Liturgy Of The Word

First Reading : Nehemiah 8:2-6.8-10
Responsorial Psalm : Your words are spirit, Lord, and they are life.
Second Reading : 1 Corinthians 12:12-30

Next Week’s Reading

4th Sunday of Ordinary Time
Psalter Week IV - Year C
1st Reading: Jeremiah 1:4-5.17-19
Respons. Psalm 70:1-6.15.17
2nd Reading: 1 Corinthians 12:31-13:13

Announcement

Monday
- Alpha Programme 8.00pm, room F7; Legion of Mary (Our Lady of Lourdes Praesidium), 7.30pm, room F4.
- Tuesday
- Senior Alpha 9.00am-10.30am, room G1.
- Intercessory Prayer Group (SHC) prayer, 8.00pm, SHC Chapel.
- Thursday
- Intercessory Ministry (CMI) prayer, 8.00pm, CMI Chapel.
- Friday
- English Prayer Group Meeting, 8.00pm, Parish Hall; BM Prayer Group meeting, 7.30pm, room F11; Lifeline “LifeNite”, 7.15pm, room F7; Chinese Prayer Group Meeting, 7.30pm, CMI; Intercessory Prayer Group (English) prayer, 8.00pm, SHC Chapel.
- Saturday
- Divine Mercy Devotion, 2.15pm, B1, LGF; SHC Altar Servers meeting (1st & 3rd Sat), 2.30pm, SHC Conference room; Boys & Girls Brigade, 2.30pm-5.30pm, CMI; Kids of the Kingdom class, 6.00pm-7.00pm, St. Francis Kindergarten; Lifeteen Life Night, 8.00pm, room F6; Special Ministry for People with Dev. Disabilities, 9.00am-11.00am, room G1.
- Sunday
- Faith Formation (English), 7.45am-8.45am, Conference room; Kids of the Kingdom class, 9.00am-10.00am, St. Francis Kindergarten; English Choir, 10.30am, room F1; Young Adults Prayer meeting, 8.00pm, room F7; SHC Ministry to Deaf People class, 10.30am-12.00pm, St. Francis Kindergarten.

Thoughts for Prayer SHALOM

Through the Prophet Jeremiah, God affirms: “I am with you to set you free.” God affirmed this promise in different ways throughout the Old Testament. God also fulfilled this promise in various ways, and most graciously in Jesus, who is forever Emmanuel, “God with us.” God’s presence with us is a sign and concrete expression of his merciful love and loving mercy for us, for “God loved the world in this way that he gave us his only Son” (Jn. 3:16). So, too, God revealed himself to Moses as a merciful God. He also revealed himself as a God who promises, so that the name “Yahweh” is probably a promise: I shall be with you." This is the answer which God gave to Moses when he asked God how he was to accomplish such a great work as leading the Israelites out of Egypt. It is a promise which was fulfilled on one level in the Public Life of Jesus Emmanuel; it is fulfilled in a different way in the Eucharist, the life of the Church and the individual spiritual life of each follower of Jesus. Our religion is essentially an experience of God’s presence with us, and at the same time an experience of God as a liberating God.

Lord, be with us always to set us free from all evil.

Parish Priest: Archbishop John Wong
Assistant Parish Priests: Fr. Jeffri Gunu
Fr. Rhobby Aaron Mojodou
Fr. Abel Madisang
Deacon: Joshua Liew
CAC: Fr. Wilfred Atin
IY & Carmelite Chaplain: Fr. Rayner Buisine

The Gospel of Luke that is proclaimed on Sundays in this liturgical year is a long and fascinating text, literally and spiritually speaking. Today we meditate on two prologues. The first is the beginning of the story and is a description of the methodology of Luke: Luke is not an idea but a historically real person. The second includes the keynote speech in the synagogue of Nazareth: the core is the quote from Isaiah showing the mission of love and mercy that Jesus is called to perform on behalf of the poor, the captives, the blind, the oppressed and the least.

Sacred Heart Parish

http://www.sacredheartcathedralmk.org/

Sacred Heart Cathedral
14B, Jalan Mentari
(Off Jln. Tengku Abdul Rahman, 88000 Karamunsing, P.O. Box 10049, 88000 Kota Kinabalu, Sabah)
Tel: 088-224741, 223618, 252608
Fax: 088-224068
E-mail Address: shatholicoffice@ymail.com
Office Hours: Mon-Fri 8.00am - 4.30pm; Sat 8.00am - 12.00pm

Church of Mary Immaculate
Jalan Kanalam, Bukit Padang, Kota Kinabalu, Sabah.
P. O. Box 21283, 88770 Layang, Sabah.
E-mail Address: cmiko@gmail.com
Tel / Fax: 088-244345 (Please call)
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): 5.00pm
- Mass (English): 6.00pm

Sunday
- Chapel will be opened from 6.00am – 10.00pm
- Mass (Mandarin): 7.00am
- Mass (English): 9.00am
- Mass (Mandarin): 10.45am

(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 (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
**Registration for Sunday Faith Formation Ministry (English) sessions 2016**

This registration will be held at the lobby of the SHPC at 7.45am every Sunday. A contribution of RM10.00 will be collected from each student. New students are required to produce photocopies of their Birth Certificate or Mykad and Baptism certificate. The last day for registration is changed to March 6th, 2016. Thereafter, registration for the year 2016 will be closed.

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**Mass for Closing of Year of Consecrated Life**

The Council of Religious of Archdiocese of Kota Kinabalu cordially invites all parishioners to attend the Eucharistic Celebration for the Closing Year of Consecrated Life 2016 at SHC on Sunday, January 31st, 2016 at 4.00pm.

