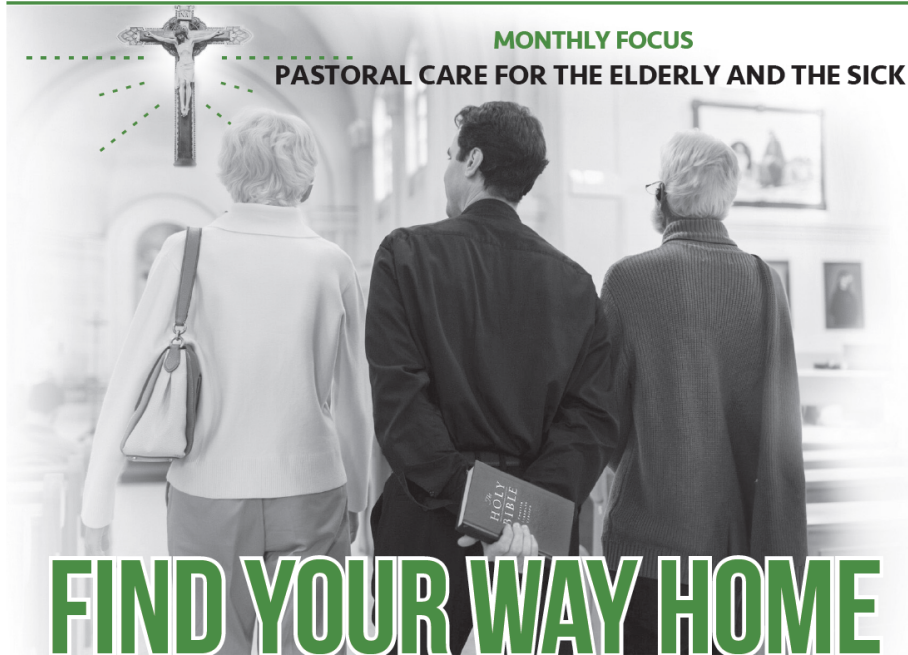


newbee+

**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

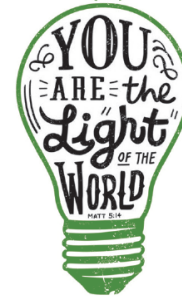
FIND YOUR WAY HOME to Jesus

Glory and praise to God for the redemption, reunification and restoration of His people through the ages.

The people had gone astray and are scattered. There was widespread idolatry and immorality. Then God spoke through Jeremiah. He gave a stern warning to the religious leaders of Judah that God will punish those who had allowed this to happen. While the evil leaders were chastised, the people however were comforted with words of hope.

**“You will stand up
in the presence of
grey hair, you will
honour the person
of the aged and
fear your God.
I am Yahweh.”**

Leviticus 19:32



SCRIPTURE of the DAY

Jeremiah 23: 1-6

Psalms 22: 1-6

Ephesians 2: 13-18

Mark 6: 30-34

God will gather up his wandering flock and bring them back into his fold. They will be blessed and they will no longer need to fear. Not one shall be lost. He also prophesied the coming of Christ, the Good Shepherd, who will look after the sheep entrusted upon Him.

Jesus came and taught the Jews to share life with the non-Jews which was forbidden then. He broke down the barriers that separated them and restored peace to all, far and near, through the cross. By His blood shed on the cross, we are reconciled in the one Spirit to God.

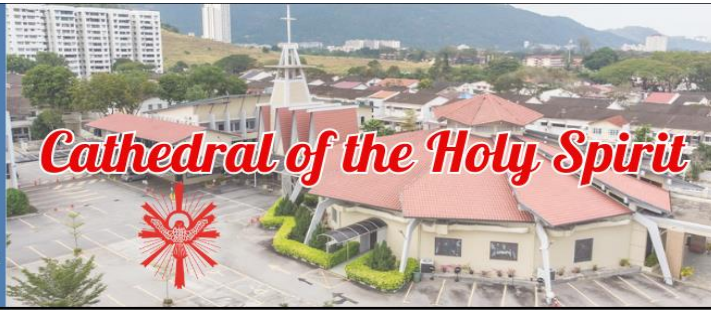
In the Gospel reading, the apostles who had been sent out on the mission to preach repentance, heal the sick and cast out demons returned to Jesus. He could see that they were tired and bedraggled after all that travelling and work. He told them to leave the crowd, to retire to a lonely place and rest for a while.

When Jesus and the apostles moved away, the crowd followed them. Jesus was touched by this. **He could see that they were lost and needed to be led.** Perhaps their religious leaders were not able to give them the answers they seek. They were like sheep without a shepherd. Filled with compassion, Jesus sat down with them and taught them.

Often our commitment to our church and community also leave us feeling quite exhausted and overwhelmed. At times like this, we also need to take a break, to retreat from the crowd and spend some time alone with Jesus and be renewed.

