

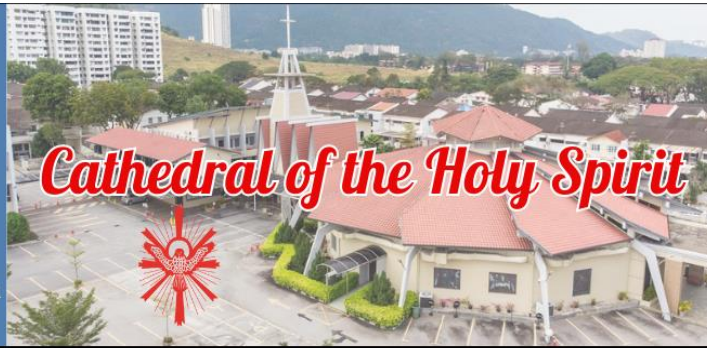
CHS BULLETIN



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



CHSPenang



holyspiritcathedral.com



chспенang



youtube.com/CHSPgTv

2024 THEME
MARCH

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

| DATE | TIME | ACTIVITY | MASSES IN THE PARISH |
|---|-------------------------------|--|---|
| Mar 17 (Sun) <i>Jer 31:31-34 Hebr 5:7-9 Jn 12:20-33</i> | 8.00 am 10.30 am | MASS (M) MASS (E) | 5 TH SUNDAY OF LENT (YEAR B) RCIA RITE OF 3 RD SCRUTINY No Livestream Livestream |
| Mar 18 (Mon) | 6.40 am 7.00 am | Lauds MASS (E) | St. Cyril of Jerusalem, Bishop, Doctor No Livestream |
| Mar 19 (Tue) | | No Lauds & Mass | St. Joseph, Spouse of the B.V.M., Solemnity |
| Mar 20 (Wed) | 6.10 pm 6.30 pm | Vespers MASS (E) | No Livestream |
| Mar 21 (Thu) | 6.10 pm 6.30 pm | Vespers MASS (E) | No Livestream |
| Mar 22 (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 23 (Sat) | 6.40 am 7.00 am 6.00 pm | Lauds MASS (E) MASS (E) | St. Turibius of Mongrovejo, Bishop No Livestream Livestream |
| Mar 24 (Sun) <i>Mk 11:1-10 Is 50:4-7 Phil 2:6-11 Mk 14:1-15:47</i> | 8.00 am 10.30 am | MASS (M) MASS (E) | PALM SUNDAY OF THE PASSION OF THE LORD (YEAR B) No Livestream Livestream |

PARISH ACTIVITIES

| | | | |
|--------------|--------------------|--|---|
| Mar 17 (Sun) | 12.00 pm | RCIA (English) | St. Mark, Ground Floor, OIKOS |
| Mar 18 (Mon) | 3.30 pm | Legion of Mary | |
| Mar 19 (Tue) | 7.45 am | Christian Meditation | Blessed Sacrament Chapel Portico |
| Mar 20 (Wed) | 8.00 pm | Tamil Apostolate Charismatic Prayer Group Praise & Worship | St. Michael, 2 nd Floor, OIKOS |
| Mar 21 (Thu) | 5.00 pm 8.00 pm | Christian Meditation HSPG Prayer Meeting | Blessed Sacrament Chapel Portico St. Michael, 2 nd Floor, OIKOS |
| Mar 23 (Sat) | 4.00 pm | CEC (E) Catechism | OIKOS |

MARRIAGE BANNES

| | | | |
|--------------|----------|--|--|
| Apr 10 (Wed) | 11.30 am | Wedding Service (Tamil) Kannesan a/o Sendekisager & Synthia Anne a/p Silbaras | |
|--------------|----------|--|--|

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 09 & 10 March 2024: RM 9,648.85

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

1. 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.

2. PALMS FOR PALM SUNDAY

You are encouraged to bring your own palms on Palm Sunday, but if you have extra, please bring them to our parish office before Palm Sunday.

3. CANCELLATION OF 7AM MASS ON TUESDAY, 19 MARCH 2024

There will not be the recitation of Lauds at 6.40am and the Mass at 7am on Tuesday, 19 March 2024 due to the Clergy Monthly Recollection at Stella Maris on 18 and 19 March 2024.

4. CAFÉ FOOD SALE BY CHS CHINESE APOSTOLATE WOMEN'S GROUP | 16 & 17 MARCH 2024

The food sale will be in aid of Mount Miriam Hospital, St Anne Dialysis Centre and Fr Julian Agape Centre.

5. CHRISM MASS | 18 MARCH 2024

Chrism Mass will be held at the Church of Immaculate Conception at 8pm on Monday, 18 March 2024.

