



# Blessed Sacrament Church

## 圣体堂

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Facebook: <https://www.facebook.com/blessedsacramentkuching/>

**2<sup>nd</sup> SUNDAY OF LENT**  
**1<sup>st</sup> MARCH 2026**

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**SECOND COLLECTION** this week is for Parish Pastoral Council Fund

**STATIONS OF THE CROSS AND MASSES ON EVERY FRIDAY IN LENT** will be at 6.00 pm (English) and 8.00 pm (Chinese).

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

**CATHOLIC RELIGIOUS RADIO BROADCAST** *in Mandarin* by Fr. Leonard Yap will be on the air (RedFm 91.9) on Sunday, **8<sup>th</sup> March** at 6:45 pm.

**LENTEN CONFESSION** will be held at the various city parishes as follows:

**Time: 7.30 pm to 10.00 pm**

Mon, 9 <sup>th</sup> March	St. Peter's Church, Padungan
<b>Tue, 10<sup>th</sup> March</b>	<b>Blessed Sacrament Church, BDC</b>
Wed, 11 <sup>th</sup> March	Sacred Heart Church, Kota Sentosa
Thu, 12 <sup>th</sup> March	St. Mark's Church, Batu Kawa
Fri, 13 <sup>th</sup> March	St. Joseph's Cathedral

