



“His state was divine, yet He did not cling to His equality with God, but emptied Himself to assume the condition of a slave” (Phil2:6-7).

To help us Catholics understand the concept and nature of Self-emptying or *kenosis* (in Greek), Jesus Christ sets us an example as summarised by St. Paul in the Scripture verse above. So, what is ‘Self-emptying’? It is helpful and meaningful to basically understand it as an act of humility, an act of renouncing oneself (Matt16:24) in total obedience to God’s will. Pope Francis, in his address to the religious, and by extension, to us, says such an act “... brings wisdom, joy and hope.”

When we profess our faith we confess “...that Jesus is inseparably true God and true man. ... what he was, he remained and what he was not, he assumed” (CCC#469). Why did Jesus do this? For us, and for our Hope of salvation. How are we “living this dimension of kenosis or Self-emptying?” Pope Francis asks. We are called to lower our innermost being with Jesus; “to be self-effacing” as St Paul reminds us in today’s reading. To be less “I, Me, My” world-centred, and more Christ-like and other-centred, we need to cast out selfishness and self-centredness. We need to “Put on Christ” (Rom13:14), have the “same attitude that is also in Christ Jesus” (Phil2:5) because no provision of the flesh can fully satisfy the human soul and spirit.

In Jn7:37 Jesus refers to “rivers of living water” that flow from “within” or “the innermost being” of whoever believes in Him. “Innermost being” is the Greek *koilos* which means hole, or empty place. Here Jesus is referring to a spiritual emptiness within the heart of man that can only be filled with living water from the Holy Spirit. Some scholars believe this text supports and describes the ‘God-shaped’ void found within us whose perfect fit is an obedience to God’s will – a ‘dying to self’ and being born anew (Jn3:3-7). Self-emptying – willingly letting go of self-serving, sinful, and unforgiving attitudes towards self and others and living in accord with God’s will is our Hope for eternal life. St Augustine proclaims this eternal truth, “You have made us for yourself, O Lord, and our hearts are restless until they rest in you.” Self-emptying means co-operating with God’s grace and His plan of salvation to save our souls from eternal damnation. That is our Hope, and St Paul assures us that “...hope does not disappoint us because God’s love has been poured into our hearts through the Holy Spirit which has been given to us” (Rom5:5). Self-emptying helps us to become a temple of God’s Spirit as we humbly let our emptiness be filled with God’s fullness. †

“Every day He humbles Himself just as He did when from from His heavenly throne into the Virgin's womb; every day He comes to us and lets us see Him in lowliness, when He descends from the bosom of the Father into the hands of the priest at the altar.”

– St. Francis of Assisi

Be Disciples of Hope

NEW REC

1st October 2017
26th Sunday
in Ordinary Time

Self-emptying + Obedience





CHURCH OF THE VISITATION
 85-A, Jalan Yam Tuan, 70000 Seremban
 Tel : 06-7624468 / 7634934 / 7677542 Fax : 06-7677544
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 Website : www.visitationseremban.org
 Parish Pastor : Rev. Fr George Harrison
 Assistant Priest : Fr. Andrew Kooi

DISCIPLESHIP : BE DISCIPLES OF HOPE.
Hope : Witnessing Beyond Borders (Oct)
Towards 170 years of the Parish of Visitation
(1848 - 2018)

PARISH OFFICE HOURS
 Monday - Friday 8.30am - 5.30 pm
 Saturday : 8.30am - 7.30 pm
 Sunday: 8.30 am - 3.00 pm
Confessions in Church ½ hour
*before all Weekend Masses at
 availability of priests 1/2 hour before
 all Weekend Masses at availability of priests*



OUR PROGRAMME THIS 30 SEPTEMBER – 08 OCTOBER 2017

26TH SUNDAY OF ORDINARY TIME (YEAR A) : Ez18, 25-28 Ps 24, 4bc-5, 6-7, 8-9 Phil 2, 1-11 Mt 21, 28-32
"Remember Your Mercy Lord. Remember Your Mercy Lord" (Psalm 24)

SAT	30	5.00 pm 6.00 pm	Rosary : 5.30 pm : Novena; 5.45 pm: Benediction Eucharist (E) (Animation : St. Bruno 1)	
SUN OCT	01	7.00 am 9.00 am 11.00 am 1.00 pm	Eucharist (T) (Animation: St. Hendry) Eucharist (E) (Animation : Bruno 2) Eucharist (M) Eucharist (BM)	RE(T): 8.45-10.15 am; RE(C) : 9- 10.30 am : RE(E) (BM) 10.45 -12.15pm RCIA (T) 9.00 -10.30 am ; RCIA (BM) 11.00 am -12.30pm RCIA (E) 11.00 -12.30pm ; RCIA(M) : 9.00 -10.30 am
Mon	02	6.45 am	Eucharist	Charismatic (E) 7.30 pm at Visitation Hall
Tues	03	6.45 am	Eucharist	Charismatic (M) 7.30 pm at Visitation Hall
Wed	04	6.45 am	Eucharist	
Thur	05	6.45 am	Eucharist	Charismatic (T) 7.30 pm at Visitation Hall
Fri	06	No Morning Mass	7.30 pm : Holy Hour followed by Eucharist in Church (1 st Friday)	
27TH SUNDAY OF ORDINARY TIME (YEAR A) : Is 5, 1-7, Ps.79 9 and 12, 13-14, 15-16, 19-20 Phil 4, 6-9 Mt 21, 33-44 <i>"The Vineyard Of The Lord Is The House Of Israel. The Vineyard Of The Lord Is The House Of Israel" (Psalm 79)</i>				
SAT	07	5.00 pm 6.00 pm	Rosary : 5.30 pm : Novena; 5.45 pm: Benediction Eucharist (E) (Animation : St. Bruno 3)	
SUN	08	7.00 am 9.00 am 11.00 am 1.00 pm	Eucharist (T) (Animation : St. Cecilia) Eucharist (E) (Animation : St. Arthur) Eucharist (M) 4.30 pm : Titi (M) Eucharist (BM)	RE(T): 8.45-10.15 am; RE(C) : 9- 10.30 am : RE(E) (BM) 10.45 -12.15pm RCIA (T) 9.00 -10.30 am ; RCIA (BM) 11.00 am -12.30pm RCIA (E) 11.00 -12.30pm ; RCIA(M) : 9.00 -10.30 am

