



# ST. JOSEPH'S CATHEDRAL

## Church Notice

SEVENTH SUNDAY OF EASTER  
59<sup>th</sup> World Day of Social Communications  
~ 1<sup>st</sup> June 2025 ~

Tel.: 082-423424

Website: [stjosephkuching.org](http://stjosephkuching.org)

Email: [sjcoffice@yahoo.com.my](mailto:sjcoffice@yahoo.com.my)

**THE SECOND COLLECTION** this week is for the **Archdiocesan Social Communications Committee**. Let us support the church's use of mass media in the work of evangelisation.

**THE SUNSET MASS CHILDREN'S LITURGY OF THE WORD MINISTRY** will be taking a break for Gawai **this weekend**. They will resume session on **7<sup>th</sup> June**.

**NOVENA TO THE HOLY SPIRIT** will be held during the daily Mass from **30<sup>th</sup> May to 6<sup>th</sup> June** to pray for a great outpouring of the Holy Spirit upon our Archdiocese.

**GAZETTED PUBLIC HOLIDAYS** - The Parish Office and SJC Counselling Centre will be **closed** on **2<sup>nd</sup> to 4<sup>th</sup> & 7<sup>th</sup> June**.

For sick calls during public holidays and after office hours, please call 016-8922633. During normal office hours, please call the Parish Office at 082-423424.

# Jubilee 2025

PILGRIMS OF HOPE

## SOUVENIR SALE



Saturday  
& Sunday  
7 - 8 June

PILGRIM OF HOPE MASCOT STICKERS



ROSARY +  
POUCH +  
CASE



KEYCHAIN  
IN CASE



KEYCHAIN & CARD

ROSARY +  
POUCH + CASE



AVAILABLE AT THE BROWN CANOPY, ST. JOSEPH'S CATHEDRAL

**"PILGRIM OF HOPE" SOUVENIR SALE** will be held at the **brown canopy area** outside the Cathedral at all the masses **next weekend** on **7<sup>th</sup> & 8<sup>th</sup> June** to commemorate this **Jubilee Year of Hope 2025**. This is a wonderful opportunity for parishioners and pilgrims to pick up some memento of this significant year. The proceeds raised will be for the A.C.C.P.C. Operations & Maintenance Fund. **We invite ALL to come and patronise our Souvenir stall.**



# Pentecost Mass & Baptism of the Holy Spirit

8<sup>th</sup> June 2025 @ 3.00pm

Blessed Sacrament Church, BDC, Kuching

Presided by His Grace  
Most Rev. Archbishop Simon Poh



Organised by the

Archdiocese Charismatic Renewal Team (ACRT)

**PENTECOST MASS & BAPTISM OF THE HOLY SPIRIT** will be presided by His Grace, Archbishop Simon Poh on **Pentecost Sunday, 8<sup>th</sup> June, 3:00 pm** at the Blessed Sacrament Church, BDC. This is organised by the Archdiocese Charismatic Renewal Team (ACRT). All are welcome!



TUN TAN CHENG LOCK  
COLLEGE OF NURSING  
ASSUNTA HOSPITAL  
DK071(B)

3

TAHUN  
SEPENUH  
MASA



ELAUN  
BULANAN  
MENARIK  
SEHINGGA:

RM  
1300

# DIPLOMA KEJURURAWATAN

KEMASUKAN:  
1<sup>st</sup> JULAI & 6<sup>th</sup> OKT 2025

	SABAH	SARAWAK
Tarikh	13.6.2025 (Jumaat)	14.6.2025 (Sabtu)
Masa	11.00am - 1.00pm	10.00am - 1.00pm
Lokasi	Sacred Heart Parish Centre Kota Kinabalu, Sabah	St John & Lucy Conference Hall, 2nd Floor Archdiocesan Curia Cathedral Pastoral Centre (ACCP), St Joseph's Cathedral Kuching Sarawak.

- Belajar kejururawatan secara percuma
- SPM (atau setaraf) dengan sekurang-kurangnya 5 kredit termasuk BM, Bahasa Inggeris, Matematik, Sains dan satu mata pelajaran lain
- Pekerjaan Terjamin di Hospital Assunta (\*Terma dan syarat dikenakan)

**Daftar Sekarang!**

melalui laman web atau hantarkan  
emel kepada kami

Untuk maklumat lanjut, Sila hubungi

☎ 03 78723000

☎ 011 5646 1642

🌐 [www.assuntacollege.edu.my](http://www.assuntacollege.edu.my)

✉ [ttcl@assunta.com.my](mailto:ttcl@assunta.com.my)



R3/0913/4/0002 (MQA/FA7201) 03/26

**TUN TAN CHENG LOCK COLLEGE OF NURSING** (also known as **Assunta College of Nursing**) is located in Petaling Jaya, Selangor. The college is dedicated to provide comprehensive education and training to aspiring students to evolve into becoming competent professional nurses. They are currently offering **SCHOLARSHIPS** to deserving candidates to pursue a **3-year Diploma in Nursing** programme.

