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.

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

Notices

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 live
- 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 confession.

Thoughts for Prayer SHALOM

“My heart leaps up when I behold a rainbow in the sky” is the first line of a poem of the same name by William Wordsworth. By its beauty alone the rainbow brings joy to the world. The rainbow is a sign that the rain has passed and that the sun is about to shine and this is a further reason for joy. It is a sign of hope for better hours to come. For those who believe in a loving God the rainbow is an even further cause of joy, the sign of an even greater hope.

The sign of the rainbow assured Noah on God’s word of honour that never again would such a catastrophe as the massive flood occur. The evil power of sin, symbolized by the flood would never again come close to submerging God’s plan of salvation. Indeed the very waters of the flood bore up the ark which was God’s way of saving Noah and his family.

In our turn we are saved by the waters of baptism. It was after his baptism that Jesus went out to the desert to mount his first assault on the power of evil. United with Jesus in baptism we will have a share in defeating the power of evil. We need to be changed, to be converted before we can “come on board” for the struggle alongside Christ. By our baptism that process has already started.

Be with us, Lord, in the struggle You began in the desert so near to Your place of baptism.
Lenten Penitential Service
With Sacrament of Confession – 2015

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<tr>
<th>Date</th>
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<tr>
<td>Feb 24th, 2015 (Tue)</td>
<td>St. Paul, Donotizodon</td>
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<td>Holy Family, Telipok</td>
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<td>Feb 25th, 2015 (Wed)</td>
<td>St. Augustine, Kinarut</td>
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<td>St. Aloysius, Limbanak</td>
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<td>Feb 26th, 2015 (Thu)</td>
<td>Holy Trinity, Inobong</td>
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<td>St. Joseph, Kiulu</td>
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<td>Mar 2nd, 2015 (Mon)</td>
<td>Holy Rosary, Limbahau</td>
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<td>St. Simon, Likas</td>
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<td>Mar 4th, 2015 (Wed)</td>
<td>St. Joseph, Papar</td>
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<td>Mar 5th, 2015 (Thu)</td>
<td>St. Thomas, Kepayan</td>
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<td>Mar 10th, 2015 (Tue)</td>
<td>St. John, Tuaran</td>
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<td>Mar 11th, 2015 (Wed)</td>
<td>Stella Manis, Tg. Aru</td>
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<td>Mar 12th, 2015 (Thu)</td>
<td>Good Shepherd, Mengatal</td>
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<td>Mar 16th, 2015 (Mon)</td>
<td>Holy Nativity, Terawai</td>
<td>6.30pm</td>
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<td>Mar 17th, 2015 (Tue)</td>
<td>St. Catherine, Inanam</td>
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<td>Mar 18th, 2015 (Wed)</td>
<td>St. Michael, Penampang</td>
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<td>Mar 24th, 2015 (Tue)</td>
<td>Sacred Heart Cathedral</td>
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<td>Mar 25th, 2015 (Wed)</td>
<td>Sacred Heart Cathedral</td>
<td>6.30pm</td>
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Individual Confession

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<tr>
<td>Mar 19th, 2015 (Thu)</td>
<td>Sacred Heart Cathedral</td>
<td>8.30am to 10.00am</td>
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<tr>
<td>Mar 24th, 2015 (Tue)</td>
<td>Sacred Heart Cathedral</td>
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<td>Mar 25th, 2015 (Wed)</td>
<td>Sacred Heart Cathedral</td>
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Lenten Appeal
You will find Lenten Appeal Envelopes at the Churches’ entrances from this weekend onwards for your use to offer to the poor and the needy in our Parish during this Lenten period. Please give generously.

1st Sacerdotal Ordination Anniversary Dinner for Fr. Rhobby Aaron Molajolu & Fr. Mitchellie Kiu
There will be a dinner on Sunday, March 1st, 2015 at 6.30pm at the SHPC to celebrate Fr. Rhobby and Fr. Mitchellie’s 1st Sacerdotal Ordination Anniversary. Ticket at RM10.00 per head is available through ministries, communities and group leaders or the SHC Parish Office 223618, 224741, 262068 during office hours. Come and celebrate with them.

