



ST. JOSEPH'S CATHEDRAL

Church Notice

FIFTH SUNDAY OF EASTER
~ 28th April 2024 ~

Tel.: 082-423424

Website: stjosephkuching.org

Email: sjcoffice@yahoo.com.my

THE SECOND COLLECTION this week will be for the **Development Fund**.

CHOICE KUCHING is organising a 'Fundraising Sale' **this Sunday, 8:00 am - 12:00 noon** at the Parish Gallery to raise funds for the upcoming **17th CHOICE ASIA CONFERENCE** which will be held from 9th to 14th October 2024 in Kuala Lumpur.

PARISH FAMILY DAY 2024 will be organised on Sunday, **29th September** at St. Joseph's Cathedral compound. Prior to the COVID-19 pandemic, this used to be our *annual fund-raising event in aid of the Archdiocesan Curia & Cathedral Pastoral Centre (A.C.C.P.C.) Operations & Maintenance Fund*.

The Organising Committee headed by the Parish Priest will conduct a briefing for leaders and coordinators of **ALL** lay organisations, apostolate, prayer groups, liturgical ministries as well as any interested parishioners **this Sunday, 1:45 pm** at the **Mater Domini Auditorium, Level 2, A.C.C.P.C.**. We earnestly seek your fullest support. All lay groups, apostolate & church ministries are requested to **send 2 leaders to attend this briefing**.

APPEAL FOR DONATIONS IN AID OF KAYA 30 which is happening soon from **14th April till 13th May at St. Lukas Centre, Kota Padawan**. The Kuching Archdiocese Youth Office is appealing for your kind and generous donation either in **CASH or KIND!** They are allocating a minimum budget of RM600 per day for 30 days (*for meals alone*). Please render them your financial support **and / or** food donation (*refer to the QR code for list of items needed*).



You may send your donation to **St. Lukas Centre, Kota Padawan (Attention: Maria) OR to Level 1, A.C.C.P.C. (Attention: Katelia)**. For further details, please contact Maria Amelia @ 010-967 0781 (KAYA 30 Treasurer).



ST. JOSEPH'S PRIVATE PRIMARY & PRIVATE SECONDARY 2025 INTAKE **NOW OPEN FOR REGISTRATION!** FOR PRIMARY 1 AND FORM 1

For more information, please contact us at :

St. Joseph's Private Primary School (SPRS.1013) ☎ 082 - 244 767 / 549 767

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



E D U C A T I O N B E Y O N D T H E O R D I N A R Y | O R A E T L A B O R A

REGISTRATION FOR ST. JOSEPH'S PRIVATE SCHOOLS ACADEMIC YEAR 2025

Registration for admission to Tahun 1 (Primary 1) and Tingkatan 1 (Form 1) for St. Joseph's Private School and Year 7 (Form 1) for St. Joseph's International School for the academic year 2025 is **now open**.

- St. Joseph's Primary and Secondary School follows the Malaysian National School curriculum and prepares its students for the SPM examinations whilst St. Joseph's International School follows the UK Cambridge syllabus and prepares its students for the Cambridge International General Certificate of Secondary Education (IGCSE) examinations.
- Closing date for registration is on Tuesday, **30th April 2024**.
- Assessment test will be conducted on Saturday, **18th May 2024**.
- For more information or to register, please contact the respective school as follows:
 - St. Joseph's Private School: 082-414575 / 082-420575
 - St. Joseph's International School: 082-411575 / 082-550575

WESTERN AUSTRALIAN MATRICULATION (AUSMAT) PROGRAMME is being offered by **St. Joseph's International School**. The first intake will commence on **24th June 2024**. For more information, please call 082-411575 or 082-550575.

GAZETTED PUBLIC HOLIDAYS - The Parish Office, SJC Counselling Centre, Library and History Gallery will be closed on Wednesdays, **1st & 22nd May**.

For sick calls during public holidays and after office hours, please call **016-8922633**. During normal office hours, please call the Parish Office at 082-423424.

LAUNCHING OF THE MAY ROSARY DEVOTION will be celebrated on Wednesday, **1st May** during the **5:30 pm** daily Mass at the Cathedral with Rosary recitation led by the Family Bloc Rosary (FBR) leaders. All are welcome!