*The two certifications offered are **Diploma in Nursing** and **Specialisation Course (Post Basic Course)**, with a **monthly allowance of RM1,300**.* Selected candidates will have the opportunity to pursue their specialisation course (Post Basic) in various nursing fields after working for more than 2 years in Assunta Hospital. Their new intakes will commence on **1<sup>st</sup> July** and **6<sup>th</sup> October 2025** respectively. Candidates can apply via the college website: <https://assuntacollege.edu.my>

The Assunta recruitment team will be in Kuching on Saturday, **14<sup>th</sup> June, 10:00 am to 1:00 pm** at Sts. John & Lucy Conference Hall, Level 2, A.C.C.P.C. to conduct walk-in interviews.



**THE SALE OF TODAY'S CATHOLIC** will take place on the **third weekend of this month** at the Church entrances. They are selling at cost, *RM2.50 per copy*. We urge every family to get a copy to support this worthy effort of the Archdiocesan Social Communications Committee.

FIRST TIME EVER!  
GET YOUR TICKETS NOW!



# ECHOES OF LOVE:

An evening of music at St. Peter's Church

**TUESDAY 1 JULY | 7:30 PM**

**Buy Tickets at  
St. Joseph's Cathedral  
at weekend English  
masses from 14 to 22 June**

**Scan To Buy**



For mature audiences. Terms & Conditions Apply.

**ECHOES OF LOVE - AN EVENING OF MUSIC TO GLORIFY GOD** - With hearts emblazoned in praise, St. Peter's Parish warmly invites you to a special evening of uplifting music and thanksgiving, at a one-night only performance inside the newly consecrated St. Peter's Church, Padungan. The performance will take place on Tuesday, **1<sup>st</sup> July at 7:00 pm**. The tickets for the musical performance are on sale at the Cathedral entrances after the English weekend Masses from **14<sup>th</sup> June to 22<sup>nd</sup> June**. Please scan the QR code for online purchase OR call their Hotline: 017-3999877 for the tickets.

**Let the Echoes of Love resound ~ within the sacred walls and within our hearts.**

**GROWTH** is a **ministry to people with disabilities**. Holy Mass will be celebrated on the **third Sunday of every month** specially for GROWTH members, family members, caregivers, kind benefactors and anyone interested to serve or support this ministry.

The upcoming GROWTH Mass will be on Sunday, **15<sup>th</sup> June, 1:30 pm** at the Day Chapel. All are welcome!

# **"GROWING IN THE POWER OF JESUS"**

## **FAITH FORMATION FOR YEAR 2025**

**Commencing on 15 June, 2025 (Sunday-7:30pm)**

**Venue: St Augustine's Room (Parish Centre)**



A yearly programme conducted by Alexius Bong  
from  
Holy Cross Ministry of Deliverance and Healing

For more information to enroll for above programme, please  
obtain the forms from St Joseph's Cathedral Parish Office or  
from any leaders.

*Inquiries contact below*

Holy Cross Centre: 082-363945

Esther: 010-9835849

**"GROWING IN THE POWER OF JESUS"** is a **six-month** Faith Formation programme organised yearly by the Holy Cross Ministry of Deliverance and Healing. This will be held on **every Sunday starting from 15<sup>th</sup> June, 7:30 pm** at St. Augustine Room, Ground Floor, Parish Centre. Those interested to enrol for the programme can collect the registration forms available at the Cathedral entrances this weekend OR obtain from the Parish Office on week days. For further information, please contact Holy Cross Centre: 082-363945 or Esther: 010-9835849. All are welcome!

# CHOICE ENGLISH WEEKEND 40

**18 - 20 JULY 2025**



**ST LUKAS CENTRE  
KOTA PADAWAN**



**CONTACT**

**JANE - 012 884 2363**

**ADELINE - 013 827 0311**



**@CHOICEKCH**



**A RETREAT FOR  
SINGLE WORKING ADULTS  
AGED 21 -45**

**REGISTER NOW!**

**@ RM160**



**CLOSING DATE : 15.06.25**

# HUJUNG MINGGU CHOICE BM 2

**5 - 7 SEPT 2025**



**ST LUKAS CENTRE  
KOTA PADAWAN**



**SILA HUBUNGI**

**PRESCILLA - 016 855 0214**

**ADELINE - 013 827 0311**



**@CHOICEKCH**



**PROGRAM UNTUK BELIA  
YANG BERKERJA & BELUM  
BERKAHWIN BERUMUR 21-45**

**YURAN PENDAFTARAN**

**@ RM160**



**TARIKH TUTUP : 04.08.25**

**CHOICE WEEKEND** (specifically for single working adults between the ages of 21 - 45 years) will be held at St. Lukas Centre, Kota Padawan from 18<sup>th</sup> to 20<sup>th</sup> July in English and from 5<sup>th</sup> to 7<sup>th</sup> September in Bahasa Malaysia.

