



ST. JOSEPH'S CATHEDRAL

Church Notice

THIRD SUNDAY OF ADVENT
~ 15th December 2024 ~

Tel.: 082-423424

Website: stjosephkuching.org

Email: sjcoffice@yahoo.com.my

THE SECOND COLLECTION this week is for the **A.C.C.P.C. Operations & Maintenance Fund**.

THE SECOND COLLECTION last week for '**KASIH 2024**' (*a Fundraising Initiative of the Catholic Bishops' Conference of Malaysia*) amounted to **RM12,144.65** (i.e. Cathedral- RM10,844.65 & Carmelite Chapel- RM1,300.00). Thank you for your generous contribution.

CATHOLIC CALENDAR 2025 (*priced at RM1.50 each*) are available in 3 languages (*English, Bahasa Malaysia & Mandarin*) at the Rosary Mart and SJC Parish Office.



MONTFORT YOUTH TRAINING CENTRE

Montfort Builds Youth Builds Nation



APPLY NOW!

JULY 2025 TRAINEE INTAKE

"Montfort: A Training Centre to Build Your Career and Personal Growth!"

ELIGIBILITY REQUIREMENTS

- Open to youth aged 16–22 years.
- SPM/STPM leavers.
- Those without SPM or who failed SPM are also eligible to apply.
- Interested in Technical skills / TVET career

WHY CHOOSE MONTFORT?

- ✔ Government-Recognized Certification – Accepted by industries.
- ✔ 70% Practical Training – Focused on real-world industrial skills.
- ✔ Affordable Fees– Training provided with minimal contributions.
- ✔ Full-Residential Programme.
- ✔ Complete and well-equipped training facilities.
- ✔ Career Guidance & Job Placement, through partnerships with various industries.
- ✔ Opportunities for All – No strict academic requirements, just a willingness to learn!
- ✔ A Second Chance – Empowering disadvantaged youth to succeed.

For enquiries, please contact:

012 - 953 3010 (Mdm. Meta G.)
011 - 1566 4329 (Mr. Evan)
011 - 3153 5596 (Mr. Corllin)
019 - 832 3101 (Pastoral Care Unit)
www.montfortsabah.org



SCAN ME

For more

Scan here!

Create a bright future with Montfort. Don't miss this opportunity!

MONTFORT SABAH



MOTOR VEHICLE MECHANICS



OIL PALM PLANTATION CONDUCTORSHIP PROGRAMME



SHIELDED METAL ARC WELDING



FACILITIES MAINTENANCE & CARPENTRY



For enquiries, please contact
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011 - 3153 5596 (Mr. Corllin)
019 - 832 3101 (Pastoral Care Unit)
www.montfortsabah.org

APPLY NOW!

OPEN INTERVIEW IN KUCHING!



**ST. JOSEPH CATHEDRAL
KUCHING, SARAWAK**



16TH & 17TH DECEMBER 2024



9AM - 12PM | 1PM - 4PM

**COME & JOIN
MONTFORT!**

**ADMISSION
CRITERIA**

Youth aged between
16 to 22
at the time of admission



Youth with limited academic achievements but a strong willingness to learn or an interest in vocational training and skill development.



Priority is given to those youth who are orphaned, from poor families, from single parent and from the rural and interiors of Sabah & Sarawak



For more
Scan here!

SCAN ME

A HOME TRULY DEAR FOR THOSE WHOM THE WORLD NEGLECTS

MONTFORT YOUTH TRAINING CENTRE (MYTC) JULY 2025 TRAINEE INTAKE

MYTC (based at Kinarut, Sabah) runs technical and vocational skills training and character formation programme for youths.

