

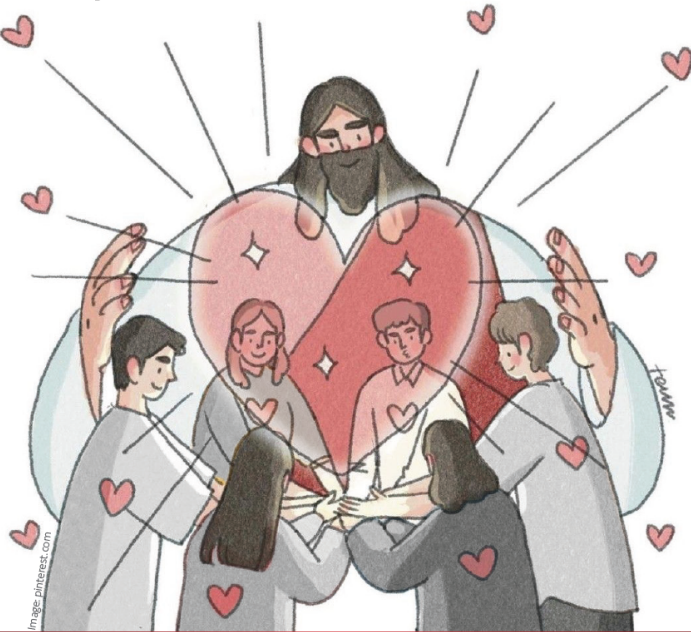
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**SALT OF THE EARTH AND LIGHT OF THE WORLD:
CELEBRATING, LISTENING AND WALKING TOGETHER IN A SPIRIT OF
COMMUNION, PARTICIPATION AND MISSION (MATTHEW 5: 13-16).**

MONTHLY FOCUS LISTENING TO THE CRY OF THE EARTH

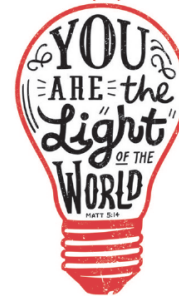
Where Is Our Heart?

The disciples ate with unclean hands and this displeased the people who complained to Jesus. Knowing what the complaint was about, Jesus reminds his listeners **not to worry about what goes into a person but about what comes out of him or her.**



“Our Earth is talking to us, and we must listen to it and decipher its message if we want to survive.”

Pope Benedict XVI



Jesus lays out sins that come from within us: covetousness, wickedness, deceit, sensuality, envy, slander, pride and foolishness. These come from the essence of our very being, from our heart! *“For from the abundance of our heart, the mouth speaks”*. Every good or evil intention is within us. We are capable of good and evil acts. The more we are able to control the *‘corrupt and corroded intentions’* that we have, the better.

Often, we may think we are doing well and that our heart is in the right place. We tend to do what pleases the world and everyone around us. If everyone is happy with us, we think we must be on the right track. It is easy to get “sidetracked” this way. This is the way of the world and we often follow these worldly sentiments. This practice becomes a habit, and habits mould our character and our hearts.

Sometimes we need to stop and check where we are. What exactly is our heart telling us? Do we possess some of these sinful inclinations that Jesus warns us about? Are we too comfortable with our lives that we think we are always right?

St James explains true religion as looking into the needs of others and points us especially towards widows and orphans. Today there are equally pressing needs in our own communities. Migrants living in the interiors with nothing much, broken refugee families, prisoners and their families in shame, the urban B40 hardcore poor who need a helping hand.

St James steers us to worry about “the last, the least, the little and the lost”, living near us. But this is not easy to do. How often have we taken the trouble to reach out to them? Where is our heart? Whose voice are we listening to? More importantly, what messages are we sharing, coming from deep within us, coming from our heart?