We welcome new Parishioners/Students from Universities/Colleges in the vicinity of Seremban. Kindly register at the parish office or email us at: serembanvisitation@gmail.com. You will receive a Prayer Card (Magnificat). Pray it daily.

NEWS / EVENTS FOR OCTOBER 2017

- i) **Parish Weekend Collections :**
 23/24 September : RM8,253.10 Titi : RM59.00
God Bless All Generous Donors
- ii) **There will be a 2nd Collection for the Ministry of Social Concern this weekend 30 Sept/01 Oct**
God Bless All Generous Donors
- **Congratulations** to all of You at Visitation. We have won the 'Jalur Gemilang' competition for Hari Kebangsaan 2017, Negeri State level. On 09/10/2017 our Parish will be honoured with a gift by the Menteri Besar, N.S.

➤ **SPECIAL BAPTISM FOR RE CHILDREN (all languages)**
 All RE Coordinators and parents to take note. Kindly submit request for Baptism Form with relevant documents to the parish office before 15 October 2017

➤ **"FORMED" Presentation and Best Practices. 33 Days to Morning Glory** - Introduction to get you started.
 Date : 21 Oct @ 8.30 am -1 pm
 All RE Teachers/Ministries leaders/Zones/ BECs/Youths/Parishioners are encouraged to join. Registration after all weekend Masses. (Pls bring along smart devices (phone, Tab, Notebook, etc) Contact person : Eric (012-2972413)m

➤ **Demise of Rev. Msgr. Anthony Thomas (80 yrs).** We thank God for the gift of this priest and his service here (1991 -1998). Lets continue to pray for the repose of his soul.

- **Mass At BECs Zone in the Month of October 2017**
 2/10 (Mon) : Z-1 (St. Bartholomew) - 383, Tmn Bangawan, Jln Tun Dr. Ismail. (Rosalind Lua - 0149638058)
 03/10 (Tue) : Z-2 (St. James) - 15, Jln 5, Temiang Desa (Erudhayan - 017-234--3810)
 04/10 (Wed) : Z-3 (St. Jude) - Chapel St. Francis Xavier, Sikamat (George - 018-2022919)
 05/10 (Thur) : Z- 4 (St. Simon) - Chapel St. Theresa, Rasah New Village (Charles-012-3820471)
 06/10 (Fri) : Z-55 (St. Paul) - 1/3288, Tmn Sri Labu, Jln Sg. Ujong (Vincent Sinnappan -

➤ **October - Month of Rosary.** All BECs kindly organize Rosary prayer at every home. Zone Heads, kindly take note of the Zone gatherings for Rosary & mass by the Priests. For info , please call John Maynard (012-6656411)

➤ **Towards 170 years of the Parish of Visitation :**
 ~ **Souvenir Magazine** - we need volunteers to give a helping hand in this team. Please call Charles Fernandez (012-3820471)

~ We welcome old collections of the Parish, archive items etc. Kindly bring to the parish office.

~ **Record a Word of Thanks**, for the recent events - Go Mad 2 and Dinner & Dance. A Big Thank You to the committees and all the parishioners for your support.

➤ **Special Blessing for Pets** (Feast of St. Francis of Assisi) on 08 Oct. (Sun) @ 5.00 pm at the Grotto

- **Fr. Andrew Kooi** will be away at Kuantan from 03 to 09 October 2017
- **Parish Pastoral Assembly :** 15/10 (Sun) @ 2 - 5 pm at Visitation Hall. (Registration after all weekend Masses)
There will be No BM MASS @ 1.00 pm on 15 Oct. 2017
- **Clergy Monthly Recollection :** 17 & 18 October at APC, K.L.
- **Eucharistic Adoration Conference 2017**
 11/11/2017 @ 8.30 am to 4.00 pm at Church of St. Ignatius, P.J. Registration open after all weekend Masses or call Spencer (012-23256718)

Pray for the Departed soul of :
 Mary Anne Koo Sai Mooi (d.o.d : 26/09/17)
May the Perpetual Light shine upon her,

Wedding Bells :
 Edwin Noel & Donna Tracy on 7 Oct @ 11.00 am