Archdiocesan International Women’s Day 2015
The Archdiocese of KK will be celebrating the above event on Saturday, March 7th, 2015. The theme this year is ‘Women of God – Make it happen!’ It will begin with the celebration of the Holy Eucharist by His Grace, Archbishop John Wong at 6.00pm in the Sacred Heart Cathedral and followed by dinner at the SHPC Hall. This celebration is open to ALL women and men. Tickets are sold at RM16.00 per head. Dinner guests will be entertained to performances from the different groups of women in the Archdiocese, and there will be lucky draw prizes to be won by women. Let us, as WOMEN OF GOD, celebrate this auspicious event together! For information please contact the SHC Parish Office at 223618, 224741, 262068.

Women’s Retreat
Theme: “When Love Sees You”
A journey of transforming grace is a retreat organised by LIFE Community. It will be held at Villaku Resort, Kokol on March 7th, 2015, starting at 9.00am to March 8th, 2015 at 4.00pm. Registration fees at RM160 for food and accommodation. For registration, please contact Beatrice Chong 0138569616.

Annual Children’s Camp 2015
The Ministry of the Liturgy of the Word for Children will be holding its annual children’s camp at Bundu Tuhan from March 16th to 18th, 2015 (Mon-Wed) for children aged between 9 to 12 years old.

Please register at the SHC Parish Office 223618, 224741, 262068 with Juliet from Feb 9th-27th, 2015, during office hours. Registration from Feb 7th-15th, 2015 and Feb 28th & March 1st, 2015 will be held before the Saturday Sunset Mass (5.00pm to 5.50pm) and before the Sunday morning Mass (8.30am to 8.50am) at the entrance of the Cathedral. Registration fee at RM90.00 per person (inclusive of accommodation & food). Last date to register is Sunday, March 1st, 2015. Registration quota is 100 participants and is on a “First-come-first-served” basis. Contact person: Mary Kinison 0143580859 & Anne Charles 0168302886.

Called by His Name
A Biblical Lenten Recollection on Our Identity as God’s people will be held from March 20th (starting at 8.00am) to 21st, 2015 at the Room F7, SHPC. The speaker is Rev. Deacon Dr. Sherman Kuek OFS. Participants are to bring their bibles. Cost: RM40.00 per person (lunch included). Please register with James 019-8512095; Dorothy: 016-8803828; Alan: 019-8803000; SHCP Office: 224741, 223618, 262068.

RA Youth Holy Spirit Camp 2015: “Fire"
RA Youth Holy Spirit Camp will be held from March 20th to 22nd, 2015 (Fri-Sun) at the BunduTuhan Retreat Centre. Registration is now open. Counters will be open before and after Sunset Mass on Saturdays, and before English morning Mass on Sundays. Closing date to register is March 1st, 2015. Registration is on a “first come, first serve” basis. Contact Lenice 0109441413, Esther 0168052146 or Kurt 0129408892 for more information.

SHC Bookshop Opening Hours
Monday-Friday @ 8.15am to 12.00pm
@ 1.30pm to 4.30pm
Wednesday CLOSED
Saturday @ 8.00am to 12.00pm
@ 4.00pm to 5.45pm
Sunday @ 8.00am to 11.00am

Aedes Mosquitoes
(Special announcement from St. Joseph’s Benevolent Fund)
Parishioners are to refrain from leaving flower vase or water container at the cemetery ground. Your utmost concern in preventing and destroying aedes from breeding can check the spread of dengue fever.

Parish Monthly Movies
Organized by SHC Parish Social Communication Committee (SOCCOM)

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<tr>
<th>Date / Time</th>
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<tr>
<td>March 8th, 2015 @ 7.30pm</td>
<td>Jesus of Nazareth (Part II)</td>
<td>Room F7, SHPC</td>
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The compelling portrayal of the life and death of Christ is traced from birth, through his childhood pilgrimage, his baptism by John the Baptist, countless miracles, culminating with his crucifixion and resurrection.

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

Sunday Collections (Feb 14th & 15th, 2015) (in RM)

Not available, to be announced next week.