Liturgy Of The Word

First Reading : Isaiah 55:1-3
Responsorial Psalm: You open wide your hand, O Lord, you grant our desires.
Second Reading : Romans 8:35-37-39
Gospel : Matthew 14:13-21

Next Week’s Reading
19th Sunday of Ordinary Time Psalter Week III – Year A
1st Reading: I Kings 19:9-11-13
Respons, Ps 84:9-14
2nd Reading: Romans 9:1-5
Gospel: Matthew 14:22-33

Notices

Thoughts for Prayer SHALOM

We should know that when life is most difficult or painful God is even closer to us.

The generosity, compassion, and graciousness of God is overwhelming. God wants to be the one who sustains and nourishes us. Isaiah relays God’s invitation to come and receive the necessities of life – food and drink – in abundance and without charge. We cannot earn or buy God’s compassion and mercy – it is always there for us. If that is the case, why do we run from God or avoid accepting this invitation? The answer is usually fear, sometimes selfishness – and always foolish. The one word God has for us is ‘Come!’

Paul has a similar message about the love of Christ. There is no power in the universe that can separate us from the love of God in Christ Jesus. We can refuse this love, but no one can take it from us. We are too quick to blame other people, society, our circumstances or upbringing, and a host of other reasons. We should know that when life is most difficult or painful God is even closer to us. We are never alone or unloved.

All of this was evident in the feeding of the 5,000. The disciples could only see lack in the abundance, compassion, and generosity of God the Father. The result was what we call a miracle, but it really should be more common. It could be so if we put on the mind and heart of Christ. God’s love for us is infinite – perhaps we can learn to live in a manner that witnesses to that.

Lord, open my heart to Your generosity.

Sacred Heart Cathedral Parish

14B, Jalan Imenten
(Off Jln. Tengku Abdul Rahman, 88000 Karamunsing)
P. O. Box 10049, 88000 Kota Kinabalu, Sabah.
Tel: 088-224741, 223618, 262068 Fax: 088-224068 E-mail Address: csparishoffice@gmail.com
Office Hours: Mon-Fri 8.00am - 4.30pm, Sat 10.00am-12.00pm

Church of Mary Immaculate
Jalan Kulam, Bukit Padang, Kota Kinabalu, Sabah.
P. O. Box 21283, 88770 Layang, Sabah.
E-mail Address: cmikskc@ymail.com
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
(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

Bread and water are the minimum things humans need to keep themselves alive. God calls His people to come to Him to get water for free. Jesus, moved by compassion, provides in an unexpected manner food necessary for life. Understood symbolically, these instances point to divine nutriments we cannot do without. Jesus Christ, is for us, this divine nourishment; nothing should, therefore, ever separate us from Him, as Paul would say.
**Notices and Events Announcement**

**Diaconate Ordination**
This is to announce that Seminarian Abel Madisang will be ordained a deacon on Monday, September 1st, 2014 at 10.00am at the Sacred Heart Cathedral.

**Sacerdotal Ordination**
Our Assistant Rector, Fr. Jeffri Gumu, will celebrate his 2nd Sacerdotal Ordination Anniversary on Monday, August 4, 2014. Let us pray for God’s choicest blessing on him.

Thereafter, Rev. Jeffri Gumu will be on leave from August 7th to September 7th, 2014.

**SJBF 28th Annual General Meeting**
St. Joseph’s Benevolent Fund will be holding its AGM this Sunday, August 3rd, 2014, at the SHPC Hall starting at 2.00pm. All members are invited to attend. Please bring along your name tags.

**Monthly Vespers and Holy Hour**
The monthly evening prayers and Holy Hour at the Sacred Heart Cathedral (every first Tuesday of the month) will be held on August 5th, 2014 from 7.00pm to 8.30pm. As usual the Parish Centre will be closed during these Vespers and Holy Hour and will only be opened at 8.30pm.

**Eucharistic Adoration for Children**
Parents please note that the next Eucharistic Adoration for children will be on Friday, August 8th, 2014 at 6.30pm in the Blessed Sacrament Chapel.

