NEWBEC

NEW WAY OF BEING CHURCH | 3rd Sunday Of Lent | 8 March 2026

LENTEN REFLECTION 3

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

A People for Missionary Discipleship

MONTHLY FOCUS: **ECOLOGY: Restoring Our Common Home**



"In the One, We Are One"

In 2008, Pope Benedict addressed a crowd of a half million young people in Sydney, Australia, on the occasion of the World Youth Day, and told them that "in so many of our societies, side by side with material prosperity, a spiritual desert is spreading: an interior emptiness, an unnamed fear, a quiet sense of despair?" He told them that **everyone is seeking for love that endures, opportunity to share gifts, unity based on truth, communion that respects the freedom of the other person.** These can be summed up as: goodness, beauty and truth, the three transcendentals. But, instead of goodness, beauty and truth what our society offers are false substitutes: choice, novelty and subjective experience.

SCRIPTURE *of the* DAY

Exodus 17: 3-7
Psalm 94: 1-2, 6-9
Romans 5: 1-2, 5-8
John 4: 5-42 (or 4: 5-15, 19-26, 39-42)

Just like the story of the Samaritan woman which we heard on Sunday, we are thirsty for love and yet, always look for it in the wrong places. We forget that God created man with the capacity to worship Him and the need to be in fellowship with Him. Our yearning is infinite, because we have been created with a hole in our hearts, in the shape of God and nothing, absolutely nothing, can fill it up except God himself. St. Augustine put it this way, "My soul is restless 'till it rests in Thee." The only One who can heal our weariness and satisfy our longing thirst is Jesus Christ.

Just like the Samaritan woman, the goal of attaining lasting love seems too distant and the task seem altogether impossible when she complained that the well is too deep and our Lord had no bucket. She failed to recognise that He is the source of unfathomable love and He is the means by which that same love would be communicated to us. Though too deep for us, our human souls, our wells, are never too deep for Him. And when we are prepared to come on our bended knees, stripped of all pretences of superiority or self-reliance, we only have to ask, "Master, give me this water," we are assured of a drink from the well of God's immense riches which promises life and immortality. Having drunk therefrom, we shall never be thirsty again. Because in the One, we are One.

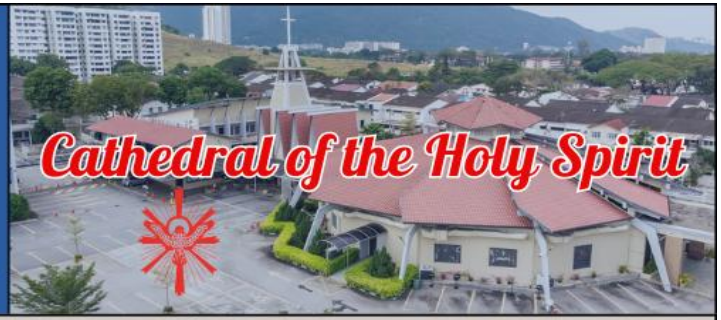
As Lent is the time for greater love, listen to Jesus' thirst... He knows your weakness. He wants only your love, wants only the chance to love you.
- St. Teresa of Calcutta

INTERNAL CIRCULATION ONLY
BUL 10/2026

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CHS BULLETIN

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Deacon: DCN ANDREW LOH **& FR JAMES TAN**

Get Connected With Us

We would love to connect with you!
Please follow us on our social media platforms and email for the latest updates on our events.

admin@holyspiritcathedral.com holyspiritcathedral.com
CHSpenang chspenang youtube.com/CHSPgTv

2026 THEME MARCH

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH
(A PEOPLE FOR MISSIONARY DISCIPLESHIP)
ECOLOGY (CONVERSION OF RELATIONSHIPS)
– RESTORING OUR COMMON HOME

