Liturgy of The Word

First Reading: Genesis 18:1-10
Responsorial Psalm: The just will live in the presence of the Lord.
Second Reading: Colossians 1:24-28

Next Week’s Reading
17th Sunday in Ordinary Time
Psalter Week I - Year C
1st Reading: Genesis 18:20-32
Respons. Psalm: 137:1-3; 6-8
2nd Reading: Colossians 2:12-14

Weekly Activities

Monday
- Alpha Programme 8.00pm, room F7; Legion of Mary (Our Lady of Lourdes Praesidium), 7.30pm, room F4.
- Senior Alpha 9.00am-10.30am, room G1.

Tuesday
- Intercessory Prayer Group (SHC) prayer, 8.00pm, SHC Chapel.

Wednesday
- Intercessory Prayer Group (CMI) prayer, 8.00pm, CMI Chapel.
- 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, CM1; Intercessory Prayer Group (English) prayer, 8.00pm, SHC Chapel
- Divine Mercy Devotion, 2.15pm, B1, LGF;
- SHC Alter Servers meeting (1st & 3rd Sat), 2.30pm, SHC Conference room;
- Boys & Girls Brigade, 2.30pm-5.30pm, CM1; 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
- 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.

Thursday

Friday

Saturday

Sunday

In Hebrew 13:2 we read: Do not neglect hospitality, for through it some have unknowingly entertained angels. Martha and Mary welcomed the Son of God. The two sisters have become a symbol of the active and contemplative life; but according to the Gospel, Jesus himself was in constant activity. The meaning of the text of Bethany is different. Jesus corrects Martha because she is so focused on her service that she absorbs many things. She needs to open spaces for listening to the Word, as Mary did. No activity is Christian if it does not leave an open door to God and to the Spirit.

In this passage from the Letter to the Colossians, Paul teaches us a remarkable and penetrating theology of suffering. In order to understand Paul’s doctrine, we must first of all avoid all misunderstanding concerning the nature of Jesus’ suffering. That suffering was sufficient to save all of humankind: there was nothing lacking to Jesus’ sufferings.

A memorable phrase by a much later writer succinctly encapsulates Paul’s theology: Christ is sufficient to save all of humankind: there was nothing lacking to Jesus’ sufferings. In order to understand Paul’s doctrine, we must first of all avoid all misunderstanding concerning the nature of Jesus’ suffering. That suffering was sufficient to save all of humankind: there was nothing lacking to Jesus’ sufferings.

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Father in Heaven, grant to all those who suffer a deep understanding of their mystical union with Jesus who suffered and died for our salvation.

Parish Priest: Archbishop John Wong
Assistant Parish Priests: Fr. Jeffri Gumi
Fr. Rhoby Aaron Mojidou
Fr. Maximilliano Senhor Honor
Fr. Joshua Liew
CAC: Fr. Wilfred Atin
IY & Carmelite Chaplain: Fr. Rayner Biusus

SACRED HEART CATHEDRAL (SHC)

Saturday
- Confession (Chapel): 4.30pm - 5.30pm
- Rosary (English): 4.45pm
- Novena (English): 5.05pm
- Mass (English): 6.00pm

Sunday
- Chapel will be opened from 6.00am – 10.00pm
- Mass (Mandarin): 7.00am
- Mass (English): 9.00am
- Holy Hour (Mandarin): 8.00pm - 9pm

(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
**Notices & Events Announcement**

**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. (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 every Thursday from 7.00pm to 8.30pm. The Vespers and Holy Hour next week, July 21st, 2016 will be prepared by Bernard Liew (Parish Family Pastoral Network). All parishioners are encouraged to attend.

**Senior Parishioners Gathering**
This will be held this Sunday, July 17th, 2016 after the 9.00am English Mass at the Right Wing of SHPC. Senior parishioners aged 55 and above are welcomed. It is free.

COME & DISCOVER

**THE MASS IN THE OLD & NEW TESTAMENTS – EUCHARIST**

Through Video and discussion by Dr. Brant Pitre (Augustine Institute - Catholic Theology School, USA). This is organised by Ministry of Apologetics.