6. 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)

7. 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)

8. HYM: SEDER MEAL | 16 MARCH 2024

HYM IS BACK WITH OUR MONTHLY EVENTS !! But this time, we prepared something a little special. We'll be organising a Seder Meal at St Luke. The Seder is the traditional Passover meal that includes reading, drinking 4 cups of wine, telling stories, eating special food, singing and other Passover traditions. Everyone is invited. Hope to see you guys there! Seder Meal prices are listed below ↓

Date: 16 March 2024 (Saturday)
Time: 7.30pm – 10.30pm
Venue: St Luke, Ground Floor, OIKOS
Price: - RM15/pax (for Kids and Teens)
- RM20/pax (for Adults)
- Family of 5 or more are given discounts.

For more information, please contact :

- Adrian Oyog (016 495 7256)
- David Chan (012 452 5839)
- Julio Geronimo (016 433 9445)
- Adele Yeoh (010 385 2826)

9. GLOWING EMBERS: FREEDOM IN CHRIST | 19 MARCH 2024

Galatians 2:20 "I have been crucified with Christ. It is no longer I who live, but Christ who lives in me"

Speaker: Regina Xavier
Date/Time/Venue: 19 March (Tuesday) from 9.45am to 1.00pm, St Mark, Ground Floor, OIKOS
Enquiries: please Whatsapp Ann Neoh (016-557 1964)

10. BADMINTON COURTS NOT AVAILABLE | 24 MARCH 2024

The badminton courts at the Dewan Holy Spirit will not be available for use on 24 March 2024 due to parish events.

11. ANNUAL COLLECTION FOR HOLY LAND | 28 MARCH 2024

The Annual Collection for Holy Land will be on Holy Thursday, 28 March 2024.

12. 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.

13. YOUTH MASS AND NIGHT OF PRAYER | 23 MARCH 2024

Calling all youth 📞 Just like every year, the youth will be animating the Palm Sunday Eve 6pm Mass - but there's a twist this year! We will be celebrating the life & death of Jesus by organizing a Night Of Prayer. We will be praying, singing, and most of all, adoring our Lord Jesus throughout the night. What are you waiting for? Come and join us! Call your friends, parents, brothers & sisters to come and join us in this spectacular event ♥ (see poster for details).

P.S. We will be providing dinner for all youth attendees of the Night of Prayer 🍽️ Do register yourself to secure your meal via the QR Code in the poster OR by clicking into the link below! Can't wait to see you there!

Age: 13-39 y.o. Registration Link: <https://forms.gle/4kdc2TYUqSborXjo8>

14. 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! 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:-
 - a. English → https://bit.ly/LentenKit2024_Eng
 - b. Mandarin → https://bit.ly/LentenKit2024_Mandarin
 - c. Bahasa Malaysia → https://bit.ly/LentenKit2024_BM
 - d. Tamil → https://bit.ly/LentenKit2024_Tamil

15. 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).

16. LENTEN PENITENTIAL SERVICE

| | | |
|---------------------|---|---|
| 20 March 2024 (Wed) | City Parish Church of Our Lady of Sorrows, Macalister Road | 10.00 am – 11.30 am 8.00 pm – 10.00 pm |
| 21 March 2024 (Thu) | Church of the Immaculate Conception, Pulau Tikus | 10.00 am – 11.30 am 8.00 pm – 10.00 pm |

17. PDYN LEADERSHIP RETREAT | APRIL, AUGUST & DECEMBER 2024

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

- **April:** 9th - 12th 2024 – Cathedral of the Holy Spirit, Penang
- **August:** 5th - 8th 2024 – Church of Christ the King, Sungai Petani
- **December:** 2nd - 5th 2024 – Church of Saint Anthony, Teluk Intan

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. Each retreat can accommodate 100 participants only. Contact us for further queries: 012-346 4416 (PDYN Office). The closing date for the April Leadership Retreat is on 19th March 2024 (Tuesday).

18. CHARIS PENINSULAR MALAYSIA: ARISE YOUTH DAY | 30 MAY - 1 JUNE 2024

Young People, ARISE and shine! Let's rejoice in Christ with this unforgettable gathering presented by CHARIS Peninsular Malaysia - Catholic Charismatic Renewal.

ARISE YOUTH DAY 31 30th May - 1st June 2024

Minor Basilica of St. Anne, Bukit Mertajam, Penang, Malaysia

Prepare for an inspiring journey featuring Fr. Rob Galea as our keynote speaker, known for his dynamic sermons and soul-stirring music ministry. Register Now via bit.ly/ARISEYouthDay! "Young Man, I Say To You, ARISE!" Luke 7:14

19. A PARENT'S GUIDE TO CATECHESIS: AS FOR ME AND MY HOUSE

The National Catechetical Office, together with the Malaysian Catechetical Commission and the Catholic Bishops' Conference of Malaysia has released a parent's guide to catechesis titled 'As For Me & My House' at RM20 per copy.

