

ST. JOSEPH'S CATHEDRAL

Church Notice

THIRD SUNDAY OF LENT ~ 23rd March 2025 ~

Tel.: 082-423424 Website: stjosephkuching.org Email: sjcoffice@yahoo.com.my

THE SECOND COLLECTION this week is for the Development Fund.

<u>PARISH LENTEN PROGRAMMES</u> (in English, Bahasa Malaysia & Mandarin) are available on the Parish website for easy reference.

LENTEN ACTIVITIES will be organised by the Society of St. Vincent de Paul (SSVP) as per below. Interested parishioners are requested to contact the respective SSVP member-in-charge for more information.

Date and Time	Activity	Member-in-charge
Sunday, 23 rd March 9:30 am - 12:00 pm	Friends-In-Need Home Visit # 3 - meet up at St. Mark's Church carpark	Julia Shim: 019-8890462
Saturday, 5 th April 8:00 am - 10:00 am	Sarawak Cheshire Home Visit - meet up at Cheshire Home carpark - limited to 12 visitors only	Leslie Ong: 012-8261195

ADULT CONFIRMATION CLASS 2025 IN BAHASA MALAYSIA - Parishioners above 17 years of age who have not received the Sacrament of Confirmation are urged to join. You may walk in to St. Augustine Room to join the class. Last date to join the Adult Confirmation Class is this Sunday. For further information, inquirers can call or WhatsApp SJC Catechetical Office: 082-412650 during office hours.

Language	Date	Time	Venue
BAHASA MALAYSIA	Every Sunday (9th March till 30th November)	1:30 pm - 3:30 pm	St. Augustine Room, Ground Floor, Parish Centre

<u>CATHOLIC RELIGIOUS RADIO BROADCAST</u> in **Mandarin** by Fr. Leonard Yap will be on the air (REDfm 91.9) **this Sunday** at **6:45 pm**.

<u>CATHOLIC RELIGIOUS RADIO BROADCAST</u> in **English** by Fr. Stanley will be on the air (REDfm 91.9) **this Sunday** at **9:15 pm**.

<u>CHARISMATIC PRAYER MEETING</u> will be conducted by the Bread of Life Catholic Charismatic Covenant Community (BoL) **this Sunday**, **7:30 pm to 9:30 pm** at the Day Chapel. All are welcome!

BoL will also be having their **Community Mass** on Friday **28**th **March**, **7:30 pm to 9:30 pm** at the Cathedral. All are encouraged to come and support these outreach efforts and do invite your friends.

C.W.S. LENTEN APPEAL ENVELOPES & BOXES are available at the Church entrances. Parishioners are encouraged to do charity and almsgiving during the Lenten season.

Parishioners may donate to C.W.S. via **S Pay Global** by scanning this QR code. Verify that the recipient is 'Catholic Welfare Services' before confirming the transaction. Donations can also be made via online transfer or cash deposit to the following:



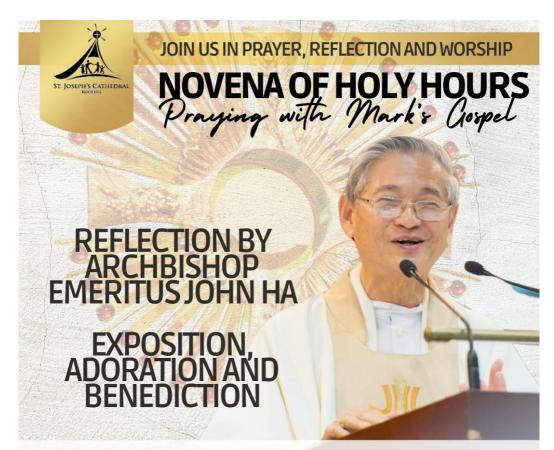
Catholic Welfare Services

Catholic Welfare Services Council Sarawak
Maybank Bhd Account Number: 511234019806

Please contact or WhatsApp Ms. Angelina William Hp: 010-6581641 / Tel: 082-241407 once you have made the donation. Tax exemption receipts will be issued upon request.