DAILY RECITATION OF THE HOLY ROSARY will be held as follows in the month of May starting on Thursday, **2nd May**:

- **Weekends**: Half an hour before Saturday Sunset & Sunday Masses in the Cathedral.
- **Monday - Thursday**: 8:00 pm at the Cathedral's Shrine of Our Lady.
- **FRIDAY**: 7:00 pm at Carmelite Chapel before the usual Friday Holy Hour at 7:30 pm.

3 - DAY TRAINING COURSE

Date:
3rd to 5th May 2024
(Friday to Sunday)

Time:
9 a.m. - 4.30 p.m.

Venue:
**Mater Domini
Auditorium, Level 2,
Archdiocesan Curia
& Cathedral Pastoral
Centre (A.C.C.P.C),
Off St. Joseph's
Compound Kuching
Sarawak**

Understanding Psychosocial- Familial Developmental Health



By Bryan Shen

[NOMINAL REGISTRATION
FEE: **RM50 PER HEAD TO
COVER MEALS**]

YOU MAY CONTACT
KIMBERLY @ 018-353 9799
NELLY @ 018- 252 9899
AT SJC COUNSELLING
CENTRE FOR ANY QUERY
AND ASSISTANCE

FOR MORE INFORMATION OR
TO REGISTER, PLEASE SCAN



Organised by SJC Counselling Centre
in collaboration with
Kuching Archdiocesan Christian
Family Life Commission

THIS COURSE WILL BENEFIT ANYONE SEEKING TO
UNDERSTAND SELF AND OTHERS BECAUSE IT ADDRESSES

MENTAL, EMOTIONAL, SOCIAL,
SPIRITUAL AND PSYCHOLOGICAL
ASPECTS

OF

WHY WE BECOME
WHO WE ARE TODAY

WHAT WE CAN
DO ABOUT IT

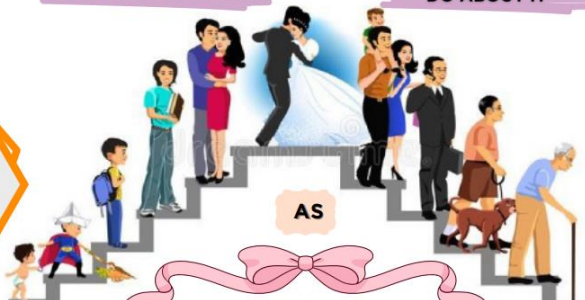
AS

INDIVIDUALS
PARENTS
CHURCH/RELIGIOUS/LAY LEADERS
SOCIAL WORKERS
PROFESSIONAL MENTAL HEALTH
PRACTITIONERS

**OPEN
TO
ALL!!!**

CLERGY
RELIGIOUS CONGREGATIONS
COMMUNITY & LAY LEADERS
THOSE INVOLVED IN PASTORAL
FAMILY MINISTRIES
COUNSELLING MINISTRIES
TEACHERS & EDUCATORS