DATE	TIME	ACTIVITY	MASSES IN THE PARISH
Mar 08 (Sun) *Ex 17:3-7* *Rom 5:1-2,5-8* *Jn 4:5-42*	**8.00 am** **10.30 am**	**MASS (M)** **MASS (BM)**	**THIRD SUNDAY OF LENT** **(RCIA RITE OF 1ST SCRUTINY)**
Mar 09 (Mon)		**NO MASS**	**St. Frances of Rome, Religious**
Mar 10 (Tue)	**6.40 am** **7.00 am**	**Lauds** **MASS (E)**	
Mar 11 (Wed)	**6.10 pm** **6.30 pm**	**Vespers** **MASS (E)**	
Mar 12 (Thu)	**6.10 pm** **6.30 pm**	**Vespers** **MASS (E)**	
Mar 13 (Fri)	**12.00 pm** **8.00 pm**	**WOTC (E) followed by MASS (E)** **MASS (E) followed by WOTC (ETM)**	 **Venue for WOTC at night, - Church (E), Chapel (T), Hall (M)**
Mar 14 (Sat)	**6.40 am** **7.00 am** **5.30 pm** **6.00 pm**	**Lauds** **MASS (E)** **Novena to OMPH** **MASS (E)**	
Mar 15 (Sun) *1 Sam 16:1,6-7,10-13* *Eph 5:8-14* *Jn 9:1-41*	**8.00 am** **10.30 am**	**MASS (M)** **MASS (E)**	**FOURTH SUNDAY OF LENT** **(LAETARE SUNDAY)** **(RCIA RITE OF 2ND SCRUTINY)**

E = English M = Mandarin T = Tamil BM = Bahasa Malaysia

PARISH NEWS

THANK YOU FOR YOUR GENEROSITY

Offerings of Mass Intentions, financial giving of monthly tithing, love offerings or donations to the Parish can be made through online transfers to the following designated bank account:-

Online Payment for	Donations Mass Offering Hall Booking Wake Room Booking	Tithes	Sharing Hope Project Outreach Projects
Bank	**Public Bank Berhad**	**RHB Bank Berhad**	**RHB Bank Berhad**
Account Number	**309 3049812**	**20708 2000 39510**	**20708 2000 39928**
Account Name	Cathedral of the Holy Spirit	Cathedral of the Holy Spirit	Cathedral CHS

Email Bank-in-Slip to admin@holyspiritcathedral.com

Our Collection on 28 February & 1 March 2026: RM 10,962.15
2nd Collection on 28 February & 1 March 2026: RM 10,111.10

"God loves a cheerful giver." – 2 Cor. 9:7

1. **STAYING AT CHS FOR ONE YEAR**
We welcome Patrick Louis, who will be staying with us this year, as he begins his permanent diaconate formation with classes at College General.

2. **BEC MASSES**
Please take note that there will be BEC Masses at 8pm at the respective Zones:

- 18 Mar - Zone F
- 10 Apr - Zone G
- 23 Apr - Zone H
- 8 May - Zone I
- 12 May - Zone A
- 10 Jun - Zone B
- 25 Jun - Zone C
- 2 Jul - Zone D
- 15 Jul - Zone E

3. **NIGHT WAY OF THE CROSS (WOTC) AFTER MASS ON FRIDAYS**
Please take note that the night WOTC on Fridays will be after MASS.

4. **LENTEN COMPANION: WALKING WITH MARY TO JERUSALEM**
Location : Blessed Sacrament Chapel
When : After Mass in English

Date:

07/08 March	(Third Week)	Topic: NOTICE
14/15 March	(Fourth Week)	Topic: RESIST
21/22 March	(Fifth Week)	Topic: OBEDIENCE
28/29 March	(Holy Week)	Topic: ANTICIPATION

Enter the heart of Mary as she accompanies Jesus to Jerusalem
This Lenten prayer program by Fr. Mark Toups includes insightful reflections, prayers and other resources to lead you through Lent day by day. Throughout Lent, you will draw closer to Jesus Christ and experience his journey to Jerusalem from the perspective of the person who knows him best: Mary, the Blessed Mother. By walking alongside Mary, your Lent will become an intimate journey where you'll share in her sorrows and love, drawing ever closer to the heart of Jesus.

5. GLOWING EMBERS: THE POWER OF SILENCE | 10 MARCH 2026

'God's first language is silence'

Join us as Simon Wong leads us to explore the vital importance of silence as a gateway to divine truth and wisdom. It is not an absence but the manifestation of a presence. The session gives you an insight of how silence leads us toward God and toward others so that we can place ourselves humbly at their service.

Date/Time : 10th March 2026 @ 10.00 am
Venue : St Mark Room, Ground Floor
All are welcome.

6. PARISH LENTEN DAY OF RECOLLECTION | 14 MARCH 2026

On 14 March 2026, all CHS parishioners are invited to participate in a day of recollection, reflecting on the Holy Week, and how we can participate wholly and worshipfully in the Paschal Mystery. Come and experience Christ in the Day of Recollection.

