



# Church of the Immaculate Conception

1, Lorong Maktab, Pulau Tikus 10250, Pulau Pinang, Malaysia

\* St Joseph's Chapel, Hong Seng Estate

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Priests: Fr. Marshall Fernandez



**Psalter Week II**

*For Private Circulation Only*

**09th ~ 16th March 2008**

## 5TH SUNDAY OF LENT

### 1ST READNG

Ezekiel 37 : 12-14

### 2ND READING

Romans 8 : 8-11

### GOSPEL

John 11 : 1-45

### RESPON SORIAL PSALM

With the Lord there is mercy and fullness of redemption.



### A SUNDAY REFLECTION

Ways To Transform Toxic Thoughts by Sandra Ingerman

If you've ever felt the way anger or fear can electrify the atmosphere in a room, you'll know what Sandra Ingerman means by "toxic thoughts." The author, a family therapist and shaman practitioner, believes our thoughts and emotions transmit an invisible but palpable energy that can affect our mental and physical well-being. "Psychic punches," she writes, are as real as physical violence.

**1 - Breathe Through Your Heart :** Breathing is one of the simplest ways to transform energy. This is an exercise you can do throughout your day: Place your hands on your heart and feel your heart moving as you breathe. This is calming, and feeds the energy of love, peace, and harmony in the world.

**2 - Look In A Mirror :** Before reacting to a challenging situation, try emoting as you watch your reflection in a mirror. No one wants to see herself acting out in a toxic way. You may feel silly, but don't let this stop you. Taking ourselves too seriously is one of the causes of negative thoughts.

**3 - Express; Don't Send :** Stress can make us act in ways we might regret later on. It is OK to have problematic emotions, and it's important to acknowledge your feelings. Just be careful not to send the energy as a "poison dart" to yourself, others, or into the world.

### LENTEN CAMPAIGN T-SHIRT

There is a sale of Lenten Campaign '08 T-shirt at RM 15.00 each, at the church entrance before and after mass. Kindly Support.

### MT. MIRIAM FOOD FAIR

Tickets for the Food Fair in aid of Mt. Miriam Cancer Hospital are also on sale at the church entrance. Please support these worthy cause generously.

### URGENT APPEAL FROM SSVF

The Society of St Vincent de Paul urgently need the following for an abandoned mother & child case.

1. Clothes for mother (small built) & Baby clothes of up to 8 months old.
2. Single burner gas stove, vacuum flask & small kettle.
3. Toiletries & napkins.

Parcels please mark "SOS ~ SSVF" & send to I.C Church, Pulau Tikus, Pg. Attn : Micheal Lim/Vicky

### MEETINGS

Prayer Meeting Sun 9 11:30 am

### CHURCH ACTIVITIES

Health Monitoring Sun 9 9:45 am

Catechism Classes Sun 9 10:00 am

RCIA Session [E] Tue 11 8:15 pm

Qi Gong Session Wed 12 8:00 am

Study Skill Workshop Wed 12 9:00 am

Qi Gong Session Sat 15 8:00 am

Line Dancing Sat 15 3:00 pm

### MASS COLLECTIONS : 01 & 02 MARCH 2008

Mass	Parish Fund (RM)	SSVP Fund
6.30 pm	1,636.30	1,058.67
8.30 am	2,358.70	1,590.51
11.15 am	-	-
6.00 pm	1,776.50	1,306.00

This weekend's 2nd Collection : Cemetery Fund

**GOD BLESS YOUR GENEROSITY!!!**

### LENTEN CAMPAIGN - "LEND A HAND"

Are you making a difference for the poor, the hungry, the needy? Are you keeping up with your pledge to your parish? As you observe Lent, open your hearts for Charity. Reach out for the Lenten envelope - Lend A Hand, give generously.

### VISITING THE POOR BY SSVF

SSVP will be having yearly visiting to the poor after Easter. We would like to invite Parishioners for your kind donation of dry food/cane food for the poor during this Lenten season. Love offering basket will be placed in the church on the two weekends **8 & 15 March**. Kindly donate generously. Thank you & God Bless You !

### COFFEE MORNING

PPSG is organizing A Coffee Morning on **Sun, 16 March** to raise funds for the 9 youth who will be attending the WYD'08 in Australia this July. Come & give your support.

### HEALTH MONITORING SERVICE

There will be a Health Monitoring Service available every second Sun of the month after morning mass at Parish Hall. Doctor available for consultation.

### LITURGY & DEVOTIONS

**SUN 09** **5TH SUN OF LENT, Third Scrutiny**

8:30 am **Mass with Children's Liturgy & Third Scrutiny**

11:15 am **Mass in Mandarin**

6:00 pm **Mass**

**MON 10** **Weekday**

7:00 am **Mass**

8:00 pm *Penitential Service at OLS*

**TUE 11** **Weekday**

7:00 am **Mass**

**WED 12** **Weekday**

7:00 am **NO MASS**

7:00 pm *Chrism Mass at Church of Christ The King, Sungai Petani, Kedah*

**THU 13** **Weekday**

7:00 am **Mass**

6:30 pm *Penitential Service at Cathedral of Holy Spirit*

**FRI 14** **Weekday**

6:00 pm *Stations of the Cross followed by Mass*

**SAT 15** **Weekday**

7:00 am **NO MASS**

5:30 pm *Rosary, Novena & Benediction*

6:30 pm **Mass, Presentation of Lord's Prayer**

**SUN 16** **PALM SUNDAY**

8:30 am **Mass**

11:15 am **NO TAMIL MASS**

6:00 pm **Mass**

### NEWS IN BRIEF

✱ Tax-exempt receipts can be issued for donations of RM100 & above for the Lenten Campaign 08.

### PALM SUNDAY MASS IN PENANG ISLAND

8:00 am Cathedral of Holy Spirit  
*Mandarin Mass*

8:00 am Church of St John Britto  
*Tamil Mass*