*are all
encouraged
to sign up!!!*



DAY ONE (FRIDAY, 3RD MAY 2024)	DAY TWO (SATURDAY, 4TH MAY 2024)	DAY THREE (SUNDAY, 5TH MAY 2024)
8:30 AM REGISTRATION	9:00 AM OPENING PRAYER	9:00 AM OPENING PRAYER
9:00 AM WELCOME & OPENING PRAYER	9:05 AM SESSION 1 (1 HR 20 MINS) <i>CONTRIBUTIONS OF CERTAIN MENTAL CONDITIONS ON THE DEVELOPMENT OF NON-HETEROSEXUALITY (I.E. ONE'S SEXUAL ORIENTATION OR SEXUAL IDENTITY IS NOT HETEROSEXUAL - MALE & FEMALE).</i>	9:05 AM SESSION 1 (1 HR 20 MINS) <i>DIFFERENCE BETWEEN LGBTQ AFFIRMING, AND PROPER AFFIRMATION.</i>
9:05 AM SESSION 1 (1 HR 20 MINS) <i>HUMAN DEVELOPMENTAL STAGES & NEEDS E.G. ATTACHMENT STYLES, SAME-SEX AFFILIATION, SEX ROLE MODELLING, MORAL SAFETY, HEALTHY FAMILIAL AND SOCIAL ENVIRONMENTS.</i>	10:25 AM BREAK (20 MINS)	10:25 AM BREAK (20 MINS)
10:25 AM BREAK (20 MINS)	10:45 AM SESSION 2 (1 HR 15 MINS) <i>THE VARIOUS WAYS THE MIND TRIES TO COMPENSATE FOR EMOTIONAL DEFICITS. THE DISCOMFORT ONE FEELS WHEN THEIR BEHAVIOUR DOES NOT ALIGN WITH THEIR VALUES OR BELIEFS.</i>	10:45 AM SESSION 2 (1 HR 15 MINS) <i>DIFFERENCE BETWEEN CHASTITY AND CELIBACY. (THE ROLE OF AFFIRMATION ON CHASTITY. WHAT IS CHASTITY IN MARRIAGE. FITTING THIS KNOWLEDGE INTO ALL CULTURES AND FAITHS.)</i>
10:45 AM SESSION 2 (1 HR 15 MINS) <i>SEXUAL DIMORPHISM (WHY ALMOST ALL CREATURES HAVE PHYSICAL DIFFERENCES BETWEEN MALE & FEMALE).</i>	12:00 PM Q & A (15 MINS)	12:00 PM Q & A (15 MINS)
12:00 PM Q & A (15 MINS)	12:20 PM LUNCH BREAK (1 HR)	12:20 PM LUNCH BREAK (1 HR)
12:20 PM LUNCH BREAK (1 HR)	1:20 PM SING ALONG OR STRETCHING EXERCISE	1:20 PM SING ALONG / STRETCHING EXERCISE
1:20 PM SING ALONG OR STRETCHING EXERCISE	1:30 PM SESSION 3 (1 HR 20 MINS) <i>NEGATIVE AFFECT, POSITIVE AFFECT AND AFFECT RELIEF - WHY SOME PEOPLE ARE MORE PRONE TO ADDICTIONS.</i>	1:30 PM SESSION 3 (1 HR 20 MINS) <i>SYSTEMIC APPROACH - WHAT WE CAN DO AS INDIVIDUALS, PARENTS, CHURCH OR LAY LEADERS, OR AS PROFESSIONAL MENTAL HEALTH PRACTITIONERS OR SOCIAL WORKERS.</i>
1:30 PM SESSION 3 (1 HR 20 MINS) <i>EFFECTS OF DEVELOPMENTAL DEFICITS ON ONE'S SENSE OF SELF AND IDENTITY.</i>	2:50 PM SHORT BREAK (10 MINS)	2:50 PM SHORT BREAK (10 MINS)
2:50 PM SHORT BREAK (10 MINS)	3:00 PM SESSION 4 (1 HR 15 MINS) <i>COPING WITH ADDICTION(S) - SELF & OTHERS.</i>	3:00 PM SESSION 3 CONTINUES (1 HR 15 MINS)
3:00 PM SESSION 4 (1 HR 15 MINS) <i>THE NON-SEXUAL CONSEQUENCES OF PEOPLE WITH NON HETEROSEXUALITY. (THE IMPORTANCE OF THIS KNOWLEDGE IN CONSERVATIVE-RELIGIOUS COMMUNITIES THAT DO NOT HAVE ANY INDIVIDUALS WHO IDENTIFY AS LGBTQ.)</i>	4:15 PM Q & A	4:15 PM Q & A
4:15 PM Q & A	4:30 PM CLOSE	4:30 PM CLOSE
4:30 PM CLOSE		

A 3-DAY COURSE ON 'UNDERSTANDING PSYCHOSOCIAL-FAMILIAL DEVELOPMENTAL HEALTH' by Mr. Bryan Shen will be organised by SJC Counselling Centre in collaboration with the Christian Family Life Commission from **3rd to 5th May, 9:00 am till 4:00 pm** at the Mater Domini Auditorium, Level 2, A.C.C.P.C..