Date: 14 March 2026 (Saturday)
Time: 9am to 5pm
Venue: Dewan Holy Spirit
Fees: RM10
Deadline: 8 March 2026 (Sunday)

7. CHARITY FOOD SALE BY WOMEN'S GROUP | 14 & 15 MARCH 2026

This year, the Women's Group will hold its annual Charity Food Sale on 14 & 15 March 2026 at CHS Cafe, as part of its effort to assist those in need, especially those who are sick.

Come and support us on…

- 14 March, Sat 4pm to 7pm
- 15 March, Sun 8am to 12.30 pm

The funds raised shall be donated equally to:

- St. Anne's Dialysis Centre in Bukit Mertajam to provide free or subsidised treatment to dialysis patients who need financial assistance; and
- Mt Miriam Cancer Hospital to provide financial assistance to cancer patients that are in need to seek treatment or hospice care.

Kindly bring your own recycle bags to carry the foods.
May we grow in the spirit of Christ through the practice of Love, Generosity and Dedication to those in need, this Lent.

8. HAVEN YOUNG ADULTS MINISTRY (HYAM)

Hello Young Adults! We're excited to invite you to our Haven Young Adults March Gathering. Starting on the 10th of March from 8:00 pm to 10:00 pm, we have something different lined up for you twice a month - connecting over board games, diving into Bible study, dwelling in His presence, and reflecting on His Word through various sessions. This gathering is for 17–25-year-olds only, so if you're in that age range, come and be part of our community. Join us in the 2nd Floor Classroom (St. Michael). For more details, please contact Julio (016-4339445) or Caitlin (016-4215027).

9. PALMS FOR PALM SUNDAY

If you have palms to spare and share, please bring them to the parish office by the morning of 28 March.

10. OUTDOOR WAY OF THE CROSS

All zones, ministries, groups and families are encouraged to join the Outdoor Way of the Cross as we journey together in prayer this Lenten Season. Kindly write down your preferred date and time on the notice board.

11. 3-IN-1 COMMUNITY HEALTH DAY

Donate • Prevent • Protect

Date: 18 April 2026 (Saturday)
Time: 9.00am to 4.00pm
Venue: Dewan Holy Spirit Hall, Cathedral of the Holy Spirit

a) Blood Donation:

CALLING ALL ELIGIBLE PARTICIPANTS.
Eligibility to Donate Blood:

- Age between 17 – 65 for regular donors / 17 – 60 for new donors (Individuals age 17 years are required to bring written consent from parents or guardian)
- Body weight above 45 kg
- In good physical and mental health with no chronic medical illness
- Not on long term medications
- Had enough sleep (more than 5 hours) the night prior to donation
- Had taken a meal prior to donation

**Note: Kindly bring your Identity Card and blood donor card (regular donors) on the event day

b) Oral Health Check

- Free dental check-up
- Oral hygiene advice
- Early detection of dental issues

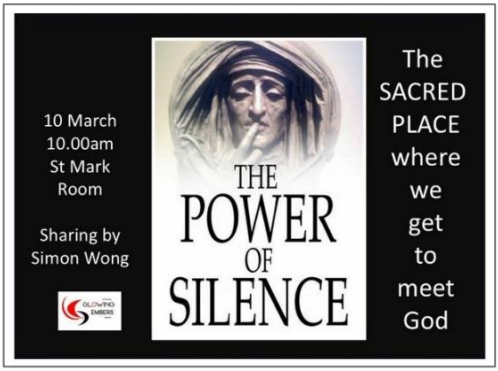
c) Basic Health Screening (Free check up except for Blood Cholesterol test)

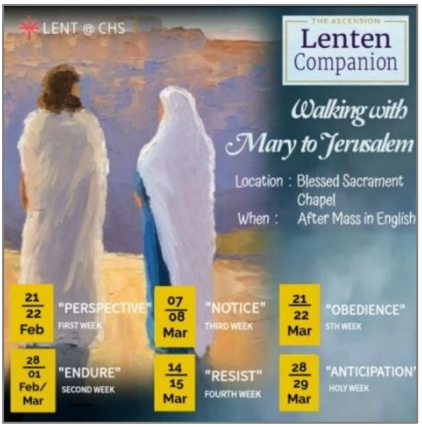
- Blood Pressure Check
- Blood Glucose Test
- Blood Cholesterol Test @ RM5.00per pax

