

# 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

## 12 Baskets of Leftovers

We are blessed for our God provides for all of our needs. He feeds us physically and spiritually. In the first reading, Elisha feeds a hundred people with twenty barley loaves, foreshadowing the miracle of the five barley loaves and two fish multiplied to feed five thousand people.

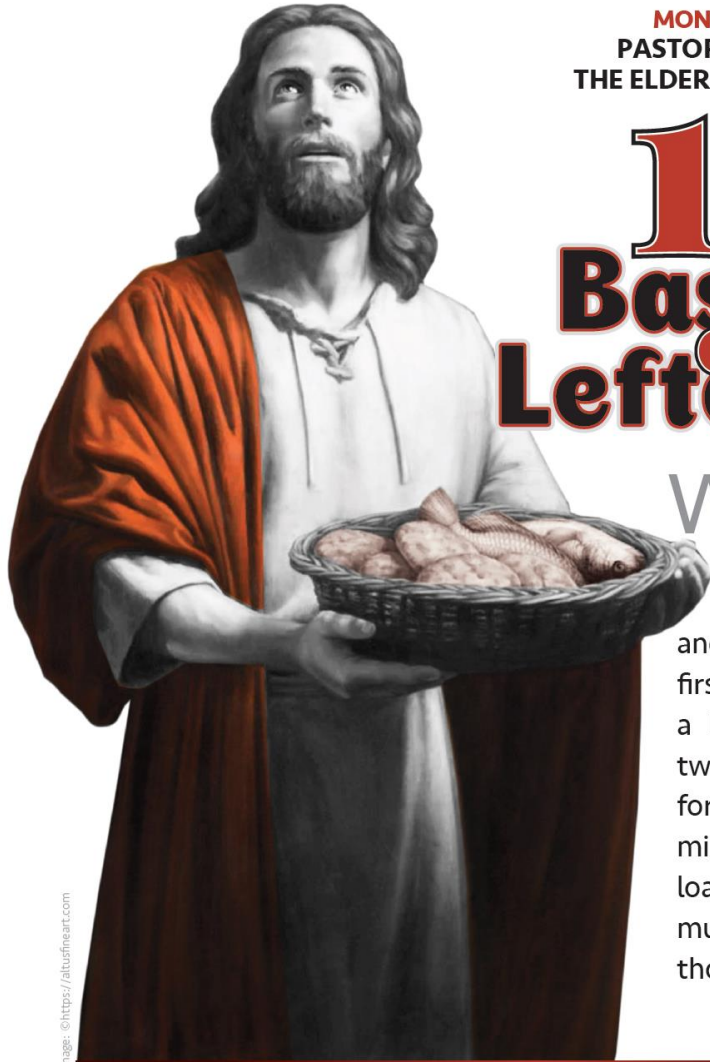
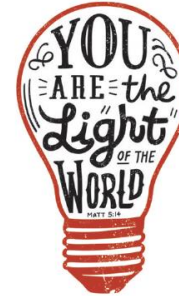


image: ©https://albusfineart.com

**“Grandparents are the uniting link between generations to transmit to the young the experience of life and faith.”**

*Pope Francis*



It was a wonder that Jesus Christ performed when He fed a crowd of five thousand hungry people with only some bread and fish. It is one of the signs of Jesus' divine power and authority. Just as what Elisha predicted, there was some left over. In Jesus' time, it was 12 big baskets of leftovers. Baffling, but it is what our Lord does. **Our God is a God of abundance.** He nourishes us so generously and often times beyond our expectations.

The miracle means so much more than just the multiplication of the food. What would have been His disciples' role in this? They distributed the food. Jesus wants us to get involved in His work. Our participation and cooperation in Church and in the community is very important to fulfil Jesus' mission on earth. Besides that, we can feel the compassion Jesus had for the multitudes. Their hunger was not only physical, but spiritual as well. They were following Someone who would sit down and teach them. Their needs before His own and that of His disciples. The twelve baskets of leftovers reflect the fulfilment and contentment that were not there in their lives before, but now as only can be found in a relationship with Jesus.

Jesus gave thanks and blessed the food before it was given out. We can see a parallel here. The miracle foreshadows the miracle of the Eucharist, the Body and Blood of Christ, multiplied and which continues to feed all His followers, strengthening us and providing for us in our life.

