Liturgy Of The Word

First Reading : Genesis 12:1-4
Responsorial Psalm : May your love be upon us, O Lord, as we place all our hope in you.
Second Reading : 2 Timothy 1:8-10
Gospel : Matthew 17:1-9

Next Week’s Reading
3rd Sunday of Lent
Psalter Week III – Year A
1st Reading: Exodus 17:3-7
Respons. Ps. 94:1-2.6-9
2nd Reading: Romans 5:1-2.5-8
Gospel: John 4:5-42

Notices

Alpha Course (24) in a Catholic Context
Get the “Opportunity to Explore the Meaning of Life” through the Alpha Course. Starting March 31st, 2014 (Every Monday nights for 10 weeks) at 7.45pm in room F8 (SHPC). It will start with dinner at 7.00pm at canteen area. For information please call Michelle 016-8202840. All are welcome.

Lenten Retreat
Theme: “Following the Passion in Your Life”
This retreat is organized by LJCCC and will be held from (Thu – Sat), April 10th to 12th, 2014, 7.30pm on Thursday & Friday, 8.00am to 10.00pm on Saturday, at Room F7, SHPC. Regn Fee: RM10.00. Open to all! Let Jesus lead you to enter into the Passion of His amazing love for you! For information please call Lucia Tel. 718817 or SHC Parish Office 224741, 223618, 262068.

Seminar on Freedom and Healing in Christ
This Inner Healing and Transformation will be held from April 23rd to 25th, 2014 (Wed-Sat) at 7.30pm at Room F7, SHPC. Regn Fee: RM10.00. For information please call Lucia Tel. 718817 or SHC Parish Office 224741, 223618, 262068.

Thoughts for Prayer (SHALOM)

Our salvation is not something we earn ourselves – it is a gift.
Abraham’s call to leave his home and strike out into the unknown must have been frightening. Ancient people spent their entire lives from birth to death in the city in which they were born and could not even imagine dying in a distant land. But Abraham trusted God and believed God’s promise. Our own faith is more than reciting and believing the correct creed – it is living our entire life in the mystery of God and trusting in God’s mercy and kindness absolutely. Our salvation is not something we earn ourselves – it is a gift.

The life and immortality that we are promised is ours when we say yes to God with our whole, heart, mind, and soul – and remain so.

In the Transfiguration scene Jesus was surrounded by light and was talking to Moses and Elijah, the great teacher and the great prophet of Israel. Jesus stood in a long and continuous tradition. Peter did what so many try to do – he wanted to hang on to the experience by building religious shrines. But the Transfiguration was not about another place to worship – it was concerned with mission and service. Jesus immediately began talking about suffering and death, but the disciples did not understand that he was including them. Our faith must not become privatized and self-absorbed. It must always be concerned with love and service. Without these crucial elements religion is nothing but empty ritual. The path to the glory of God passes through the valley of struggle and suffering – but we will also experience joy while we are travelling that path.

Lord, help me to be of service to others.

Abraham is called to leave his country in order to be the father of a ‘people of God’, as we hear from the book of Genesis. Paul reminds Timothy that we too are called – a calling which does not depend on our merits, rather on God’s own initiative and generosity. Most importantly, all of us are called in Jesus Christ to live a life of transfiguration and glory.

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

Sacred Heart Cathedral
http://www.sacredheartcathedralkk.org/

Sacred Heart Cathedral
14B, Jalan Nentori
(Off Jln. Tengku Abdul Rahman, 88800 Karamunsing)
P. O. Box 10049, 88800 Kota Kinabalu, SABAH.
Tel: 088-224741, 223618, 262068 Fax: 088-224068
E-mail Address: stparrisshoffice@gmail.com
Office Hours: Mon-Fri 8.00am -4.30pm; Sat 8.00am-12.00pm

Church of Mary Immaculate
Jalan Kolum, Bukit Pedang, Kota Kinabalu, Sabah.
P. O. Box 21283, 88770 Layang, Sabah.
E-mail Address: cmiktks@gmail.com
Tel / Fax: 088-244345 (Please call)
Office hours: Mon - Fri 8.00am - 3.00pm; Sat 8.00am - 12.00pm

Daily/Weekly Schedules

SACRED HEART CATHEDRAL (SHC)

Saturday
Confession (Chapel) : 4.30pm - 5.30pm
Rosary (English) : 4.40pm
Novena (English) : 5.05pm
Mass (English) : 6.00pm

Sunday
Chapel will be opened from 6.00am – 10.00pm
Mass (Mandarin) : 7.00am
Mass (English) : 9.00am
(Interpreted mass in Sign Language)
Mass (Bahasa Malaysia) : 10.45am
Holy Hour (Mandarin) : 8.00pm - 9pm
(2nd & 4th Week)
Monday – Saturday (Chapel)
Chapel will be opened from 5.00am – 10.00pm
Confession : 5.30am - 5.55am
Mass (English) : 6.00am
Rosary (English) : 6.30am
Holy Hour (Tuesday) : 7.30pm - 8.30pm
1st Friday Mass (English) : 7.30pm

CHURCH OF MARY IMMACULATE (CMI)

Saturday
Rosary (Mandarin) : 5.00pm
Novena (Mandarin) : 5.30pm
Mass (Mandarin) : 6.00pm

Sunday
Rosary (English) : 8.15am
Mass (English) : 9.00am
Mass (Korean) : 11.00am
**Notices and Events Announcement**

**Priests’ Meeting**
There will be NO morning Masses from **March 19th to 20th, 2014** (Wednesday to Thursday) at the SHC Blessed Sacrament Chapel. All priests will be attending the Priests’ Meeting at Bundu Tuhan.