Religious congregations, community and lay leaders, those involved in pastoral, family and counselling ministries as well as teachers and educators dealing with parents and children are urged to attend. This course will benefit parents, families and any individuals as it addresses the mental, emotional, social and spiritual well being of a person in our modern society.

For more information OR to register, please click this link: <https://forms.gle/SRJDpNmQktfHS8zT6> OR scan the QR code. You may also contact Kimberly @ 018-353 9799 or Nelly @ 018-252 9899 for further query and assistance. Registration fee is RM50 per head to cover meals.





An Introduction to Christian Meditation Workshop



Date : 11th May 2024 (Saturday)

Time: 8:30am - 4:30pm

Fee : RM20

Venue: ACCPC (2nd Floor, St Joseph Meeting Room) Cathedral Parish of St Joseph, Kuching

The Essence

Christian Meditation is a tradition of prayer that focuses on the presence of the Spirit of Christ in our heart.

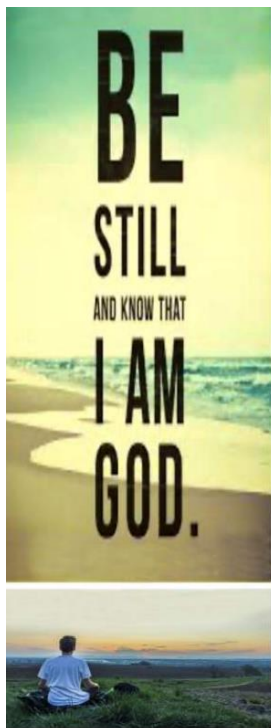
The Purpose

In Fr John Main's words, the purpose of Christian Meditation is "learning to step back and to allow God to come to the forefront of life".

The WCCM (World Community for Christian Meditation) St Joseph's Cathedral Parish, Kuching is holding a one day (8:30 – 4:30pm) introductory to Christian Meditation on 11 May 2024 at ACCPC, Kuching.

Christian Meditation is a form of contemplative prayer and spiritual journey within.
BE STILL AND KNOW I AM GOD (Psalm 46:10).

Those interested, please contact Alexandra Wong (011 3591 3159) or Christina Law (016 898 9978).



- Workshop is led by Fr Gerard Theraviam (Spiritual Director of WCCM Malaysia).
- Workshop will be conducted in English.
- Light refreshment and lunch will be provided.
- The closing date is on 7 May 2024.
- All are welcome.

The World Community for Christian Meditation

<https://wccm.org/>

<https://www.wccmmalaysia.org/>



◀ Laurence Freeman OSB

Continues the work started by Fr John Main and is now the Director of The World Community for Christian Meditation



▲ John Main OSB
1926-1982

THE WORLD COMMUNITY FOR CHRISTIAN MEDITATION (WCCM) of the Cathedral Parish is organising a one day 'Introduction to Christian Meditation Workshop' in English on Saturday, 11th May from 8:30 am to 4:30 pm at St. Joseph Meeting Room, Level 2, A.C.C.P.C..

The main speaker is Fr. Gerard Theraviam (WCCM Spiritual Director) and Mr. Roland Victor (Council Member of WCCM). Interested, please contact Alexandra Wong @ 011-3591 3159 or Christina Law @ 016-898 9978 latest by Tuesday, 7th May.

CATHOLIC RELIGIOUS RADIO BROADCAST in Mandarin by Fr. Leonard Yap will be on the air (REDfm 91.9) on Sunday, 12th May at 6:45 pm.

16TH KUCHING COMPANY

BOYS' BRIGADE BREAKFAST SALE

SUNDAY 19 MAY 2024

ST. JOSEPH'S CATHEDRAL

PARISH CENTRE GALLERY
6 AM - 1 PM

FOOD & DRINKS

BB MERCHANDISE

AND... MANY MORE FOOD



16TH KUCHING COMPANY BOYS' BRIGADE is organising a 'Breakfast Sale' on Sunday, 19th May from 6:00 am to 1:00 pm at the Parish Gallery.