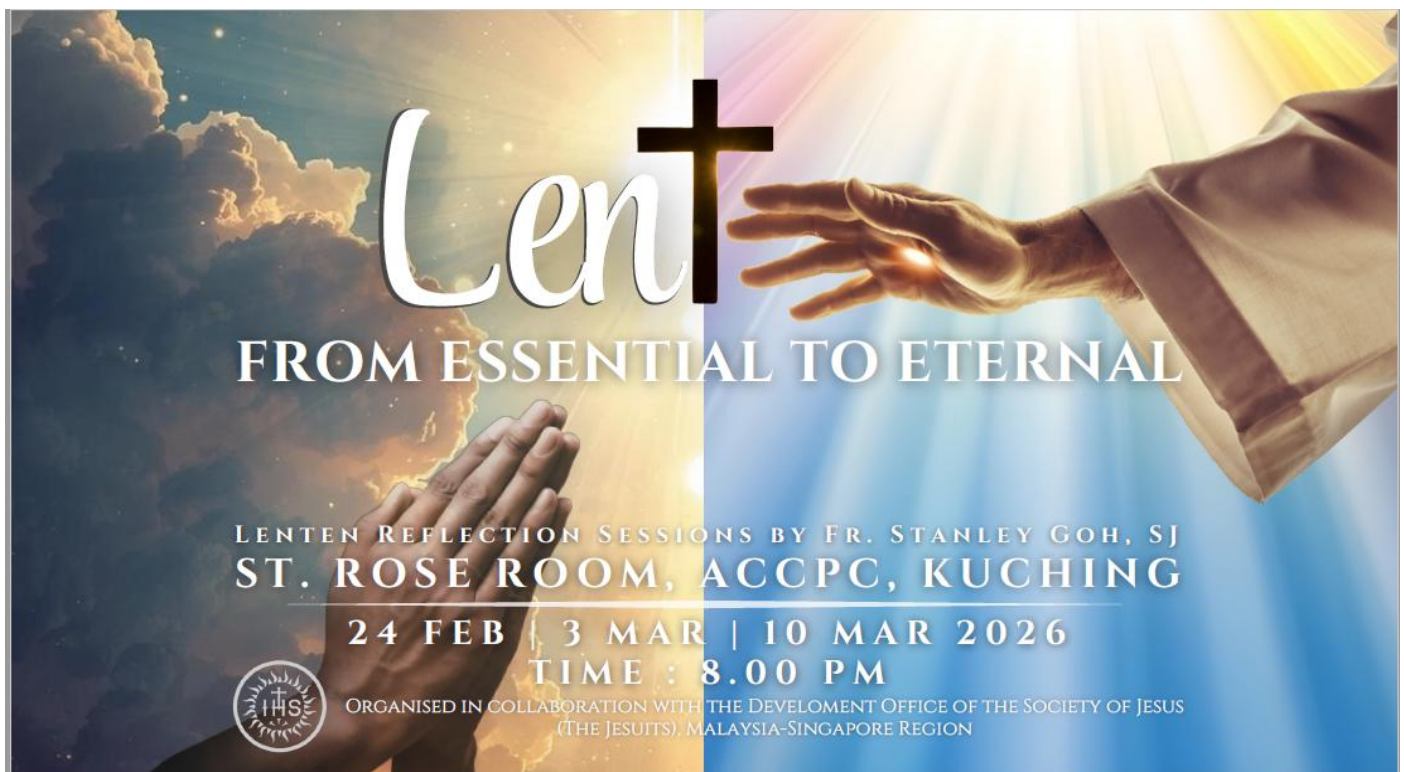
**EXTRA LENTEN CONFESSION AT BLESSED SACRAMENT CHURCH**

**Tuesday, 10<sup>th</sup> March**

- **9.00 am to 11.30 am**
- **2.30 pm to 4.30 pm**

**'24 HOURS FOR THE LORD'** is a combined event hosted by city parishes at **St. Joseph's Cathedral** beginning with an **Opening Mass on Friday, 27<sup>th</sup> March at 12:00 noon**, followed by **24 hours Exposition of the Blessed Sacrament**, and ending with **Benediction on Saturday, 28<sup>th</sup> March at 11:30 am**.

**LENTEN REFLECTION (WITH THE THEME "LENT: FROM ESSENTIAL TO ETERNAL")** by Fr. Stanley Goh, SJ will be organised in collaboration with the Jesuits on three Tuesday evenings, *(i.e. 24<sup>th</sup> February, 3<sup>rd</sup> and 10<sup>th</sup> March)*, 8:00 pm at St. Rose Room, Level 2, A.C.C.P.C. All are welcome!

A promotional poster for Lenten Reflection Sessions. The background is split vertically: the left side shows a hand in prayer against a cloudy sky, and the right side shows a hand in a white clerical sleeve reaching out against a bright, sunlit background. A large black cross is centered over the word 'Lent' in a white script font. Below it, the text 'FROM ESSENTIAL TO ETERNAL' is written in a white sans-serif font. At the bottom, the dates '24 FEB | 3 MAR | 10 MAR 2026' and time 'TIME : 8.00 PM' are listed. A small circular logo with 'IHS' is in the bottom left corner, and a line of text at the bottom right states 'ORGANISED IN COLLABORATION WITH THE DEVELOPMENT OFFICE OF THE SOCIETY OF JESUS (THE JESUITS), MALAYSIA-SINGAPORE REGION'.

**Lent**  
**FROM ESSENTIAL TO ETERNAL**

LENTEN REFLECTION SESSIONS BY FR. STANLEY GOH, SJ  
ST. ROSE ROOM, ACCPC, KUCHING

24 FEB | 3 MAR | 10 MAR 2026  
TIME : 8.00 PM

ORGANISED IN COLLABORATION WITH THE DEVELOPMENT OFFICE OF THE SOCIETY OF JESUS  
(THE JESUITS), MALAYSIA-SINGAPORE REGION

**SYMBOLON: THE CATHOLIC FAITH EXPLAINED** is a weekly faith formation series organised by Seekers Young Adults Ministry. The series is opened to all young Catholic adults with the aim of deepening their understanding of the Catholic faith and its meaning in our daily lives. Sessions will be held **every Wednesday starting from 4<sup>th</sup> March until 29<sup>th</sup> July**, 7:30 pm to 9:00 pm at Room 5, Holy Trinity Church. All are welcome!



# SYMBOLON

## THE CATHOLIC FAITH EXPLAINED

Calling All Young Catholic Adults!  
Deepen your faith and connect with others in this weekly series.