MYTC will be conducting an **outreach and recruitment drive in Kuching** for youths aged 16 to 22 years who are SPM / STPM leavers and interested to enrol in Technical & Vocational Education Training (TVET) field. Those without SPM or have failed their SPM are also eligible to apply. Details of the recruitment drive are as follows:

Recruitment Drive	Day, Date	Time	Venue
Roadshow & Open Booth	Sun, 15 th December	Before & after 5:00 pm Sunday Evening Mass	Entrance of the Cathedral
Open Interview (Walk-in) & Open Booth	Mon, 16 th December Tue, 17 th December	9:00 am - 12:00 noon & 1:00 pm - 4:00 pm	St. Matthew room, Ground Floor, St. Joseph's Parish Centre

Further enquiries, please contact Mdm. Meta G. @ 012-953 3010; Mr. Evan @ 011-1566 4329; Mr. Corllin @ 011-3153 5596 or Pastoral Care Unit @ 019-832 3101.



ST JOSEPH'S CATHEDRAL KUCHING, SARAWAK
 16 DEC (MONDAY) & 17 DEC (TUESDAY) 8:30AM - 11:00AM

ADVENT CONFESSIONS for the **elderly and their accompanying caregivers** will be held **8:30 am - 11:00 am** on the following dates:

Day, Date	Venue
Monday, 16 th December	St. Joseph's Cathedral, Kuching
Tuesday, 17 th December	

TRADITIONAL FILIPINO DAWN MASS 'SIMBANG GABI' will be hosted by the Holy Trinity Church, Kenyalang and the Kuching Filipino Community from **16th to 24th December** at **5:00 am** in anticipation of Christmas. The theme chosen for the Novena Masses is '**Prayer in Christian Life**'. All are welcome!



ASSOCIATION OF CHURCHES IN SARAWAK

JOINT CHRISTMAS SERVICE 2024

2024年圣诞联合崇拜



THE LOVE THAT TRANSFORMS

改变的爱

19 DEC

7:30PM

ACS CHRISTIAN ECUMMENICAL
WORSHIP CENTRE, JALAN STAMPIN, KUCHING

ORGANISED BY ASSOCIATION OF CHURCHES IN SARAWAK

HOSTED BY METHODIST CHURCH SCAC

ACS JOINT CHRISTMAS SERVICE 2024 will be organised by the Association of Churches in Sarawak (ACS) and hosted by the Methodist Church SCAC on Thursday, **19th December, 7:30 pm** at the Christian Ecumenical Worship Centre, Jalan Stampin. All are welcome.

APPEAL FOR FRESH FLOWERS - Parishioners may donate fresh flowers (***White Orchid, Red Carnation Red Anthurium, Yellow or White Stative***) for Christmas decoration at the Cathedral sanctuary. Please send your flowers to the Sacristy on Monday, **23rd December before 10:00 am.**

HOLY MASSES ON CHRISTMAS EVE (Tuesday, 24th December) will be as follows:

Venue	Time	Language	Remarks
St. Joseph's Cathedral	6:00 pm	Bahasa Malaysia	The usual 5:30 pm daily Mass will be cancelled.
	8:00 pm	Mandarin	
	12:00 midnight	English	
Carmelite Chapel	12:00 midnight	English	

HOLY MASSES ON CHRISTMAS DAY (Wednesday, 25th December) will be as follows:

Venue	Time	Language	Remarks
St. Joseph's Cathedral	7:00 am*	English	*Live-stream Mass.
	9:00 am*	Mandarin	
	11:00 am*	Bahasa Malaysia	
	5:00 pm	English	
Carmelite Chapel	8:00 am	English	

CHRISTMAS CELEBRATION - The Parish Office and SJC Counselling Centre will be **closed** on Wednesday, **25th December**. For sick calls during public holidays, holy days of obligation and after office hours, please call 016-8922633. During normal office hours, please call the Parish Office at 082-423424.



