Thoughts for Prayer SHALOM

Today’s passage from the Letter to the Ephesians seems to contain direct echoes of teaching that is now part of our Gospels. This confirms the clarity of the early Church’s memory of Jesus’ words.

That we must forgive each other as readily as God forgave us in Christ echoes the petition of the Lord’s Prayer: “Forgive us our sins as we forgive those who have sinned against us.” The exhortation to follow Christ by loving as he loved us is surely an echo of Jesus’ new commandment: “You must love one another as I have loved you” (Jn 15:12). In a world where there is so much hatred and violence and so many difficulties in following this new commandment, we are in greater need of God’s grace to give us the strength we need. Perhaps the exhortation “Do not grieve.” The Holy Spirit can help us to remember that the only sin that will not be forgiven is the sin against the Holy Spirit. Let us ensure that the light of the Holy Spirit is not extinguished in our hearts or in our world.

Father in Heaven, grant us the grace to follow unerringly the light of the Holy Spirit and so be true disciples of Your Son Jesus Christ by loving each other as He loved us.

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. Wilred Atin
IFY & Carmelite Chaplain: Fr. Rayner Bisius
**Notices and Events Announcement**

**Mass on 19th Sunday of Ordinary Time**
(August 9th, 2015)

The 9.00am Mass at the Sacred Heart Cathedral this Sunday will be sung by the Sub-committee for SHC Special Liturgy, who are also celebrating their 21st Anniversary.

**Feast of the Assumption of the Blessed Virgin Mary (Day of Obligation)**
This will be celebrated during the weekend masses next week, August 15th & 16th, 2015.

**12.00 Noon Mass**
The Friday Noon Mass will begin at 12.15pm. Please note that on every 1st Week Friday, the Mass will be in Bahasa Malaysia and for subsequent Fridays in English. (Please do Not confuse this with the First Friday Mass at 7.30pm).

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

**Eucharistic Adoration for Children**
Parents please note the Eucharistic Adoration for children will be on Friday, August 14th, 2015 from 8.00pm to 9.00pm at the Blessed Sacrament Chapel.

**Getting to Know ‘Who Am I?’**
We face great difficulties in life if we do not have a clear answer to the question, ‘Who Am I’. The talks in the coming week will help us discover the meaning and purpose of life and to know, “Who Is God for You?” You are invited to bring family members, relatives and friends to these talks at the Conference Room above the Blessed Sacrament Chapel, on Tuesdays and Fridays, 8pm to 9pm.

**Senior Parishioners Gathering**
Date/Time: Sunday, August 16th, 2015 after the 9.00am English Mass at the Right Wing, SHPC. Senior parishioners aged 55 and above are welcomed. It is free.

**LIFE IN THE SPIRIT SEMINAR**
Theme: “Living & Moving by the Spirit”
Venue: Sacred Heart Parish Centre, Room F7
Date: September 3rd to 6th, 2015 (Thu-Sun)
Contribution Fee: RM15.00
This seminar is conducted by LJCCC, Tel. No. 718817/012-8027255. All are Welcome!

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**Divine Mercy Devotion**

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<thead>
<tr>
<th>Language</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>English</td>
<td>Every Saturday at 2.15pm-4.00pm</td>
<td>B1, Lower Ground Floor (LGF)</td>
</tr>
<tr>
<td>BM</td>
<td>Sunday (1st &amp; 2nd week) at 1.30pm-3.00pm</td>
<td>B4, LGF</td>
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**Infant Baptism**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>August 9th, 2015</td>
<td>Baptism @ 3.00pm at SHC</td>
<td>Parents &amp; Godparents are to attend. Registration starts at 2.00pm.</td>
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<tr>
<td>BM</td>
<td>Sept. 13th, 2015</td>
<td>Briefing @ 3.00pm at SHC</td>
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<tr>
<td>Sept. 20th, 2015</td>
<td>Baptism @ 3.00pm at SHC</td>
<td>Parents, please register your children at the SHC Parish Office during office hours. Bring along original and copies of your Church marriage certificates, child-birth certificates and confirmation certificates of godparent. For information, please call 223618, 224741, 262068.</td>
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**Pre-Marriage Course (PMC)**

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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>October 8th &amp; 9th, 2015</td>
<td>B.M. (Regn. deadline is 30/9/15)</td>
<td>F7, SHPC @ 5.45pm</td>
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<tr>
<td>October 10th, 2015</td>
<td>B.M. (Regn. deadline is 30/9/15)</td>
<td>F7, SHPC @ 8.15am - 4.30pm</td>
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<tr>
<td>The follow-up sessions for BM PMC will be held on (Saturdays) October 31st, 2015 &amp; November 21st, 2015. Parents are required to submit their birth certificate or identity card, baptism &amp; confirmation certificates and engagement agreement for those who are engaged. Contribution is RM50 per couple (morning tea, booklet etc.).</td>
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<tr>
<td>October 26th - 28th, 2015</td>
<td>English (Walk-in registration)</td>
<td>F6, SHPC @ 7.30pm-10.00pm</td>
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<td>Please call the SHC Parish Office for information at 223618, 224741 &amp; 262068.</td>
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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 programme 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 parishes all over the world. REGISTER at http://www.symboloncatholic.org/register. Parishioner Registration/ enter code: 77772e

**5th Sabah Catholic Educators Conference**
"Educate Joyfully in the Spirit of Christ"

Date/Venue: August 22nd to 23rd, 2015 at Pace Bene, Purak, Papar. All teachers (in Tadika, SJK, SRJK, SK,SM, SMJK & Private schools) are welcome to join in this four-yearly event organized by the Archdiocesan Education Commission (AEC). Contribution fees: RM100.00 per person, inclusive food, lodging and materials. For information please call Mariana 711297, 710297, 712297, 016-8457285 or e-mail to dioedukk@gmail.com.

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

<table>
<thead>
<tr>
<th>Date / Time</th>
<th>Title</th>
<th>Venue</th>
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<tbody>
<tr>
<td>August 9th, 2015</td>
<td>Catching Hearts</td>
<td>Room F7, SHPC</td>
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<tr>
<td>@ 7.30pm</td>
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Professor Mark Gavin is a best-selling author and speaker who makes his living by disproving the existence of God. But what happens when extraordinary and unexplainable life events shake his faith in atheism? Will he turn his back on the very ideas that made him rich and famous? This provocative drama follows the intertwined stories of Gavin and two of his biggest fans, an aimless young man who can’t see beyond the next party and a young woman who can’t face her guilt after a tragic mistake. Each takes comfort in Gavin’s assertion that life is a series of random and meaningless events. But when “coincidence” brings all three together they must face the evidence before their eyes.

**WALK FOR JESUS**
This is organised by Sabah Prison Fellowship & Sabah Council of Churches.
Date: August 23rd, 2015 (Sun)
Time: 4.00p.m. (Registration at 3.00p.m.)
Venue: Town Padang, K.K.
All are invited and encouraged to join in the Walk!

**Personal Belongings, Bags and Valuables**
Please DO NOT LEAVE your personal belongings (bags, cameras, hand phones, etc.) unattended while in the SHC or CMI complex. NEVER leave these items in your vehicle. SHC and CMI will not be held responsible for any of your personal loss while in the church complexes.

**Sunday Donations (August 1st & 2nd, 2015) (in RM)**
SHC Black Bag (18,879.85), Red Bag (13,181.35); CMI Black Bag (6,321.55), Red Bag (5,741.75).