**Season of Lent**

“As we are in the season of Lent and the days leading to the Easter festival which focuses attention on the mysteries of our redemption, the need for religious preparation is proclaimed... These forty days which have been instituted by the Apostles should be given over to fasting. This means not just reducing food which benefits soul and body, but the elimination of unworthy habits. To these we should add almsgiving which, under the name of mercy, covers a multitude of praiseworthy deeds of charity. So all the faithful, though unequal in worldly possessions, are equal; in the inspiration of their spiritual lives and can achieve an equal standing in loving all their brothers and sisters in the human race... if we show love to those in any kind of distress then we are blessed with the virtue of charity and are at peace.” (Pope Leo the Great d.461)

**Announcement**

**SHC Parish Bookshop**

**Booklets from Catholic Truth Society**

**New Companion to Lent**

Taking ‘personal and heartfelt conversion’ as its central theme, this booklet unfolds the Lenten practices of prayer, fasting and almsgiving, particularly as part of preparing for Easter. Full of spiritual insight culled from centuries of Christian experience, and astutely balanced with practical advice for people of today, this companion also offers advice on making a retreat, a good confession, and understanding some of the key themes of the scriptures and liturgy during Lent and Holy Week. (RM17.00 per copy)

**Words for the Lent & Easter Season**

As Benedictine Abbot of Pluscarden Abbey and now Bishop of Aberdeen, Bishop Hugh Gilbert’s homilies have gained him a reputation as a clear and profound teacher of faith. This collection of homilies for the Lent and Easter Season are an ideal companion to these wonderful seasons of contemplation and joy. “So, may we go up to and through Holy Week, up to the Cross and through the Cross to the Resurrection, with our hand in Mary’s hand, learning her faith.” (RM18.00)

**A Simple PENANCE Book**

Pope Francis says “God never tires of forgiving us; we are the ones who tire of seeking his mercy”. The practice of Confession, Penance and Reconciliation bears rich fruit not only in the Christian’s own life but impacts directly on the lives of those around us. The true joy needed in the mission to share our faith arises from a real experience that our sins have been forgiven. How to prepare and celebrate the sacrament is explained both for newcomers and the already familiar. (RM19.00)
Singapore, February 28th, 2016, beginning with a Mass (Liturgy of 3rd Sunday of Lent), at 5.00pm at the SH Cathedral. Invited to all the Parishioners to YoUnite! Come and join the youth of Sacred Heart this Sunday, February 28th, 2016, beginning with a Mass (Liturgy of 3 3rd Sunday of Lent), at 5.00pm at the SH Cathedral, followed by dinner, and a night to celebrate unity, oneness and God’s great mercy and love! Admission is FREE. For further information, please contact Aline (019-5341705) or Denis (016-8435133).

Sacred Heart Parish Youth YoUnite
Inviting all parishioners to YoUnite! Come and join the youth of Sacred Heart this Sunday, February 28th, 2016, beginning with a Mass (Liturgy of 3rd Sunday of Lent), at 5.00pm at the SH Cathedral, followed by dinner, and a night to celebrate unity, oneness and God’s great mercy and love! Admission is FREE. For further information, please contact Aline (019-5341705) or Denis (016-8435133).

Mini PAX for all Church Groups for SHC/ CMI
There will be a Mini PAX Assembly at Parish level on Wednesday, March 2nd, 2016 at 7.30pm at Room F6/F8. All Church group leaders & committee members (minimum 5 persons) are invited to attend.

Solemn Profession of Faith
The Solemn Profession of Faith by the 3rd Neo-Catechumenal Community of Sacred Heart will be held at the Cathedral at 7.30pm detailed as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Church</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/3/2016 (Mon)</td>
<td>Sacred Heart Cathedral</td>
<td>7.30pm</td>
</tr>
<tr>
<td>8/3/2016 (Tue)</td>
<td>Sacred Heart Cathedral</td>
<td>7.30pm</td>
</tr>
<tr>
<td>14/3/2016 (Mon)</td>
<td>Sacred Heart Cathedral</td>
<td>7.30pm</td>
</tr>
</tbody>
</table>

ALL ARE WELCOME.

ALPHA Follow-Up Series
“A.D. - The Bible Continues”
(12-part Epic Miniseries)
Come and Explore the Book of The Acts of the Apostles depicted in high definition movie format! See and learn how the Early Church was born after the Crucifixion, Death and Resurrection of Jesus Christ! Every Monday night, starting from March 7th, 2016 at 7.45pm at Room F7, SHPC, for 12 weeks. For information contact: Michelle 016-8202840. ALL ARE WELCOME! FREE ADMISSION!

RA YOUTH HOLY SPIRIT CAMP 2016: “Open Arms”
Inviting all teens aged 13 – 19 to our annual camp which will be held from March 18th to 20th, 2016, at Pace Bene Retreat Centre, Purak, Papar. Forms can be obtained from the SHC Parish Office and Bookshop. Registration booths will be opened before and after Sunset Mass, and before English Sunday morning Mass. Registration is on “First come, first served” basis. For more information, please contact Aline (019-5341705) or Denis (010-9444143).

Children’s Liturgy Camp 2016
The ministry of the Liturgy of the Word for Children will be holding its annual children’s camp at Bundu Tuhan from March 14th to 16th, 2016 (Mon-Wed) for children aged between 9-12 years old (born in the years 2004 to 2007). Registration at RM90.00 per person will be done as follows:

<table>
<thead>
<tr>
<th>When to register</th>
<th>Venue / contact for registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 1st to 26th, 2016 (during office hours only)</td>
<td>SHC Parish Office 088-223618, 224741</td>
</tr>
<tr>
<td>February 13th to 28th, 2016</td>
<td>Outside Cathedral. Late registration will not be entertained. Deadline: 28/2/2016 (Sun). “First come, first served” basis.</td>
</tr>
</tbody>
</table>

For details, please call Anne 016-8302886, Phyllina Lee 014-6795833, Belle Hiew 016-8372751.

CHOICE WEEKEND (BM 3)
CHOICE Kuala Lumpur will be holding this gathering from March 11th (7.00pm) to 13th, 2016 (7.00pm) at the Archdiocesan Pastoral Centre (APC), Jalan Robertson, Off Jalan Pudu, KL. Sessions will be in English & BM. Contribution at RM60 per person. Open to students and young working adults. Please register at www.choicekl.org or call Becker 014-5583961 for details.

Blood Donation Campaign
SHC Charity Ministry will be co-organizing a blood donation drive on Sunday, March 20th, 2016. 8.00am to 1.00pm in Room G1, SHPC. Staff from QEH Blood Bank will be on hand to assist in the donation effort.

Parish Calendar 2016
Parish Groups / Communities / Ministries etc., please be reminded to submit your activities for the Parish Calendar 2016 to the SHC Parish Office soonest. Subsequently, you are also required to update our office for upcoming activities in 2016. Thank you for your co-operation.

SHC Environmental Education Fund
Thank you for your continuous support by sending recyclable items (old newspapers/magazines/cardboard, mixed paper) and the proceeds from the sale of the recyclable items collected at the SHPC basement ‘Green Hut’ will be utilized to help needy catholic students (kindergarten to secondary school). For those in need of financial assistance, kindly contact Catherine/Martina at 088-723973 for further details.

Catholic Family Life Service Centre
Call 0138612088 for a counselling appointment.

Sunday Donations (February 20th & 21st, 2016) (in RM)
SHC Black Bag (18,275.50), Red Bag (13,589.55); CMI Black Bag (6,545.20), Red Bag (5,301.50).