**Mass for Chinese New Year**

Mass will be celebrated on the morning of the first day of Chinese New Year, Monday, February 8th, 2016 at 8.00am at the Cathedral. There will be NO 6.00am morning Mass on that day.

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**ASH WEDNESDAY**

Ash Wednesday falls on February 10th, 2016. It is a day of penance, to be marked by fasting and abstinence from meat. Mass schedule is as follows:

<table>
<thead>
<tr>
<th>Location</th>
<th>Time</th>
<th>Language</th>
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<tbody>
<tr>
<td>SHC</td>
<td>6.00am</td>
<td>English</td>
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<tr>
<td>SHC</td>
<td>7.30pm</td>
<td>BM</td>
</tr>
<tr>
<td>CMI</td>
<td>7.30pm</td>
<td>Mandarin</td>
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<tr>
<td>Church of St. Paul, Dontozidon</td>
<td>7.30pm</td>
<td>Kadazan</td>
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<tr>
<td>Church of Our Lady Queen of Peace, Kobusak</td>
<td>7.30pm</td>
<td>Kadazan</td>
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<tr>
<td>Church of St. John, Kopungit</td>
<td>7.30pm</td>
<td>Kadazan</td>
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**Adventures in Matthew: The King & His Kingdom**

The 2nd part of the 8-sessions study will begin from February 16th, 2016, every Tuesday, for 8 consecutive weeks at 7.45 p.m., SHPC Room F6. The programme includes personal learning, small-group discussion and video presentations. Please register with James: 019-8512095; Monica: 012-8432547; Dorothy: 016-8803828; SHC Parish Office: 224741, 223618. Fees: RM30.00 (Registration plus Student Pack). All are welcome.

**Registration for Sunday Faith Formation Ministry**

This registration will be held at the lobby of the SHPC at 7.45am every Sunday. A contribution of RM10.00 will be collected from each student. New students are required to produce photocopies of their Birth Certificate or Mykad and Baptism certificate. The last day for registration is changed to March 6th, 2016. Thereafter, registration for the year 2016 will be closed.

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**Children Eucharistic Adoration**

Parents please note that there will be NO Children Eucharistic Adoration during Lent (February & March).

**12.15 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. (Do Not confuse this with the First Friday Mass at 7.30pm).

**Weekly Vespers and Holy Hour**

The weekly evening prayers and Holy Hour at the SHC will be held on every Thursday from 7.00pm to 8.30pm. All parishioners are encouraged to attend, especially leaders of Groups, communities and ministries. As usual the Parish Centre will be closed during these Vespers and Holy Hour and will only be opened at 8.30pm.

**Presentation of Gifts**

Families are encouraged to take part in the Presentation of Gifts during weekend masses. Those interested can contact Jenny Tsen 016-8336264 or SHC Parish Office 223618, 224741, 262068.

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**Divine Mercy Devotion**

**SHC Bethel Prayer Community**

Friday Prayer Meeting will be held weekly at 8.00pm at SHC Parish Hall. Come and experience what the Lord of Mercy has to bless us in an atmosphere of Praise and Worship through His healing and restoration (of broken relationships, finances, personal challenges and obstacles). Contact: Benny Lim 016-889-6863, Simon Chong 019-852-2352, George Danung 013-866-8848.

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**Sacrament of Marriage**

Couples who wish to get married either at the Sacred Heart Cathedral or Church of Mary Immaculate, Bukit Padang are required to meet with the Parish Priest at the SHC Parish Office at least 4 months prior to the proposed date of marriage. Couples please take note, the date of marriage can only be decided at the Pre-nuptial Interview with the Parish Priest and NOT before.

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**Pre-Marriage Course (PMC)**

**Jan. 25th - 27th, 2016 (Mon-Wed)**

English (Walk-in registration) 7.30pm-10.00pm

The follow-up sessions for English PMC will be held on Monday, Feb 1st, 2016 & Wednesday, March 2nd, 2016 at Room F6, SHPC, from 7.30pm-9.30pm. Contribution is RM30.00 per couple.

**Feb. 18th - 19th, 2016 (Thu-Fri)**

Bahasa Malaysia (Regn. deadline: 11/2/16) 5.45pm onwards

**Feb. 20th, 2016 (Sat)**

SHC, MPH Centre 8.15am-4.30pm

Please register at the Parish Office. Couples are required to submit their birth certificate or identity card, baptism & confirmation certificates and engagement agreement for those who are engaged. Contribution is RM50.00 (morning tea, booklet etc.). Please call the SHC Parish Office for information at 223618, 224741 & 262068.

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**Kids of the Kingdom Faith Formation Class**

This is for children Aged 4-7. Parents can register at the St. Francis Kindergarten during class on Saturday (6 - 7 pm) / Sunday (9.00am – 10.00am). Programmes: Prayers / Bible Stories-Craft-Colouring / Praise Songs / Fellowship. Volunteers are also needed to help run the programme. For details please call Jane 016-8323710.

**Parish Calendar 2016**

Parish Groups / Communities / Ministries etc., please submit your activity itineraries for the calendar year 2016 to the SHC Parish Office nearest. Subsequently, you are also required to update our office for upcoming activities in 2016. Thank you for your co-operation.

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**New Contact Tel. No For DSP Media Centre**

The number 088-239932 is no longer in use.

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**The Tribunal Office Archdiocese of Kota Kinabalu**

Telephone / Fax No. 251131

**Catholic Family Life Service Centre**

Call 013-8612088 for a counselling appointment.

**Sunday Donations (January 16th & 23rd, 2016)**

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<thead>
<tr>
<th>SHC Black Bag (18,068.25)</th>
<th>Red Bag (13,496.70)</th>
<th>CMI Black Bag (5,943.50)</th>
<th>Red Bag (5,136.45)</th>
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<td>7.30pm-10.00pm</td>
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