

newbee

SALT OF THE EARTH AND LIGHT OF THE WORLD:
CELEBRATING, LISTENING AND WALKING TOGETHER IN A SPIRIT OF COMMUNION
PARTICIPATION AND MISSION (MATTHEW 5: 13-16).

MONTHLY FOCUS

PASTORAL CARE FOR THE ELDERLY AND THE SICK

Chosen and Blessed for Mission

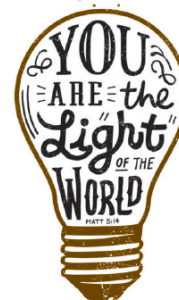
All of us are called to mission according to the will of God. We are chosen, redeemed and sealed with the Holy Spirit and sent to bring God's predestined message of love for all humanity.



"Honor your father and mother"...

Where this commandment is accepted and faithfully observed, there is little danger that older people will be regarded as a useless and troublesome burden.

St. John Paul II



SCRIPTURE of the DAY

Amos 7: 12-15

Psalms 84: 9-14

Ephesians 1: 3-14 or 1: 3-10

Mark 6: 7-13

Amos had prophesized the destruction of the shrines and sanctuaries in the Northern Kingdom of Israel and the annihilation of King Jeroboam's line because they were practicing idolatry. So Amaziah, the priest of the Temple of Bethel, told him to go back to Judah where he came from and do his prophesying there. Prophets were generally not the most popular of people, but they were the chosen ones. Amos then told Amaziah that what he was doing was not his choice but chosen to do God's will to prophesy to the people of Israel.

In the second reading, we are reminded that even before the world was created, **God had chosen and blessed us because it is what He desired.** It is in His salvific plan for us to be holy and unblemished and to live through love in Christ. He would unite everything in heaven and on earth with Christ as the head. That is our inheritance which sets us free to glorify Him in our lives.

What do we call ourselves, an apostle or a disciple? An apostle is one sent on a mission. A disciple is a student or learner. We are both. The Gospel tells us that Jesus chose twelve apostles from among His disciples who had been following Him around during His ministry. They were sent out to spread the Good News and were given the authority to cast out devils and to heal the sick, which was what they did. Jesus told them to take nothing with them. Why? Could it be that they would have to depend solely on God's grace to provide for them or that they should leave all their burdens or fears behind and just go forth, trusting in the Lord?

If they met with rejection, they were told to just let go and continue on their mission. Dear Lord Jesus, thank you for choosing us. Help us to have the faith of the apostles and to go forth with your message of love for everyone. ✠

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
JULY

**SALT OF THE EARTH AND LIGHT OF THE WORLD:
COMMUNION, PARTICIPATION AND MISSION
PASTORAL CARE FOR THE ELDERLY AND THE SICK**

DATE	TIME	ACTIVITY	MASSES IN THE PARISH
Jul 14 (Sun) <i>Am 7:12-15 Eph 1:3-14 Mk 6:7-13</i>	8.00 am 10.30 am	MASS (M) MASS (E)	15 TH SUNDAY IN ORDINARY TIME (YEAR B) No Livestream Livestream
Jul 15 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	St. Bonaventure, Bishop, Doctor No Livestream
Jul 16 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	Our Lady of Mount Carmel No Livestream
Jul 17 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Jul 18 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Jul 19 (Fri)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Jul 20 (Sat)	6.40 am 7.00 am 5.30 pm 6.00 pm	Lauds MASS (E) Novena to OMPH followed by MASS (E)	St. Apollinaris, Bishop, Martyr No Livestream Livestream
Jul 21 (Sun) <i>Jer 23:1-6 Eph 2:13-18 Mk 6:30-34</i>	8.00 am 10.30 am	MASS (M) MASS (E)	16 TH SUNDAY IN ORDINARY TIME (YEAR B) No Livestream Livestream

E = English M = Mandarin T = Tamil BM = Bahasa Malaysia

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 July 2024: RM 7,887.05

2nd Collection on 07 & 08 July 2024: RM 7,709.70

Sharing Hope Donations for June 2024: RM 1,575.00

Café Donations for June 2024: RM 1,303.60

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

1. CHS MEDIA MINISTRY: PHOTOGRAPHERS

Do you have a passion for photography? Come join us. CHS is looking for photographers to capture CHS moments during our events, formations, etc. Interested? Please contact Deacon Andrew at parish office, tel: 04-6584909.