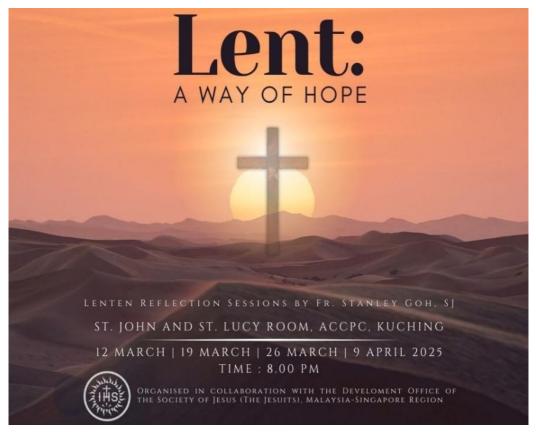
<u>PASSPORT</u> are available at the Holy Door for parishioners and pilgrims visiting the Cathedral. The Pilgrim's Passport is a prayer guide for pilgrims to record their visits to the various pilgrimage centres in the Archdiocese (using the stamp chop available). A Prayer Petition Box is available for pilgrims to submit their personal prayer intentions. Pilgrims are also encouraged to support the Cathedral via the Love Offering Box located at the main entrance (near the Holy Door).



ST JOSEPH'S CATHEDRAL KUCHING, SARAWAK EVERY TUESDAY 11 FEBRUARY - 8 APRIL 8:00PM - 9:15PM

NOVENA OF HOLY HOURS WITH REFLECTION: 'PRAYING WITH MARK'S GOSPEL' is led by Archbishop Emeritus John Ha on *nine consecutive Tuesday evenings* from 11th February till 8th April, 8:00 pm to 9:15 pm in the Cathedral. All are invited to join this Novena with Exposition, Adoration and Benediction to experience a renewal of faith and hope in Christ in this Jubilee Year.

THE 2025 JUBILEE YEAR THEMED "PILGRIMS OF HOPE" will be organised by SEEKERS at the Holy Trinity Church, Kenyalang (Room 8) on Wednesday, 26th March from 7:30 to 9:30 pm. This is an evening of 'conversation' to be led by invited speakers from St. Mark's Youth Group (Elias Hii & Irene Phang) on the 2025 Jubilee Year themed "Pilgrims of Hope" which is a special time of grace, renewal and hope in the Catholic Church. All are welcome!



LENTEN REFLECTION WITH THE THEME 'LENT: A WAY OF HOPE' by Fr. Stanley Goh, SJ will be organised in collaboration with the Jesuits on Wednesday, **26th March and 9th April**, **8:00 pm** at Sts. John & Lucy Conference Hall, Level 2, A.C.C.P.C., All are welcome!

MID-DAY MASS is celebrated every Friday in Lent, 12:30 pm at the Carmelite Chapel. Do come and spend some time to pray during your lunch break.

STATIONS OF THE CROSS is held **every Friday in Lent** at the Cathedral as follows:

- 2:30 pm Stations in Mandarin, followed by Holy Mass at 3:00 pm.
- 5:30 pm Stations in English, followed by Holy Mass at 6:00 pm.

Parishioners coming for the 5:30 pm Stations of the Cross and staying on for the Mass at the Cathedral are reminded **NOT** to double-park or block vehicles of fellow parishioners who may wish to leave after the Stations of the Cross.

<u>'24 HOURS FOR THE LORD'</u> is a combined event hosted by city parishes at St. Peter's Church, Padungan beginning with an **Opening Mass** (in English) on **Friday**, 28th **March** at 5:00 pm, followed by 24 hours Exposition of the Blessed Sacrament, and ending with Benediction on Saturday, 29th March at 5:00 pm.

All parishioners are encouraged to attend the Opening Mass and spend some time in prayer and adoration during the 24 hours Eucharistic Exposition.

CATHOLIC MUTUAL BENEFIT SOCIETY OF THE ARCHDIOCESE OF KUCHING will hold its 32nd Annual General Meeting next Sunday, 30th March, 10:30 am sharp at the Joy I Palace Restaurant. Registration begins at 10:00 am and the meeting will start at 11:00 am. All members are invited to collect your free entrance tickets from the Mutual Benefit Society Office (Tel.: 082-244493) latest by Tuesday, 25th March.