TEACHERS' DAY MASS 2024

"EMPOWERING EDUCATORS: LISTENING TO THE LORD, BUILDING RESILIENCE "

ORGANISED BY:
SARAWAK CATHOLIC TEACHERS' GUILD

MORE INFORMATION

0168984626 (Cikgu Stella – SMK St Joseph)
01114013522 (Mr Leeroy Garet, St Ann's Parish)
0168771063 (Cikgu Michelle Muroh – SMK Kuching High)

DATE: 22.05.2024 (WED)
TIME: 8:00 AM
VENUE: ST JOSEPH'S
CATHEDRAL, KUCHING



PROGRAMME:

8:00 REGISTRATION (WALK-IN)
8:30 PRAISE & WORSHIP
8:45-9:45 RECOLLECTION BY FR EUGENIO G. MAGLASANG, SDB
10.00 HOLY MASS BY HIS GRACE ARCHBISHOP SIMON POH
11:00 BRUNCH & FELLOWSHIP

REGISTER NOW

To register, click this link
<https://forms.gle/zZPm292u47ZgtDUG9>



ANNUAL TEACHERS' DAY CELEBRATION 2024 will be organised by the Sarawak Catholic Teachers' Guild on Wednesday, **22nd May, 8:00 am to 11:00 am** at the Cathedral. To register, click this link: <https://forms.gle/zZPm292u47ZgtDUG9>

LIFE DIRECTION WEEKEND 2024 with the theme: ***"What do you want me to do for you" (Mark 10:51)*** will be organised from **24th to 26th May** at the Gethsemane Pilgrimage Centre, Bunan **for participants who are interested to know more about the priesthood or religious life**. Please sign up with your respective Parish Priest before Monday, **13th May**. Registration fee is RM50 per head.

Below are some criteria for interested participants:

- ✓ Male or female aged 18 years and above
- ✓ Single & never married
- ✓ School leaver or young working adult
- ✓ Has received the Sacrament of Baptism & Confirmation
- ✓ Committed Christian and willing to explore and live up to God's calling

GAWAI DINNER will be organised by the Dayak Catholic Cultural Organisation (P.K.K.D.) on Saturday, **25th May, 7:00 pm** at the Christian Ecumenical Worship Centre, Jalan Stampin. **Limited dinner tickets priced at RM550 per table are now on sale at the Parish Office.**



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)

ONLINE REGISTRATION FOR MASS OFFERING (MO) & COMBINED REQUIEM MASS (CRM) - Parishioners may offer Mass online via the below links:

Type	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 links, please email your queries to sjcoffice@yahoo.com.my and our admin staff will attend to you 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 May will be offered on Friday, **24th May**. Please send in your CRM form with proof of payment by Thursday, **23rd May 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.]



TUN TAN CHENG LOCK
COLLEGE OF NURSING
ASSUNTA HOSPITAL
DK071(B)

DIPLOMA IN NURSING

(3 YEARS FULL TIME)



INTAKE : 1 JULY & 7 OCT 2024

VISIT US ON OPEN DAY

Date: 4.5.2024 / 24.8.2024

Time: 08.30am - 12.30pm

Venue: TUN TAN CHENG LOCK
COLLEGE OF NURSING, PJ

- 2 Full Scholarships in 1 Package
- Diploma in Nursing & Specialization Course (Post Basic) Scholarship
- Attractive Monthly Allowance
- Guaranteed Employment in Assunta Hospital

APPLY NOW!

Via website or drop us an email

For more information, contact:

☎ 03 78723000

☎ 011 5646 1642

🌐 www.assuntacollege.edu.my 📧 ttcl@assunta.com.my

*T&C applies



R2/723/4/0066 (MQA/FA7201) 03/26

TUN TAN CHENG LOCK COLLEGE OF NURSING (also known as **Assunta College of Nursing**) is located in Petaling Jaya, Selangor. The college is dedicated to provide comprehensive education and training to aspiring students to evolve into becoming competent professional nurses. They are currently offering **SCHOLARSHIPS** to deserving candidates to pursue a 3-year Diploma in Nursing programme. **The two certifications are Diploma in Nursing and Specialization Course (Post Basic Course)**. Selected candidates will have the opportunity to pursue their specialization course (Post Basic) in various nursing fields after working for more than 2 years in Assunta Hospital. Their new intakes will commence on **1st July 2024** and **7th October 2024** respectively. Candidates can apply via the college website at <https://www.assuntacollege.edu.my>.

