Volunteering for service, without selfish motives, can make one healthier and can even add more years to one’s life. Empathy and generosity can reduce stress and increase the feeling of peace. Jesus’ new commandment to love one’s neighbour, therefore, contains a truth that is to be accepted and practised. The depth of our being reveal God’s law. We are not to live for ourselves alone but are, with Christ, to be for others. By being for others, we share in the suffering, death and resurrection of Jesus Christ. Christ here and now for others. This merciful love goes beyond fulfilling the demands of justice. It is not motivated by selfish reasons but, being rooted in Christ, it generates a new fraternal communion that goes beyond natural family bonds, ethnic and national belongings. The quality of this binding love is sustained by union with Christ and by remaining in him. A deep personal communication with God in Christ through a communitarian life transforms a person into God’s image before others.

At the side of the road from Jerusalem to Jericho lies a battered body. It’s not surprising that some travelers avoid problems and commitments. However, an unknown Samaritan acts differently and naturally that no commentaries are necessary. The meaning of the parable is to be found in the narrative framework: a doctor of the law addresses Jesus an objective question: Who is my neighbor? Who was the neighbor in this unfortunate incident? This is not to define a neighbor objectively but to love and to be close to those who suffer.

Jesus, let Your merciful love transform us to be messengers of mercy.
Notices & Events Announcement

12.00 Noon Mass
The Friday Noon Mass will begin at 12.15pm. Please note that on every 1st Week Friday, the Mass will be in Bahasa Malaysia and for subsequent Fridays in English. (Do Not confuse this with the First Friday Mass at 7.30pm).

Weekly Vespers and Holy Hour
The weekly evening prayers and Holy Hour at the SHC will be held every Thursday from 7.00pm to 8.30pm. All parishioners are encouraged to attend

The Teaching of St. Teresa of Avila about Personal Prayer (English)
The Secular Carmelite (OCDS) Community invites parishioners to a 2-day talk on the above.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>13/7/2016</td>
<td>8.00pm to 10.00pm</td>
<td>Room F7, SHPC</td>
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<tr>
<td>14/7/2016</td>
<td>8.30pm to 10.00pm</td>
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Speaker: Carmelite Fr. Gregory Hon, OCD. For more details, please contact Dorothy 019-8809809; Matthew 016-8395337.

Friday English Prayer Meeting
There will be a special Praise & Worship with Family Movie Night on “MIRACLES from HEAVEN” on July 15th, 2016 (Friday), at 8.00 pm at SHC Parish Hall organised by the Bethel Prayer Community. All are welcome.

Breakthrough Camp 2016
This camp organised by Lifeline Ministry will be held on July 15th to 17th, 2016 (Fri-Sun), in Pase Bene, Papar. We are inviting all the youths aged 19 years old and above to participate. Please register at the booth outside the church after Mass. Registration is also available through this link: http://www.bit.ly/camp2016orm Registration deadline is July 10th, 2016. Contact for more information Louisa 010-9306711, Elridge 016-8180580, Denis 016-8435133.

Senior Parishioners Gathering
This will be held on Sunday, July 17th, 2016 after the 9.00am English Mass at the Right Wing of SHPC. Senior parishioners aged 55 & above are welcomed. It is free.

Come and Discover
The Mass in The Old & New Testaments – Eucharist
Through Video and discussion by Dr. Brant Pitre (Augustine Institute - Catholic Theology School, USA). This is organised by Ministry of Apologetics.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Starting 20th, 2016</td>
<td>8.00pm</td>
<td>Room F2, SHPC</td>
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</table>

For any inquiry, please call Xavier 016-8214110, Pauline 016-8044728 or email: apologetics.shc@gmail.com

Abba Fathers: Men’s Conference
This one-day conference organized by our Parish, is designed specifically for married men to come together to share their joys and sorrows, and to learn how best to carry out their roles, guided by scriptures and the teachings of the Church.

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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tbody>
<tr>
<td>July 23rd, 2016 (Saturday)</td>
<td>7.00am to 5.00pm</td>
<td>SHPC Room F7</td>
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Language: English & BM
Contribution at RM10.00 per person. Please contact B.G. Chin 016-8327287, Wendy Chin 016-8317287, SHC Parish Office 223618, 224741, 262068.

