

# LENTEN PROGRAMME 2024

## St. Joseph's Cathedral Parish - Kuching

The Lenten season begins on **ASH WEDNESDAY** which falls on **14<sup>th</sup> February** this year. This is a day of penance marked by **FASTING & ABSTINENCE**. The lay faithful are encouraged to participate in the following activities scheduled throughout Lent leading up to the Sacred Triduum and Easter.

EVENT	DATE	TIME
<b>Ash Wednesday</b> ( <i>Day of Fasting &amp; Abstinence</i> ) @ SJC ** <i>Live-stream Mass</i>  @ CC	14 Feb (Wed)	7:00 am (E) ** 9:00 am (E) 6:00 pm (M) 8:00 pm (BM) 7:00 am (E) 7:30 pm (E)
<b>Stations of the Cross + Holy Mass</b> @ SJC	16 Feb (Fri)	2:30 pm (M) 5:30 pm (E)
<b>Rite of Election (RCIA)</b> @ SJC	18 Feb (Sun)	9:00 am (M) 11:00 am (BM) 5:00 pm (E)
<b>Holy Hour</b> @ SJC	22 Feb (Thu)	8:00 pm – 9:00 pm (E)
<b>Mid-Day Mass</b> @ CC	23 Feb (Fri)	12:30 pm (E)
<b>Stations of the Cross + Holy Mass</b> @ SJC	23 Feb (Fri)	2:30 pm (M) 5:30 pm (E)
<b>Combined Requiem Mass @ SJC</b>	23 Feb (Fri)	6:00 pm (E)
<b>Holy Hour</b> @ CC	23 Feb (Fri)	7:30 pm (E)
<b>Life In the Spirit Seminar in BM</b> @ Kpg. Semariang	23 Feb – 25 Feb (Fri - Sun)	As per programme
<b>Baptism of Babies @ SJC</b>	25 Feb (Sun)	12:00 pm (E)
<b>SSVP Visit to Home of Peace</b>	25 Feb (Sun)	9:00 am Interested, please contact: <ul style="list-style-type: none"> <li>Veronica Khoo 012-872 9103 or 082-412 695</li> <li>Melvina Fam 013-880 8404</li> <li>Michelle Fam 019-857 0652</li> </ul>
<b>'Good Enough for Lent'</b> ( <i>by Fr. Stanley Goh, SJ</i> ) @ St. Rose Conference Hall, Level 2, ACCPC	27 Feb (Tue) 12 Mar (Tue)	8:00 pm – 9:30 pm (E)
<b>Mass with the Anointing of the Sick</b> @ SJC	28 Feb (Wed)	7:30 pm (E)
<b>Divine Lenten Healing Retreat</b> @ BSC, BDC	29 Feb - 2 Mar (Thu - Sat)	As per programme
<b>Holy Hour</b> @ SJC	29 Feb (Thu)	8:00 pm – 9:00 pm (E)
<b>Mid-Day Mass</b> @ CC	1 Mar (Fri)	12:30 pm (E)
<b>Stations of the Cross + Holy Mass</b> @ SJC	1 Mar (Fri)	2:30 pm (M) 5:30 pm (E)

EVENT	DATE	TIME
<b>Holy Hour</b> @ CC	1 Mar (Fri)	7:30 pm (E)
<b>Life In the Spirit Seminar in Mandarin</b> @ S.J.K. Sam Hap Hin's Hall	1 - 3 Mar (Fri - Sun)	As per programme
<b>Flame Camp 2024</b> ( <i>for Mandarin-speaking youths</i> ) @ Riverside Cabana, Batu Kawa	1 - 3 Mar (Fri - Sun)	As per programme
<b>1<sup>st</sup> Scrutiny (RCIA)</b> @ SJC	3 Mar (Sun)	9:00 am (M) 11:00 am (BM) 5:00 pm (E)
<b>Evening Lenten Confession at City Parishes</b> @ St. Peter's Church, Padungan @ St. Mark's Church, Batu Kawa @ Sacred Heart Church, Kota Sentosa @ Blessed Sacrament Church, BDC @ St. Joseph's Cathedral	4 Mar (Mon) 5 Mar (Tue) 6 Mar (Wed) 7 Mar (Thu) 8 Mar (Fri)	7:30 pm 7:30 pm 7:30 pm 7:30 pm 7:30 pm
<b>Holy Hour</b> @ SJC	7 Mar (Thu)	<b>Cancelled</b>
<b>Mid-Day Mass</b> @ CC	8 Mar (Fri)	12:30pm (E)
<b>Stations of the Cross + Holy Mass</b> @ SJC	8 Mar (Fri)	2:30 pm (M) 5:30 pm (E)
<b>Presentation of the Creed (RCIA)</b> @ SJC	8 Mar (Fri)	7:30 pm (M)
<b>Holy Hour</b> @ CC	8 Mar (Fri)	<b>Cancelled</b>
<b>2024 Lenten Reflection in Mandarin</b> ( <i>by Fr. Lucas Ng, CDD</i> ) @ HTC	9 Mar (Sat)	9:00 am - 12:00 noon As per programme
<b>SSVP Visit to Adoptees' families</b>	9 & 23 Mar (Sat)	9:00 am Interested, please contact: <ul style="list-style-type: none"> <li>Julia Shim 019-889 0462</li> <li>Rosalind Johnson 013-811 0252</li> </ul>
<b>2<sup>nd</sup> Scrutiny (RCIA)</b> @ SJC	10 Mar (Sun)	9:00 am (M) 11:00 am (BM) 5:00 pm (E)
<b>Day of Recollection (RCIA)</b> @ ACCPC	10 Mar (Sun)	9:00 am (E)
<b>Presentation of the Creed &amp; Rite of Reception into the Catholic Church (RCIA)</b> @ SJC	12 Mar (Tue)	7:30 pm (BM)
<b>Presentation of the Creed &amp; Rite of Reception into the Catholic Church (RCIA)</b> @ CC	14 Mar (Thu)	7:30 pm (E)