The Assunta team will be in Kuching on Sunday, **9th June, 10:00 am to 1:00 pm** at St. Mary Conference Hall, Level 2, A.C.C.P.C. to meet interested and deserving candidates.



KUCHING ARCHDIOCESE YOUTH DAY

KAYD

2024

14-16 SEPTEMBER 2024

ACCPC, KCH REGISTRATION OPENS MAY 1

The poster features a vibrant orange and yellow gradient background. At the top, the text 'KUCHING ARCHDIOCESE YOUTH DAY' is written in bold yellow capital letters. Below this, the acronym 'KAYD' is displayed in large, white, stylized letters. The 'Y' and 'D' are filled with a blue and white sunburst pattern. The year '2024' is written in large white numbers below 'KAYD'. Each digit of '2024' contains a white line-art illustration: the first '2' shows a person running, the first '0' shows two people holding hands, the second '2' shows a person in a dynamic pose, and the '4' shows a person in a dynamic pose. At the bottom, the dates '14-16 SEPTEMBER 2024' and the registration information 'ACCPC, KCH REGISTRATION OPENS MAY 1' are written in bold yellow and white capital letters.

KUCHING ARCHDIOCESAN YOUTH DAY (KAYD) 2024 - Youths all over our Archdiocese are invited to join and celebrate KAYD 2024 from **14th to 16th September** at the A.C.C.P.C.. Pope Francis invites us all to deepen our understanding of hope rooted in God and to witness joyfully that Christ is alive! **Registration opens on 1st May**. Registration forms are available at all Parish Offices or via every Parish Youth Ministry.



THE ARCHDIOCESE OF KUCHING
INVITES YOU TO SUPPORT THE



BUNAN RESILIENCE PROJECT

Join the Bunan Resilience Project and savour the flavours of nature's bounty! Together, let us help our local farmers build economic resilience against external threats and the challenges of climate change.

Embrace fresh, homegrown delights while uplifting an entire community!

参与布南韧性项目，品尝大自然的恩赐。让我们一起支持我们的农民，建设经济复原能力来抵抗外部威胁和无常的气候。享受本土新鲜种植蔬果，提升社区经济效益。

Sertai Projek Daya Tahan Bunan dan nikmati kebaikan hasil alam semula jadi! Marilah bersama membantu para pekebun tempatan membina keteguhan ekonomi terhadap ancaman luar dan cabaran perubahan iklim.

Nikmati hasil tanaman tempatan yang segar sambil membangunkan seluruh komuniti!



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!**

Kuching Catholic Cemeteries & Columbaria Services Archdiocese of Kuching



“ Please return your donation-envelopes into the collection bags of your respective parishes. Thanking you in advance for your continuous support! ”



**or
Use online banking
for Donation to:
THE ARCHBISHOP OF KUCHING
MAYBANK ACCOUNT
MBB 5112 5200 0808
For KCCCS**



**Kuching Catholic Cemeteries & Columbaria Services
The Custodian
Archdiocese of Kuching**

“PROTECT OUR EARTH, PROTECT OUR CHILDREN” CAMPAIGN

1 September 2020 – 31 August 2025

An urgent nationwide Catholic campaign to protect all life on Earth

“Choose life that you and your children may live” Deut 30:19



THEME FOR YEAR 4:

CUT FUEL CONSUMPTION

1 Sept 2023 – 31 Aug 2024



Burning petroleum is a major contributor to greenhouse gases that are warming up the planet to dangerous levels. Transportation accounts for 14% of greenhouse gas emissions. It also causes air pollution which kills 8.8 million people a year. Travel less. Save your children's future.