Registration forms are available at <https://sites.google.com/view/choicekuching> or by scanning the QR code provided. Closing date for registration is Monday, 16<sup>th</sup> June for English and Monday, 4<sup>th</sup> August for Bahasa Malaysia. All single working adults are invited to join this weekend away.



## **ONLINE REGISTRATION FOR MASS OFFERING (MO) & COMBINED REQUIEM MASS**

**(CRM)** - Parishioners may offer Mass online via the below links:

Type	Link
Mass Offering (MO)	<a href="https://forms.gle/APkbscLMAG2Bcd7F9">https://forms.gle/APkbscLMAG2Bcd7F9</a>
Combined Requiem Mass (CRM)	<a href="https://forms.gle/yNixf4JrhMN61Z9h9">https://forms.gle/yNixf4JrhMN61Z9h9</a>

To offer Mass, parishioners can also visit our Parish website: <https://stjosephkuching.org>. If you face any difficulty registering using the above link, please email your queries to [sjcoffice@yahoo.com.my](mailto:sjcoffice@yahoo.com.my) and our admin staff will revert soonest.

**Mass Offering (MO)** intentions will be offered by our priests privately on a daily basis except on Sunday. *Any request for a mass to be said for your prayer intention on a 'specified' date must be submitted to the Parish Office **at least one week in advance**. Otherwise, your prayer intentions will be offered up at any time (at the discretion of our priests).*

Intentions for **Combined Requiem Mass (CRM)** in **June** will be offered on Friday, **20<sup>th</sup> June**. Please send in your CRM form with proof of payment by Thursday, **19<sup>th</sup> June before 12:00 noon**.

*Note: The stipend (money) given by the Christian faithful for a Mass to be offered for a particular intention is not a fee but an expression of our gratitude to God and our contribution to the Church. Official receipts will be issued by the Parish Office accordingly.*



**CATHOLIC FUNERAL & BURIAL SERVICE** - The **Catholic Mutual Benefit Society (CMBS)** 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: 082-244493)

On-call: Christopher Chin (Hp: 019-8563438)

**MARRIAGE PREPARATION COURSE IN BM** (for parishioners from Kuching Archdiocese only) will be conducted as follows:

REGISTRATION PERIOD	COURSE DATE	LANGUAGE	VENUE
5 <sup>th</sup> May - 20 <sup>th</sup> June	5 <sup>th</sup> , 6 <sup>th</sup> & 27 <sup>th</sup> July	BM	St. Rose Conference Hall, Level 2, A.C.C.P.C.

Couples planning to get married are advised to attend this course at least six month (*preferably more than 6 months*) before their intended church wedding. The registration fee is **RM200 per couple** (*including of lunch / tea breaks and books*). Registration period is as stated above OR when we reach the maximum capacity for each session (*whichever comes first*). Please register early via this link:

<https://sites.google.com/view/sjc-marriage-prep-course/home>

**COMMUNITY MASS** will be celebrated for the Bread of Life Catholic Charismatic Covenant Community (BoL) on Friday, **27<sup>th</sup> June, 7:30 pm to 9:30 pm** at the Cathedral. All are welcome!

## 讲座一：牧民拜访技巧

探访除了祈祷和念玫瑰经，  
你知道其实还要懂得说话技巧吗？

27/6/25（星期五）7:30pm-9:30pm  
圣若瑟总主教座堂牧灵中心讲堂

## 讲座二：重建亲密家庭关系

住在同一屋檐下，但缺沟通倒像共住一屋  
的租户，问题在哪里呢？

28/6/25（星期六）2:30pm-4:30pm  
BDC圣体堂蔡钦发礼堂

## 讲座三：陪伴哀伤与失落者

面对经历生命中创痛的对象，  
一句我了解你的痛苦，就能让对方释怀吗？

1/7/25（星期二）7:30pm-9:30pm  
七哩圣心堂小教堂

# 心理健康讲座

27.6.2025 - 1.7.2025

古晋总教区华语教务协进会主催  
圣体堂 圣若瑟 圣心堂华语联委会联办



蔡钊发神父



加影圣家堂副本堂  
精英大学心理谘商心理学硕士  
罗马圣多玛斯大学灵修学硕士及牧民神学硕士  
吉隆坡总教区心理健康事工教会助理/神师  
心旅驿站执行长  
马来西亚执照与注册谘商心理师/督导

**MENTAL HEALTH TALK SERIES IN MANDARIN** will be organised as per below by the Association of Chinese Apostolates of the Kuching Archdiocese to empower and equip parishioners with the “know-how” to reach out to the vulnerable and broken-hearted living amongst us.