**Time : 7:30 PM – 9:00 PM**

**Dates : 4<sup>th</sup> March 2026 – 29<sup>th</sup> July 2026**  
**(Every Wednesday)**

**Venue : Room 5, Holy Trinity Church**



**SEEKERS**

**MATTHEW: THE KING AND HIS KINGDOM** - HOLY TRINITY PARISH

will begin *Matthew: The King and His Kingdom* on **Wednesday 11<sup>th</sup> March 2026 at 7:30 pm**. Participants will



meet every week to view an engaging video presentation followed by a time of lively group discussion and fellowship for 24 weeks. For more information or to register, please scan the QR code or contact Gloria Chai (016-8974164), Cecilia Ng (012-8865018), Lilian Teo (016-8680198) or Parish Office at 082-483478

**LENTEN REFLECTION IN CHINESE (THEME: "SAVED BY HIS GRACE")**

by Fr. Delphine Kahemba Ndungu, SDB, will be organized by the Holy Trinity Church Chinese Liaison on Saturday, **14<sup>th</sup> March**, at 9.00 am at Holy Trinity Church, Kenyalang Park. Please register by Tuesday, 10<sup>th</sup> March. For enquiries, please contact Rachel Teo @ 012-8781502 or Vivian Teo @ 013-8229603. All are welcome!

**LIFE IN THE SPIRIT SEMINAR IN ENGLISH** will be held at BSC Hall in from 13<sup>th</sup> – 15<sup>th</sup> March. The registration fee is **RM60 per participant**, inclusive of meals and tea breaks. To register, please scan the QR code on the poster or use the link:

<https://forms.gle/MirJ5aPDhhnccyGs7> **Closing date:**  
11<sup>th</sup> March

For enquiries, please contact: Thomas Ngu (018-8883811) or Patricia Hiu (013-8011223)

**BIBLE SEMINAR BY FR. THOMAS BOBBY EMPRAYIL** – In conjunction with the celebration of the Archdiocese's 50<sup>th</sup> Anniversary, the Bible and Faith Commission is organising a Bible Seminar by Fr. Thomas Bobby Emprayil at **Blessed Sacrament Church from 27<sup>th</sup> to 29<sup>th</sup> March**. Fr. Bobby is the Provincial Superior of the Delhi Province of the Vincentian Congregation. There will also be a Healing Rally on 28<sup>th</sup> and 29<sup>th</sup> March. You may register for the Bible Seminar by scanning the QR code on the poster or by contacting Thomas Ngu at 019-888 3811 or Irene Kueh at 016-892 3962.

**2026 CHINESE ALPHA FOR WORKING ADULTS** – Feeling tired of the daily grind or wondering if life has a deeper purpose? Join **Alpha**, a welcoming space to explore conversations about life, faith, and meaning! The 12 sessions will be held every Wednesday from 15<sup>th</sup> April at 7:30 pm at BSC Hall (1st Floor), with light refreshments provided. Adults aged **18–40** are especially encouraged to join, and you're welcome to

bring your friends. **Register** via **link:** <https://forms.gle/BwPyn7pMp1TEUNTSa> or contact Joyce at 014-392 3410.

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



Catholic Welfare Services

Parishioners may also donate to C.W.S. via **SPAYGlobal** by scanning this QR code. Please 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 Council Sarawak**

**Maybank Bhd Account Number: 511-2340-1980-6**

Please contact or Whatsapp to **Ms. Angelina William** at **Hp: 010-6581641** once you have made the donation. Tax exemption receipts will be issued to the donor upon request.

## **DONATIONS FOR KAYA 32**

The Kuching Archdiocesan Youth Office is seeking donations (*both cash & in kind*) to cater for the needs of the KAYA 32 participants throughout this 29 days live-in programme. The budget for meals alone is around RM450 per day. As such, your gracious financial support and/or food donation is greatly needed. Please scan the below QR code for items needed.



