Liturgy Of The Word

First Reading : Ezekiel 2:2-5
Responsorial Psalm : Our eyes are on the Lord till he show us his mercy.
Second Reading : 2 Corinthians 12:7-10
Gospel : Mark 6:1-6

Next Week’s Reading

15th Sunday in Ordinary Time
Psalter Week III - Year B
1st Reading: Amos 7:12-15
Respons. Psalm 84:9-14
2nd Reading: Ephesians 1:3-14
Gospel: Mark 6:7-13

Thoughts for Prayer SHALOM

Many of us have struggled with weaknesses or addictions. Our fervent prayer may be that the Lord take it away. Paul asked God three times to take away his ‘thorn in the flesh.’ God refused – His grace was enough for Paul. When we surrender our weaknesses to God, they become channels through which God can pour His grace. Let us never forget that we can do nothing alone: all is grace.

It is rather difficult for many to believe that God is working through people they know – even friends and family. The folks in the synagogue were offended at the things Jesus was saying and doing. They know his family and had probably watched him grow up. They closed their minds and hearts to him. Not only that, their unbelief made it impossible for Jesus to work miracles in their presence. After all, miracles and healings require faith. Perhaps we can allow God to surprise us by working through unexpected people. If we keep our minds and hearts open, we will see the presence of God all around us and experience his many blessings.

Lord, may Your grace and power be shown in my weaknesses.

Parish Priest: Archbishop John Wong
Assistant Parish Priests: Fr. Jeffri Gumu
Fr. Rhobby Aaron Mojolou
Fr. Mitchelly Kun
Fr. Abel Madisang
Seminarian: Joshua Liew
CAC: Fr. Wilfred Atin
IY & Carmelite Chaplain: Fr. Rayner Bisius

Sacred Heart Cathedral
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Office hours: Mon - Fri 8.00am - 5.00pm; Sat 8.00am - 12.00pm

Daily/Weekly Schedules

Sacred Heart Cathedral

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
Morning Prayer & Confession: 5.30am – 5.55am
Mass (English) : 6.00am
Rosary (English) : 6.30am
Friday Noon Mass : 12.15pm
1st Friday Mass (English) : 7.30pm

Thursday (Cathedral)
Vespers & Holy Hour : 7.00pm - 8.30pm

Church of Mary Immaculate

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

A prophet is not necessarily one who can predict the future but is able to rise above the limitations of social conditioning and see the path of history as God sees it. He is, therefore, a person who has been inspired by God and has understood the message that God wishes to convey to the people of his time. He is gifted with insight into contemporary events and their meaning from the overall point of view of God’s plan. Today’s Gospel speaks of the isolation that the prophet experiences: those who were closest to him will often turn against him because he has a personal message to deliver to them, inviting them to change their ways. Yet the prophet has no choice but to continue delivering the message, since he is filled with the fire of the Holy Spirit. The life of the prophet, therefore, often ends in rejection, betrayal and suffering.
Closing Date for Nomination of Candidates for PPC (2015-2018) - Mon, July 6, 2015 at 12.00 noon

Our Parish Priest wishes to make a final appeal to parishioners and heads of groups at the Cathedral and the Church of Mary Immaculate (CMI) to nominate suitable candidates to serve in the respective new Parish Pastoral Council for 2015-2018. Please be reminded that the Closing Date is on Monday, 6th July 2015 at 12.00 noon. There is not much time left. For those who have taken Nomination Forms previously, please ensure that completed Forms are deposited into the Special Box at the entrance of the Church or at the SHC Parish Office during office hours before the deadline. Thank you.

Eucharistic Adoration for Children

Resume on July 10th, 2015 from 8.00pm to 9.00pm at the Blessed Sacrament Chapel.

12.00 Noon MASS

The Friday Noon Mass will begin at 12.15pm.

Weekly Vesper and Holy Hour

The Weekly Vesper and Holy Hour is on every Thursday, from 7.00pm to 8.30pm.

Kinabalu Prayer Gathering

This is organised by Sabah Council of Churches through KK Pastors Fellowship at the Community Hall, National Park. Date: July 10th, 2015, Friday (7.30pm - 9.30pm) & (10.30am – 12.30pm – Community Service) Catholic who would like to participate, please give your names to SHC Parish Office. Accommodation will be at Bundu Tuhan Retreat Centre. Contact person: Daniel Kong 718817, 019-8208030.

Recollection for Lectors & Commentators

There will be a Recollection for lectors and commentators from all language groups serving in SHC & CMI and they are required to attend on Saturday, July 11th, 2015 from 8.00am to 1.00pm at Room F7, SHPC.