The speaker is Rev. Fr. Philip Chua from Holy Family Church, Kajang. Fr. Chua (a registered and licensed Counsellor under the Lembaga Kaunselor Malaysia) also holds a Licentiate in Sacred Theology (Angelicum University) and a Master in Pastoral Theology.

Date	Time	Location	Topics
Friday, 27 <sup>th</sup> June	7:30 pm - 9:30 pm	Mater Domini Auditorium, Level 2, A.C.C.P.C.	Walking with Others: Skills for Pastoral Care
Saturday, 28 <sup>th</sup> June	2:30 pm - 4:30 pm	Fr. Dato Lawrence Chua Hall, Blessed Sacrament Church, BDC	Nurturing Healthy Family Relationships & Mental Well-being
Tuesday, 1 <sup>st</sup> July	7:30 pm - 9:30 pm	Sacred Heart Church, Kota Sentosa	Understanding and Coping with Grief & Loss

All are welcome! No registration is required.



# 4070 Celebration Mass

at St. Peter's Church

☀ 40th Anniversary of Priestly Ordination

☀ 70th Birthday of Rev. Fr. Vincent Chin

**Monday 30 June 2025 | 5:30pm**  
All Are Welcome

**4070 CELEBRATION MASS AT ST PETER'S CHURCH, PADUNGAN** will be on Monday, 30<sup>th</sup> June, 5:30 pm to commemorate **Rev. Fr. Vincent Chin's 40<sup>th</sup> Priestly Ordination Anniversary and his 70<sup>th</sup> Birthday**. All are welcome to celebrate this double joyous occasion in thanksgiving to God for the gift of priesthood to the Archdiocese in the person for Fr. Chin.



OTHONIA



ATENE  
PONTIFICIO  
REGINA  
APOSTOLORUM

# WHO IS THE MAN OF THE SHROUD?



Some believe he's Jesus of Nazareth. Others are skeptical. Some don't know what to think. WHAT CAN SCRIPTURE AND SCIENCE REVEAL ABOUT THE SHROUD OF TURIN? STEP INSIDE, GATHER THE EVIDENCE, AND REFLECT ON JESUS' QUESTION: WHO DO YOU SAY THAT I AM?

COME AND JOIN US AT ST. JOSEPH'S CATHEDRAL FOR  
TWO INSPIRING EVENINGS



ARCHBISHOP EMERITUS JOHN HA

7 JULY 2025 | 7:30PM

FROM THE SWADDLING CLOTHS IN  
THE MANGER TO THE LINEN CLOTHS  
IN THE TOMB



SCAN HERE



FR. ANDREW DALTON, LC

8 JULY 2025 | 7:30PM

DISCOVER THE MYSTERY OF THE  
SHROUD OF TURIN AND FACE THE  
QUESTION: WHO DO YOU SAY THAT I AM?

"For God so loved the world that he gave his only Son... not to condemn the world, but to save it." (John 3:16-17)

Out of love, Jesus came as a child in swaddling cloths, laid in a manger. Rejected and crucified, He was laid in a tomb, wrapped in linen. But He rose again—leaving the cloths behind—securing eternal life for all.

A JUBILEE YEAR INITIATIVE IN  
COLLABORATION WITH OTHONIA

Fr. Andrew Dalton, a Catholic priest of the Legionaries of Christ and professor at the Pontifical Athenaeum Regina Apostolorum in Rome, is currently traveling the world giving lectures on the Shroud.

We are blessed to welcome him to Kuching. His talks beautifully blend theology, science, and archaeology.

CONTACT MS. BERNADINE SAMMY +6019-226 2758 KUCHING.APC@GMAIL.COM



**“WHO IS THE MAN IN THE SHROUD?”** will be an illuminating two-evening experience on **7<sup>th</sup> & 8<sup>th</sup> July, 7:30 pm** at the Cathedral. This event is designed to deepen our understanding of the **Christ Jesus' salvific mission** and unravel the captivating **mystery of the Shroud of Turin**. This is a Jubilee Year initiative in collaboration with Othonia, a part of the Science and Faith Institute at the **Regina Apostolorum Pontifical Athenaeum** in Rome.

Registration is free and those interested can scan the QR code to register. Closing date for registration is Monday, **30<sup>th</sup> June**. All are welcome!

