



KRISTUS AMAN

CHAPEL OF KRISTUS AMAN

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CHURCH OF JESUS CARITAS

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Parish Priest / Administrator: REV. FR. MICHAEL CHUA

THEME: BE DISCIPLES OF HOPE

MASSES IN THE PARISH

| Date | Time | Activity | Description |
|---|--------------------|---------------------------|---|
| Feb 25 (Sat) | 4.30 pm 5.30 pm | Rosary/Novena Mass | 8th SUNDAY OF ORDINARY TIME |
| Feb 26 (Sun) Is.49:14-15 1Cor.4:1-5 Mt.6:24-34 | 7.30am | Mass | |
| Mar 01 | 12.00pm 8.00pm | Mass | ASH WEDNESDAY (Fast & Abstinence) |
| Mar 02 (Thu) | 7.00 pm 8.00 pm | Holy Hour/Vespers Mass | |
| Mar 03 (Fri) | 7.00 pm | Mass/ Way of The Cross | |
| Mar 04 (Sat) | 4.30 pm 5.30 pm | Rosary/Novena Mass | 1st SUNDAY OF LENT |
| Mar 05 (Sun) Gen.2:7-9,1-7 Rom.5:12-19 Mt.4:1-11 | 7.30 am | Mass | |

PARISH ACTIVITIES

| | | | |
|--------------|---------------------|------------|---|
| Feb 26 (Sun) | 9.00 am 10.10 am | Chapel | Catechism Classes (Pre-sch to Yr 5) Catechism Classes (Yr 6 to Form 5) |
| | 9.00 am 11.15 am | Chapel | BK Class (F5) BK Class (IGCSE & F4) |
| | 8.00 pm | Grd Flr | CCR –Praise & Worship |
| Feb 28 (Tue) | 8.30 pm | Chapel Flr | CCR -Intercessory Prayer |
| Mar 02 (Thu) | 6.30 pm | Chapel Flr | Legion of Mary |
| | 8.30 pm | Top Flr | RCIA: The Meaning of Lent |

FAST AND ABSTINENCE

Ash Wednesday (1st March 2017) begins the Season of Lent. Every Friday (except when it falls within the Octave of Christmas or Easter or when it falls on a Solemnity) is a day of abstinence. Ash Wednesday and Good Friday are both days of fast and abstinence.

Fast binds all Catholics from the age of 18-59 years old. Those who are 60 years and above are not under an obligation to fast. The Church defines fasting as one full meal a day, and two smaller meals which if added together would not exceed the main meal in quantity. Such fasting is obligatory on Ash Wednesday and Good Friday. The fast is broken by eating between meals and by drinks which could be considered food (milk shakes, but not milk). Alcoholic beverages do not break the fast; however, they seem contrary to the spirit of doing penance.

Abstinence from binds all Catholics from the age of 14 and above. Meat is considered to be the flesh and organs of mammals and fowl. Moral theologians have traditionally considered this also to forbid soups or gravies made from them. Salt and freshwater species of fish, amphibians, reptiles and shellfish are permitted, as are animal-derived products such as gelatin, butter, cheese and eggs, which do not have any meat taste.

ASH WEDNESDAY - 1/3/17

Mass times: 12.00 pm & 8.00 pm (KA) / 6.30am - Eng & 8.00pm – Bilingual (JCC)
(Kindly dispose last year's blessed palms at your home as we have enough for Ash Wednesday)

NO WEEKDAY MASSES DURING LENT

During the season of Lent as Fr Michael & Fr. Lucas will be away to hear confessions in other parishes, there will be no weekday mass on Thursdays **except on Thurs 2nd March 2017.**

FRIDAY MASS AND WAY OF THE CROSS DURING LENT

There will be masses every Friday at 7 pm followed by Way of the Cross. (In JCC, Way of the Cross will begin at 8 pm followed by mass at 8.30 pm).

A LENTEN RECOLLECTION ON THE SEVEN LAST WORDS OF CHRIST will be conducted by Simon

Phillips, a Benedictine Oblate, to bring parishioners into a deeper meditation of Christ's passion and death as we enter Holy Week.

Day and Date : Saturday, 18 March, 2017
Donation : RM10 (two tea breaks and lunch)
Organized by : RCIA Ministry (open to the parish)
Registration : After Mass or contact Alison Wong (017-6076557)

ARCHDIOCESE EVENTS

THE BIBLE IN 40 WEEKS: Studying the Lectionary in an Ecclesial Dimension

The B40 journey is an offshoot of the Bible in 100 Weeks which several parishes have tried with some measure of success. It helps in forming motivated leaders. Imagine making a pilgrimage through the bible with other Catholics. For the first time, these sessions will take place in the Archdiocesan Pastoral Institute. Contact: Philo: 019 3511327; Robin: 012 3038932 or email klabela7788@gmail.com

Introductory Session: Tuesday, March 21, 2017 at API.

Time: 8.00pm Cost: RM 20.00; Text Books: RM21.00.

**KA COUNSELING CENTRE: 2nd Floor Main Wing of the Chapel (Mon-Tues - 7.30pm to 9.30pm)
closed on public holidays and Catholic days of obligation Tel: 01133022665 for appointment**

THANK YOU FOR YOUR LOVE OFFERING

18th & 19th: RM 7905.40