It’s time for a frank and honest heart check. ❖

SCRIPTURE of the DAY

Dueteronomy 4: 1-2, 6-8

Psalm 14: 2-5

James 1: 17-18, 21-22, 27

Mark 7: 1-8, 14-15, 21-23

INTERNAL CIRCULATION ONLY
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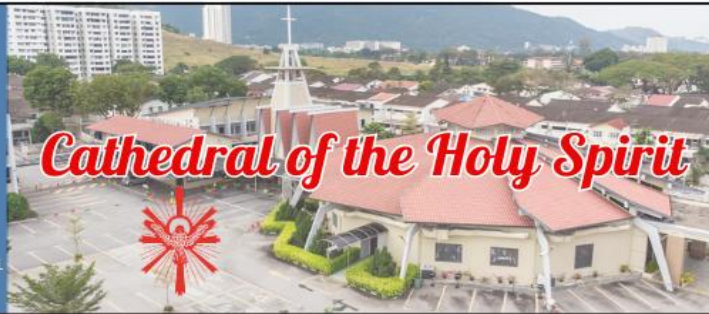
CHS BULLETIN



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Cathedral of the Holy Spirit

Parish Priest: FR JOACHIM ROBERT

Priests-in-Residence: FR FRANCIS ANTHONY & FR FABIAN DICOM

Deacon: DCN ANDREW LOH

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



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youtube.com/CHSPgTv

2024 THEME
SEPTEMBER

SALT OF THE EARTH AND LIGHT OF THE WORLD:

COMMUNION, PARTICIPATION AND MISSION

SERVANT LEADERSHIP

DATE	TIME	ACTIVITY	MASSSES IN THE PARISH
Sep 01 (Sun) <i>Deut 4:1-2,6-8</i> <i>Jm 1:17-18,21-22,27</i> <i>Mk 7:1-8,14-15,21-23</i>	8.00 am 10.30 am 5.30 pm	MASS (M) MASS (E) MASS (T)	22ND SUNDAY IN ORDINARY TIME (YEAR B) World Day of Prayer for the Care of Creation (Launching of Season of Creation) No Livestream Livestream No Livestream
Sep 02 (Mon)	6.40 am 7.00 am	Lauds MASS (E)	No Livestream
Sep 03 (Tue)	6.40 am 7.00 am	Lauds MASS (E)	St. Gregory the Great, Pope, Doctor No Livestream
Sep 04 (Wed)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Sep 05 (Thu)	6.10 pm 6.30 pm	Vespers MASS (E)	St. Teresa of Kolkata, Religious No Livestream
Sep 06 (Fri)	6.10 pm 6.30 pm	Vespers MASS (E)	No Livestream
Sep 07 (Sat)	6.40 am 7.00 am 5.30 pm 6.00 pm	Lauds MASS (E) Novena to OMPH followed by MASS (EM)	CONFIRMATION MASS Livestream
Sep 08 (Sun) <i>Is 35:4-7</i> <i>Jm 2:1-5</i> <i>Mk 7:31-37</i>	8.00 am 10.30 am	MASS (M) MASS (E)	23RD SUNDAY IN ORDINARY TIME (YEAR B) No Livestream Livestream

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

PLANS FOR UPCOMING MONTHS (Inclusivity, Care & Unity)

September – Month of Care

October – Month of Unity

November – Month of Inclusivity, Care & Unity

BANNS OF MARRIAGE

Sep 07 (Sat)	2.30 pm	Wedding Service (E) Vimalan a/l S. Visvalingam + Christina Anna Marie a/p Joseph Raj
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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 24 & 25 August 2024: RM 8,885.75

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

1. **PARISH PASTORAL ASSEMBLY | 29 SEPTEMBER 2024**

Thank you for your prayers for our recent Regional Pastoral Assembly in Majodi Johor. We would like to share the message and outcome during our upcoming CHS Parish Pastoral Assembly. Kindly note that our CHS 2024 Parish Pastoral Assembly will be on Sunday, 29 September 2024 from 2pm-7pm. Do keep 29 September 2024 open to join us as we share and chart our journey for year 2025.