**Feast of the Assumption of the Blessed Virgin Mary (Day of Obligation)**
Assumption masses will be celebrated as follows:

<table>
<thead>
<tr>
<th>14/8/2014 (Thur)</th>
<th>SHC</th>
<th>7.30pm (English)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>CMI</td>
<td>7.30pm (Mandarin)</td>
</tr>
<tr>
<td></td>
<td>St. Paul Dontozidon</td>
<td>7.30pm (Kadazan)</td>
</tr>
<tr>
<td></td>
<td>Our Lady Queen of Peace</td>
<td>7.30pm (Kadazan)</td>
</tr>
<tr>
<td>15/8/2014 (Fri)</td>
<td>SHC</td>
<td>6.00am (English)</td>
</tr>
<tr>
<td></td>
<td>St. Paul Dontozidon</td>
<td>6.30am (English)</td>
</tr>
<tr>
<td></td>
<td>Carmelite</td>
<td>6.30am (English)</td>
</tr>
</tbody>
</table>

**Sabah Catholic Teachers’ Seminar 2014**
Theme: “What’s the Difference”
Date: August 15th-17th, 2014 (Fri-Sun)
Venue: Pace Bene, Papar

**Mass for Students for PMR/ SPM/ STPM 2014**
This Mass will be held on Friday, August 29th, 2014 at 12.00pm at the Cathedral. All students who are preparing for exams are invited to attend. For information please call Catherine Lee Moey at 239989.

**Pre-Marriage Course (PMC)**
October 9th-10th, 2014 (Thu - Fri)
B.M.
Regn. deadline: October 11th, 2014 (Sat)
F8, SHPC @ 6.30pm onwards

**Café Nights**
LifeLine Young Adults and College Students ministry will be organizing Café Nights at the SHPC canteen at 7.00pm on Saturdays, August 9th & 23rd, 2014 & September 6th, 2014. This is to raise fund for the upcoming LifeLine Ministry annual BreakThrough camp this year with the theme “AWAKENING” and to support participants who are in need of financial support to join this camp. Please support them.

**Divine Mercy Devotion**
October 9th, 2014 (Sat)
B.M.
Registration deadline: October 11th, 2014 (Sat)
F8, SHPC @ 8.15am - 4.30pm

**Illegal Vendors**
There are illegal vendors coming into the Church compound to sell religious pictures, rosaries etc. Please refrain from supporting them and inform our personnel of their presence to curb their activity.

**Vacancy in Montfort Youth Training Centre – Wielding Workshop Coordinator**
Requirements:
1. Diploma in Wielding from CIAST or other recognized institution
2. At least 3 years working experience in supervisory management
3. Ability to read, write & speak English is an advantage
4. Having a VTO Certificate and teaching / instructing is an added advantage

Interested candidates must have interest to work with youth. Please write in with resume to: MYTC, P.O. Box 612, 89507 Penampang. Tel: 755811 Fax: 755849 E-mail: mytcsa@gmail.com.

**Sunday Collections (July 26th & 27th, 2014) (in RM)**
SHC Black Bag (18,084.60), Red Bag (12,853.50); CMI Black Bag (7,026.00), Red Bag (4,796.00).

**Awareness of Billings Ovulation Methods (BOM)**
Dr. Chan Lek Lim, President of the Natural Fertility Awareness Service of Malaysia (NFASM) and Associate Director of WOOMB International, will be in KK to hold the following sessions:

1. “How BOM can help couples facing infertility”
   “Who should attend? Women who wants to find out if they are having normal cycles with ovulation; irregular cycles, difficulty in conceiving; those with family history of diabetes; husbands, fiancée, friends.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 15th, 2014 (Fri)</td>
<td>7.30pm - 10.00pm</td>
<td>@ F7, SHPC</td>
</tr>
<tr>
<td>August 17th, 2014 (Sun)</td>
<td>2.00pm - 4.00pm</td>
<td>Free consultation</td>
</tr>
</tbody>
</table>

**Speaker:** Deacon Dr. Sherman Kuek
**Fees:** RM150 (Food, lodging & workbook)

**Those interested are welcome! Don’t miss this opportunity to know the different Christian beliefs and to embrace our Catholic faith! For enquiry please call Myra 712297, 013-612, 89507 Penampang. Tel: 755811 Fax: 755849 E-mail: mytcsa@gmail.com.