It is through the power of the Holy Spirit that we attain knowledge of the mystery of God – God is the crucified Christ, who has shared our weakness and suffering. We tell ourselves, and are often advised by others, to let go of our concerns and grudges, and move on with life. Today’s first reading and the Responsorial Psalm talk about letting go in a somewhat illogical manner: we can do away with our yokes by helping others to lift theirs and by sharing with them our possessions. Then our wounds will be quickly healed and we will walk humbly in the light and uprightness that are graces from God.

The New Testament readings take us deeper into this relationship that God has with us. It is through the power of the Holy Spirit that we attain knowledge of the mystery of God – God is the crucified Christ, who has shared our weakness and suffering. Our affinity with the poor and the oppressed, therefore, reflects how we relate to the crucified Christ, and how much we know God and are known by God. With this knowledge of God, may we function as the salt of the earth and the light of the world.

Good works’ as the concretization of faith have an un-substitutable role in the life of Christians, because they authentically witness to the presence of God in the world. ‘Fasting’ that we do, in the right sense of the word, as Isaiah reminds us, should be part of the good works that profit others. The testimony given by St. Paul is in the same line: It is bereft of all human rhetoric but truly rich in the power of God that does operate in His works. This is the only way Christians become ‘salt of the earth’ and ‘light of the world’.

Thoughts for Prayer (SHALOM)

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Lord Jesus, bring along with You our good works as You make Your offering to the Heavenly Father.
Sacerdotal Ordinations
The priestly ordination of Deacon Mitchelly Klun will be on Wednesday, February 26th, 2014 at the Sacred Heart Cathedral at 7.00pm. Two days earlier Deacon Rhobby Aaron Mojolou will be ordained at St. Michael’s Church, Penampang on Monday, February 24, 2014 at 7.00pm. Come and celebrate with them.

Sacerdotal Ordination Anniversary
Rev. Fr. Michael Modoit’s 14th Sacerdotal Ordination Anniversary is on Wednesday 12th, 2014. Let us pray for God’s choicest blessings on him in his priestly ministry.

Mass for World Day of Consecrated Life
The Mass to celebrate the World Day of Consecrated Life will be held at SHC on Monday, February 10, 2014 at 7.00pm, organized by the Council of Religious, Kota Kinabalu. There will be a fellowship dinner at the Parish Centre hall after the mass.

Mass for World Day of the Sick
Memorial: Our Lady of Lourdes
A mass will be held for the World Day of the Sick on Tuesday, February 11th, 2014 at 9.00am at SHC. There will be praying over and anointing of the sick during the Mass. Parishioners with elderly or sick family members are encouraged to attend.

The 6.00am morning mass is on as usual.
There will also be a hospital visit on the same day at 2.30pm to Hospital Likas, Queen Elizabeth Hospital I & II. Parishioners with family members at these hospital are requested to submit the name of the patients to the respective person-in-charge at, Hospital Likas (Francisca Malaitin 0168300767), QE I (Patron Christina Pansin 0168359159) and QEII (Agnes Moniu 0168363158).

Eucharistic Adoration for Children
Parents please note that the next Eucharistic Adoration for children will be on Friday, February 14th, 2014 at 6.30pm in the Blessed Sacrament Chapel.

Baptism for Infants

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<td>F8, SHPC</td>
<td>7.30pm-10.00pm</td>
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The PMC (English) on Wednesday, February 19th, 2014 will be a “walk-in” registration.

Inter Faith Harmony Walk 2014
The Inter Faith Harmony Walk will be held this coming Saturday, February 8th, 2014 at the Church of Mary Immaculate, Bukit Padang at 8.30am and will proceed to the mosque and temple in the Bukit Padang area. Archbishop John Wong will be in attendance. All Church groups and parishioners are encouraged to attend as representatives of the Catholic Church.

Movie: “Restless Heart-The Confessions of St. Augustine”
An excellent, highly-rated new movie for all! This will be shown on Sunday, February 9th, 2014 at 7.00pm in room F7, SHPC. Come with your family members. It will certainly bless you and enrich your faith. Organized by LJCCC.

Open Invitation To “RED MASS”
All Catholic Judges, Court Officials, Lawyers and Legal practitioners and Catholics in and around Kota Kinabalu are invited to the Messe Rouge or “RED MASS” (Votive Mass of the Holy Spirit) on Saturday, February 15th, 2014, at 9.30am (instead of 10.00am as published in the past two weeks bulletin) at St. Simon’s Church, Likas.

(Seminar attire or formal attire for Judges, Court officials and Lawyers) This event is coordinated by the Archdiocesan Human Development Commission (AHDC).

Life Night Resumes
SHC Life Teen Life Night gatherings will resume on Saturday, February 15th, 2014, 8.00pm in room F6, SHPC. We invite all teens aged 13-18 years old to join us for our weekly gatherings as we learn more about our Catholic faith.

Senior Parishioners Gathering
The Senior Parishioners gathering will be held on Sunday, February 23rd, 2014 after the 9.00am English Mass at the Right Wing of the Parish Centre. Senior parishioners aged 55 and above are welcomed. It is free.

International Women’s Day Celebration
Theme: “God Entrusts the Human Race to the Woman”
This will be celebrated on Saturday, March 8th, 2014 at the SHC complex, starting at 7.00am. This event is organized by the Women’s Commission of the Archdiocese of Kota Kinabalu. The one-day seminar, in 3 languages, will conclude with the Eucharistic Celebration and a closing dinner.

Fee is RM50. Closing date is February 16th, 2014. Forms are available at the Parish Office. For further information, please contact Anita Tunggolou 016-5881052 or Wendy Chin 016-8317287.

Seminar: Journeying with St. John of the Cross
“Journeying with St. John of the Cross through his Writing” seminar will be organized by the Secular Carmelite (OCDS) on March 11th – 15th, 2014, from 7.30pm to 9.45pm (except Saturday: 2.30pm-4.00pm) at the Parish Centre, room F8. Speaker is Fr. Gregory D’ Souza, OCD. Fee is RM50.00. Closing date is March 3rd, 2014. Contact: Matthew 016-8395337, Datin Celestine 019-8805393.

Sacrament of Marriage
Couples who wish to get married either at the Sacred Heart Cathedral or Church of Mary Immaculate, Bukit Padang are required to meet with the Parish Priest at the SHC Parish Office at least 4 months prior to the proposed date of marriage. Couples please take note, the date of marriage can only be decided at the Pre-nuptial Interview with the Parish Priest and NOT before.

Morning Prayer
The Daily Morning Prayer is held at 5.30am every morning before the 6.00am mass in the Chapel, Monday to Saturday. Everyone is encouraged to join in. The Every Day Prayer book is used. Please get your copy from the Church Bookshop, if you do not already have one.

Recyclable Items
Sales of recyclable items collected at the Parish Centre basement bins for January 2014 amounted to RM1,364.15.

Sunday Collections (Feb 1st & 2nd, 2014) (in RM)
SHC Black Bag (14,014.40), Red Bag (10,979.70); CMI Black Bag (7,067.00), Red Bag (5,598.00).