



Blessed Sacrament Church

圣体堂

Parish Office Tel: 082-578857, WhatsApp: 011-5507 8570

Email: blessedsacramentkuching@gmail.com

Website: www.blessedsacramentkuching.org

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

4th SUNDAY OF LENT
10th MARCH 2024

SECOND COLLECTION this week is for **Church Maintenance Fund**

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

CHINESE HOLY HOUR is on Tuesday, **12th March** at 8.00 pm.

LENTEN GOTONG ROYONG – Volunteers are invited to help clean the church compound on Saturday, **16th March** at 9.00 am. Please bring along your high-pressure cleaners, water hose and

extension cables. Contact persons: John Liew (013-8114823), Michael Wong (016-8630111) or William Ting (016-8605003)

COMBINED REQUIEM MASS will be celebrated on Friday, **22nd March** at 6.00 pm. Hand in your request to the Parish Office by Wednesday, 20th March.

PALM SUNDAY (24th MARCH) – There will be no distribution of palm leaves. Parishioners are to bring their own palm leaves.

APPEAL FOR FLOWERS - We appeal for flowers to decorate the church for **Holy Thursday, Easter and Divine Mercy Sunday** celebrations. Cash donations are welcomed for this purpose. You may drop your donations at the “Offering for flowers” box at the main entrance of the church.

C.W.S. LENTEN APPEAL 2024 - All Catholics are encouraged to do charity and almsgiving especially during the Season of Lent. The Archdiocese hereby appeal for your kind generosity to support the **Catholic Welfare Services** financially as we continue to minister to the poor and needy in our midst irrespective of race or creed.

C.W.S. LENTEN APPEAL ENVELOPES are available at the church entrances.

Parishioners may also donate to C.W.S. via **SPayGlobal** 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 to **Ms. Angelina William** at **Hp: 010-6581641** or **Tel: 082-241407** once you have made the donation. Tax Exempt Receipts will be issued accordingly.

HOLY HOUR - In preparation for the 2025 Jubilee Year 'Pilgrims of Hope', 2024 has been designated a '**Year of Prayer**' by Pope Francis.

As part of our spiritual preparation, Holy Hour will be held at St Joseph's Cathedral ***on every Thursday starting 22nd February from 8.00 pm to 9.00 pm. All***

parishioners are encouraged to come and pray together as one faith community.

- Please note that the Holy Hour on 14th March will be conducted in Mandarin.***

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

LENTEN REFLECTION ENTITLED ‘GOOD ENOUGH FOR LENT’ will be facilitated by Fr. Stanley Goh, SJ at St. Rose Conference Hall, Level 2, A.C.C.P.C. on Tuesday, **12th March** from 8.00 pm to 9.30 pm.

CATHOLIC MUTUAL BENEFIT SOCIETY OF THE ARCHDIOCESE OF KUCHING – the 54th Annual General Meeting will be held on Sunday, **17th March**, 10.00 am at St John & Lucy Hall, ACCPC. All members are invited to attend.

EASTER TRIDUUM RETREAT “Journey with the Lord In His Passion, Death & Resurrection” by Archbishop Emeritus John Ha will be at Gethsemane Pilgrimage Centre, Bunan from **28th March to 31st March**. Contribution towards food and lodging is

RM100 per head. Closing date for registration is 24th March. Contact person: Fr Cornelius (011-14040413).

KAYA 30 - All young people, aged 17 to 25 years old (especially school leavers) are invited to join **KAYA 30**, a youth camp organized by the Kuching Archdiocese Youth Office to promote GROWTH IN CHRIST as empowered young Catholics. It will be held from **14th April to 13th May** at **St. Lukas Centre, Kota Padawan**. **Registration is FREE**, the closing date is **24th March**. Get the **registration form** from the Parish Office or see any of your priests or PYM leaders.

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.