The Secular Carmelite (OCDS) Community invites parishioners to a 2-day talk on the above.

SHC Parish Bazaar
The Parish Finance & Property Council (PPFC) is organising a Fund Raising Bazaar in aid of the overall renovations and repairs of the Sacred Heart Parish Centre. This Parish Fund Raising Bazaar will be held on Sunday, July 31st, 2016. The targeted amount is RM250,000.00. Coupons for this Bazaar are being sold by all the Church Group members. All SHC Parishioners are encouraged to generously support and purchase the Bazaar coupons outside the Cathedral before or after Sunday Masses, or directly from the Office. Your generous donations towards the bazaar will be very much appreciated. Thank you.

Infant Baptism

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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tr>
<td>July 10th, 2016</td>
<td>3.00pm at SHC</td>
<td>SHC Parish Office 5/7/2016 (Tue)</td>
</tr>
<tr>
<td>July 17th, 2016</td>
<td>3.00pm at SHC</td>
<td>SHC Parish Office 5/7/2016 (Tue)</td>
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Bahasa Malaysia

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<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
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<tr>
<td>August 14th, 2016</td>
<td>3.00pm at SHC</td>
<td>SHC Parish Office 5/7/2016 (Tue)</td>
</tr>
<tr>
<td>August 21st, 2016</td>
<td>3.00pm at SHC</td>
<td>SHC Parish Office 5/7/2016 (Tue)</td>
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English

Parents, please register your child at the SHC Parish Office during office hours. Bring along original and copies of your Church marriage certificate, child’s birth certificate and Godparent’s confirmation certificate & Church marriage certificate (for those who are married). For information, please call 223618, 224741, 262068.

Sacrament of Marriage
Couples who wish to get married either at the Sacred Heart Cathedral or Church of Mary Immaculate, Bukit Padang are required to meet with the Parish Priest at the SHC Parish Office at least 4 months prior to the proposed date of marriage. Couples please take note, the date of marriage can only be decided at the Pre-nuptial Interview with the Parish Priest and NOT before.

Pre-Marriage Course (PMC)
July 18th to 20th, 2016 (Mon-Wed) English F7, SHPC @ 7.30pm-10.00pm
Please call the SHC Parish Office for information at 223618, 224741 & 262068.

Prodigal Son Retreat
The Prodigal Son Retreat has had well over 10 years of history. Led by a team consisting of Dr. Jeffrey Goh and wife Angie. The two-day retreat is based on the Parable of the Prodigal Son. Intended to be a true “retreat”, apart from talks and Masses, time is provided for private prayer and counseling, celebration of the Sacrament of Reconciliation, and para-liturgy. It is open to all Catholics in and around Kota Kinabalu.

Venue: St. Simon Catholic Church, Likas
Date/Time: 12/8/16 (Fri), 7.00am to 7.30pm
13/8/16 (Sat), 7.00am to 3.00pm
Registration will be held this weekend, July 10th, 2016 before and after every English Mass at SHC & CMI. Contribution at RM100.00 (inclusive of meals & teas). First come, first served! For information, please call St. Simon Catholic Church at 212713.

Kids of the Kingdom Faith Formation Class
This is for children aged 4-7. Parents can register at the St. Francis Kindergarten during class on Saturday (6.00pm – 7.00pm) / Sunday (9.00am – 10.00a.m). Programmes: Prayers / Bible Stories-Craft-Colouring / Praise Songs / Fellowship. VOLUNTEERS are also needed to help run the programme. For details please call Jane 016-8323710.

Catholic Family Life Service Centre
Call 013-8612088 for a counselling appointment.

Hospital Chaplains
Please contact Fr. Tony Mohit 013-5507007 or Fr. Johnny Raju 013-8025543 or Stella Maris Parish Office 254321.

Recyclable Items
Sales of recyclable items collected at the Parish Centre basement bins for June 2016 amounted to RM736.95.

Sunday Donations (July 2nd & 3rd, 2016) (in RM)
SHC Black Bag (19,035.35), Red Bag (13,098.35); CMI Black Bag (6,812.70), Red Bag (5,753.45).