2. HYM BATTLE NIGHT: UPPER ROOM | 20 JULY 2024

Hey all, our first Battle Night of the second stretch of the year is on July 20!! Come join us to play games, praise and worship, learn more about God and just enjoy each other's presence.

This month's battle night topic will be "Upper Room" and it will be the kick off to our Spirit Without Measure series! Definitely one you wouldn't want to miss. See you there!

Date: 20 July 2024 (Saturday)

Time: 8:15p.m. - 10:30p.m.

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

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

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

3. MASS FOR THE SICK & ELDERLY | 27 JULY 2024

Anointing for the sick, elderly and a special blessing for caregivers and healthcare professionals. All are welcome to give support as a loving and prayerful community.

Date: 27 July 2024 (Saturday)

Time: 10 am

A simple fellowship will ensue at the Café thereafter.

4. **PARENTS AS THE FIRST EVANGELIZERS | 29 JULY 2024**

The Institute for New Evangelisation is calling on parents with children to join them on **29 July 2024** via Zoom. Only 100 places. Details in brochure.

5. **GLOWING EMBERS: THE FOUR TEMPERAMENTS AND SPIRITUAL LIFE**

Are you the warm vivacious Sanguine; the competent, confident and decisive Choleric; the Melancholic who has great attention to detail OR the patient, orderly and measured Phlegmatic? All are welcome to find out which temperament personality type you are, and learn how it affects your spiritual life. Understanding your temperament will help you gain self-knowledge in order to grow in humility and ultimately, perfect your nature through grace.

Date: **30 July & 6, 13, 20 August**

Time: 9.45 am at St. Mark Classroom, OIKOS

Enquiries/Registration: Ann Neoh +6016-4786058

6. **LET'S BECOME MISSIONARY DISCIPLES | 03 & 04 AUGUST 2024**

Catholic Formation for Evangelizers (CFE) by the School for New Evangelization (SNE) under Penang Diocesan New Evangelization Commission (PDNEC).

Date & time: **3 Aug 2024 (Sat) 8.00am - 4.30pm | 4 Aug 2024 (Sun) 11.00am - 7.15pm**

Venue: OMPH Parish Hall, Church of Our Mother of Perpetual Help, Ipoh, Perak.

This formation is to encourage, prepare and equip Catholics to effectively witness and present the Gospel of Jesus Christ. Please feel free to share this with your Catholic brethren.

Registration fee: RM20.00 only Registration closing date: 20 July 2024 (Sat)

Watch this: <https://youtu.be/nmqEScMVuJo>

Register now! <https://forms.gle/CZyuHkmfo1YzoHmb8>


7. **PDYN LEADERSHIP RETREAT 2 | 5 - 8 AUGUST 2024**

Penang Diocesan Youth Network is organizing the second PDYN Leadership Retreat on:

Date: **5th - 8th August 2024 (Monday to Thursday)**

Venue: Church of Christ the King, Sungai Petani, Kedah

This leadership retreat is for parish youth & campus students aged 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/PDYNLR2-2024> or scan the QR Code found on the poster.

The closing date for the August Leadership Retreat is on **19th July 2024 (Friday)**.

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

8. **CHARIS PENANG DIOCESE SERVICE OF COMMUNION: HOLY SPIRIT WEEKEND
23 - 25 AUGUST 2024**

CHARIS Penang Diocese Service of Communion will be organizing a **Holy Spirit Weekend** with the theme **Born Again** to be held at the Cathedral of the Holy Spirit from 23 – 25 August 2024. The aim of the weekend is to encourage participants to have a deeper awareness and experience of the Holy Spirit in their lives that would help them to lead more effective and victorious lives as Christians.

Any enquiries, contact: Adeline +60124316238 | Joyce +601640377443

Registration closing date: **13 August 2024**

9. **INSPIRATION GROUP: TEA-TIME GATHERING | 25 AUGUST 2024**

Inspiration Group invites family members and guardians of special needs children to come together for a time for yourselves. Games and activities for children, teens and young adults.

Date/Time: **25th August 2024 (Sunday), 2 to 4 pm**

Venue: St. Mark Classroom, OIKOS, CHS

Register with: Jo-Anne Devries 012-4800861, Angelina 012-5526483 or

Annie Chong 016-8264909 (Eng/Mandarin)

10. **BASIC COURSE ON PSYCHOLOGY AND FAITH FORMATION VIA ZOOM | 5 SEPTEMBER – 17 OCTOBER 2024**

A series of interactive sessions by Rachel D'Souza, Head of Clinical Development at Early Autism Project (EAP) Malaysia, for evangelizing catechists, parents and caregivers, and anyone interested in this area.