2. **THANK YOU FROM HAVEN YOUTH MINISTRY**

Haven Youth Ministry (HYM) would like to extend our deepest gratitude to everyone who generously supported our fundraising event this past weekend. Your abundant love, kindness, and generosity have truly made a difference.

We are incredibly blessed to have such a wonderful community that believes in nurturing the spiritual development of our young people. Your contributions not only help make this retreat possible but also encourage and inspire our youth to live out their faith boldly and joyfully.

May God bless each of you for your kindness and generosity. We pray that He fills your hearts with His peace and love, and that you continue to feel His presence in all that you do. Thank you for being a vital part of our ministry and for helping us shape the future of our youth.

3. **RETURN OF MOTHER MARY STATUES | BY 15 SEPTEMBER 2024**

BEC Leaders are requested to kindly return the Mother Mary statues to the parish office by 15 September 2024.

4. **INFANT BAPTISM FOR SEPTEMBER 2024 | 22 SEPTEMBER 2024**

For parents who wish to have their child baptised, infant baptism will be held in the main church on Sunday, 22 September 2024 at 12noon. Please register at the Parish office. There will be a pre-baptismal instruction and briefing for both parents and godparents.

5. GLOWING EMBERS: YOU ARE GOD'S BELOVED (PART 1) | 10 SEPTEMBER 2024

'You will be a crown of splendour in the Lord's hand, a royal diadem in the hand of your God'. *Isaiah 62:3*

Speaker: Regina Xavier

Date/Time: 10 September 2024 at 9.45am

Venue: St Mark Classroom, OIKOS Building

Enquiries: WhatsApp Lilian 016 4537101

6. HYM: STUDENT LEADERSHIP 2024 | STARTING IN SEPTEMBER 2024

Hi youth! We're officially back with our third Student Leadership Programme, which means it'll be 3 times more fun, 3 times more exciting, and you'll definitely grow 3 times deeper in your faith. 3 is a significant number as it represents the trinity, and surely our programme this year would also be as amazing!

Come and join us in our leadership family as we learn and grow together, where you will become the leader that God calls you to be. We start in September, and we can't wait to see you there! Looking for more details, or just wanting to sign up for our programme? Contact any one of our leaders:

Caitlin Teoh: +60 16-421 5027 Ashley Khor: +60 10-920 6651

7. MONTH OF CARING AND SEASON OF CREATION | SEPTEMBER 2024

LOVE YOURSELF – LOVE ONE ANOTHER – LOVE OUR COMMON HOME

In the month of September, we would like to invite you to join us in growing a caring and loving community. Love serves as a bridge that connects us not only with other beings but with the entire universe.

We invite you to take an active participation in the activities that has been lined up in September for you.

1A: FREE HEALTH SCREENING | 01 SEPTEMBER 2024

Date: 01 September 2024 (Sunday)

Venue: St. Paul Loc – Multi-Purpose Hall (opposite the Blessed Sacrament Portico)

1B: SPIRITUAL BOUQUET | 08 SEPTEMBER 2024

To celebrate Blessed Virgin Mary, our mother's birthday, we would like to offer a spiritual bouquet comprising of continuous Rosary prayers from 6am to 12 midnight on 8 September.

Rosary Prayers

We welcome you to join us in reciting the beautiful Rosary prayer on the time of your choosing.

Kindly share with us the time you wish to pray the Rosary by filling in this google form:

https://docs.google.com/forms/d/e/1FAIpQLSffadMIVP_7D-gdplVvk5gOQo7ml1bGZm5agftaKMnN7aKgz9Q/viewform

Prayer request

We want to pray for you too. There will be a box outside the Chapel from 31 August to 8 September 2024 for prayer requests.

1C: PRAYER GROUPS

To strengthen ourselves spiritually, you can join a prayer group that is available in the parish.

1. **Holy Spirit Prayer Group** (English | Contact Lourdes Dass 012-5608031)

Prayer meetings are held bi-weekly on Thursdays, 8 pm.