**SCHOLARSHIP 2026 FOR ST. JOSEPH'S PRIVATE SCHOOL** - Students who are currently in Primary Six this year are invited to apply. Their monthly household income must not exceed **RM5,250**. The Scholarship will cover school fees, allowance, uniform and textbooks on loan starting from Form One in 2026 academic year. Forms are available at SJC Parish office, [www.ylk.org.my](http://www.ylk.org.my) or YLK office. Please submit the duly-completed application form to Yayasan Lasallian Kuching Office OR to YLK email: [ylkuching@gmail.com](mailto:ylkuching@gmail.com) before Monday, **30<sup>th</sup> June**. For further query, please contact Allan Tan: 010-9726135.



# ARCHDIOCESE OF KUCHING PILGRIM'S PASSPORT 2025

As an official pilgrimage centre of the Archdiocese of Kuching,  
St. Joseph's Cathedral welcomes you to deepen your faith,  
encounter God, and walk as a Pilgrim of Hope.



1. Collect a passport here if you don't have one. *(Love offering appreciated)*
2. Use the stamp provided to mark your passport.
3. Keep your passport safe as a record of your pilgrimage journey.



This passport accompanies you on your Jubilee 2025 pilgrimage—a journey of faith, renewal, and encounter.  
As a Pilgrim of Hope, may it guide you in embracing God's mercy, deepening your trust in His promises,  
and sharing His love with the world.

**JUBILEE YEAR OF HOPE 2025 - ARCHDIOCESE OF KUCHING PILGRIM'S PASSPORT** are available at the Holy Door for parishioners and pilgrims visiting the Cathedral. **The Pilgrim's Passport** is a prayer guide for pilgrims to record their visits to the various pilgrimage centres in the Archdiocese *(using the stamp chop available)*. **A Prayer Petition Box** is available for pilgrims to submit their personal prayer intentions. Pilgrims are also encouraged to support the Cathedral via the **Love Offering Box** located at the main entrance *(near the Holy Door)*.

**RITE OF CHRISTIAN INITIATION FOR ADULTS (RCIA) & ADULT CONFIRMATION SESSIONS (2025-2026)** will commence in July 2025. Adults who are interested to learn more about the Roman Catholic faith are cordially invited to come and join us. These sessions are not only for those seeking to be *baptised* but also for adult Catholics who wish to prepare for the *Sacrament of Confirmation*.

The RCIA & Adult Confirmation new intake is now open for registration as follows:

**ENGLISH STREAM**

✓ RCIA

✓ Adult Confirmation

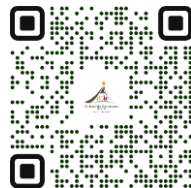
Commencement Date: 3<sup>rd</sup> July 2025

Faith Formation Sessions: Every Thursday

Time: 7:30 pm - 9:00 pm

Venue: Sts. John & Lucy Conference Hall, Level 2, A.C.C.P.C.  
(within St. Joseph's Cathedral compound)

Registration Link: <https://forms.gle/Yd8RktBpEEC6hNo18>



**MANDARIN STREAM**

✓ RCIA

✓ Adult Confirmation

Commencement Date: 3<sup>rd</sup> July 2025

Faith Formation Sessions: Every Thursday

Time: 7:30 pm - 9:00 pm

Venue: St. Matthew Room, Ground Floor, Parish Centre

Registration Link: <https://forms.gle/P7qucxEcoQhAgiVd7>



**BAHASA MALAYSIA & IBAN STREAM**

✓ IKD

Commencement Date: 6<sup>th</sup> July 2025

Faith Formation Sessions: Every Sunday

Time: 1:30 pm - 3:30 pm

Venue: Level 2, A.C.C.P.C. (within St. Joseph's Cathedral compound)

Registration link: <https://forms.gle/xp4WXVeq8wSe3aAt9>



ORGANISE BY : CHINESE LIAISON COMMITTEE, HTC, KENYALANG



# INTRODUCTION TO THE GOSPEL OF (Mandarin)

# MARK

Read • Connect • Remember — The  
Catholic Key to Unlocking the  
Gospel of Mark

**22.7.2025 (TUE)**

**GOOD SHEPHERD HALL, HOLY TRINITY CHURCH**

**8am - 5pm**

**SPEAKER: ANGELINE CHNG**



**REGISTRATION FEE**

**RM50**

INCLUDES LUNCH, REFRESHMENTS & A COPY OF  
《THE GOSPEL OF MARK SCRIPTURE WORKBOOK》



**SCAN TO REGISTER**



**REGISTRATION CLOSING DATE: 15.7.2025**

**For inquiries, please contact:**

**+60 16-878 1502 Rachel Teo**

**+60 13-822 9603 Vivian Teo**

**"INTRODUCTION TO THE GOSPEL OF MARK"** is a catechetical program in **Mandarin** organised by the HTC Chinese Liaison Committee on Tuesday, **22<sup>nd</sup> July, 8:00 am to 5:00 pm** at the Good Shepherd Hall, Holy Trinity Church, Kenyalang, to explore the Gospel of Mark using a **"Read • Connect • Remember"** approach guided by speaker, Ms. Angeline Chng. This program is designed to help participants in the reading, understanding and remembering the Sacred Scripture more effectively, uncovering the treasures of God's Word.