ONLINE REGISTRATION FOR MASS OFFERING (MO) & COMBINED REQUIEM MASS

(CRM) - Parishioners may offer Mass online via the below links:

Туре	Link
Mass Offering (MO)	https://forms.gle/APkbscLMAG2Bcd7F9
Combined Requiem Mass (CRM)	https://forms.gle/yNixf4JrhMN61Z9h9

To offer Mass, parishioners can also visit our Parish website: https://stjosephkuching.org. If you face any difficulty registering using the above link, please email your queries to sjcoffice@yahoo.com.my and our admin staff will revert soonest.

Mass Offering (MO) intentions will be offered by our priests privately on a daily basis except on Sunday. Any request for a mass to be said for your prayer intention on a 'specified' date must be submitted to the Parish Office at least one week in advance. Otherwise, your prayer intentions will be offered up at any time (at the discretion of our priests).

Intentions for **Combined Requiem Mass (CRM)** in **April** will be offered on Monday, **28**th **April** (*instead of Friday, 25*th **April** which is within the Easter Octave). Please send in your CRM form with proof of payment by Friday, **25**th **April before 12:00 noon**.

Note: The stipend (money) given by the Christian faithful for a Mass to be offered for a particular intention is not a fee but an expression of our gratitude to God and our contribution to the Church. Official receipts will be issued by the Parish Office accordingly.



CATHOLIC FUNERAL & BURIAL SERVICE - The Catholic Mutual Benefit Society (CMBS) of the Kuching Archdiocese provides assistance to bereaved families at the time of death. Their services include providing advice regarding Christian rituals, cemetery plots, columbarium, caskets, transportation, arrangement for funeral masses, wake prayers for the dead, etc..

For more information regarding membership or in time of need / bereavement, **Catholics** are advised to contact the following persons for assistance to avoid unnecessary hassle and confusion with regards to Catholic funeral rites and services:

CMBS Office: Beatrice Mary Goh (Tel: 082-244493) On-call: Christopher Chin (Hp: 019-8563438)

HIS LAST COMMAND, OUR FIRST CONCERN



EVANGELIZATION TOPICS:

- 1. BIBLICAL MANDATE
- 2. DISCIPLINE
- 3. COMMUNICATION
- 4. STEWARDSHIP
- 5. LEADERSHIP
- 6. NEXT GENERATION
- 7. GOAL SETTING
- 8. CHURCH RESPONSE

HAGGAI SEMINAR FOR CATHOLIC LEADERS

To equip and inspire strategically positioned leaders to more effectively demonstrate and present the gospel of Jesus Christ and to prepare others to do the same.

WHY PARTICIPATE?





- Deepen your skills and grow your leadership in mission.
- Contextualize the principles and practices in our culture focusing on the 'how to' of evangelization.
- Obey the mandate of the Great Commission. (Matt 28:18-20)

THU-SUN 1-4 MAY 2025

VENUE: MONSIGNOR ALOYSIUS SPIRITUALITY CENTER, PENANG https://g.co/kgs/ZTivCpv



Seminar Fee: RM200

(Non-residential) Closing Date: 17 April, 2025

Registration link:

https://bit.ly/3VPWnzo

Contact Person(WhatsApp): Jeanne J Saw: 016 455 4597

<u>HAGGAI SEMINAR FOR CATHOLIC LEADERS</u> will be organised in collaboration with the School for New Evangelization (SNE) of the Diocese of Penang from Thursday until Sunday, 1st - 4th May at the Monsignor Aloysius Spirituality Centre, Penang.

This is a leadership training programme aimed at equipping Parish / Ministry / Lay Leaders as well as Clergy and Religious for effective evangelization. Seminar fee is RM200 per person (Non-residential). Please register latest by Thursday, **17**th **April** via this link: https://bit.ly/3VPWnzo All are welcome!

Haggai Seminar (NNS) for Catholic Leaders

NNS=Non-residential National Seminar

in collaboration with the

School for New Evangelization (SNE) of the Diocese of Penang

Date and time:

Start: 01 May (Thu) 7.30am End: 04 May (Sun) 9.30pm

Venue:

Msgr Aloysius Spirituality Center Penang Road, Penang https://g.co/kgs/ZTivCpv

Who should attend?