There will be a ministering night on 12 September 2024 at 8 pm.

2. **Tamil Prayer Group and Retreat** (Contact Sebastian Pillai 016-4425654)

Prayer meetings are held weekly on Wednesdays. 8 pm.

Tamil Apostolate Retreat will be held on 15 September 2024, 1 pm to 7 pm.

3. **Meditation Group** (Contact Bernard Capel 016-4117675)

Meditation is held twice a week, on Tuesdays, 7.45 am and Thursdays, 5 pm.

4. **Legion of Mary** (English)

Rosary prayer and meeting held weekly on Mondays at 3.30 pm.

1D: LOVE ONE ANOTHER

Calling for Volunteers : Transportation and Medical

In strengthening the pastoral care within and outside the parish, we are calling for volunteers to join us in serving, particularly:-

- to transport parishioners that need assistance to attend Mass once a month.
- to join the health screening and emergency response team during Mass.

Malaysia Day Outreach (16 September 2024) – Join an outreach or Sponsor a Meal

On Malaysia Day, we will have outreach to the following places:-

- Little Sisters of the Poor (10am to 1pm)
- St Joseph's Home (10 am to 12.30 pm)
- Lighthouse Feeding Center (3pm to 5pm)
- Syukur Penyayang Care Center (Sponsor meal only)

We invite you to join us for the outreach or sponsor a meal at RM5 per pax, the parish shall subsidize the balance. For more details, there will be a booth available outside the church on 7 & 8 Sep Weekend Mass.

You can register your interest via the google form : <https://forms.gle/uzXiGeWuW9SA15BZ9>

Physical forms will also be available in the church office.

1E: LOVE OUR COMMON HOME

**Season of Creation : 1 September to 4 October 2024 “To Hope and Act with Creation”
Protec Campaign Year 5 “Use less paper and wood”**

Our well-being is inter-connected to our surroundings. With a deeper appreciation of God's creation, we build a better home for ourselves and our future generations.

My church~ My home “I ♥my church as I ♥my home.”

Let us practice responsible consumption and 5 practices that we can adopt to care for our home, our church, and our mother earth.

1. **Practice cleanliness and responsible use of church facilities.**

2. **Conserve Resources** – water, electricity and fuel.

3. **BYOC** – Bring your own container to reduce waste/disposable wares.

4. **Grow your own vegetables and herbs.**

Come and learn more about farming with “Seeds of Hope” project team. They meet every Saturday at 8am at the Grotto.

5. **Recycle and Reuse**

There will be a **Recycling Drive on 28 & 29 Sep weekend**, at the porch near the Hall.

Please ensure items are clean and properly segregated. Collection will be limited to:-

- Paper (Carton Box, newspaper, mix paper)
- Plastic and Tin cans
- E-Waste (Power bank, Wires, Electronic items – tablets, monitor, phone etc)
- Old clothes

8. MASC PENANG: REDUCING RISKS OF DEVELOPING DEMENTIA | 29 SEPTEMBER 2024

Bring family, friends and all those who are keen to find out what Dementia is. Dr Cecilia Chan will share her vast experiences in this area to empower us.

Date/Time: 29 September 2024, 2.00 – 5.30 pm

Venue: Monsignor Aloysius Spirituality Centre (MASC), Penang, Ground Floor

Fee: RM10.00 per person

9. SPIRITUAL WARFARE: IN THE LAST DAYS | 12 & 13 OCTOBER 2024

Date: **12 October 2024** (Saturday) (Mandarin) | **13 October 2024** (Sunday) (English)

Time: 9.00am – 6.00pm

Venue: The Cathedral of the Holy Spirit, Penang

Speaker: Agnes Lim

Fee: RM50.00 per pax

Closing date: 30 September 2024

For registration: https://docs.google.com/forms/d/1_mXaplWNYD_jgt5mZE-Fww6b821RHHkM7uLx_wZXll/edit

