Friday Prayer Meeting
The last Prayer Meeting for the year is October 28th, 2016.
Gaya Christmas Celebration 2016

1. Hawkers Stalls
Gaya Christmas 2016 is organised by our Catholic Church and will be held from December 13th to 16th, 2016 at Padang Merdeka. Since this year the venue has changed from Jalan Gaya to Padang Merdeka, the number of hawkers lots are very limited, possibly a maximum of 180 lots. Stall contribution: RM50.00 (rental for 4 nights), RM50.00 (refundable deposit), RM1.00 (DBKK Padang Merdeka, the number of hawkers lots are very limited, possibly a maximum of 180 lots.

2. Gaya Christmas 10km Night Run

3. Advertisement in Gaya Christmas Souvenir Magazine
Church members with business, Church Groups and families may advertise by putting in their photo and Christmas greetings. Rates: RM1,000.00 (full page colour); RM800.00 (full page, black & white); RM500.00 (half page colour); RM400.00 (half page, black & white). Deadline: October 31st, 2016. Contact: Neil Mah 0138798415.

Recyclable Items
Sales of recyclable items collected at the Parish Centre basement bins for September 2016 amounted to RM602.80.

Thoughts for prayers SHALOM
Today’s readings bring us a powerful message – God’s gifts are bestowed through simple acts – washing in the Jordan; believing Jesus and doing what he asks.

The story of Naaman is part of the background of the story of the healing of the ten lepers: Naaman was angry because the prophet Elisha demanded a very simple thing of him: to wash seven times in the river Jordan.

In the story of the ten lepers, Jesus did not say he would cure them nor did he make any gesture such as touching them or blessing them. He told them simply to go to the priests, which they would have had to do if they were healed: it was almost as if Jesus was testing their belief and trust in him. They showed their trust by taking Jesus at his word and setting off: their simple and trusting obedience to Jesus’ word brought them the healing they sought. We all have to learn that it is frequently, even normally, in the simple things of life that the presence and power of God is made known to us.

Lord, grant us the spiritual sensitivity to discover Your blessings in the simple things of life.

Next Week’s Reading
29th Sunday of Ordinary Time
Psalter Week I - Year C
1st Reading: Exodus 17:8-13
Respons. Psalm 120, R cf. v.2
2nd Reading: 2 Timothy 3:14-4:2

Parish Priest: Archbishop John Wong
Assistant Parish Priests: Fr. Rhobby Aaron Mojesu
Fr. Maxmilliano Benhor Honhor
Fr. Mitchely Kius
Fr. Joshua Liew
CAC: Fr. Wilfred Alin
IY & Carmelite Chaplain: Fr. Rayner Bisius

Sacred Heart Cathedral Parish
http://www.sacredhearthothealthakis.org/
Sacred Heart Cathedral
14B, Jalan Meuteri
(Off Jln. Tengku Abdul Rahman, 88000 Karamunsing)
P. O. Box 10049, 88000 Kota Kinabalu, Sabah. Tel: 088-224741, 223618, 226206. Fax: 088-224638. E-mail Address: shpcshoffice@gmail.com Office Hours: Mon-Fri 8.00am - 4.30pm; Sat 8.00am-12.00pm

Church of Mary Immaculate
Jalan Kolam, Bukit Padang, Kota Kinabalu, Sabah.
P. O. Box 21283, 88770 Luyang, Sabah.
E-mail Address: cmkeik@yahoo.com
Tel / Fax: 088-244345 (Please call)
Office hours: Mon - Fri 8.00am - 3.00pm; Sat 8.00am - 12.00pm

Daily/Weekly Schedules

Sacred Heart Cathedral (SHC)
Saturday
Confession (Chapel) : 4.30pm - 5.30pm
Rosary (English) : 4.40pm
Novena (English) : 5.05pm
Mass (English) : 6.05pm

Sunday
Chapel will be opened from 6.00am – 10.00pm
Mass (Mandarin) : 7.00am
Mass (English) : 9.00am
Mass (Malay) : 9.00am
(Interpreted mass in Sign Language)
Mass (Bahasa Malaysia) : 10.45am
Holy Hour (Mandarin) : 8.00pm - 9pm
(2nd & 4th Week)

Monday – Saturday (Chapel)
Chapel will be opened from 5.00am – 10.00pm
Morning Prayer & Confession : 5.30am - 5.55am
Mass (English) : 6.05pm
Rosary (English) : 6.30am
Friday Noon Mass : 12.15pm
1st Friday Mass (English) : 7.30pm

Thursday (Cathedral)
Vespers & Holy Hour : 7.00pm - 8.30pm

Church of Mary Immaculate (CMI)
Saturday
Rosary (Mandarin) : 5.00pm
Novena (Mandarin) : 5.30pm
Mass (Mandarin) : 6.00pm
Sunday
Rosary (English) : 8.15am
Mass (English) : 9.00am
Month of Rosary (October) 2016

Holy Rosary will be recited in the Blessed Sacrament Chapel daily as follows:

**Weekly Morning Sessions**
- Mondays to Saturdays: 6.30am (English)

**Weekly Evening Sessions**
- Mondays & Wednesdays: 7.30pm (Bahasa Malaysia)
- Tuesdays: 7.30pm (English)
- Thursdays: 7.30pm-8.30pm at SHC(Eng)
- Weekly Vespers & Holy Hour
- Saturdays (Before Novenas): 4.40pm at SHC (English)
- Sundays: 7.30pm (Mandarin)

**World Migrants Sunday**
The observance of World Migrants, Itinerants and Refugees Sunday 2016 at the Archdiocesan level of Kota Kinabalu will be celebrated beginning with a catechesis and cultural performances this Sunday, October 9th, 2016 at SHPC at 2.00pm, and culminating with the Eucharistic Celebration at 10.45am followed by a fellowship on Sunday, October 16th, 2016 at the Sacred Heart Cathedral. Archbishop John Wong will grace the occasion. All parishioners especially from other countries (The Philippines, Korea, Indonesia, etc.) as well as locals from Peninsular Malaysia & Sarawak are cordially invited to this occasion to pray and celebrate together.