Donations may be sent to St. Lukas Centre, Kota Padawan **(ATTENTION: MARIA)** OR to the Archbishop's Curia, Level 1, A.C.C.P.C. **(ATTENTION: KATTELIA)** from **18<sup>th</sup> February 2026 onwards**. For details, please contact KAYA 32 Treasurer, Maria Amelia Hp: 011-72573262

## **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. Donations may be handed online to The Archbishop of Kuching Maybank Account # 5112 5200 0808 remark "for KCCCS" or

drop KCCCS envelopes to the collection bags during weekend masses.



## 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



*Thank  
You*  
for your support



### 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

**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 [www.kuchingcjc.com](http://www.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!**

**THE 5-YEAR "PROTECT OUR EARTH, PROTECT OUR CHILDREN" (OR PROTEC 2.0) CAMPAIGN TITLED "REGENERATE!"** will run until the year 2030. Between now until 31<sup>st</sup> August 2026, the Malaysian Church will focus on the ***Regeneration of Flora and Fauna, preserve biodiversity, natural habitats, support wildlife conservation, and say 'NO' to consumption of endangered wildlife or products.*** More information is available on our Parish website

# REGENERATE!

1 SEPT 2025 – 31 AUG 2030

"Protect Our Earth, Protect Our Children" Campaign PROTEC 2.0

**REGENERATE!**

A campaign of the Catholic Church  
in Malaysia, Singapore and Brunei



**A regional Catholic campaign to bring  
new life to ecosystems & communities**

Approved by



## WEEKLY MASS COLLECTION AND DONATIONS



Blessed Sacrament Church

Parishioners can make your donations via SPayGlobal by scanning this QR code. Verify that the recipient is 'Blessed Sacrament Church' before confirming the transaction.

Do indicate if it is for the 1<sup>st</sup> or 2<sup>nd</sup> collection or other purposes in the Remarks column.

## FOR INFORMATION

### **FORMED: FREE ONLINE CATHOLIC FAITH RESOURCES**

Please refer below for instruction to register for free at [FORMED.org/signup](https://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.

Steps to register at **Formed**:

1. Go to <https://formed.org/signup>.
2. In the 'Find your parish' window, type "Archdiocesan Curia and Cathedral Pastoral Centre, Jalan Tun Hj Openg" and click on it.

3. Key in your name and email address.
4. Then click on the Sign Up button.



**CATHOLIC FUNERAL & BURIAL SERVICE** –

The Catholic Mutual Benefit Society 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: 082-244 493)  
On-call: Christopher Chin (H/p: 019-856 3438)

# INFORMATION FROM ST JOSEPH'S CATHEDRAL

## MASS SCHEDULE AT ST JOSEPH'S CATHEDRAL & CARMELITE CHAPEL is as follows:

### Daily Mass & Holy Hour Schedule

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

### Weekend Mass Schedule

Venue	Day	Time	Language	Remarks
<b>St. Joseph's Cathedral</b>	Saturday	6.00 pm	English	<ul style="list-style-type: none"> <li>• Car parks in front of the Cathedral are <b>RESERVED</b> for cars ferrying elderly passengers, particularly those with special needs and walking difficulty.</li> <li>• After Mass, the back gate next to the Sarawak Club will be opened for cars to exit the Cathedral compound.</li> </ul>
	Sunday	7.00 am	English**	
		9.00 am	Mandarin**	
		11.00 am	Bahasa Malaysia**	
	5.00 pm	English		
<b>Carmelite Chapel</b>	Sunday	8.00 am	English	

**Note: \*\*Live-stream Mass**

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

**THE NOVENA DEVOTION TO OUR LADY OF PERPETUAL HELP** is held on 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>.

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

Monday to Friday:	8:00 am to 12:00 noon & 2:00 pm to 5:00 pm	For appointment to see a counsellor, please call, whatsapp or email to: Counselling Office Tel: 082-258046 Email:
Saturday:	8:00 am to 12:00 noon	<a href="mailto:sjckch.counsellor@gmail.com">sjckch.counsellor@gmail.com</a> Kimberly @ Hp: 018-3539799 Nelly @ Hp: 018-2529899

**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.*

**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).