Like the Ephesians in the second reading, we are encouraged to be worthy of our Baptism in the One Lord. We are urged to be charitable, selfless, gentle and patient and be united in God, our Father. We pray for faith and courage. ✠

### SCRIPTURE of the DAY

2 Kings 4: 42-44

Psalms 144: 10-11, 15-18

Ephesians 4: 1-6

John 6: 1-15

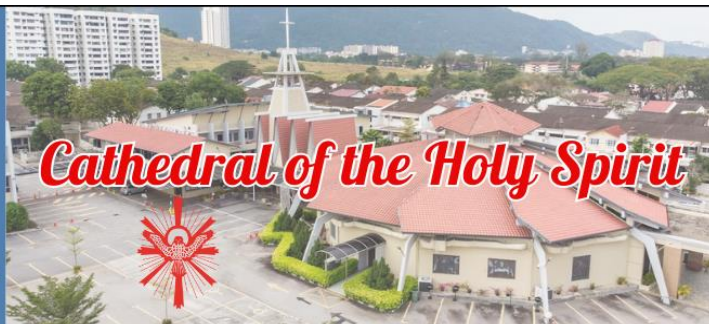
INTERNAL CIRCULATION ONLY  
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# CHS BULLETIN

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## Cathedral of the Holy Spirit

**Parish Priest: Fr. Joachim Robert Priests-in-Residence: Fr. Francis Anthony & Fr. Fabian Dicom**

### 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 28 (Sun) 2 Kg 4:42-44 Eph 4:1-6 Jn 6:1-15	8.00 am 10.30 am	MASS (M) MASS (E)	<b>17<sup>TH</sup> SUNDAY IN ORDINARY TIME (YEAR B)</b> <b>WORLD DAY FOR GRANDPARENTS AND THE ELDERLY</b> No Livestream Livestream
Jul 29 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	<b>Ss. Martha, Mary and Lazarus</b> No Livestream
Jul 30 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	<b>St. Peter Chrysologus, Bishop &amp; Doctor</b> No Livestream
Jul 31 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	<b>St. Ignatius Loyola, Priest</b> No Livestream
Aug 01 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	<b>St. Alphonsus Mary de' Liguori, Bishop, Doctor</b> No Livestream
Aug 02 (Fri)	6.10 pm 6.30 pm	Vespers MASS (E)	<b>St. Eusebius of Vercelli, Bishop</b> <b>St. Peter Julian Eymard, Priest</b> No Livestream
Aug 03 (Sat)	6.40 am 7.00 am 5.30 pm 6.00 pm	Lauds MASS (E) Novena to OMPH followed by MASS (E)	No Livestream Livestream
Aug 04 (Sun) Ex 16:2-4, 12-15 Eph 4:17, 20-24 Jn 6:24-35	8.00 am 10.30 am	MASS (M) MASS (E)	<b>18<sup>TH</sup> SUNDAY IN ORDINARY TIME (YEAR B)</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	<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 20 & 21 July 2024: RM 10,516.40**

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

- NEW TRAFFIC FLOW DURING WEEKEND MASSES | EFFECTIVE 10 AUGUST 2024**  
**Gate A for ENTRY Gate B for EXIT**  
Please refer to traffic flow notice for mentioned gates as well as speed limit.
- MORNING MASS CANCELLED | 27 JULY 2024**  
The Lauds and 7am Mass on 27 July 2024 is cancelled.
- 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 Dewan Holy Spirit thereafter.
- 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! 🎉👥
- BADMINTON COURTS NOT AVAILABLE | 28 JULY 2024**  
The badminton courts will not be available on Sunday, 28 July 2024, due to the CEC (E) First Holy Communion camp.
- 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.  
Zoom details: Meeting id: 836 3644 3229, Passcode: Family2024.



**7. 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

**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. 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)

**10. 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

**11. 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.

**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: **25<sup>th</sup> 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](mailto:rachelvineyard.my@gmail.com) for more information. All communication will be strictly confidential.

**New traffic flow during Weekend Masses.  
Effective Saturday 10<sup>th</sup> August 2024.**

Gate A for ENTRY  
Gate B for EXIT

Traffic Flow during  
Weekend Masses

- Speed Limit 15 km/h
- Give way to pedestrians



**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



**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.

Register : <https://forms.gle/sYoldTe86LJ76dK8>  
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 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

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)

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

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:

Penang Diocese Catechetical Commission PDCC WEBSITE

**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 : 10th 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 Gastewski

Visit [BibleStudyForCatholics.com](http://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 MERTAJAJAM  
LAKSA (NO 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 25th August 2024  
via <https://forms.gle/XUFN1e9PUX7B2eR8>  
For more information, kindly contact Maria (019-4806281) or Theresa (017-5788192)  
Limited: 30pax(female) & 30 pax(male)