Those interested can register via this link: <https://forms.gle/zYbmrXGJ4VruTUS97> or scan the QR code provided. A registration fee of RM50 per head will be charged to cover food and workbook material. Closing date for registration is Tuesday, **15<sup>th</sup> July**. For more information, please contact Rachel Teo: 016-8781502 or Vivian Teo: 013-8229603. All are welcome!



**VOCATION PROMOTION: LIFE DIRECTION WEEKEND 2025** with the theme: ***“What do you want me to do for you” (Mark 10:51)*** will be organised from **22<sup>nd</sup> to 23<sup>rd</sup> November** at St. John de Brebeuf Catholic Church, Kampung Tematu ***for participants who are interested to know more about the priesthood or religious life.*** Those interested can collect the registration form from the Parish Office and submit by Sunday, **2<sup>nd</sup> November**. The Commitment fee is RM30 per head.

Below are some criteria for interested participants:

- ✓ Male or female aged 18 years and above
- ✓ Single and never been married
- ✓ School leaver or young working adult
- ✓ Has received the Sacrament of Baptism and Confirmation
- ✓ Committed Christian and willing to explore and live up to God's calling





# SJC COUNSELLING CENTRE

Ground Floor, Parish Centre, St. Joseph's Cathedral  
Compound, Batu 1, Jalan Tun Abang Haji Openg, 93000  
Kuching, Sarawak, Malaysia.

## Operating hours:

Monday - Friday : 8.00 am - 12.00 noon

2.00 pm - 5.00 pm

Saturday : 8.00 am - 12.00 noon

## OUR SERVICES:



**Individual  
Counselling**



**Family  
Counselling**

**Couple  
Counselling**



**Group  
Counselling**



To schedule an appointment, please contact:



082 258 046



018 353 9799 (Kimberly) , 018 252 9899 (Nelly)



[sjckch.counsellor@gmail.com](mailto:sjckch.counsellor@gmail.com)

The centre is closed on Sundays, Public Holidays & Church Holy Days of Obligation.  
Love-offerings for the church will be collected from clients.

**SJC COUNSELLING CENTRE** also run support groups for:

- Cancer survivors and caregivers
- Grief, bereavement and trauma



## 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



### 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

**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. Please support!

**S PAY GLOBAL / SARAWAK PAY QR CODE STICKERS** on the Church pews are made available for the convenience of our parishioners and also to facilitate weekend Mass collections. However, these stickers quite often need to be replaced because they were found partially torn or defaced. We appeal to parents not to let your young children play, tear or draw on these stickers.



**THE ARCHDIOCESE OF KUCHING**  
INVITES YOU TO SUPPORT THE



# **BUNAN**

## **RESILIENCE PROJECT**

Join the Bunan Resilience Project and savour the flavours of nature's bounty! Together, let us help our local farmers build economic resilience against external threats and the challenges of climate change.

Embrace fresh, homegrown delights while uplifting an entire community!

参与布南韧性项目，品尝大自然的恩赐。让我们一起支持我们的农民，建设经济复原能力来抵抗外部威胁和无常的气候。享受本土新鲜种植蔬果，提升社区经济效益。



Sertai Projek Daya Tahan Bunan dan nikmati kebaikan hasil alam semula jadi! Marilah bersama membantu para pekebun tempatan membina keteguhan ekonomi terhadap ancaman luar dan cabaran perubahan iklim.

Nikmatilah hasil tanaman tempatan yang segar sambil membangunkan seluruh komuniti!

**www.kuchingjc.com**

**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 <https://kuchingjc.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!**

## **OPENING HOURS**

<b>Church Offices</b>	<b>SJC Parish Office</b>	<b>SJC Catechetical Office</b>	<b>Archdiocesan Library &amp; History Gallery</b>
Monday to Friday	8:00 am - 12:00 noon, 2:00 pm - 5:00 pm	8:00 am - 12:00 noon, 2:00 pm - 5:00 pm	8:00 am - 12:00 noon, 2:00 pm - 5:00 pm
Saturday	8:00 am - 12:00 noon, 2:00 pm - 4:30 pm	8:00 am - 12:00 noon	8:30 am - 12:00 noon
Contact Nos.	082-423424 / 423425 (Front Office Staff: Annie / Joanna)  WhatsApp: 082-423424 OR go to <a href="https://wa.me/6082423424">https://wa.me/6082423424</a>  Email: <a href="mailto:sjcoffice@yahoo.com.my">sjcoffice@yahoo.com.my</a>	082-412650 (Catechetical Staff: Sarah / Ronita / Angeline)  WhatsApp: 082-412650  Email: <a href="mailto:sjckch.faihthformation@gmail.com">sjckch.faihthformation@gmail.com</a>	082-420802 (Library Staff: Olivia Inoi)

