After reading the text of Isaiah in the synagogue in Nazareth, Jesus solemnly declares that in His words have come true. In fact, like Isaiah, Elijah and Elisha, Jesus was devoted to the poor, sick and oppressed, and does not distinguish between family, friends or nationalities. The people of Nazareth react with hostility to the openness and freedom devoted to the poor, sick and oppressed. Those who believe that faith is a personal property or a privilege rather than a grace and a mission may easily fall into the same temptation.

Lord, may I proclaim the Good News in my kindness to others.
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 this 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.

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

<table>
<thead>
<tr>
<th></th>
<th>SHC</th>
<th>BM</th>
<th>CMI</th>
<th>SHC</th>
<th>Church of St. Paul,</th>
<th>Church of Our Lady Queen of Peace, Kobusak</th>
<th>Church of St. John, Kopungit</th>
</tr>
</thead>
<tbody>
<tr>
<td>6.00am</td>
<td>English</td>
<td></td>
<td>Mandarin</td>
<td>12 noon</td>
<td>7.30pm</td>
<td>7.30pm</td>
<td>7.30pm</td>
</tr>
<tr>
<td>7.30pm</td>
<td>English</td>
<td></td>
<td>Mandarin</td>
<td></td>
<td>7.30pm</td>
<td>Kada'zan</td>
<td>Kada'zan</td>
</tr>
<tr>
<td>7.30pm</td>
<td>Mandarin</td>
<td></td>
<td>Mandarin</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Mass on Our Lady of Lourdes World Day of the Sick
There will be a Mass on Thursday, February 11th, 2016 at 9.00am at the Cathedral. Thereafter, there will be anointing of the sick, parishioners who have family members who are sick are invited to bring them for this Mass. Please contact Johny at the SHC Parish Office at 223618, 224741, 262068, to arrange for priest’s visit to the homebound.

Way of the Cross at SHC
The first Way of the Cross service will be held on Friday, February 12th, 2016 at 6.00pm (in BM, English, Chinese) at the Centenary Cross Monument.
Thereafter, Way of the Cross will be held every Friday in the Cathedral during Lent at 6.00pm (English), 7.00pm (BM) and 8.00pm (Mandarin). There will be NO 1st Friday 7.30pm Mass in March.

Way of the Cross at CMI
This will be held on Friday, February 12th, 2016 at 7.00pm (in English / Chinese) at CMI, Bukit Padang.

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

Life Nights
Life Teen Sacred Heart Youth Ministry will resume on February 13th, 2016. All teens aged 13-18 years old are welcome to join us for our Life Nights, every Saturday, 8.00pm – 10.00pm, Room F6, SHPC.

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.

Divine Mercy Devotion
English
Every Saturday at 2.15pm-3.45pm

Pre-Marriage Course (PMC)
Feb 18th - 19th, 2016 (Thu-Fri)  B.M. (Regn deadline: 11/2/16)  F7, SHPC @ 5.45pm onwards
Feb 20th, 2016 (Sat)  F7, SHPC @ 8.15am-4.30pm

Pre-Marriage Course (PMC) - SHC
Feb 18th - 19th, 2016 (Thu-Fri)  B.M. (Regn deadline: 11/2/16)  F7, SHPC @ 5.45pm onwards
Feb 20th, 2016 (Sat)  F7, SHPC @ 8.15am-4.30pm

Sacred Heart Parish Youth YoUnite
Inviting all parishioners to YoUnite! Come and join the youth of Sacred Heart on Saturday, February 20th, 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 Dennis (016-8435133).

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 beginning next weekend, before and after Sunset Mass, and before English Sunday morning Mass. Registration is on a "First come, first serve" basis. For more information, please contact Aline (019-5341705) or Renice (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:

When to register
- February 1st to 26th, 2016 (during office hours only)
- February 13th to 28th, 2016

Venue / contact for registration
- SHC Parish Office 088-223618, 224741
- Outside Cathedral. Late registration will not be entertained.

Deadline: 9th February 2016, 9.00am
- "First come, first served" basis

For details, please call Anne 016-6302886, Phylina Lee 014-6795833, Belle Hiew 016-8372751.

Registration for Sunday Faith Formation Ministry (English) sessions 2016
The registration is ongoing 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 & 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.

Parish Calendar 2016
Parish Groups / Communities / Ministries etc., please submit your activity itineraries for the calendar year 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.

Notice from SJBF
Dear parishioners-members-bereaved family members. Please follow the Procedures, Rules and Regulations when making arrangements for funeral services. You are advised to liaise with ONLY AUTHORIZED PERSONNEL (Thomas Chew at 010-9570393 / 216321) to avoid unnecessary misunderstandings.

New Contact Tel. No For DSP Media Centre
Please be informed that the new telephone number for the Daughters of St Paul Media Centre at Jalan Sang Kancil Satu Karamunsing is 010-9545345. The number 088-239932 is no longer in use.

Sunday Donations (January 23rd & 24th, 2016) (in RM)
- SHC Black Bag (17,524.25), Red Bag (13,005.55); CMI Black Bag (6,191.90), Red Bag (4,907.80).