Funeral Arrangement

Bereaved families are to contact St. Joseph’s Benevolent Fund Office at tel. 216321 or Thomas Chew at 019-8208033 for funeral arrangement / Mass and confirmation before making obituary announcement in our local newspapers.

Young Adults Prayer Gathering

Inviting college / University students, young working adults, & married couples with younger children to join their weekly gathering for a time of worship, hearing of God’s Word, sharing, prayer and fellowship.

Day/Time: Every Sunday, 8.00pm
Venue: Room F6, SHPC

Notices and Events Announcement

Weekend Vespers and Holy Hour on every Saturday, 7.00am - 10.00am & (7.30pm – 9.30pm – Community Service) Sick & Hospitalised Parishioners Please register at the SHC Parish Office before July 14th.

Catholic Kindergarten Teachers Spiritual Formation

Organized by Archdiocesan Early Childhood Education Committee (AECCE) Date: July 10th to 12th, 2015 (Fri - Sun) Venue: Pace Bene Purak, Papar Theme: ‘Rekindle Spirituality in Our Mission’ All Catholic preschool teachers and mission teachers-to-be are welcome to this spiritual workshop. Be inspired and recharged! Rekindle your faith in your mission as teachers for Christ. Contribution at RM120.00 per person inclusive food, lodging and materials. For details and registration, please contact Irene 725502 / 016-8199008, Jennifer 016-8380093 or Margaret 019-8292224 or email to aecce.kk@gmail.com. Deadline is July 6th, 2015.

Recyclable Items

Sales of recyclable items collected at the Parish Centre basement bins for June 2015 amounted to RM526.00.

Infant Baptism

July 12th, 2015
Briefing @ 3.00pm at SHC
Regn deadline is 9/7/2015 (Thu)

July 19th, 2015
Baptism @ 3.00pm at SHC

August 9th, 2015
English
Briefing @ 3.00pm at SHC
Regn deadline is 8/8/2015 (Thu)

August 16th, 2015
Baptism @ 3.00pm at SHC

Parents, please register your child at the SHC Parish Office during office hours. Bring along original and copies of your Church marriage certificate, child’s birth certificate and confirmation certificate of godparent. For information, please call 223618, 224741, 262068.

Pre-Marrige Course (PMC)

July 27th to 29th, 2015 (Mon-Wed)
English (Walk-in registration) F6, SHPC @ 7.30pm-10.00pm

The follow-up sessions will be held on Monday, August 3rd, 2015 & Wednesday, September 2nd, 2015. Please call the SHC Parish Office for information at 223618, 224741 & 262068.

Pre-Pax Consultation & Discernment Workshop

This is the initiative taken by the Archdiocese to obtain discernment from grassroots of all different language speaking parishioners throughout the Diocese to plan the future direction of the Church. All Parish groups are kindly requested to nominate 5 or more of its members to participate in this workshop on Saturday, July 18th, 2015 at the SHPC from 8.00am to 12 noon. Hence the future of our Church depends on our contribution during the workshop. Other parishioners who are not in any Parish group are also invited to attend. Please register at the SHC Parish Office before July 14th, 2015.

Sacred Heart Parish Feast Day

(Parish Family Day Carnival Lucky Draw on June 14th, 2015)

4 1732 23 1880 37 3312
5 5305 26 2265 38 5215
6 0869 27 3530 40 3361
8 0766 28 4610 44 0021
9 0135 30 2694 46 0194
10 2532 31 4443 48 2588
12 2272 32 3505 50 3094
15 0643 33 1142 51 0327
19 2101 34 4930 53 0025
20 5797 35 3284 55 1095
22 4447 36 4401 56 3472

Please claim your prizes soonest from the SHC Parish Office 223618, 224741, 262068 during office hours. Coupons for dinner are subject to the validity of the prizes.

Lucky Draw in Aid of the SHCWL & Seminarians’ Fund (June 28th, 2015)

Thank you to all parishioners for your generous support which has made the lucky draw a success. Please claim your prize from the SHC Parish Office within one month from June 28th, 2015. Call 223618, 224741, 262068 for information.

1st Prize 75079
2nd Prize 58609
3rd Prize 51075
4th Prize 42657
5th Prize 37880
6th Prize 73888
7th Prize 79840
8th Prize 59278
9th Prize 44936
10th Prize 29870

Parish Monthly Movies

Organized by SHC Parish Social Communication Committee (SOCCOM)