

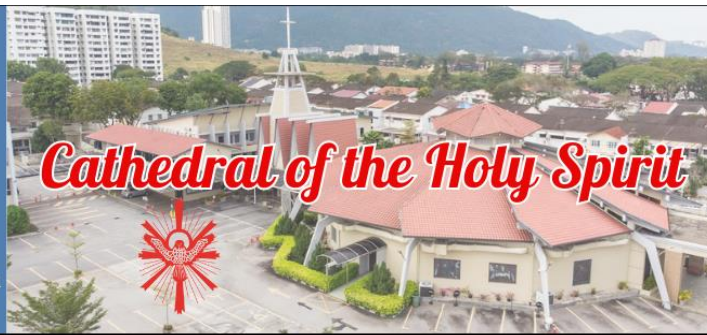
# CHS BULLETIN



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  
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 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)	<b>3<sup>RD</sup> SUNDAY OF LENT (YEAR B) RCIA RITE OF 1<sup>ST</sup> SCRUTINY</b> No Livestream Livestream No Livestream (Blessed Sacrament Chapel)
Mar 04 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	<b>St. Casimir</b> No Livestream
Mar 05 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Mar 06 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Mar 07 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	<b>Ss. Perpetua and Felicity, Martyrs</b> No Livestream
Mar 08 (Fri)	12.00 pm 8.00 pm	WOC followed by MASS (E) WOC (ETM) followed by MASS (E)	<b>St. John of God, Religious</b> Livestream only for 8pm Mass (Church) WOC – E (Church), T (Chapel), M (Classroom)
Mar 09 (Sat)	6.40 am 7.00 am 6.00 pm	Lauds MASS (E) MASS (E)	<b>St. Frances of Rome, Religious</b> No Livestream Livestream
Mar 10 (Sun) <i>2 Chr 36:14-16,19-23 Eph 2:4-10 Jn 3:14-21</i>	8.00 am 10.30 am	MASS (M) MASS (E)	<b>4<sup>TH</sup> SUNDAY OF LENT (YEAR B)   LAETARE SUNDAY RCIA RITE OF 2<sup>ND</sup> SCRUTINY</b> No Livestream Livestream

## PARISH ACTIVITIES

Mar 03 (Sun)	12.00 pm	RCIA (English)	St. Mark, Ground Floor, OIKOS
Mar 04 (Mon)	3.30 pm	Legion of Mary	
Mar 05 (Tue)	7.45 am	Christian Meditation	Blessed Sacrament Chapel Portico
Mar 06 (Wed)	8.00 pm	Tamil Apostolate Charismatic Prayer Group Praise & Worship	St. Michael, 2 <sup>nd</sup> Floor, OIKOS
Mar 07 (Thu)	5.00 pm	Christian Meditation	Blessed Sacrament Chapel Portico
	8.00 pm	HSPG Prayer Meeting	St. Michael, 2 <sup>nd</sup> Floor, 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	<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 24 & 25 February 2024: RM 8,685.00**

**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*

- BADMINTON COURTS NOT AVAILABLE | 10 & 24 MARCH 2024**  
The badminton courts at the Dewan Holy Spirit will not be available for use on 10 March and 24 March 2024 due to parish events.
- 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
- 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.
- 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.
- 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.

**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
- Lunch and refreshments provided
- Kindly bring your personal writing materials
- 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. 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/Venue: 17 March (Sunday) from 9.30am to 1.00pm, St Paul LOC, Multipurpose Hall, CENACLE

Enquiries: Chan Lilian (016-557 1964)

**10. INFANT BAPTISM AT CHS | 24 MARCH 2024**

For parents who wish to have their child baptised, infant baptism will be held in the main church on Sunday, 24 March 2024 at 12 noon. Please register at the Parish Office. There will be a pre-baptismal instruction and briefing for both parents and godparents.

**11. 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>

**12. 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).

**13. 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:-

i) English → [https://bit.ly/LentenKit2024\\_Eng](https://bit.ly/LentenKit2024_Eng)

ii) Mandarin → [https://bit.ly/LentenKit2024\\_Mandarin](https://bit.ly/LentenKit2024_Mandarin)

iii) Bahasa Malaysia → [https://bit.ly/LentenKit2024\\_BM](https://bit.ly/LentenKit2024_BM)

iv) Tamil → [https://bit.ly/LentenKit2024\\_Tamil](https://bit.ly/LentenKit2024_Tamil)

#### 14. LENTEN PENITENTIAL SERVICE

11 March 2024 (Mon)	Church of Risen Christ, Air Itam	10.00 am – 11.30 am 8.00 pm – 10.00 pm
12 March 2024 (Tue)	Church of the Holy Name of Jesus, Balik Pulau	10.00 am – 11.30 am 8.00 pm – 10.00 pm
13 March 2024 (Wed)	Cathedral of the Holy Spirit, Island Park	10.00 am – 11.30 am 8.00 pm – 10.00 pm
14 March 2024 (Thu)	Church of Divine Mercy, Sungai Ara	10.00 am – 11.30 am 8.00 pm – 10.00 pm
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

#### 15. 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)

#### 16. 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 – Cathedral of the Holy Spirit, Penang
- **August:** 5<sup>th</sup> - 8<sup>th</sup> 2024 – Church of Christ the King, Sungai Petani
- **December:** 2<sup>nd</sup> - 5<sup>th</sup> 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.

The closing date for the April Leadership Retreat is on 19th March 2024 (Tuesday).

Contact us for further queries: 012-346 4416 (PDYN Office). 📞

#### 17. 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

📅 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](https://bit.ly/ARISEYouthDay)!

"Young Man, I Say To You, ARISE!" Luke 7:14

**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!



THE ASCENSION  
**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	

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 Recollection 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!

**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**



# 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**

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**

## CMPG9 - MAKE A DIFFERENCE (M.A.D.)

小型义卖会 MINI FOOD FAIR  
《兄弟的爱心，无限的希望》

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)  
8.30A.M - 12.30P.M  
(10.30am - 11.30am - 华语分团Mandarin Mass)  
浮罗山背耶稣圣名堂  
Balik Pulau, Penang

联系人:  
Bencara Ooi: 016-420 7757  
Mai Wen: 019-265 6286

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

凡你们对我这些最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

BETTER WITH Touch'nGO eWallet

SCAN TO PAY

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)

### 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 014 4819033

## 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



### 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

## TOGETHER WE REBUILD OUR CHURCH, COMMUNITY AND COMMON HOME

caritaspenang.com/lent2024

Caritas MALAYSIA DIOCESE OF PENANG

# 谢谢

# நன்றி

TERIMA KASIH

THANK YOU FOR YOUR LENT CONTRIBUTION.

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

Together WE ES-CORE ENNEW EBUILD

LENTE 2024



CHARIS PENINSULAR MALAYSIA  
CATHOLIC CHARISMATIC RENEWAL



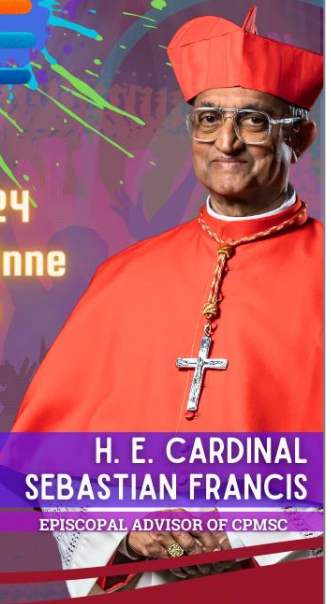
YOUTH DAY

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](https://bit.ly/ARISEYouthDay)



@ariseyouthday