**Note: Kindly bring your Identity Card for registration purposes on the event day

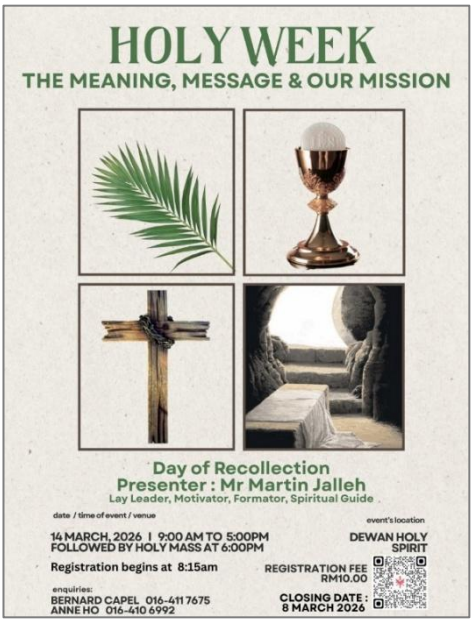
For further details, kindly ontact:
June Lim at HP No: 017 – 866 2483 Germaine at HP No: 012 – 455 0390

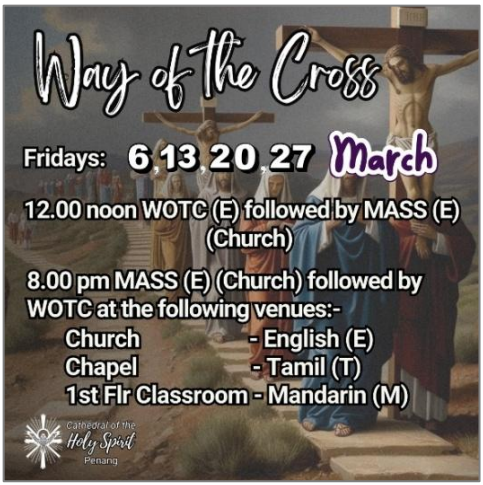



10 March
10.00am
St Mark
Room
Sharing by
Simon Wong
THE
POWER
OF
SILENCE
The
SACRED
PLACE
where
we
get
to
meet
God


LENT @ CHS
THE ASCENSION
Lenten
Companion
Walking with
Mary to Jerusalem
Location : Blessed Sacrament Chapel
When : After Mass in English
21/22 Feb "PERSPECTIVE" FIRST WEEK
07/08 Mar "NOTICE" THIRD WEEK
21/22 Mar "OBEDIENCE" 5TH WEEK
28/01 Feb/Mar "ENDURE" SECOND WEEK
14/15 Mar "RESIST" FOURTH WEEK
28/29 Mar "ANTICIPATION" HOLY WEEK


Cathedral of the Holy Spirit
CHARITY FOOD SALE
BY WOMEN'S GROUP
14 MARCH (4-7PM)
15 MARCH (8AM-12.30PM)
FOR
ST. ANNE'S DIALYSIS CENTER
&
MT. MIRIAM
CANCER HOSPITAL


HOLY WEEK
THE MEANING, MESSAGE & OUR MISSION
Day of Recollection
Presenter : Mr Martin Jalleh
Lay Leader, Motivator, Formator, Spiritual Guide
date / time of event / venue
event's location
14 MARCH, 2026 | 9:00 AM TO 5:00PM
FOLLOWED BY HOLY MASS AT 6:00PM
DEWAN HOLY SPIRIT
Registration begins at 8:15am
REGISTRATION FEE RM10.00
enquiries:
BERNARD CAPEL 016-411 7675
ANNE HO 016-410 6992
CLOSING DATE : 8 MARCH 2026


Way of the Cross
Fridays: 6 13 20 27 March
12.00 noon WOTC (E) followed by MASS (E) (Church)
8.00 pm MASS (E) (Church) followed by WOTC at the following venues:-
Church - English (E)
Chapel - Tamil (T)
1st Flr Classroom - Mandarin (M)
Cathedral of the Holy Spirit Penang


Haven
YOUNG ADULTS MINISTRY
Tuesday | 8PM - 10 PM | Age 17 - 25
Cathedral of the Holy Spirit, 2nd Floor Classroom (St. Michael)
FEBRUARY 10.2 - Session 24.2 - Boardgames
Session - 10.3 Seder Meal (Sat) - 28.3 MARCH
APRIL 14.4 - Session 28.4 - Bible Study
Please contact our core team if you have any inquiries:
Julio Geronimo: 016-4339445
Michael Andrews: 019-4585499
Caitlin Teoh: 016-4215027
Revelation 22:17
Let everyone who hears, Come!
Let everyone who is thirsty, Come!
Let anyone who wishes, take the water of life as a gift.