Liturgy Of The Word

First Reading: Genesis 2:7-9,3:1-7
Responsorial Psalm: Have mercy on us, O Lord, for we have sinned.
Second Reading: Romans 5:12-19
Gospel: Matthew 4:1-11

Next Week’s Reading
2nd Sunday of Lent
Psalter Week II – Year A
1st Reading: Genesis 12:1-4
Respons. Ps. 32:4-5.18-20.22
2nd Reading: 2 Timothy 1:8-10
Gospel: Matthew 17:1-9

Lent is a great opportunity for all of us to re-examine ourselves and turn back to the Lord. It is a season for repentance and conversion. It is a spiritual development and preparation for Easter, following the footsteps of Jesus Christ in His Suffering, Death and Resurrection. Lent can be a very fruitful season when the faithful strictly and sincerely observe the disciplines of Lent. There are some concrete ways to prepare ourselves to die and to rise with Christ on Easter.

Traditionally, Fasting, Prayer and Almsgiving are the three Lenten disciplines for self-denial and penance.

Fasting
- From food or drink
- From the old and crooked way of life
- From seeing, hearing and speaking of evil
- From self-indulgence

Prayer
- Celebrate the Eucharist as often as you can
- Reflect and Meditate on the Word of God
- Spend some quiet time before the Blessed Sacrament

Almsgiving
- Help the needy, especially the poor, sick and marginalized
- Give generously and painfully to the Lenten Appeal

Discern prayerfully and make some firm resolutions on the concrete things you could carry out during Lent. Every baptized Catholic has the obligation to observe some form of self-denial and penance during Lent. It would be wise to begin our Lenten journey by going for a good confession.

Thoughts for Prayer (SHALOM)

We are at the beginning of the season of Lent, a time in the liturgical year when our prayers, fasting and charitable acts may dispose us to the spirit of repentance and conversion, through the renewal of our baptismal promises.

The passage from Romans helps us to see how rejecting our human condition, that is, our creaturehood, has led to sin, while obeying God’s words and accepting God’s power over all things lead to our total freedom and is pleasing to God.

As creatures, we are subject to limitations and vulnerabilities. Thus, we do not and cannot know all things; we need physical and spiritual sustenance. We are attracted to things that are pleasant and we tend to avoid discomfort and pain. We sometimes forget we are human beings, lovingly created by God. Above all, we may harbour ambitions that block us from acknowledging the reality that we are not God. Let us pray for God’s grace to be aware of our offences towards God and our neighbour and to be truly sorry for all our sins. May the Lord Jesus teach us the wisdom to live in love and holiness; may he give us the strength to live in obedience to the Father’s commandments.

Father in heaven, grant us the grace to live out our true self in Christ.

Parish Priest: Msgr. Primus Jouil
Assistant Parish Priests: Fr. Jeffri Gumu
Fr. Rhobby Aaron Mojolou
CAC: Fr. Wilfred Atin
IY & Carmelite Chaplain: Fr. Michael Modoit

Genesis is, more than a story of origins, a theological reflection on the relationship between the good creator, God and the sinful creature, the humans. But Paul assures us that where sin abounded, grace abounded all the more, thanks to Christ who has shown in the Gospel, the real dynamics of Christian existence. It consists in overcoming the temptations to do wrong and trying not to yield to them.
Way of the Cross
The Way of the Cross will be held every Friday in the Cathedral during Lent at 6.00pm (English), 7.00pm (BM) and 8.00pm (Mandarin). There will be NO 1st Friday Mass at 7.30pm on April 4th, 2014.

Lenten Appeal
You will find Lenten Appeal Envelopes at the Churches’ entrances for your use to offer to the poor and the needy in our Parish during this Lenten period. Please give generously.

Lenten Penitential Service
With Sacrament of Confession (2014)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Church</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 11th, Tuesday</td>
<td>6.30pm</td>
<td>St. Paul, Dontozidon Holy Family, Telipok</td>
</tr>
<tr>
<td>March 12th, Wednesday</td>
<td>6.30pm</td>
<td>St. Augustine, Kinaran Good Shepherd, Menggatal</td>
</tr>
<tr>
<td>March 13th, Thursday</td>
<td>6.30pm</td>
<td>St. Aloysius, Limbanak Holy Nativity, Terawi</td>
</tr>
<tr>
<td>March 25th, Tuesday</td>
<td>6.30pm</td>
<td>Holy Rosary, Limbahau St. Simon, Likas</td>
</tr>
<tr>
<td>March 26th, Wed</td>
<td>6.30pm</td>
<td>St. Joseph, Papar</td>
</tr>
<tr>
<td>March 27th, Thu</td>
<td>6.30pm</td>
<td>St. Thomas, Kapayang</td>
</tr>
<tr>
<td>April 1st, Tue</td>
<td>6.30pm</td>
<td>St. John, Tuaran</td>
</tr>
<tr>
<td>April 2nd, Wed</td>
<td>6.30pm</td>
<td>Stella Marie,Tg. Aru</td>
</tr>
<tr>
<td>April 3rd, Thu</td>
<td>6.30pm</td>
<td>St. Michael, P’pang</td>
</tr>
<tr>
<td>April 7th, Mon</td>
<td>6.30pm</td>
<td>St. Catherine, Inanam</td>
</tr>
</tbody>
</table>

