



**PARISH OF OUR MOTHER OF PERPETUAL HELP**  
**Redemptorist Community**  
*Rev Fr Patrick Massang, C.Ss.R.* (Parish Priest)  
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(Announcements: )

**PELAN PERMULIHAN NASIONAL (PPN) FASA 1,2,3/ National Recovery Plan (NRP) PHASE 1, 2, 3** effective from 29 June, 2021 until further notice.

These guidelines may be revised in line with updates and additional SOPs issued by the authorities.

In view of this and the alarming figures of new infections and increase in infectivity, ALL MASSES (weekday and weekend) are suspended **till further notice.**

The main gate of the church will remain closed and only **Individuals** (*not in groups*) who have a special and urgent reason to see the priest or office staff must first make a prior appointment before the visit. As far as possible, if the matter could be handled by avoiding any physical contact, alternative means of communication should be used – telephone call or email.

Visitors with prior appointments should have their hand sanitized and should be masked. Check in with MySejahtera App. Contact details of visitors will be recorded for the purpose of contact tracing.

**NEW-INTAKE (2021-2022) RCIA (Rite of Christian Initiation of Adults)**

If you know of friends who are interested in making enquiry into the Catholic Faith, **please call to register now at the parish office (055458220).** Sessions will be held online in English, Mandarin & Tamil.

**ETERNAL HAPPINESS TO:-**

+ Ong Geen Choo @ Shirley Leong departed on 20 August, 2021.

**MERDEKA DAY – 31 August, 2021**

(Live Broadcast)

Rosary for Mission @ 9.30am

Mass @ 10.00 am (E/BM)

Celebrated by:

Rt. Rev. Bishop Sebastian Francis, D.D

Let's come together and pray for Malaysia

**– One Heart, One People, One Nation –  
 As ONE Body of CHRIST**

The launching of Caritas Diocese of Penang – [bit.ly/caritas-pg-launch](http://bit.ly/caritas-pg-launch)

**FORMED.org**

Diocese of Penang has subscribed for Formed.org so that all individuals, families, ministries, communities and beyond can access to Catholic programs, talks, movie, audios and other materials for free.

Steps to self-registration for every individual –

- a) <https://formed.org/>
- b) Sign up today. Click blue box that says Sign Up.
- c) 'How would you like to sign up?' – click on "Sign up as a parishioner"
- d) While in the 'Create a New Account page' to find your parish or organization:
  - i) Search & type "Penang Diocesan Pastoral Institute" then click on it.

- e) Personal individual account –
  - i) Put your name & personal email address which have not been used before to sign up for FORMED. (you can create a new email if necessary)

- ii) Click Sign up & you are logged in.

(food for thought) (Bulletin 29 August, 2021)

Gospel: Mk 7: 1-8,14-15,21-23. *"From the Heart"*



We tend to think of "spirituality" as a practice or a pursuit reserved for a very few elitist of souls. We think of the lucky ones who have the extra time (and money) to pray more, meditate daily, go to special retreats, or read books on the subject. Most of us would claim our lives are far too busy at this time for "spiritual pursuits." We try to get to church and say a few extra prayers while we shave or do our hair. But as far as "developing our spiritual lives," that will have to wait till we get more time; maybe after the kids leave the house, or when we retire.

A healthy spirit can make us energetic and vibrant people with a hopeful outlook and a sense of life's possibilities for the good. It can energize us to face the most intractable of social ills and not be discouraged. It can prevent us from giving up when we don't get immediate results. A neglected spirit causes disintegration, sours how we look at our lives, turns us cynical, and leaves us with a narrowness of vision that isolates us from others.

Christ is the source of our hearts' renewal. He puts priority on human relationships and has shown them to be sacred. The Gospel challenges us to look to our heart where our true identity lies. We need to develop our consciences according to the spirit of Jesus; to find ways to name the evils that reside in our heart under the guise of self-interest, family values, patriotism, and, according to today's gospel, religious practices.

