YOU FOR YOUR  
LENT CONTRIBUTION.

