God has placed the way of life and the way of death before us, and at each and every moment we choose one or the other. At times people feel helpless to change the world around them – or for that matter, even to change themselves! Sirach assures us that we have far more power than we think. God has placed the way of life and the way of death before us, and at each and every moment we choose one or the other. When we follow the commandments and practice compassion, justice, forgiveness, non-violence, and kindness we have definitely chosen life and we will soon feel the effects. We must pay attention and be aware of challenges and opportunities throughout each day. Anger is part of the human experience. Most of us have lost our temper at times and maybe even traded harsh or insulting words with another. We would be shocked if we were accused of a form of murder. But in a sense it is – we attack and deface the image of God in another. It arouses negative emotions and hatred and contributes to the negativity in the world. Control of words – thinking before we speak – is important. But there is more – even thinking about ungodly or negative deeds is the same as having actually done them. We are all in deep trouble! All negative and positive deeds exist first as thoughts. Sooner or later it is expressed in some manner. Jesus is telling us to guard our words and thoughts. Positive, beautiful words and thoughts help us to build a more compassionate and peaceful world.

Lord, help me to guard my words and thoughts.
**Sacredotal Ordinations**
The priestly ordination of Deacon Mitchelly Kiun 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.

**Baptism for Infants**

<table>
<thead>
<tr>
<th>Date</th>
<th>Language</th>
<th>Venue/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 16th, 2014</td>
<td>Briefing</td>
<td>@ 3.00pm at SHC</td>
</tr>
<tr>
<td></td>
<td>No walk-in registration</td>
<td></td>
</tr>
<tr>
<td>February 23rd, 2014</td>
<td>Baptism</td>
<td>@ 3.00pm at SHC</td>
</tr>
</tbody>
</table>

Registration of attendance for both sessions will start at 2.00pm. For information please call 223618, 224741 & 262068.

**Pre-Marriage Course (PMC) (English)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Language</th>
<th>Venue/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>19th - 21st February 2014 (Wed-Fri)</td>
<td>English</td>
<td>F8, SHPC @ 7.30pm-10.00pm</td>
</tr>
</tbody>
</table>

The PMC (English) on Wednesday, February 19th, 2014 will be a “walk-in” registration.

**Life Night Resumes**
SHC Life Teen Life Night gatherings will resume this 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.

**Blood Donation Campaign**
SHC Charity Ministry will be co-organizing blood donation drive on Sunday, March 23rd, 2014 from 8.00am to 1.00pm in room G1 at the Parish Center. Staff from QEH Blood Bank will be on hand to assist in the donation effort.

**Closures of Facilities at the SHC Parish Centre**
Sacred Heart Parish Centre will be closed from February 24th - 27th, 2014 (Monday-Thursday). This is to facilitate preparations for the upcoming ordination.

**Kids of the Kingdom Children Class (Aged 4-7)**
Classes are on every Saturday, 6.00pm to 7.00pm, and Sunday, 9.00am to 10.00am at the St. Francis’ Kindergarten. Programme: Prayers, Bible stories-craft colouring, praise song and fellowship. Parishioners are invited to volunteer to serve as catechists in this ministry.

**SHC Parish Bookshop**
Titles available at our Bookshop include:
1. “Truths Corrects Distortion” by Fr. Charles Chiew (RM15.00)
2. “30 Days to a Better Self-Awareness” by Dereck Chong (RM21.00)
3. “Folklore & True Tales from Sabah” by Theresa Chung (RM10.00)
4. “Jangan Lagi Baca Ini Buku Bah”, by Fr. Nicholas Stephen (RM18.00)
Please get these titles from our Parish Bookshop if you have not already got them.

**Montfort Youth Training Centre (MYTC)**
MYTC is looking for dynamic and creative leaders to fill in the following vacancies:

(i) **Coordinator /Instructor**
Applicant must possess at least SKM Level 3 in Refrigeration and Air-Conditioning Mechanics (Domestic) or Furniture making and 3 years of teaching.

(ii) **Student Affairs Officer**
Kindly submit your resumes either by email to mytcsa@gmail.com or fax to 088-755849.

**Funeral Arrangement**
Bereaved families are to contact St. Joseph’s Benevolent Fund office at Tel. 216321 or Christopher Voo at 016-8450306 for funeral arrangement and confirmation before making obituary announcement in our local newspapers.

**Sunday Collections (Feb 8th & 9th, 2014) (in RM)**
SHC Black Bag (16,930.30), Red Bag (12,376.10); CMI Black Bag (6,144.00), Red Bag (5,181.00).