In the Gospel there are several instances where Jesus is passing by a place. Today, we see Jesus visiting Jericho and passing through. Similarly, he constantly passes through our lives. He comes every day in one form or another. In our everyday life he does come. We need to prepare ourselves to see him with a humble and pure heart. Very often we are not able to see Jesus in our lives because he is crowded out by other people and the way they think. To see Jesus clearly we often have to get away from the crowd and risk being different, risk losing our dignity. Unless we totally give ourselves to Christ by giving up our power and our self-centredness, then we won’t be able to see him. We see Zacchaeus being changed from greed and arrogance to a fuller life of kindness and honesty. When we have a deep desire of being with Christ by giving up our personal glory and power then we will be able to welcome him in our hearts as Zacchaeus did. Jesus loves us for who we are, and who we might be. He often visits us in our day to day lives. Let us welcome him with open hearts.

Lord Jesus, grant that our hearts may always be open to receive You.
Devotion to the Holy Spirit
Organised by Light of Jesus Christ Covenant Community. You are invited to the Devotion to the Holy Spirit this Sunday, October 30th, 2016 at 2.30pm, Room F7 (English), F8 (BM) & B1 (Chinese). All are welcome.

Masses for All Saints’ Day (Solemnity)

- SHC: Oct 31st, 2016 (Mon) 7.30pm (Eng)
- CMI: Oct 31st, 2016 (Mon) 7.30pm (Mandarin)
- St. Paul Dontozidon: Oct 31st, 2016 (Mon) 7.30pm (Kadazan)
- Our Lady QOP Kobusak: Oct 31st, 2016 (Mon) 7.30pm (Kadazan)
- St. John, Kopungit: Oct 31st, 2016 (Mon) 7.30pm (Kadazan)
- SHC: Nov 1st, 2016 (Tue) 6.00am (Eng)
- CMI: Nov 1st, 2016 (Tue) 6.30am (Eng)
- St. Paul Dontozidon: Nov 1st, 2016 (Tue) 6.30am (Eng)
- Our Lady QOP Kobusak: Nov 1st, 2016 (Tue) 6.00am (Kadazan)
- St. Paul Dontozidon: Nov 1st, 2016 (Tue) 7.30pm (Kadazan)

Masses for All Souls’ Day (Commemoration)

- SHC: Nov 2nd, 2016 (Wed) 6.00am (Eng)
- CMI: Nov 2nd, 2016 (Wed) 6.30am (Eng)
- St. Paul Dontozidon: Nov 2nd, 2016 (Wed) 7.30pm (Kadazan)
- Our Lady QOP Kobusak: Nov 2nd, 2016 (Wed) 7.30pm (Kadazan)

Life in the Word Retreat 2016
Date: November 11th, 12th & 13th, 2016 (Fri-Sun)
Venue: Bundu Tuhan Retreat Centre, Ranau

Advent-Christmas Family Visit (Carolling) 2016
Date: December 5th to 16th, 2016
All carolling groups are requested to organize themselves and start practicing as soon as possible. We encourage more groups to be formed this year. Please confirm your group’s participation to the SHC Parish Office (Johny) at 223618, 224741, 262068 by November 17th, 2016.

News Writing Training Workshop
The Social Communications Commission (Soccom) of the Archdiocese of Kota Kinabalu is organising a two-day training workshop on basic newswriting and photography on Saturday & Sunday, December 10th (starts at 2.00pm) to 11th, 2016 at Stella Maris Church. Officials of parish groups at Sacred Heart Cathedral, especially those engaged in contributing news articles and photographs to Catholic Sabah, and other media outlets should take advantage of this opportunity to learn more about journalism and to upgrade their writing skills.

Registration forms may be obtained from the Soccom Secretariat (Sr. Anna Yap) at the Archdiocesan office 712297, 715017.

Aku dan Keluargaku Programme
The above programme organized by the Family Life, Youth and Catechetical committees of Sacred Heart Parish, will be conducted on Saturday, November 12th, 2016 from 7.30am to 4.30pm. All families are invited to participate in this programme (parents & children). The objectives of this programme are:
1. To foster closer bonds within the family in this world and age
2. To build Christ-Centred Families
Programmes will be held in Bahasa Malaysia. This is an opportunity not to be missed. Forms have been distributed to the Sunday School children and must be returned before November 5th, 2016. For more information please call SHC Parish Office 223618, 224741, 262068.

Pre-Marriage Course
Nov 5th & 6th, 2016 (Sat & Sun) Mandarin CAC @ 9.30am-4.30pm
For Mandarin PMC, contact Martina at 088-712416.

Eucharistic Adoration for Children
Parents please note that the next Eucharistic Adoration for children will be on Friday, November 11th, 2016 at 8.00pm in the Blessed Sacrament Chapel.

Renewal Camp 2016
Theme: "I Will Put My Spirit In You and You Will Live Again" - Ezekiel 37:14
Date: November 18th (starting at 7.00pm) to November 20th, 2016
Venue: Pace Bane Retreat Centre

Fund-raising Café Nite
This will be held on Saturday, November 5th, 2016 after the Sunset mass at the SHPC canteen to raise funds to help offset costs for students attending the Renewal Camp 2016. Pre-order sales are available (contact Ivy 019-8860078 & Jon 014-3596410. Your generous support is sincerely appreciated.

TENDER
The Tender Committee would like to invite established electrical contractors to participate in a tender for the “Proposed Electrical works for the Sacred Heart Cathedral Parish Centre”. Documents can be obtained from the church office from October 17th, 2016. Closing date: November 4th, 2016 (Fri).

Sunday Faith Formation Ministry (SFFM)
In-house Registration For The Year 2017
In-house registration in SHC Sunday Faith Formation Ministry (English) for the year 2017, has begun on September 25th, 2016 and the last day to register is on November 6th, 2016 inside the respective classes. All current students are expected to register within this period to avoid congestion next year when the intake of new students begins in January. Contribution of RM10.00 will be collected from each student. For new students in 2017, registration will begin on January 15th until March 26th, 2017. Thereafter registration for the year 2017 will be closed until the next in-house registration in September 2017.

Rev. Cosmas Lee’s
40th Sacerdotal Ordination Anniversary Dinner
The SHC Parish Pastoral Council is organizing a Thanksgiving Dinner on Tuesday, December 27th, 2016 at 6.00pm at the Putera Theatre Ballroom, Bukit Padang. Ticket at RM60.00 per person is available from SHC Parish Office during office hours.

World Mission Sunday Donations
(October 22nd & 23rd, 2016) (in RM)
SHC Black Bag (20,592.15), Red Bag (15,653.70); CMI Black Bag (8,008.00), Red Bag (6,288.90).