Four (4) alternate Thursdays (5/9, 19/9, 3/10, 17/10) at 8.00pm-9.30pm via Zoom.

Registration closing date: 25 Aug 2024 (Sun)

Registration Fee: Ten Ringgit (RM10.00) per person

Certificates will be issued upon request, to participants who have participated in this course with full attendance and active interaction.

Click here to register: <https://forms.gle/kSpiFEiFgwPmyrpk7>

11. **CATHOLIC SINGLES DATING HUB PROGRAM (ENGLISH) | 6 - 8 SEPTEMBER 2024**

The Catholic Singles Dating Hub (affiliated to Penang Diocesan Family Life Ministry) is organizing a stay-in program as follows:-

Date: 6th-8th September 2024

Venue: Domus St Anne, Minor Basilica of St. Anne, Bukit Mertajam.

Cost: RM360.00 (inclusive of lodging on twin-sharing basis, Breakfast, Lunch, Dinner & Tea-breaks)

Please register by: 25th August 2024

Registration Link: <https://forms.gle/XUFNtg9PUXF7BzgR8>

For further information, kindly contact: Maria/Theresa @ 019-4806281/017-5788192 or email to catholicdatinghub@gmail.com

12. **WALKING TOWARDS ETERNITY: DARING TO WALK THE WALK
7 SEPTEMBER – 2 NOVEMBER 2024**

CHS Parish Formation would like to invite all parishioners who are interested to join in this face to face Bible Study, *“Walking Towards Eternity: Daring to Walk the Walk”* Subsidised Entrance fee includes a Journal costing RM60 (Actual fee is RM110)

Interested participants can register online through their Zone/BEC WhatsApp via the CHS Walking Towards Eternity online link.

Closing date: **18 August 2024.**

For further details please contact:

Bernard Capel (016-4117675) | Ignatius Shum (012-4184123) | Daniel Goon (016-4226993)

13. RACHEL'S VINEYARD RETREAT | 18-20 OCTOBER 2024

RACHEL'S VINEYARD welcomes ANY PERSON man or woman who is struggling with emotional and spiritual pain of an abortion. A 3-day/2-night stay-in scriptural based retreat will be held in Penang on 18-20 October 2024 (Friday to Sunday).

Closing Date for registration: **16 September 2024**

This retreat is specially designed to help participants experience the mercy, compassion, love and healing grace of God. It is a time of grace. Please contact Mary at 016-4190538 or email at: rachelsvineyard.my@gmail.com for more information. All communication will be strictly confidential.

14. INVITING FAMILIES WITH SPECIAL NEEDS CHILDREN

We welcome all families who may require support, those with special needs who may wish to serve at Mass or any special needs individuals wishing to attend catechism. Do get in touch with us!

- Cantor Group: Bart & Angie 012-552 6483
- Catechism: Anne Ho 016-410 6992
- Support & Share Resources: Jo-Anne Devries 012-480 0861 & Annie Chong 016-826 4909



Clement Jeremiah & Family of Church of Divine Mercy, Penang

Parents AS THE FIRST EVANGELIZERS

Learn simple and creative ways you can create a Faith-Filled Home Environment as a family at home

Target Audience: Young families (Parents and Children)

MONDAY 29 JULY 2024
8.30PM TO 10PM

Zoom Registration:
www.zoom.us/join
Meeting id: 836 3644 3229
Passcode: Family2024

The "Play & Pray" Combo
Work & Family Balance
Being Word of God focused

Joyce Patrick (016-524 3867)

PDYN LEADERSHIP RETREAT 2024

Scan to register

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

FIRST COME FIRST SERVED

TARGET AUDIENCE
CAMPUS STUDENTS & YOUNG ADULTS
18 - 29 YEARS OLD
*Limited to 100 participants per retreat
*Registration fee: RM 70 (T-shirt & Kit included)

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

For further enquiries, contact us:
PDYNPENANG | 012-348 4416 | PENANG DIOCESAN YOUTH NETWORK

Mass for the Sick & Elderly

The Cathedral of the Holy Spirit



Saturday, July 27, 2024 @ 10am

Anointing for the sick, elderly and a special blessing for caregivers and healthcare professionals.