Individual Confession

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Church</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 7th, Mon</td>
<td>08.30am-10.00am</td>
<td>Sacred Heart Cathedral (Senior citizens &amp; parents with infants/young children)</td>
</tr>
<tr>
<td>April 8th, Wed</td>
<td>08.30am-10.00am</td>
<td>Sacred Heart Cathedral</td>
</tr>
<tr>
<td>April 9th, Thu</td>
<td>08.30am-10.00am</td>
<td>Sacred Heart Cathedral</td>
</tr>
</tbody>
</table>

Devotion to the Divine Mercy

| English | 2.15pm (every Saturday) | SHC B.S. Chapel |
| B.M     | 2.15pm (1st & 2nd Sundays) | SHC B.S. Chapel |

Monthly Vesper and Holy Hour
The monthly evening prayers and Holy Hour at the SHC originally scheduled on Tuesday, March 4th, 2014 has been postponed to March 11, 2014 from 7.00pm to 8.30pm.

Eucharistic Adoration for Children
Parents please note that there will be NO Eucharistic Adoration for children during Lent.

Seminars: Journeying with St. John of the Cross
“Journeying with St. John of the Cross through his Writing” seminar will be organized by the Secular Carmelites (OCDS) on March 11th – 15th, 2014, from 7.30pm to 9.45pm (except Saturday: 9.30am to 4.00pm) at the Parish Centre, room F8. Speaker is Fr. Gregory D’ Souza, OCD. Fee is RM50.00 per head. Closing date extended to March 9th, 2014. Contact: Matthew 016-8395337, Datin Celestine 019-8805393.

SHC Parish Office, Bookshop and St. Joseph Benevolent Fund Office Closed
The offices will be closed on Thursday, March 13th, 2014 from 8.00am to 10.30am for a Staff Meeting.

Recollection for SHC Choir Groups
This Recollection for all SHC choirs groups (Eng, BM, Chinese for weekend masses, funerals and weddings) will be held on Saturday, March 15, 2014 at Room F7, SHPC from 7.30am to 1.00pm. Choir group leaders are requested to submit a name list of their members to Joanna Chong, email: joanadette@gmail.com and cc to rmar217@yahoo.co.uk or to SHC Parish Office (Fobby).

Life Teen Youth Camp
Life Teen Sacred Heart Youth Ministry will be organizing this camp for teens aged 13 to 18 years old from March 22nd to 24th, 2014, at Natai Adventure Cultural Village. Fee: RM50.00 (inclusive of transportation, accommodation and food). With the theme: “JPII: Unleash the Hero in You”, we would like to invite you to experience the life of a great man that inspired many. Registration will be held before and after every English Mass at SHC and CMI. For information, please call Deon Fletcher (Camp Coordinator) 016 8383 927 or Nelly M. (Life Teen Ministry Coordinator) 012 8388 148.

Guidance & Pastoral Counseling Services
Call 013-8612088 for an appointment.

Free Movie on Pope John XXIII
Pope John XXIII will be canonized a Saint next month. Movie will be shown this Sunday, March 9th, 2014, 7.00pm in Room F7. All are welcome.

Pre-Marriage Course (PMC)
Above PMC will be a “walk-in” registration on Wednesday, April 23rd, 2014. Please call the SHC Parish Office for information at 223618, 224741 & 262068.

Blood Donation Campaign
Date: March 23rd, 2014 (Sun)
Time/Venue: 8.00am-1.00pm, Room G1, SHPC

Church of Mary Immaculate Lenten Visit 2014
CMI will be organising this visit to Don Bosco children’s home on Saturday, April 5th, 2014. Your donation in kind, food stuff, second hand clothing are appreciated. Transport is available for those who need it. Please register before and after mass at CMI entrance. Contact Beatrice Ekol Yan 0168028468 for information.

Recyclable Items
Sales of recyclable items collected at the Parish Centre basement bins for February 2014 amounted to RM792.10.

Sunday Collections (March 1st & 2nd, 2014) (in RM)
SHC Black Bag (18,336.90), Red Bag (13,058.30); CMI Black Bag (5,950.00), Red Bag (5,157.00)