REGISTRATION FOR ST. JOSEPH'S PRIVATE SCHOOLS FOR 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 **Tuesday, 30th April 2024.**
- The 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 at 082-414575 or 082-420575
 - St. Joseph's International School at 082-411575 or 082-550575

BSC PASTORAL CAREGIVER MINISTRY offers counselling service and emotional support for individuals, couples and family. If you need a listening ear, someone to talk to or pray over, you may call BSC Caregivers at 082-578857. Your identity and sharing will be kept CONFIDENTIAL.

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 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 ACCPC 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!**

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 1st or 2nd 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

ONLINE CALVARY HOUR OF MERCY

Days	Language	Time	Zoom link
Every Sunday	English	2.55 pm to 4.00 pm (Unchanged)	https://us02web.zoom.us/j/86178307498?pwd=UVZ6MTdJSmRyeDZwUTMweC95UFBDdz09 Meeting ID: 861 7830 7498 Passcode: prayhour
Every Monday	English		
Every Tuesday	Chinese		

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>.

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

Daily Mass Schedule

Venue	Daily Mass	Holy Hour
Carmelite Chapel	Every Monday to Saturday at 7:00 am (English)	Every Friday at 7:30 pm (English)
Cathedral	Every Monday to Friday at 5:30 pm (English)	-

Weekend Mass Schedule

Venue	Day	Time	Language	Remarks
St. Joseph's Cathedral	Saturday	6.00 pm	English	<ul style="list-style-type: none"> • Car parks in front of the Cathedral are RESERVED for cars ferrying elderly passengers, particularly those with special needs and 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	Bahasa Malaysia**	
		5.00 pm	English	
Carmelite Chapel	Sunday	8.00 am	English	

Note: **Live-stream Mass

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

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	sjckch.counsellor@gmail.com 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).



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 (PRS1013) ☎ 082 - 224 767 / 549 767

St. Joseph's Private Secondary School (SPS1004) ☎ 082 - 414 575 / 420 575

HOW TO REGISTER



CLOSING DATE 30TH APRIL 2024



EDUCATION BEYOND THE ORDINARY | ORA ET LABORA



WHO DO YOU SAY

KUCHING ARCHDIOCESAN YOUTH

I AM? MT16:15

APOSTOLATE

Kuching Archdiocesan Youth Apostolate 30



That you may have life... life in its fullness

KAYC

KUCHING ARCHDIOCESAN
YOUTH COMMISSION

+60 11-7257 3262 kchyouthcom kchadyouth.office@gmail.com kuchingcatholicyouth.com

- **4 WEEKS** of journeying together in **FAITH** and **FUN FRIENDSHIP** and **FORMATION**
- a **YOUTH CAMP** for young Catholics to get **"RICH" IN GOD**
- from **14 APRIL TO 13 MAY 2024** in **ST LUKAS CENTRE, KOTA PADAWAN**



ALL participants MUST be...

- ✓ catholic/catechumen
- ✓ 17 years old or above
- ✓ willing to fall in love with Jesus again and again
- ✓ ready to share and learn, pray and have fun, serve and care
- ✓ with consent from parent/guardian
- ✓ endorsed by parish priest

ALL for FREE

REGISTER by filling out forms available at your Parish Office. Submit the completed form **ON/BEFORE 24 MARCH 2024.**

DAFTAR dengan mengisi borang pendaftaran yang boleh **DIDAPATI DI PEJABAT PAROKI** masing-masing. Hantar borang yang lengkap **PADA/SEBELUM 24 MAC 2024.**

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Pilgrimage Of Prayer



Easter Triduum Retreat

Journey with the Lord
In His Passion, Death & Resurrection

Preacher

Archbishop Emeritus John Ha

Venue

**Gethsemane Pilgrimage Centre,
St. Jude's Parish,
Bunan-Tebedu**



Date: 28.03.2024 to
31.03.2024

Maundy Thursday (Noon) to
Easter Sunday (Morning)

Participants: 100 persons
(First Come First Served)

Language: English

Do kindly register
on or before
24th March 2024.

Contribution towards
Food & Lodging- Rm 100/-
Pay on Arrival / Departure



Contact Person
Fr. Cornelius
01114040413

