Thoughts for Prayer SHALOM

Although in Year B we are reading from Mark’s Gospel, on this and some following Sundays we turn to the 6th Chapter of John which discusses Jesus as the Bread of Life. The chapter begins with the feeding of the large crowd by Lake Tiberias. Philip wonders how so many people can be fed. His question is answered when a young, nameless boy comes forward offering five barley loaves and two fish, perhaps food he had brought for his own needs. In a scene that is symbolic of the Eucharist, Jesus takes the bread, gives thanks over it and then shares it with all present. The fish is given out in the same way. At the end, twelve (a number symbolizing completeness) baskets of leftovers are picked up. A sign of abundance and of the immeasurable love of God.

The whole scene is a symbol (the people call it a ‘sign’) of what is to come in a much fuller way. The bread that Jesus gave for the people’s physical hunger is a foretaste of the Bread of Life. The bread that Jesus gave for the people’s physical hunger is a foretaste of the Body of Christ for through that Body, which we also are, the nourishment continues to be shared with the world. How do I share this nourishment with others?

Your words are spirit, Lord, and they are life.
**Weekly Vespers and Holy Hour**

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

**A Biblical Walk Through the Mass - 2nd Round**

This five-part video study by Dr. Edward Sri provides a unique tour of the timeless Liturgy. For those who wish to know more about our Catholic Mass (newly baptised are encouraged.

Beginning every Tuesday, from July 28th, 2015 for 5 consecutive weeks through August 25th, 2015, at 7.45 p.m. at Room F6, SHPC. The programme includes personal learning, small-group discussion, and video presentations. Please register with James: 019-8512095; Monica: 012-8432547; SHC Parish Office: 224741, 223618. Contribution Fees: RM 30.00 (Registration plus Student Pack). All are welcome!

**Come and Receive the Gift of Faith**

The best weapon we can have in fighting the many challenges of this modern age, like secularisation, apathy and our children being attracted to other faiths, is to have stronger faith in God. Faith comes through listening to the preaching of the Word of God. Our Parish has arranged for a series of talks that would lead us to receive this precious Gift of Faith. You are invited to bring family members, relatives and friends to the talks at the Conference Room above the Blessed Sacrament Chapel, on Tuesdays and Fridays, 8.00pm to 9.00pm.

**Light of Jesus Christ’s Covenant Community’s 32nd Anniversary**

In conjunction with their anniversary, there will be a Mass in the Cathedral on Sunday, August 2nd, 2015 at 5.00pm by Archbishop Emeritus John Lee, followed by refreshment / high tea at the canteen. All are welcome to join and celebrate with Archbishop Emeritus John Lee, followed by refreshment / high tea at the canteen. All are welcome!

**Pre-Marriage 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.

**Infant Baptism**

**English**

- August 2nd, 2015: Briefing @ 3.00pm at Room F7, SHPC
- August 9th, 2015: Baptism @ 3.00pm at SHC

**BM**

- Sept. 13th, 2015: Briefing @ 3.00pm at SHC
- Sept. 20th, 2015: Baptism @ 3.00pm at SHC

Parents, please register your children at the SHC Parish Office during office hours. Bring along original and copies of your Church marriage certificates, birth-baptism certificates and confirmation certificates of godparent. For information, please call 223618, 224741, 262068.

**St. Joseph’s Benevolent Fund**

1. Immediate Vacancy for Administrative Assistant

Please apply in own handwriting, stating experience with resume, some accounting and computer knowledge would be an advantage. New retiree may apply, only shortlisted candidate will be called for interview. Closing Date is July 27th, 2015. Please submit your application to the SJBF Chairman, Sacred Heart Cathedral, K.K.

2. Funeral Arrangement

Bereaved families are to contact St. Joseph’s Benevolent Fund Office at tel. 216321 or Thomas Chew at 0109570393 for funeral arrangement / Mass and confirmation before making obituary announcement in our local newspapers.

**Vacancies for Teachers – St. Francis’ Convent**

**Kindergarten**

Chinese Teacher and Assistant Teacher required. Candidate should have a love and patience for children, be highly motivated and self-disciplined. Requirements: SPM, below 40 years, fluency in English. Interested applicants are to apply in own handwritings and to submit to: The Headmistress, St. Francis’ Kindergarten, C/o. Sacred Heart Cathedral Parish Office, 14B, Jalan Menteri, Off Jalan Tengku Abdul Rahman, 88000 Karamunsing. Tel. 254323. Closing date: July 25th, 2015. Only short-listed candidates will be notified.

**Lucky Draw in Aid of the SHCWIL & 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 two months from June 28th, 2015. Call 223618, 224741, 262068 for information.

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**Symbolon: The Catholic Faith Explained**

Faith formation for the entire Parish, moving faith from your head to your heart.

The above programme opens up the “big picture” of the Catholic faith in a way that helps us know it, live it and articulate it to others. The Parish has subscribed to this program for the faith formation of all of us. As such we can now access it on-line for free. Filmed in Rome, the Holy Land and Calcutta, Symbolon features Catholic teaching in a dynamic way that engages culturally relevant issues. Symbolon is transforming lives in families at homes as well as youth and adult faith formation in churches all over the world. REGISTER at www.symboloncatholic.org/register. Parishioner Registration/ enter code: 77772e.

**SHC Parish Bookshop**

We have new books from Our Sunday Visitor, U.S.A. Check them out on our shelves.

**Catholic Family Life Service Centre**

Call 013-8612088 for a counselling appointment.

**Retreat at Putri Karmel, Kaingaran, Tambunan**

“Your Sorrow Will Turn to Joy”

Date: August 14th-16th, 2015

For information, please call Paulina 013-8768078.

**Sunday Donations (July 18th & 19th, 2015) (in RM)**

- SHC Black Bag (15,539.70), Red Bag (11,959.30); CMI Black Bag (7,003.60), Red Bag (5,705.95).