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EVENT	DATE	TIME
Holy Hour @ SJC	14 Mar (Thu)	8:00 pm – 9:00 pm (E)
Mid-Day Mass @ CC	15 Mar (Fri)	12:30pm (E)
Stations of the Cross + Holy Mass @ SJC	15 Mar (Fri)	2:30 pm (M) 5:30 pm (E)
Holy Hour @ CC	15 Mar (Fri)	7:30 pm (E)
Choice Weekend BM 2 (for single working adults) @ St. Lukas Centre, Kota Padawan	15 - 17 Mar (Fri - Sun)	As per programme
Day of Recollection (RCIA) @ ACCPC	16 Mar (Sat)	9:00 am - 1:30 pm (M)
Day of Recollection (IKD) @ ACCPC	17 Mar (Sun)	12:30 pm - 5:00 pm (BM)
3 <sup>rd</sup> Scrutiny (RCIA) @ SJC	17 Mar (Sun)	9:00 am (M) 11:00 am (BM) 5:00 pm (E)
Baptism of Babies @ SJC	17 Mar (Sun)	12:00 pm (BM)
Presentation of the Lord’s Prayer (RCIA) @ SJC	18 Mar (Mon)	7:30 pm (M)
Presentation of the Lord’s Prayer (RCIA) @ CC	21 Mar (Thu)	7:30 pm (E)
Holy Hour @ SJC	21 Mar (Thu)	8:00 pm - 9:00 pm (E)
Mid-Day Mass @ CC	22 Mar (Fri)	12:30pm (E)
Stations of the Cross + Holy Mass @ SJC	22 Mar (Fri)	2:30 pm (M) 5:30 pm (E)
Combined Requiem Mass @ SJC	22 Mar (Fri)	6:00 pm (E)
Presentation of the Lord’s Prayer (RCIA) @ SJC	22 Mar (Fri)	7:30 pm (BM)
Holy Hour @ CC	22 Mar (Fri)	7:30 pm (E)
Sacrament of Initiation (RCIA)	30 Mar (Sat)	8:00 pm (E)
	31 Mar (Sun)	9:00 am (M) 11:00 am (BM)
Easter Triduum Retreat (by Archbishop Emeritus John Ha) @ SPC	6 - 9 Apr (Thu – Sun)	As per programme

ST. JOSEPH’S CATHEDRAL - HOLY WEEK & EASTER SERVICES		
<b>Palm Sunday Services</b> <i>(Blessing &amp; distribution of palms at all Masses)</i>  <b>** Live-stream Mass</b>	23 Mar (Sat)	6:00 pm (E)
	24 Mar (Sun)	7:00 am (E) ** 9:00 am (M) ** 11:00 am (BM)** <i>[with procession from SPC ground]</i> 5:00 pm (E)
Chrism Mass @ SJC	27 Mar (Wed)	7:30 pm (E)
Holy Thursday Mass <i>(Adoration of the Blessed Sacrament till midnight)</i>	28 Mar (Thu)	6:00 pm (BM) 8:00 pm (E) **
Good Friday Service <i>(Day of Fasting &amp; Abstinence)</i>	29 Mar (Fri)	12:15 pm (M) 3:00 pm (E)** 6:30 pm (BM)
Holy Saturday <i>(Easter Vigil Mass)</i>	30 Mar (Sat)	6:00 pm (BM) 9:00 pm (E) ** <i>[with RCIA]</i>
Easter Sunday	31 Mar (Sun)	7:00 am (E) ** 9:00 am (M) ** <i>[with RCIA]</i> 11:00 am (BM) ** <i>[with IKD]</i> 5:00 pm (E)

**\*\* Live-stream Mass**

CARMELITE CHAPEL – TRIDUUM & EASTER SERVICES		
Holy Thursday Mass	28 Mar (Thu)	6:00 pm (M) 8:00 pm (E) <i>(Adoration of the Blessed Sacrament till midnight)</i>
Good Friday Service <i>(Day of Fasting &amp; Abstinence)</i>	29 Mar (Fri)	3:00 pm (E) 6:00 pm (E)
Holy Saturday <i>(Easter Vigil Mass)</i>	30 Mar (Sat)	6:00 pm (M) 9:00 pm (E)
Easter Sunday	31 Mar (Sun)	8:00 am (E)

**Abbreviations:-** (E) - English; (M) - Mandarin; (BM) - Bahasa Malaysia; SJC - St. Joseph’s Cathedral; CC - Carmelite Chapel; ACCPC - Archdiocesan Curia & Cathedral Pastoral Centre; SPC – St. Peter’s College; SMC - St. Mark’s Church; SJPS – St. Joseph’s Private School; RCIA - Rite of Christian Initiation for Adults; IKD – Inisiasi Kristian Dewasa; SSVp - Society of St. Vincent de Paul; BOL - Bread of Life Catholic Charismatic Covenant Community; GPC - Gethsemane Pilgrimage Centre; CEWC - Christian Ecumenical Worship Centre; HTC – Holy Trinity Church; BSC - Blessed Sacrament Church.