Date: Every Wednesday for 10 weeks (starting July 20th, 2016)
Time: 8.00pm
Venue: Room F2, SHPC
For any inquiry, please call Xavier 016-8214110, Pauline 016-8044728 or email: apologetics.shc@gmail.com

**Abba Fathers: Men’s Conference**
This one-day conference organized by our Parish, is designed specifically for married men to come together to share their joys and sorrows, and to learn how best to carry out their roles, guided by scriptures and the teachings of the Church.

Date: July 23rd, 2016 (Saturday)
Time: 7.00am to 5.00pm
Venue: SHPC, Room F7
Language: English & BM

Contribution at RM10.00 per person. Please contact B.G. Chn 016-8327287, Wendy Chn 016-8317287, SHC Parish Office Tel. Nos. 223618, 224741, 262068.

**SHC Parish Bazaar**
The Parish Finance & Property Council (PFPC) is organising a Fund Raising Bazaar in aid of the overall renovations and repairs of the Sacred Heart Parish Centre. This Parish Fund Raising Bazaar will be held on Sunday, July 31st, 2016. The targeted amount is RM250,000.00. Coupons for this Bazaar are being sold by all the Church Group members. All SHC Parishioners are encouraged to generously support and purchase the Bazaar coupons outside the Cathedral before or after Sunday Masses, or directly from the Office. Your generous donations towards the bazaar will be very much appreciated. Thank you.

2nd Meeting for Parish Fund Raising Bazaar
All group leaders and their assistant leaders are reminded to attend this meeting to be held on Thursday, July 21st, 2016 at 8.30pm in Room F7, SHPC. Before the meeting, all members are encouraged to attend the Weekly Vespers beginning at 7.10pm and Adoration beginning at 7.30pm in the Cathedral.

**Infant Baptism**

**Baha Baptism**

**July 17th, 2016**

**Baptism @ 3.00pm at SHC**
Parents and Godparents are reminded to attend, registration starts at 2.00pm.

**English**

**August 14th, 2016**

**Briefing @ 3.00pm at SHC**
Regn deadline is 11/8/2016 (Thu)

**August 21st, 2016**

**Baptism @ 3.00pm at SHC**

Parents, please register your child at the SHC Parish Office during office hours. Bring along original and copies of your Church marriage certificate, child’s birth certificate and Godparent’s confirmation certificate & Church marriage certificate (for those who are married). For information, please call Tel. 223618, 224741, 262068.

**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.

**Pre-Marriage Course (PMC)**

**July 18th to 20th, 2016 (Mon-Wed)**
**English**
(Walk-in registration)
**F7, SHPC @ 7.30pm-10.00pm**

Please call the SHC Parish Office for information at 223618, 224741 & 262068.

**Prodigal Son Retreat**
The Prodigal Son Retreat has had well over 10 years of history. Led by a team consisting of Dr. Jeffrey Goh and wife Angie. The two-day retreat is based on the Parable of the Prodigal Son. Intended to be a true “retreat”, apart from talks and Masses, time is provided for personal prayer and counseling, celebration of the Sacrament of Reconciliation, and para-liturgy. It is open to all Catholics in and around Kota Kinabalu.

**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.

**Lost & Found Items**
Parishioners may claim their items (e.g. Bibles, Missals, books, spectacles, rosaries etc.) from the SHC Parish Office during office hours. Please note that the unclaimed items will be disposed after 3 months.

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

**Hospital Chaplains**
Please contact Fr. Tony Mojowat 013-5507007 and Fr. Johny Raju 013-8025543, Stella Maris Parish Office Tel. 254321.

**Sunday Donations (July 9th & 10th, 2016) (in RM)**
SHC Black Bag (16,927.15), Red Bag (12,707.80); CMI Black Bag (16,927.15), Red Bag (12,707.80); St. Simon Black Bag (20,997.45), Red Bag (16,927.15); St. Mary’s White Bag (3,027.00).

Please contact the SHC Parish Office for information at 223618, 224741, 262068.