All are welcome to give support as a loving and prayerful community.

A simple fellowship will ensue at the Cafe thereafter.

The 4 Temperaments Personality Type



Sanguine Phlegmatic Choleric Melancholic

Which One Are You?

The Four Temperaments and Spiritual Life
30 July | 6 | 13 | 20 August
9.45am @ St. Mark Classroom

Registration :
WhatsApp - Ann 016 4786058

GLOWING EMBERS
Simon Wong

Inspiration Group invites

family members and guardians of special needs children, teens and young adults to come together for a time for yourselves.

Snacks and beverages provided

Tea-time Gathering
25 Aug Sun, 2 to 4 pm
St Mark classroom, CHS

Games and activities for children, teens and young adults.

Register : <https://forms.gle/sYoldTa86L75dtk8>
For more details, kindly contact : Jo-Anne De Vries 012-480 0861
Angelina 012-552 6483 or Annie Chong 016-826 4909 (Eng/Mandarin)
Inspiration Group, Cathedral of the Holy Spirit, Penang



CATHOLIC FORMATION FOR EVANGELIZERS
CHURCH OF OUR MOTHER OF PERPETUAL HELP, IPOH
 3rd & 4th August, 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. Desmond Jansen
 * Limited to 60 participants only
 Closing Date: 20th July, 2024

Registration Fee: RM20 per pax

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

Registration Form: <https://forms.glc/CZyuHkrfotYzohmb8>

DO NOT BE SURPRISED
 because I tell you that you must all be
BORN AGAIN
 John 3:7

23 - 25 August 2024
 Cathedral of the Holy Spirit, Penang

Any enquiries, contact:
 ADELINE +60124316238
 JOYCE +60164037743

Organised by:
 CHARIS PENANG DIOCESE
 SERVICE OF COMMUNION

SCAN TO REGISTER

Do You Want to be a Better Person?

DARING TO WALK THE WALK
 An Eight-Part Bible Study Featuring Jeff Cavins

CATHOLIC SINGLES DATING HUB (CSDH)

Presents

7TH CSDH
 6TH TO 8TH SEPTEMBER 2024
 DOMUS ST ANNE,
 MINOR BASILICA OF ST ANNE,
 BUKIT MERTAJAM
 LANGUAGE: ENGLISH

"What we once enjoyed & deeply love, we can never lose, for all that we love deeply, becomes a part of us."

RM 360 INCLUSIVE OF ACCOMMODATION & MEALS
 Please register by 28th August 2024
 via <https://forms.glc/XUFNrePFLXFBzgeRg>
 For more information, kindly contact Maria (019-4806281) or Theresa (017-5788192)
 Limited: 30pax(female) & 30 pax(male)

Basic Course on Psychology and Faith Formation

RACHEL D'SOUZA
 HEAD OF CLINICAL DEVELOPMENT AT EARLY AUTISM PROJECT (MALAYSIA)

Date & Time:
 05 & 19 Sept, 05 & 17 Oct 2024 (Thu)
 8.00pm-9.30pm

Registration Fee:
 Ten Ringgit (RM10.00) per person

Reg. Closing Date:
 25 Aug 2024 (Sun)

CLICK HERE

REGISTER NOW

4 ZOOM SESSIONS @ ONLY 1 HR 30 MINS EACH

CERTIFICATE OF COMPLETION WILL BE AWARDED

To get the latest updates on the event follow us on:
 Penang Diocese Catechetical Commission PDCC WEBSITE

Dates, Times, Location
 Date : 7th September to 2nd November 2024
 Venue : St. Augustine Auditorium, Cathedral of the Holy Spirit, Penang
 Time : 10am to 12pm

Cost/Registration
 RM60 inclusive of journal (actual cost RM110)
 Closing Date : 18th August 2024

For More Information
 Bernard Capel (016-411 7675)
 Ignatius Shum (012-418 4123)
 Daniel Goon (016-422 6992)

Walking Toward Eternity: Daring to Walk the Walk is an inspiring series designed to help you live your faith more fully. Through daily prayer and meditation on Scripture (*lectio divina*), you will be drawn into an intimate and life-changing encounter with Christ. *Daring to Walk the Walk* introduces seven key virtues and outlines practical steps for living them out in your life.

"I believe the ripple effect of this program will wrap our globe and last for generations to come."
 —Ed Gasiewski

Visit BibleStudyForCatholics.com to learn more!