*Note:*

- *The above offices are closed on Sunday, Public Holiday & Church Holy Days of Obligation.*
- *For sick calls after normal office hours, please contact Hp: 016-8922633.*

**HOLY CROSS CENTRE** (located at No. 681, Lorong 1, Jalan Bayor Bukit, Tabuan Jaya, 93350 Kuching. Tel.: 082 363945) is open **every Monday, Tuesday and Wednesday** from **9:30 am till 12:30 pm**. Praying over and consultation will be done at the porch area. *The centre is closed on public holidays, major Church feast days, or otherwise informed.* The Holy Cross Ministry's weekly Fellowship is held every Tuesday 7:30 pm to 9:00 pm at Sts. John & Lucy Conference Hall, Level 2, A.C.C.P.C. (except on public holidays).

## DAILY MASS & HOLY HOUR SCHEDULE

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

## WEEKEND MASS SCHEDULE

Venue	Day	Time	Language	Remarks
St. Joseph's Cathedral	Saturday	6:00 pm	English	● Car park in front of the Cathedral is <b>RESERVED</b> for cars ferrying elderly passengers, particularly those with special needs and those with walking difficulty.
	Sunday	7:00 am*	English	
		9:00 am*	Mandarin	
		11:00 am*	BM	
		5:00 pm	English	● After Mass, the back gate next to the Sarawak Club will be opened for cars to exit the Cathedral compound.
Carmelite Chapel	Sunday	8:00 am	English	

### **\*Live-stream Mass**

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

## GENERAL REMINDER

Parishioners are reminded to show reverence to the Lord and consideration for others as follows. We seek your kind cooperation and understanding so that we can all worship comfortably as a Church:

- Please **arrive early** and be seated at least 10 minutes before Mass begins to avoid causing unnecessary interruption or distraction.
- The sacredness of the Eucharistic celebration urges all participants to **dress appropriately** when entering the Church for Holy Mass and manifest the importance of what we are doing as a worshipping community.
- **Wearing of face masks** in Church is no longer mandatory but **highly encouraged**, especially in crowded and closed environment.
- **Those sick** with flu-like symptoms (e.g. fever, cough, runny nose, etc.) are to exercise prudence and **refrain from joining the congregation in Church**.



## PROPER ATTIRE



T-SHIRT OR  
LONG SLEEVES



BLOUSE WITH SLEEVES



POLO SHIRT  
OR COLLARED SHIRT



KNEE-LENGTH DRESS  
WITH SLEEVES



JEANS OR SLACKS



KNEE-LENGTH SKIRTS



SHOES

## IMPROPER ATTIRE



SLEEVELESS AND  
PLUNGING NECKLINES



TUBES AND  
RACERBACKS



SINGLETS



SHORT SKIRTS



SHORTS



CAP



SLIPPERS

## WEEKLY MASS COLLECTION AND DONATIONS

Parishioners are encouraged to contribute weekly to help defray the Cathedral's operations and maintenance cost.

Please make your donations via **S Pay Global** by scanning this QR code. Verify that the recipient is '**St. Joseph's Cathedral**' before confirming the transaction.

You may also drop your weekly donations into the big wooden Collection Boxes placed at the Cathedral entrances OR do **online transfer or cash deposit** to St. Joseph's Cathedral Bank Account as follows:



St. Joseph's Cathedral

**Archbishop of Kuching Saint Josephs Cathedral**

**Maybank Bhd Account Number: 511038613081**



**PENITENTIAL SERVICES** - Priest will be available to hear confessions half an hour before the Sunset and Sunday Masses at the Blessed Sacrament Chapel. Please maintain physical distancing and do not congregate at the area while waiting for your turn to make your confession.

Kindly adhere to the following SOP. Penitents are to:

- ☒ Keep face mask on at all times if sick or have flu-like symptoms.
- ☒ Be well-prepared to make confession without undue delay.
- ☒ Perform penance after returning to seat in the Church.