- · Parish/Ministry/Lay leaders
- Clergy/Religious

Click for register!

https://bit.ly/3VPWnzo

Registration closing date:

17 April 2025 (Thu)

Seminar fee:

RM200/person (inclusive of meals, certificate etc.)
Parish/Ministry encouraged to sponsor/subsidize

Contact person:

Jeanne J Saw 016-455 4597 (WhatsApp)

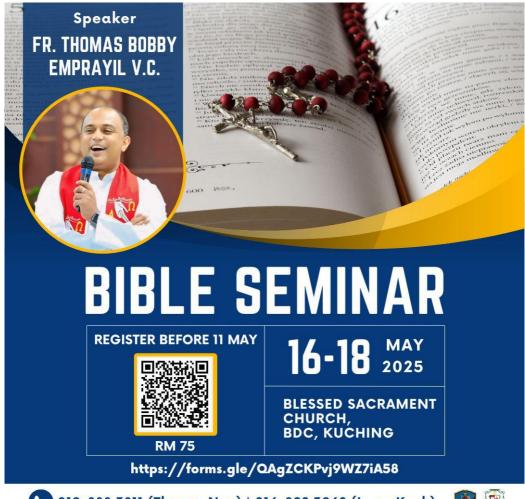




019-888 3811 (Thomas Ngu) | 016-892 3962 (Irene Kueh)



<u>HEALING MASS AND RALLY</u> - In conjunction with the Bible Seminar, a **Healing Mass** will be celebrated at the Cathedral on Thursday, **15th May** at **7:30 pm**. This will be followed by a **Healing Rally** to be held at the Blessed Sacrament Church, BDC from **16th to 18th May** at **7:30 pm**. All are welcome!





(Irene Kueh)





BIBLE SEMINAR led by Fr. Thomas Bobby Emprayil, V.C. (a renowned preacher gifted in prophecy and healing) will be organised at the Blessed Sacrament Church from 16th to 18th May. The seminar will include inspiring teachings, Eucharistic Adoration and prayer sessions.

Registration is RM75 per head (inclusive of meals). Please register latest by Sunday, 11th May using the QR code or via this link: https://forms.gle/QAgZCKPvj9WZ7iA58 For more information, please contact Mr. Thomas Ngu: 019-8883811 or Ms. Irene Kueh: 016-8923962. All are invited to this powerful encounter with God's Word!



ST. JOSEPH'S PRIVATE SCHOOLS 2026 INTAKE

NOW OPEN FOR REGISTRATION!

FOR PRIMARY 1, FORM 1 & YEAR 7

For more information, please contact us at:

St. Joseph's Private Secondary School (SMS.1024) Q 082 - 414 575 / 420 575

St. Joseph's International School (SASBOOT) (Q) 082 - 411 575 / 550575





CLOSING DATE 30TH APRIL 2025

ST. JOSEPH'S PRIVATE SCHOOLS 2026 NEW INTAKE for Primary 1, Form 1 and Year 7 are now open for registration. Parents who are interested to enrol their children for these classes can apply via the QR code provided. Closing date for registration is Wednesday, **30**th **April**. For further information, please contact any of the following:

Class	School	Contact No.
Primary 1	St. Joseph's Private Primary School	082-244767 / 549767
Form 1	St. Joseph's Private Secondary School	082-424575 / 420575
Year 7	St. Joseph's International School	082-411575 / 550575



The Usher's Ministry of St. Joseph's Cathedral is looking for frequent church goers who are willing to serve as ushers and greeters during these masses:

- · Sunset Mass (Saturday, English)
- · First Mass (Sunday, English)
- · Chinese Mass (Sunday)
- BM Masss (Sunday)
- Evening Mass (Sunday)
- · Carmelite Chapel

For those who are interested to know more, please contact: Steven Gerard - 013-8247828

THE MINISTRY OF USHERS & GREETERS is seeking new recruits to serve in the various weekend Masses at the Cathedral and Carmelite Chapel. Volunteers who are interested to come forward to serve may contact their Overall Coordinator, Steven Gerard: 013-8247828.