**Chrism Mass: The Unity of the Priesthood**
Chrism Mass will be celebrated in 3 languages at the Cathedral on Thursday, **April 10th, 2014** starting at 7.30pm.

**Sunday Faith Formation (English)**
There will be NO classes on March 23, 2014. Classes will resume on Sunday, March 30, 2014.

**Solemnity Of The Annunciation Of The Lord**
This Solemnity will be celebrated on Tuesday, **March 25th, 2014** at the 6.00am morning Mass.

**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 7.30pm Mass on April 4th, 2014.

Please note the next Combined Way of the Cross will be held on Friday, **April 18, 2014** at 7.00am at the Centenary Cross Monument.

**Lenten Appeal**
You will find Lenten Appeal Envelopes at the Church’s entrance. Please give generously.

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

**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). Theme is: “JPII: Unleash the Hero in You”. Come and 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 8358 148.

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

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**Lenten Penitential Service With Sacrament of Confession (2014)**

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>March 25th, Thu</td>
<td>6.30pm</td>
<td>Holy Rosary, Limbahau</td>
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<td>7.30pm</td>
<td>St. Simon, Likas</td>
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<td>March 26th, Wed</td>
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<td>St. Joseph, Papar</td>
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<td>March 27th, Thu</td>
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<td>St. Thomas, Kapayan</td>
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<td>April 1st, Tue</td>
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<td>St. John, Tuaran</td>
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<td>April 2nd, Wed</td>
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<td>Stella Maria, Tg. Aru</td>
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<td>April 3rd, Thu</td>
<td>6.30pm</td>
<td>St. Michael, P’pang</td>
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<td>April 7th, Mon</td>
<td>6.30pm</td>
<td>St. Catherine, Inanam</td>
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**Individual Confession**

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<tr>
<th>Date</th>
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<tr>
<td>April 7th, Mon</td>
<td>08.30am-</td>
<td>Sacred Heart Cathedral</td>
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<td>April 8th, Wed</td>
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<td>April 9th, Thu</td>
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**RCIA RITES during Lent and Easter Vigil 2014**

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<tr>
<th>Rites</th>
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<td>First Scrutiny</td>
<td>22/03/2014 (Sat)</td>
<td>6.00pm</td>
<td>SHC</td>
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<td>(Sun)</td>
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<td>Second Scrutiny</td>
<td>29/03/2014 (Sat)</td>
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<td>Third Scrutiny/</td>
<td>5/04/2014 (Sat)</td>
<td>6.00pm</td>
<td>SHC</td>
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<td>Presentation of the</td>
<td>(Sun)</td>
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<td>Lord’s Prayer</td>
<td>6/04/2014 (Sun)</td>
<td>7.00am</td>
<td>SHC</td>
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<tr>
<td>Preparation Rites (Holy</td>
<td>19/04/2014 (Sat)</td>
<td>8.00am</td>
<td>BM -</td>
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<td>Saturday</td>
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<td>Rites of Initiation</td>
<td>19/04/2014 (Easter</td>
<td>7.30pm</td>
<td>SHC</td>
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<td>Vigil)</td>
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**Children’s Lenten Holy Spirit Camp 2014 – “Mighty Saviour” (Zep 3:17)**
The above holiday camp which will be held from **March 25th to 27th, 2014** at Sacred Heart Parish Centre is open to all children from Primary 2 to 6. Camp Fee is RM 40.00. Closing date of registration this weekend, March 16th, 2014. Registration counter will be open at SHPC before & after Saturday Sunset and Sunday 2nd Mass. For further information please contact Christine Liew (012-8293383) or Margaret Lee (012-8244888)

**Church of Mary Immaculate Lenten Visit 2014**
CMI will be organising the visit to Don Bosco children’s home on Saturday, **April 5th, 2014**. Your donation in kind, food items, 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 016-8028468 for information.

**Seminar on Divine Mercy (English)**
The above seminar will be held on Saturday, **April 5th, 2014** from 8.00am to 10.00pm at Room F6, SHPC. Please call Jenny 01608035802, Stella 0168417459, Alex 0135528482 for registration. Closing date: April 1st, 2014.

**Pre-Marriage Course (PMC)**

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<tr>
<th>Date</th>
<th>English</th>
<th>Venue</th>
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<tr>
<td>April 23rd, 24th &amp; 25th, 2014 (Wed-Fri)</td>
<td>F8, SHPC @ 7.30pm - 10.00pm</td>
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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

**Sunday Collections (March 8th & 9th, 2014) (in RM)**
SHC Black Bag (18,822.70), Red Bag (14,295.60); CMI Black Bag (5,992.00), Red Bag (4,765.00).