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

## ONLINE CALVARY HOUR OF MERCY

Day	Language	Time	Zoom link
Sunday	English	2:55 pm - 4:00 pm	<a href="https://us02web.zoom.us/j/86178307498?pwd=UVZ6MTdJSmRyeDZwUTMweC95UFBDdz09">https://us02web.zoom.us/j/86178307498?pwd=UVZ6MTdJSmRyeDZwUTMweC95UFBDdz09</a>  Meeting ID: 861 7830 7498 Passcode: <b>prayhour</b>
Monday	English		
Tuesday	Mandarin		



**3 O'CLOCK**

## **THE HOUR OF GREAT MERCY**

**YOU are invited to our  
Daily Devotion to  
THE DIVINE MERCY**

**Time: 3pm**

**Venue: Day Chapel, St. Joseph's Cathedral**

## **DIVINE MERCY PROMISES**

**"...you can obtain everything  
for yourself and for others for  
the asking;  
it was the hour of grace  
for the whole world."**

**"... Through the CHAPLET  
you will obtain everything,  
if what you ask for is  
compatible with My will."**

**"By means of this IMAGE I shall grant many  
graces to souls. It is to be a reminder of the  
demands of My mercy, because even the  
strongest faith is of no avail without works."**

**"Tell me about everything, be sincere in dealing  
with Me, reveal all the wounds of your heart.  
I will heal them, and your suffering will become a  
source of your sanctification.**

**A suffering soul is closest to My Heart."**



**Jesus, I trust in You**





~耶稣我信赖祢~

华语

上主慈悲敬礼



每逢周六下午三时正  
于

圣若瑟堂区中心二楼

圣母玛利亚祈祷室

\*欢迎教友们踊跃参加\*

DIVINE MERCY DEVOTION IN MANDARIN is held every Saturday, 3:00 pm at Mother Mary Prayer Room, 1<sup>st</sup> floor, Parish Centre. All are welcome!

**DONATIONS FOR THE UNDERPRIVILEGED** - Please continue to support the **Catholic Welfare Services** financially as we minister to the poor and needy in our midst irrespective of race or creed. You may donate to C.W.S. via **S Pay Global** by scanning this QR code. 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

**Catholic Welfare Services Council Sarawak**  
**Maybank Bhd Account Number: 511234019806**

Please contact or WhatsApp **Ms. Angelina William Hp: 010-6581641 / Tel: 082-241407** once you have made the donation. Tax exemption receipts will be issued upon request.

**BAPTISM OF BABIES** is conducted in English or Bahasa Malaysia in the Cathedral. **Parents with babies to be baptised are to register online at <https://forms.gle/ZjZiWzERHGrMgYN87>** and upload the scanned copy of all the required documents stipulated below:

Parents	Sponsor (Godparent)
<ul style="list-style-type: none"><li>✓ Your child's Birth certificate or Adoption certificate</li><li>✓ MyKid (if any)</li><li>✓ Family Record Book</li></ul>	<ul style="list-style-type: none"><li>✓ MyKad (or Passport)</li><li>✓ Baptismal certificate</li><li>✓ Confirmation certificate</li><li>✓ Family Record Book or Marriage certificate (issued by Catholic Church)</li></ul>

**Only Parents who have submitted complete set of the required documents will be accepted and the Parish Office will inform you when and where to attend the Rite of Baptism in due course.** You will then be required to send in your original Family Record Book for updating before the actual rite.

*According to Canon Law # 874, a Sponsor (Godparent) must be a baptised, confirmed and practising Catholic. If married, his / her marriage must already be blessed in the Catholic Church. (This does not apply to those who were not Catholics [both husband & wife] at the time of their civil marriage).*

**THE SSVP THRIFT SHOP** is open **every Sunday** from **10:00 am to 1:00 pm**. All proceeds will be for the poor and needy. Please support!

**REMINDER TO ALL DONORS**

Kindly donate goods & clothing that are in **decent and sellable condition** to the SSVP Thrift Shop. Your kind understanding and cooperation is greatly appreciated.



## **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).

# FORMED®

**The Catholic Faith. On Demand.**

Diving into the beauty of the Faith has never been easier: at home, on the go, or from any internet connected device.

Discover thousands of books, audio talks, movies, documentaries, and studies... there is something for every member of the family to help them grow closer to Christ and His Church.



**Over 4,000 titles - now available on almost any device!**

**Roku**

**Apple TV**



Dozens of new features - all to help you enjoy the best in Catholic content

### **Already have a FORMED Account?**

1. Visit [FORMED.org](http://FORMED.org)
2. Click Sign In
3. Enter your email
4. Click the link in your email
5. You're in! No more passwords!

### **Registering on FORMED is easier than ever!**

1. Go to [FORMED.org/signup](http://FORMED.org/signup)
2. Enter your parish zip code or name to select your parish
3. Enter your name and email

Zip code: 93000

Parish: Archdiocesan Curia and Cathedral Pastoral Centre

Visit **FORMED.org** or search for "Formed" on your favorite app store

**FORMED: FREE ONLINE CATHOLIC FAITH RESOURCES** - Please refer above for instruction to register for free at [FORMED.org/signup](http://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.