CATECHETICAL OFFICE

Sarah M-Lo 082-412 650 Pusat St. Colette

Cikgu Solomon Silimun +6013-569 7170

FAITH FORMATION VOLUNTEERS NEEDED FOR ENGLISH AND BAHASA MALAYSIA CATECHISM SESSIONS - Parishioners are invited to volunteer as faith formators for English and BM Catechism sessions to prepare children (ages between 7 to 17 years) for the Sacraments of Baptism, First Holy Communion and Confirmation. The Cathedral Parish is hoping to create smaller and more conducive learning atmosphere for our children. Those interested to share their Catholic faith are requested to contact the following:

- > English- Felix Chuo: 019-8598012
- BM (Pusat St. Teresa)- Cikgu Rosiah Palun: 019-8687525
- ➤ BM (Pusat St. Colette)- Cikgu Solomon Silimun: 013-5697170
- > Catechetical Office- Sarah M-Lo: 082-412650

ST. JOSEPH'S CATHEDRAL

SJC COUNSELLING CENTRE

Ground Floor, Parish Centre, St. Joseph's Cathedral Compound, Batu 1, Jalan Tun Abang Haji Openg, 93000 Kuching, Sarawak, Malaysia.

Operating hours:

Monday - Friday: 8.00 am - 12.00 noon

2.00 pm - 5.00 pm

: 8.00 am - 12.00 noon Saturday

OUR SERVICES:



Individual Counselling



Family Counselling





Group Counselling



To schedule an appointment, please contact:



3 082 258 046



O 018 353 9799 (Kimberly) , 018 252 9899 (Nelly)

M sickch.counsellor@gmail.com

The centre is closed on Sundays, Public Holidays & Church Holy Days of Obligation. Love-offerings for the church will be collected from clients.

SJC COUNSELLING CENTRE also run support groups for:

- Cancer survivors and caregivers
- Grief, bereavement and trauma



KUCHING CATHOLIC CEMETERIES AND COLUMBARIA SERVICES

It all starts with charity.

Seeking your generous and kind contribution to maintain and improve the facilities within the compound of all our cemeteries.

The Custodian

Rev. Fr Vincent Chin





TO DONATE

ONLINE TRANSFER
The Archbishop of Kuching
Maybank Account

No.: 5112 5200 0808

- Remark "For KCCCS"
- WhatsApp to 016-8899237 proof of transfer if you need receipt.

OR

Drop KCCCS envelopes into

the collection bags during weekend masses at any parish in the Archdiocese.



APPEAL FOR DONATION

APPEAL FOR DONATION TO THE KUCHING CATHOLIC CEMETERIES & COLUMBARIA SERVICES (KCCCS) - The Custodian of KCCCS is appealing for your generous donation for the maintenance and upkeep of our Catholic cemeteries and improvement of its facilities. Please support!

<u>S PAY GLOBAL / SARAWAK PAY QR CODE STICKERS</u> on the Church pews are made available for the convenience of our parishioners and also to facilitate weekend Mass collections. However, these stickers quite often need to be replaced because they were found partially torn or defaced. We appeal to parents not to let your young children play, tear or draw on these stickers.



www.kuchingcjc.com

THE BUNAN RESILIENCE PROJECT is a pilot project of the Archdiocese of Kuching to support the farmers of Bunan by marketing their produce in Kuching. By doing so, we help them to remain economically resilient in the face of growing uncertainties. Visit https://kuchingcjc.com/ and order fresh, locally-grown produce for your family while supporting an entire community!

Orders received by Thursday noon each week can be collected on Saturday mornings at either the A.C.C.P.C. Car park (St. Joseph's Cathedral ground) OR Holy Trinity Church, Kenyalang. Payment is by cash during pick-up. In the future, we hope to establish more pick-up centres at other parishes. **Come support the Bunan Resilience Project TODAY!**

OPENING HOURS

Church Offices	SJC Parish Office	SJC Catechetical Office	Archdiocesan Library & History Gallery
Monday to Friday	8:00 am - 12:00 noon, 2:00 pm - 5:00 pm	8:00 am - 12:00 noon, 2:00 pm - 5:00 pm	8:00 am - 12:00 noon, 2:00 pm - 5:00 pm
Saturday	8:00 am - 12:00 noon, 2:00 pm - 4:30 pm	8:00 am - 12:00 noon	8:30 am - 12:00 noon
	082-423424 / 423425 (Front Office Staff: Annie / Joanna)	082-412650 (Catechetical Staff: Sarah / Ronita / Angeline)	082-420802 (Library Staff: Olivia Inoi)
Contact Nos.	WhatsApp: 082-423424 OR go to	WhatsApp: 082-412650	
	https://wa.me/6082423424 Email: sjcoffice@yahoo.com.my	Email: sjckch.faithformation@ gmail.com	

Note:

- The above offices are closed on Sunday, Public Holiday & Church Holy Days of Obligation.
- For sick calls after normal office hours, please contact Hp: 016-8922633.