We can trust in our Lord, the Good Shepherd, to gather us together in His arms, to love and care for us, to banish fear and bring peace into our lives. ✚

CHS BULLETIN



Cathedral of the Holy Spirit



1, Tingkat Besi Satu,
Island Park, 11600 Penang



+604-6584909 | +604-6566681
+604-6564309 (FAX)

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



chспенang



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 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
Jul 22 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	St. Mary Magdalene, Feast No Livestream
Jul 23 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	St. Bridget of Sweden, Religious No Livestream
Jul 24 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	St. Charbel Makhlouf, Priest No Livestream
Jul 25 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	St. James, Apostle, Feast No Livestream
Jul 26 (Fri)	6.30 pm	MASS (E) followed by Holy Hour (Taize)	Ss. Joachim and Anne, Parents of the Blessed Virgin Mary No Livestream
Jul 27 (Sat)	10.00 am 5.30 pm 6.00 pm	MASS (E) for the Sick & Elderly Novena to OMPH followed by MASS (E)	No Livestream Livestream
Jul 28 (Sun) <i>2 Kg 4:42-44 Eph 4:1-6 Jn 6:1-15</i>	8.00 am 10.30 am	MASS (M) MASS (E)	17 TH SUNDAY IN ORDINARY TIME (YEAR B) WORLD DAY FOR GRANDPARENTS AND THE ELDERLY 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 13 & 14 July 2024: RM 8,340.00

"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. BADMINTON COURTS NOT AVAILABLE | 21 JULY 2024

The badminton courts will not be available for use on Sunday, 21 July 2024, due to a private function.

3. MORNING MASS CANCELLED | 27 JULY 2024

The Lauds and 7am Mass on 27 July 2024 is cancelled.

4. 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.

5. CYA: MOVIE NIGHT | 27 JULY 2024

📺🌟 Scan for a free ticket to Movie Night! 🌟📺

📅 27th July, Saturday

🕒 8:15 PM - 10:30 PM (join us for dinner together after mass)

📍 CHS Oikos building, ground floor classroom (St. Mark)

Organised by CYA Malaysia, open to all youths & young adults!

🍿 Free drinks & snacks provided! 🛖 Bring your pillow, blanket & a friend!

Get ready for a night of fun, laughter, and a great movie. We can't wait to C'YA there! 🎉👥

6. **INFANT BAPTISM FOR JULY 2024 | 28 JULY 2024**

For parents who wish to have their child baptised, infant baptism will be held in the main church on Sunday, 28 July 2024 at 12noon. Please register at the Parish office. There will be a pre-baptismal instruction and briefing for both parents and godparents.

7. **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.

8. **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

9. **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**

10. **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)

11. **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

12. **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)

13. **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>

14. **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

15. **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: rachelvineyard.my@gmail.com for more information. All communication will be strictly confidential.

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.

MOVIE NIGHT

27TH JULY, SAT 8.15PM
CHS GF ROOM (ST. MARK)

God wanted a fighter... now He found one



BORN AGAIN

DO NOT BE SURPRISED because I tell you that you must all be

John 3:7

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

Any enquiries, contact:
ADELINE +60124316238
JOYCE +60164037743

Organized by:
CHARIS PENANG DIOCESE
SERVICE OF COMMUNION

REGISTRATION CLOSING DATE 13 Aug 2024

SCAN TO REGISTER



Basic Course on Psychology and Faith Formation

DATE & TIME:
05 & 19 Sept, 03 & 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 OR REGISTER NOW

SCAN ME

Evangelizing catechists, parents and caregivers, anyone interested in this area.

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:
Facebook: Penang Diocese Catechetical Commission
PDCC WEBSITE



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

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.

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

Games and activities for children, teens and young adults.

Snacks and beverages provided

Register : <https://forms.gle/stYoldTeR6iL76dtd9>
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



Do You Want to be a Better Person?

DARING TO WALK THE WALK

An Eight-Part Bible Study Featuring Jeff Cavins

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

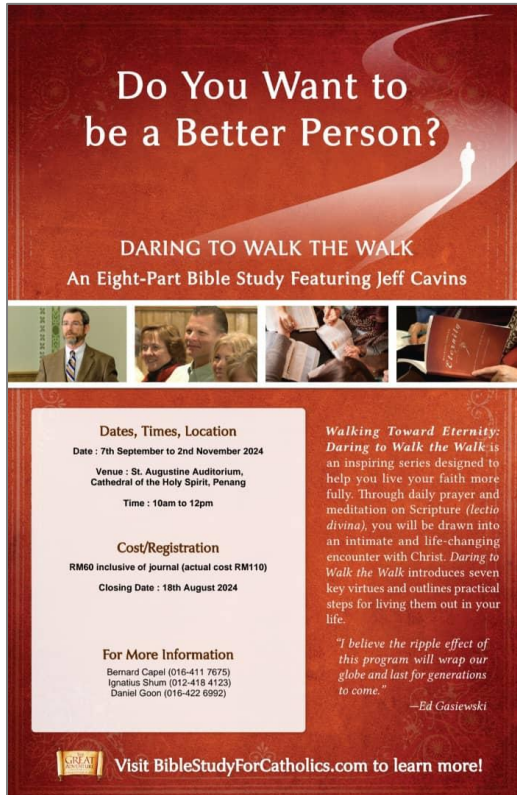
Cost/Registration
RM60 inclusive of journal (actual cost RM110)
Closing Date : 18th August 2024

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 Casewski

Visit BibleStudyForCatholics.com to learn more!



CATHOLIC SINGLES DATING HUB (CSDH)

Presents

7TH CSDH

6TH TO 8TH
SEPTEMBER 2024
DOMUS ST ANNE,
MINOR BASILICA OF ST ANNE,
BUKIT MERTAJAH
LANGKAT, PENANG

"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 25th August 2024 via <https://forms.gle/XUfNs2PuxF7B2cR8>

For more information, kindly contact Maria (019-4806281) or Theresa (017-5788192)
Limited: 30pax(female) & 30 pax(male)