圣若瑟总主教座堂 新春舞蹈呈现



·集舞蹈员:

*13岁及以上的青年们

*家长们

*地点: St. James Room

*时间: 29/12起每周五晚上7点30分至9点整
及每周日弥撒后10点30分至12点整



欲知更多详情可联络: **Richard Ngui 魏茂强**
016-887 6030

VOLUNTEER DANCERS FOR 2025 CHINESE NEW YEAR THANKSGIVING MASS

Flame Youth group is inviting youths (*aged 13 years & above*) together with both their parents (*encouraged to participate as a couple*) to be part of a special dance performance during the CNY Thanksgiving Mass in January 2025. First dance practice will be held on Sunday, **29th December** at St. James room and subsequent practices will be held as follows:

- Every Sunday: 10:30 am till 12:00 noon
- Every Friday: 7:30 pm till 9:00 pm

This is a wonderful opportunity to bond as a family while contributing to this meaningful event. No dance experience is required - just bring your enthusiasm and spirit of celebration! **Closing date** to sign up is Friday, **27th December**. Those interested may contact Richard Ngui @ 016-8876030 for more details.

LOVE OFFERING BOXES distributed by the Pontifical Society of Holy Childhood are available at the entrances to enable children in our parish to help other children in need. Parents are urged to inculcate the spirit of giving and encourage your children to participate in this Mission of the Church. Please return these boxes to the Parish Office latest by Thursday, **2nd January 2025**.

ONLINE MARRIAGE PREPARATION COURSE (for parishioners from Kuching Archdiocese only) will be conducted on 4th, 5th & 17th January in Mandarin. Couples planning to get married are advised to attend this course at least six months (*preferably more than 6 months*) before their intended church wedding. **Proficiency in Mandarin is a prerequisite to register for this online course** conducted via Zoom. The registration fee is **RM80 per couple** (*including one set of coursebook*). **Registration will be open from 16th to 30th December OR when we reach the maximum capacity for each session** (*whichever comes first*). Please register early via this link:
<https://sites.google.com/view/sjc-marriage-prep-course/home>

MARRIAGE PREPARATION COURSES (for parishioners from Kuching Archdiocese only) will be conducted **physically** at the A.C.C.P.C. on the following dates:

- 11th, 12th; 18th, 19th & 26th January in English
- 25th, 26th January & 9th February in Bahasa Malaysia

Couples planning to get married are advised to attend these courses at least six months (*preferably more than 6 months*) before their intended church wedding. The registration fee is **RM200 per couple** (*inclusive of lunch / tea breaks and books*). **Registration will be open from 16th to 30th December OR when we reach the maximum capacity for each session** (*whichever comes first*). Please register early via this link:
<https://sites.google.com/view/sjc-marriage-prep-course/home>



We are hiring!

Teaching positions for academic year 2025 available at Private Secondary, Primary & International School now.



SCAN
ME 
FOR MORE INFORMATION

☎ 082 414575 | 420575

🌐 stjosephkuching.edu.my

TEACHING VACANCIES FOR ACADEMIC YEAR 2025 are available for suitably qualified and committed teachers to join St. Joseph's Private Secondary, Primary and International Schools. ***Retired government school teachers are most encouraged to apply.*** Interested applicants may scan the QR code for further information.

PRE-UNIVERSITY PROGRAMS - St. Joseph's International School (SJIS) is offering two internationally recognised pre-university programs, namely **Cambridge A-Level** and **Western Australian Matriculation**. Registration is now open for their new intake (starting 17th February 2025). Those interested can contact SJIS at 082-411575 / 082-550575 for more information.



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!

S PAY GLOBAL / SARAWAK PAY QR CODE STICKERS 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.



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 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 **December** will be offered on Friday, **20th December**. Please send in your CRM form with proof of payment by Thursday, **19th December 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.



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!**

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	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
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.fairhformation@gmail.com	082-420802 (Library Staff: Olivia Inoi)

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>

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=UVZ6MTdJSmRyeDZwUTMweC95UFBDbDdz09 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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3. Enter your name and email

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Parish: Archdiocesan Curia and Cathedral Pastoral Centre

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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.