**Elysian - A Gathering of Young Women**
The young adults ministries of Sacred Heart (Lifeline, Efata, Sacred Heart Young Adults Prayer Group & Sacred Heart Chinese Youth) will be having an event for young women on Saturday, October 29th, 2016 from 9.00am to 9.00pm at Gaya Center Hotel, with the theme ‘Pursued with Love, Captured by Grace’. Contribution at RM120 for normal price. Early Bird fees are priced at RM110 per person whilst in registering in a group of 5, the fees are priced at RM500 which is valid until October 9th, 2016. Includes Tea Breaks, Western Lunch and Dinner. To register and further enquires, do contact Valerie at 016-8158579.

**Thanksgiving Mass**
Canonisation of BL. Elizabeth of the Trinity, OCD
All parishioners are invited to a Thanksgiving Mass at the Carmelite Monastery Chapel on Monday, October 17th, 2016 at 6.30am celebrating the Canonisation of BL Elizabeth of the Trinity, OCD by His Holiness Pope Francis (October 16th, 2016) in Rome. His Grace, Archbishop John Wong will celebrate the Mass. All are invited to breakfast fellowship thereafter. Contact: Matthew 016-8395337.

**Infant Baptism**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 9th &amp; 16th, 2016</td>
<td>3.00pm at SHC</td>
<td>Briefing &amp; Baptism @ 3.00pm at SHC</td>
<td>Parents &amp; Godparents are reminded to attend, registration of attendance starts at 2.00pm.</td>
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**Mandarin**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 6th, 2016</td>
<td>3.00pm at SHC</td>
<td>Briefing @ 3.00pm at SHC</td>
<td>Regn deadline is 4/11/2016 (Thu)</td>
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<tr>
<td>Nov 13th, 2016</td>
<td>3.00pm at SHC</td>
<td>Baptism @ 3.00pm at SHC</td>
<td>For information, please call 223618, 224741, 262068.</td>
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**Pre-Marriage Course**

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<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Oct 24th to 26th, 2016</td>
<td>6.00am @ 10.00pm</td>
<td>(Mon-Wed)</td>
<td>English (Walk-in registration)</td>
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<td></td>
<td>F7, SHPC</td>
<td>F7, SHPC @ 7.30pm to 10.00pm</td>
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**Mass Intention for All Saints’ & All Souls’ Day**

Parishioners are advised to send their request for prayers by Wednesday, October 26th, 2016. You may also drop the Mass Intention envelope into the black bag collection during weekend masses or insert it into a collection box at the SHC Parish Office during office hours.

**Masses for All Saints’ Day (Solemnity)**

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Oct 31st, 2016</td>
<td>7.30pm (Eng)</td>
<td>SHC</td>
<td>Sacrament of First Holy Communion at 7.30pm.</td>
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<td></td>
<td>St. Paul Dontozidon</td>
<td>7.30pm (Mandarin)</td>
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<td>Our Lady QOP Kobusak</td>
<td>7.30pm (Kadazan)</td>
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<td></td>
<td>St. John, Kopungit</td>
<td>7.30pm (Kadazan)</td>
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**Diploma Course in Early Childhood Education**

Scholarship is offered to deserving candidates to pursue the 3 year part-time course at a local college. Entry requirements: 3 credits in SPM, 18 years old and above. Please get your application form online at: aecce.KK@gmail.com or cslirene@yahoo.com. Submit your form to AECEC, Catholic Diocesan Centre, Taman Hiburan, Penampang or AECEC, Sacred Heart Cathedral, KK by October 25th, 2016. Selected candidates will be called for briefing and interview on October 31st, 2016.

**SHC Recycling Collection Centre (RCC)**

Thank you for your overwhelming response in taking care of the environment. Here are a few guidelines that you can help us to keep the RCC in a reasonably tidy condition.

**ONLY** drop off the following items at the RCC:
- Old newspapers/books/magazines.
- Papers and cardboards
- Aluminium cans
1. When dropping off the above items please make sure the newspapers and cardboards are tied up and neatly stacked inside the RCC.
2. The aluminium cans are put in bags and placed on the left hand side.
3. NO glass or plastic bottles, containers and other household waste!!!
4. Please note that old clothing and shoes must be put into the wire storage container placed adjacent to the rector.

**Movie Night**

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<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Oct 16th, 2016</td>
<td>7.30pm</td>
<td>Finding Mary</td>
<td>Room F7, SHPC</td>
</tr>
<tr>
<td>Oct 30th, 2016</td>
<td>7.30pm</td>
<td>Assumption</td>
<td>Room F7, SHPC</td>
</tr>
</tbody>
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Sunday Donations (October 1st & 2nd, 2016) (in RM)
SHC Black Bag (18,297.70), Red Bag (13,612.35); CMI Black Bag (7,839.00), Red Bag (6,438.90).