We might think that our prayers and our righteous lives count for little in a world of great negativity, violence, and injustice. On a superficial level, that is correct, but on a spiritual level, we count for a lot. Abraham ‘bargained’ with God to save the city of Sodom from destruction. Starting at 50 righteous people, for whose sake God would not destroy Sodom, he managed to reduce the number to a mere 10. We should never underestimate the power we have as followers of Jesus. In our difficult and turbulent times, it is very important for people of like minds and hearts to pray together, and to offer their own lives as witness to the ways of God.

The disciples wanted Jesus to give them special prayers like the followers of John the Baptist. He gave them the Our Father, a prayer of radical trust, hopeful expectation, forgiveness, and longing for the coming of God’s kingdom. In any case, are the fundamental substance of the Lord’s Prayer. The heart of the text is the first word Father, which translates the Aramaic Abba: an affectionate term that children use for their parents. Intimacy and trust are the doorway of prayer. Jesus illustrates this attitude with a series of images which dispose our soul at all times to invoke God confidently like his children.

Lord, teach me to pray.

1. Our Father
2. Ave Maria
3. Regina Caeli
4. Hail, Holy Queen
5. Salve Regina
6. Stabat Mater
7. Holy Name of Mary
8. Holy Rosary
9. Exhortation of Our Lady
10. St. Gabriel’s Hymn
11. St. Cecilia’s Hymn
12. St. Philip Neri’s Hymn
13. St. Peter’s Hymn
14. St. Paul’s Hymn
15. St. John’s Hymn
16. St. Mary Magdalene’s Hymn
17. St. John the Baptist’s Hymn
18. St. John the Evangelist’s Hymn
19. St. James the Apostle’s Hymn
20. St. Peter’s Hymn
21. St. Paul’s Hymn
22. St. John’s Hymn
23. St. James the Apostle’s Hymn
24. St. Peter’s Hymn
25. St. Paul’s Hymn
26. St. John’s Hymn
27. St. James the Apostle’s Hymn
28. St. Peter’s Hymn
29. St. Paul’s Hymn
30. St. John’s Hymn
31. St. James the Apostle’s Hymn
32. St. Peter’s Hymn

The liturgy has chosen the most solemn version of the Lord’s Prayer: that of Matthew with its seven invocations. Luke, meanwhile, includes only four, which in any case, are the fundamental substance of the Lord’s Prayer. The heart of the text is the first word Father, which translates the Aramaic Abba: an affectionate term that children use for their parents. Intimacy and trust are the doorway of prayer. Jesus illustrates this attitude with a series of images which dispose our soul at all times to invoke God confidently like his children.

Lord, teach me to pray.
**Notices & Events Announcement**

**Priest on Study Leave**
Rev. Jeffri Gumu will be on a 3 years study leave with immediate effect. Let us keep him in our prayers.

**Sacerdotal Ordination**
Deacon Robin Lomangkok (from the Redemptorist Order based in Singapore) will be ordained in the Church of Stella Maris, Tg. Ara on Monday, August 1st, 2016 at 6.30pm, followed by dinner at the Parish Hall.

**Weekly Vespers and Holy Hour**
The weekly evening prayers and Holy Hour at SHC will be held every Thursday from 7.00pm to 8.30pm. The Vespers and Holy Hour next week, July 28th, 2016 will be facilitated by Family Life Ministry (Anthony Kong). All parishioners are encouraged to attend.

**COME & 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.

Date: Every Wednesday for 10 weeks (started July 20th, 2016)
Time: 8.00pm
Venue: Room F2, SHPC
For any inquiry, please call Xavier 0168214110, Pauline 0168044728 or email: apologetics.shc@gmail.com

**SHC Parish Bazaar**
The Parish Finance & Property Council (PFPC) 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.

**Notice from SJBF**
The 30th Annual General Meeting of the St. Joseph’s Benevolent Fund will be held on Sunday, August 21st, 2016 at 1.30pm at the Sacred Heart Parish Centre.

**Life in the Spirit Seminar**

**No Longer Bound by the Chains of Sins (Romans 7:6)**
Are you looking for a closer relationship with God? Do you desire to live a victorious life in the Spirit? COME and be blessed and EMPOWERED by the HOLY SPIRIT!

Date: August 18th to 21st, 2016, Thu-Sun
(Progamme will start at 7.30pm on August 18th, 2016)
Venue: SHPC, Room F7
Contribution at RM15.00 per person. Child care service available. For inquiries, please call LJCCC Office 010- 9330466, Lucia 012-8027255 or SHC Parish Office 223618, 224741, 262068.

**Divine Mercy Devotion**

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<thead>
<tr>
<th>English</th>
<th>Every Saturday at 2.15pm-3.45pm</th>
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<tbody>
<tr>
<td>BM</td>
<td>Sunday (1st, 2nd &amp; 3rd week) at 1.30pm-3.00pm</td>
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<td></td>
<td>B1, Lower Ground Floor</td>
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**Infant Baptism**

<table>
<thead>
<tr>
<th>English</th>
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<tbody>
<tr>
<td>August 14th, 2016 Briefing @ 3.00pm at SHC Regn deadline is 11/8/2016 (Thu)</td>
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<tr>
<td>August 21st, 2016 Baptism @ 3.00pm at SHC</td>
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<tr>
<td>BM</td>
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<tr>
<td>September 11th, 2016 Briefing @ 3.00pm at SHC Regn deadline is 8/9/2016 (Thu)</td>
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<tr>
<td>September 18th, 2016 Baptism @ 3.00pm at SHC</td>
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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.

**Activities at the Parish Centre**
All Church communities and groups using the room facilities at the Parish Centre are reminded once again to wrap up and close your activities by 10.30pm. Please note that NO FOOD is allowed in the rooms. Thank you for your kind attention and cooperation.

**SHC Environmental Education Fund**
Thank you for your continued support by sending recyclable items (old newspapers/ magazines/ cardboard, mixed paper) to the ‘Green Hut’ at SHPC basement. The sale of the recyclable items will be utilized to help needy catholic students (kindergarten to secondary school). For those in need of financial assistance, kindly contact Catherine or Martina at 088-723973.

**Parking at the Parish Centre (SHPC)**
Parishioners are reminded NOT to park your vehicles along the thorough-road at the back of the Parish Centre during Sunday masses and other events. It is causing a traffic jam as vehicles could barely pass through this road to exit from the complex. Please be considerate with your fellow Church members.

**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 – 10.00am). Programmes: Prayers / Bible Stories-Craft-Colouring / Praise Songs / Fellowship. VOLUNTEERS are also needed to help run the programme. For details please call 016-8323710.

**Presentation of Gifts**
Families are encouraged to take part in the Presentation of Gifts during weekend masses. Those interested can contact Jenny Tsen 016-8336264 or SHC Parish Office 223618, 224741, 262068.

**Do Not Smoke In Church Premises**
SMOKING IS PROHIBITED at all times when you are in the Church premises. Please help to remind anyone you see smoking that this is a NO SMOKING zone. Thank you.

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

**Hospital Chaplains**

**Sunday Donations (July 16th & 17th, 2016) (in RM)**
SHC Black Bag (16,945.90), Red Bag (12,811.80); CMI Black Bag (5,935.05), Red Bag (4,477.40).