Payment transfer to: LEE SU SU

RHB BANK Account No.: 10709100144960

Remarks/Reference: Your Full Name

For Further Enquiries Contact: Maureen 012 – 4216279 (English) | Gemma 012 – 5285226 (Mandarin)

Join us for a day of spiritual growth to understand: -

- 1. NEW DIABOLIC INFLUENCES:** Uncover modern ways demons influence us.
- 2. CHALLENGES FOR YOUNGSTER:** Understand the growing spiritual battles faced by our youth.
- 3. COMBAT STRATEGIES:** Learn how to put on the full armour of God.

STUDENT LEADERSHIP 2024

...STARTS IN SEPTEMBER...

WE CAN'T WAIT TO SEE YOU THERE!

WHO CAN JOIN?

- 13 - 16 YEARS OLD
- HAVE ATTENDED PAG

DETAILS, DETAILS, DETAILS...

- TRAININGS ARE ON SATURDAYS WHEN THERE IS CEC
- 01:30PM - 03:30PM @ST. MICHAELS, CHS
- YOU HAVE TO ATTEND 8 OUT OF 10 OF OUR TRAININGS

CONTACT PERSONS

CAITLIN TEOH ASHLEY KHOR

YOU ARE GOD'S BELOVED

Part I : 10 Sept
Part II : 08 Oct
9.45am
St Mark Classroom

Speaker:
Regina Xavier

Enquiries:
WhatsApp Lilian
016 453 7101

Cathedral of the Holy Spirit, Penang

SEPTEMBER 2024

MONTH OF CARING AND SEASON OF CREATION

God is love. Whoever lives in love, lives in God and God in them. (1 John 4 :16)

<p>LOVE YOURSELF</p> <p>You are God's beloved. Care for yourself.</p> <ul style="list-style-type: none"> • 1 Sep 2024 Free health screening • 8 Sep 2024 Spiritual bouquet Petition & Rosary Prayer • 12 Sep 2024 Ministering Night by Holy Spirit Prayer Group • 15 Sep 2024 Tamil Apostolate Retreat 	<p>LOVE ONE ANOTHER</p> <p>Join an outreach and learn more on how you can care for others...</p> <ul style="list-style-type: none"> • 16 Sep 2024 Malaysia Day Outreach Little Sisters of the Poor Lighthouse Feeding Center St Joseph's Children Home Syukur Penyayang Elderly Home • Land a Hand Agape Meal, Sharing Hope - Seeds of Hope • Medical - Health Screening Transport Assistance 	<p>LOVE OUR COMMON HOME</p> <p>Let us care for our common home through responsible consumption...</p> <ul style="list-style-type: none"> • 1 Sep 2024 to 4 Oct Season of Creation "To hope and act with creation". • 1 Sep 2024 to 31 Aug 2025 Protect Our Earth, Protect Our Children Campaign Year 5 "Use less paper and wood" • 28 & 29 Sep 2024 Recycling Drive
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MASC PENANG
(Monsignor Aloysius Spirituality Center)
52L, Penang Road, 10000 Penang (former PDP)

BE EMPOWERED
Reduce risks of developing Dementia

Wisdom belongs to the aged, and understanding to the old. (Job 12:12) Bring family, friends and all those who are keen to find out what Dementia is. Pope Francis said, "We can be certain, then, that God will be close to us also in old age, all the more because, in the Bible, growing old is a sign of blessing." Dr Cecilia Chan will share her vast experiences in this area to empower us.

Sunday 29 September, 2024 at MASC Penang, Ground Floor
Time : 2 pm to 5.30 pm (RM10 per person)

REGISTRATION

Dr. Cecilia Chan has been involved in the eldercare industry for the past 20 years. She is a Gerontologist, a Trainer, a researcher, and a very passionate dementia advocate and activist. She contributes articles to The Herald.

mascpenang@gmail.com
017-335 3253 Lilian