Discover the transformative power of Catholic Family Catechesis and embark on a reflective journey with your family that will last a lifetime. In this book you'll find valuable insights and practical tools for developing your family's spirituality. Available in 5 languages.

Please place your order at the parish office by 31 March 2024.

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" ASH WEDNESDAY | 03 MAR "LISTEN" THIRD WEEK | 24 MAR "FAITHFUL" HOLY WEEK |
| 18 FEB "TRANSFORMED" FIRST WEEK | 10 MAR "COMMIT" FOURTH WEEK | 31 MAR "REMEMBER" EASTER SUNDAY |
| 25 FEB "MERCY" SECOND WEEK | 17 MAR "UNWAVERING" FIFTH WEEK | |

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

HAVEN YOUTH MINISTRY
SEDER MEAL

Date: March 16, 2024 (Saturday)
Time: 07:30pm - 10:30pm (after mass)
Venue: St. Luke
Price: RM15/pax (for Kids & Teens),
RM20/pax (for Adults)
- immediate family of >5 per family will get discount

Contact Persons
Adrian Oyog (Advisor): 016-495 7256
David Chan (Advisor): 012-452 5839
Julio Geronimo (Advisor): 016-433 9445
Adele Yeoh (HYM Coordinator): 010-385 2826

register now !!

Freedom in Christ

Speaker: Regina Xavier
19 March, 9.45am
St Mark Classroom

Enquiries: WhatsApp
Ann Neoh 016 4786058

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

With RM10.00, you can bless an inmate with an Easter Lunch.

Enquiries
Chan Lilian
0165571964
Prison Ministry

YOUTH MASS NIGHT OF PRAYER
青年弥撒 祈祷之夜

23.03.2024 06:00PM - 10:30PM

ITINERARY 日程

| | | |
|---------|--------------------------------|-------------|
| 06:00PM | Mass (Palm Sunday) 弥撒 (圣枝主日) | Church 圣堂 |
| 07:30PM | Dinner 晚餐 | Cafe 食堂 |
| 08:30PM | Night Of Prayer 祈祷之夜 | Church 圣堂 |
| 10:30PM | End 结束 | Church 圣堂 |

We are providing dinner for all youth attendees participating in the Night Of Prayer. Please do register via QR Code (Google Forms) below to secure your meal!

我们将为所有参加 "祈祷之夜" 的青年人提供晚餐。请扫描以下的 QR Code 登记, 以预定您的晚餐!



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



DONATE to families in need

Sharing Hope

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 |



PDYN LEADERSHIP RETREAT 2024

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**

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

| | | |
|---|---|---|
| CATHEDRAL OF THE HOLY SPIRIT, PENANG 9 - 12 April | CHURCH OF CHRIST THE KING, SUNGAI PETANI 5 - 8 August | CHURCH OF ST. ANTHONY, TELUK INTAN 2 - 5 December |
|---|---|---|

REGISTRATION : 3.00 PM

CATHOLIC FORMATION FOR EVANGELIZERS

Venue: Domus St Anne

MINOR BASILICA OF ST ANNE, BM

27th & 28th April, 2024

(Non stay-in seminar)



Let's Become
MISSIONARY DISCIPLES
GO FORTH

Objective: To encourage, prepare and equip Catholics to effectively witness and present the Gospel of Jesus Christ.

"The Church which "goes forth" is a community of missionary disciples who take the first step, who are involved and supportive, who bear fruit and rejoice."
- Evangelii Gaudium 24

Speakers:

Rev. Fr. Ryan Innas

Mr. Martin Jalleh



* Limited to 60 participants only

Closing Date: 10th April, 2024

Registration Fee: RM20 per pax



For More Information, contact (WhatsApp/SMS):
Jeanne J Saw 016 455 4597

Registration Form

<https://forms.gle/vxCuVoXtJmBkv2228>

CHARIS PENINSULAR MALAYSIA
CATHOLIC CHARISMATIC RENEWAL

ARISE

YOUTH DAY

30 May - 1 June 2024
Minor Basilica of St. Anne
Penang, Malaysia



FR. ROB GALEA

CATHOLIC PRIEST | AUTHOR | RECORDING ARTIST



**H. E. CARDINAL
SEBASTIAN FRANCIS**

EPISCOPAL ADVISOR OF CPMSC



REGISTER HERE
bit.ly/ARISEYouthDay



@ariseyouthday



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



Caritas MALAYSIA DIOCESE OF PENANG

谢谢

நன்றி

TERIMA KASIH

THANK YOU FOR YOUR
LENT CONTRIBUTION.

LENTEN 2024

caritaspenang.com/lent2024