HOLY CROSS CENTRE (located at No. 681, Lorong 1, Jalan Bayor Bukit, Tabuan Jaya, 93350 Kuching. Tel.: 082 363945) is open every Monday, Tuesday and Wednesday from 9:30 am till 12:30 pm. Praying over and consultation will be done at the porch area. The centre is closed on public holidays, major Church feast days, or otherwise informed. The Holy Cross Ministry's weekly Fellowship is held every Tuesday 7:30 pm to 9:00 pm at Sts. John & Lucy Conference Hall, Level 2, A.C.C.P.C. (except on public holidays).

DAILY MASS & HOLY HOUR SCHEDULE

Venue	Daily Mass	Holy Hour
Carmelite Chapel	Monday - Saturday, 7:00 am (English)	Friday, 7:30 pm (English)
Weekday Chapel,		
St. Joseph's	Monday - Friday, 5:30 pm (English)	-
Cathedral		

WEEKEND MASS SCHEDULE

Venue	Day	Time	Language	Remarks
	Saturday	6:00 pm	English	•Car park in front of the
		7:00 am*	English	Cathedral is RESERVED for cars ferrying elderly
St. Joseph's Cathedral	Cundov	9:00 am*	Mandarin	passengers, particularly those
	Sunday	11:00 am*	BM	with special needs and those with walking difficulty.
		5:00 pm	English	After Mass, the back gate next
Carmelite Chapel	Sunday	8:00 am	English	to the Sarawak Club will be opened for cars to exit the Cathedral compound.

^{*}Live-stream Mass.

Please go to https://www.facebook.com/arch.kuching

GENERAL REMINDER

Parishioners are reminded to show reverence to the Lord and consideration for others as follows. We seek your kind cooperation and understanding so that we can all worship comfortably as a Church:

- Please arrive early and be seated at least 10 minutes before Mass begins to avoid causing unnecessary interruption or distraction.
- The sacredness of the Eucharistic celebration urges all participants to dress appropriately when entering the Church for Holy Mass and manifest the importance of what we are doing as a worshipping community.
- Wearing of face masks in Church is no longer mandatory but highly encouraged, especially in crowded and closed environment.
- Those sick with flu-like symptoms (e.g. fever, cough, runny nose, etc.) are to exercise prudence and refrain from joining the congregation in Church.

PROPER ATTIRE

T-SHIRT OR LONG SLEEVES



BLOUSE WITH SLEEVES



POLO SHIRT OR COLLARED SHIRT



KNEE-LENGTH DRESS WITH SLEEVES



JEANS OR SLACKS



KNEE-LENGTH SKIRTS



SHOES

IMPROPER ATTIRE



SLEEVELESS AND
PLUNGING NECKLINES



TUBES AND RACERBACKS



SINGLETS



SHORT SKIRTS



SHORTS



CAP



SLIPPERS

WEEKLY MASS COLLECTION AND DONATIONS

Parishioners are encouraged to <u>contribute weekly</u> to help defray the Cathedral's operations and maintenance cost.

Please make your donations via **S Pay Global** by scanning this QR code. Verify that the recipient is '**St. Joseph's Cathedral**' before confirming the transaction.

You may also drop your weekly donations into the big wooden Collection Boxes placed at the Cathedral entrances OR do **online transfer or cash deposit** to St. Joseph's Cathedral Bank Account as follows:



St. Joseph's Cathedral

Archbishop of Kuching Saint Josephs Cathedral Maybank Bhd Account Number: 511038613081



<u>PENITENTIAL SERVICES</u> - Priest will be available to hear confessions half an hour before the Sunset and Sunday Masses at the Blessed Sacrament Chapel. Please maintain physical distancing and do not congregate at the area while waiting for your turn to make your confession.