All parishes, church organisations/offices/houses of formation, and all the faithful are earnestly called to implement & promote these practices now:

1. CUT TRANSPORT-FUEL CONSUMPTION

- Reduce use of petrol/diesel for parish vehicles & equipment
- Reduce use of vehicles. Plan multiple tasks per trip
- Give up at least one international flight per year per person
- Conduct e-meetings instead of face-to-face meetings
- Carpool
- Use public transportation
- Buy local food rather than imported food
- Reduce online purchases

2. PRAY FOR AND WITH ALL CREATION DAILY

BISHOP JOSEPH HII D.D.

President of the Episcopal Commission
for Creation Justice of Malaysia, Singapore & Brunei

SJC COUNSELLING CENTRE is offering counselling service and emotional support for individuals, couples, family and support groups for various issues.

Monday - Friday	8:00 am - 12:00 noon, 2:00 pm - 5:00 pm	Please call, WhatsApp or email to: Counselling Office Tel: 082-258046 Email: sjckch.counsellor@gmail.com Kimberly Hp: 018-3539799 Nelly Hp: 018-2529899
Saturday	8:00 am - 12:00 noon	

Note:

- The centre is closed on Sunday, Public Holiday & Church Holy Days of Obligation.
- Love-offering for the church will be collected from our clients.

OPENING HOURS

Church Offices	SJC Parish Office	SJC Catechetical Office	Parish Library & Archdiocesan 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	9:00 am - 12:00 noon, 1:30 pm - 5:30 pm
Saturday	8:00 am - 12:00 noon, 2:00 pm - 4:30 pm	8:00 am - 12:00 noon	2:00 pm - 6:00 pm
Contact Nos.	082-423424 / 423425 (Front Office Staff: Annie / Joanna) WhatsApp: 082-423424 OR go to https://wa.me/6082423424 Email: sjcoffice@yahoo.com.my	082-412650 (Catechetical Staff: Sarah / Ronita / Angeline) WhatsApp: 082-412650 Email: sjckch.faihthformation@gmail.com	082-420802 (Library Staff: Irene)

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**. Wearing face mask is compulsory. 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 from 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 Cathedral	Monday - Friday, 5:30 pm (English)	-

WEEKEND MASS SCHEDULE

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

*Live-stream Mass.

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

IMPORTANT REMINDER

Please do not attend Holy Mass in Church if you feel unwell with fever, cough, sore throat or flu-like symptoms. Stay home and follow the live-streamed Mass instead.

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 contribute weekly 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



PENITENTIAL SERVICES - 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=UVZ6MTdJSmRyeDZwUTMweC95UFBDdz09 Meeting ID: 861 7830 7498 Passcode: prayhour
Monday	English		
Tuesday	Mandarin		



3 O'CLOCK

THE HOUR OF GREAT MERCY

**YOU are invited to our
Daily Devotion to
THE DIVINE MERCY**

Time: 3pm

Venue: Day Chapel, St. Joseph's Cathedral

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."**

**"Tell 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."





~ 耶稣我信赖祢 ~

华语 上主慈悲敬礼



每逢周六下午三时正
于
圣若瑟堂区中心二楼
圣母玛利亚祈祷室

* 欢迎教友们踊跃参加 *

DIVINE MERCY DEVOTION IN MANDARIN is held every Saturday, 3:00 pm at Mother Mary Prayer Room, 1st floor, Parish Centre. All are welcome!

DONATIONS FOR THE UNDERPRIVILEGED - Please continue to support the **Catholic Welfare Services** financially as we minister to the poor and needy in our midst irrespective of race or creed. 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. Parishioners may also do **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 Exempt Receipts will be issued accordingly.

BAPTISM OF BABIES is conducted in English or Bahasa Malaysia in the Cathedral. **Parents with babies to be baptised are to register online at https://formfaca.de/sm/y2oT0Qf_P** and upload the scanned copy of all the required documents stipulated below:

Parents	Sponsor (Godparent)
<ul style="list-style-type: none"> ✓ Your child's Birth certificate or Adoption certificate ✓ MyKid (if any) ✓ Family Record Book 	<ul style="list-style-type: none"> ✓ MyKad (or Passport) ✓ Baptismal certificate ✓ Confirmation certificate ✓ 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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Parish: Archdiocesan Curia and Cathedral Pastoral Centre

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