Kindly adhere to the following SOP. Penitents are to:

- ☑ Keep face mask on at all times.
- ☑ Be well-prepared to make confession without undue delay.
- ☑ Perform penance after returning to seat in the Church.
- ☑ Bring own hand sanitiser.

THE NOVENA DEVOTION TO OUR LADY OF PERPETUAL HELP is held every Saturday at 5:00 pm before the 6:00 pm English Sunset Mass at St. Joseph's Cathedral. All are welcome. Those attending only the Novena are to be seated at the loft opposite the Choir. Parishioners can also submit your petition request or letter of thanksgiving through the google online form at https://forms.gle/oTqtZMQsr1hC5PDr6.

ONLINE CALVARY HOUR OF MERCY

Day	Language	Time	Zoom link
Sunday	English	2:55 pm - 4:00 pm	https://us02web.zoom.us/j/86178307498? pwd=UVZ6MTdJSmRyeDZwUTMweC95U
Monday	English		FBDdz09
Tuesday	Mandarin		Meeting ID: 861 7830 7498 Passcode: prayhour



3 O'CLOCK

HE HOUR OF **GREAT MERCY YOU are invited to our Daily Devotion to** THE DIVINE MERC

Venue: Day Chapel, St. Joseph's Cathedral Time: 3pm

DIVINE MERCY PROMISES

"...you can obtain everything for yourself and for others for the asking: it was the hour of grace for the whole world."

"... Through the CHAPLET you will obtain everything. if what you ask for is compatible with My will."



"By means of this IMAGE I shall grant many graces to souls. It is to be a reminder of the demands of My mercy, because even the strongest faith is of no avail without works."

fell me about everything, be sincere in dealing with Me, reveal all the wounds of your heart. I will heal them, and your suffering will become a source of your sanctification.

A suffering soul is closest to My Heart."



<u>BAPTISM OF BABIES</u> is conducted in English or Bahasa Malaysia in the Cathedral. Parents with babies to be baptised are to register online at https://forms.gle/ZjZiWzERHGrMgYN87 and upload the scanned copy of all the required documents stipulated below:

Parents	Sponsor (Godparent)
✓ Your child's Birth certificate or	✓ MyKad (or Passport)
Adoption certificate	✓ Baptismal certificate
✓ MyKid (if any)	✓ Confirmation certificate
✓ Family Record Book	✓ Family Record Book or
-	Marriage certificate (issued by Catholic Church)

Only Parents who have submitted complete set of the required documents will be accepted and the Parish Office will inform you when and where to attend the Rite of Baptism in due course. You will then be required to send in your original Family Record Book for updating before the actual rite.

According to Canon Law # 874, a Sponsor (Godparent) must be a baptised, confirmed and practising Catholic. If married, his / her marriage must already be blessed in the Catholic Church. (This does not apply to those who were not Catholics [both husband & wife] at the time of their civil marriage).

THE SSVP THRIFT SHOP is open every Sunday from 10:00 am to 1:00 pm. All proceeds will be for the poor and needy. Please support!

REMINDER TO ALL DONORS

Kindly donate goods & clothing that are in decent and sellable condition to the SSVP Thrift Shop. Your kind understanding and cooperation is greatly appreciated.

SARAWAK GENERAL HOSPITAL (SGH) APPEAL FOR BLOOD DONATION Parishioners are encouraged to donate blood at SGH Blood Bank anytime from Monday to Friday, 7:30 am till 4:00 pm. For inquiries, please call the SGH Blood Bank Tel. No.: 082-276797 or 010-8578909 (Mr. Borhan).

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- 1. Go to FORMED.org/signup
- Enter your parish zip code or name to select your parish
- 3. Enter your name and email

Zip code: 93000

Parish: Archdiocesan Curia and Cathedral Pastoral Centre

Visit FORMED.org or search for "Formed" on your favorite app store

FORMED: FREE ONLINE CATHOLIC FAITH RESOURCES - Please refer above for instruction to register for free at FORMED.org/signup and download the FORMED App to your phones where you can access the best Catholic audio talks, Christian movies, e-books and study programs at your fingertips to help you grow in your faith, in relationships with family, find deeper peace with God and share your belief with others.