

The day was the Sabbath and the place was named for the comfort and rest of the Sabbath – Capernaum – after Nahum the prophet. And these are not incidental details but are of themselves prophetic, speaking, through the veil of symbolism, of the person and mission of Jesus.

The Sabbath was the divinely instituted day of rest for the Jews, remembering how God Himself rested after the creation of the heavens and the earth, the liberation of the Hebrews from captivity in Egypt, and the hope of the Messianic age and life in the world to come. The physical rest prescribed by the Law pointed to a spiritual end, which by the time of Jesus, much as is the case with The Lord's Day in our own times, had become dulled by eyes that look only to man's earthly cares. It is, perhaps, for this reason, that Jesus chose the Sabbath here in Capernaum, and elsewhere, to illumine the eyes of His people through His words and actions.

In the confrontation with the unclean spirit, the identity of Jesus is revealed as "The Holy One of God", not a traditional Messianic title but rather one far greater than the earthly liberator-king so keenly expected. The Holy One of God comes to make the Sabbath holy; to give it back its meaning and bring that meaning to its full consummation, and He does this first by demonstrating His power over the forces of evil. By cleansing the man of his evil possession, Jesus restores peace to his tortured soul, prefiguring our own ransom from sin and the restoration of peace between man and God. Yet, despite the initial wonderment at this and the many other miracles performed in Capernaum, spiritual apathy palled their eyes, leading Jesus to condemn the city, "And you, Capernaum, will you be exalted to heaven? You shall be brought down to Hades. For if the mighty works done in you had been done in Sodom, it would have remained until this day." (Matthew 11:23)

Does similar condemnation await us for our own spiritual apathy in keeping the Day of the Lord holy? It has been declared by the Lord a day of rest not just from work but for the glory of God. The Mass in which we are bound by the law of love to participate is not just a rote action performed out of obligation, but a living worship of the God who has delivered us from sin and death, and restored us to peace with Himself. And the communion we participate in is not that of a symbolic communal meal among friends, but the communion of the Body of Christ, His Church, with our head, Christ Himself, which lifts us beyond the here and now, the handshakes and greetings, to the Banquet of the Lamb, where with the Saints we hope to continue the worship we begin here for all eternity.

So, how was your Sunday? Did you pass it as did the Pharisees and Scribes, fulfilling your obligations but nary an iota more? Did the Lord's greatest miracle, the Eucharist, in which the Holy One of God comes to us to make us holy, inspire you with wonder, or did you pass it by with barely a thought of its profundity? As the next Sunday approaches with its promise of rest for the weary, ponder upon that rest which should be our greatest hope: to encounter Christ; to be cleansed and healed of the scars of our sins; to be fed by His word and His flesh; and to taste of that eternal peace which to enter in to His Kingdom. †

BE DISCIPLES OF HOPE **28th January 2018**  
4th Sunday In Ordinary Time

# Newtbec

NEW WAY OF BEING CHURCH

In  
**HOPE**  
I Find My Rest





**CHURCH OF THE VISITATION**  
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 Parish Pastor : Rev. Fr George Harrison  
 Assistant Priest : Fr. Andrew Kooi

**DISCIPLESHIP : BE DISCIPLES OF HOPE.**  
**Hope : Together we are healed in Christ (February) 2018**  
*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**



**OUR PROGRAMME THIS 27 JANUARY – 04 FEBRUARY 2018**

**FOURTH SUNDAY OF ORDINARY TIME (YEAR B)** : Deut 18 : 15-20, PS 94, 1-2, 6-8, 8-9 1 Cor 7, 32-35 Lk 1, 21b -28

**“O That Today You Would Listen To His Voice! Harden Not Your Hearts. Harden Not Your Hearts.”. (Psalm 94)**

Sat	27	5.00 pm 6.00 pm	Rosary : 5.30 pm : Novena; 5.45 pm: Benediction Eucharist (E) (Animation : St. Robert)	
Sun	28	7.00 am 9.00 am 11.00 am 1.00 pm	Eucharist (T) (Animation : OLL Sagga ) Eucharist (E) (Animation : RE-- Eng) Eucharist (C) 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	29	6.45 am	Eucharist	Charismatic (E) 7.30 pm at Visitation Hall. We welcome All to join in praising God in Song.
Tues	30	6.45 am	Eucharist	7.30 pm : Holy Hour (T) followed by Eucharist at Chapel Sacred Heart, Marjorie.
Wed	31	6.45 am	Eucharist	
Thur	01	6.45 am	Eucharist	7.30 pm : Holy Hour followed by Eucharist (T) at Chapel St. Paul the Hermit, Rahang Kecil
Fri		No Morning Mass	Eucharist	7.30 pm : Holy Hour followed by Eucharist (1st Friday)

**FIFTH SUNDAY OF ORDINARY TIME (YEAR B)** Job 7, 1-4, -7 Ps 146 1-2, 3-4, 5-6 1 Cor 10, 31, 11, 1 Mk 1, 40-45

**“Praise the Lord Who Heals The Broken Hearted. Praise The Lord Who Heals The Broken Hearted.”. (Psalm 146)**

Sat	03	5.00 pm 6.00 pm	Rosary : 5.30 pm : Novena; 5.45 pm: Benediction Eucharist (E) (Animation : St.. Claire)	10.00 am : Infant Baptism
Sun	04	7.00 am 9.00 am 11.00 am 1.00 pm	Eucharist (T) ) (Animation : St. Hilary) Eucharist (E) (Animation : St. Anne Eucharist (C) 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 University / Colleges in the vicinity of Seremban. Kindly register at the parish office or email us at: [serembanvisitation@gmail.com](mailto:serembanvisitation@gmail.com). You will receive a Prayer Card (Magnificat). Pray it daily.

**Thank you to : BECs – St, Robert and RE-Eng** for Mass Animation this weekend.

- i) **Parish Weekend Collections :**  
20 / 21 January 2018 : RM8,706.95  
**God Bless All Generous Donors**
- ii) **Visitation Praise Dance** 1<sup>st</sup> Anniversary cum CNY celebration on 10 Feb 2018 @ RM10.00 per pax.  
Call Angeline ( 017-6943045 / Florence (016-2819788) All are welcome.
- iii) **Booking of Premises/rooms/Church** for meetings /activities /practices. Advance notice of booking required through parish office. No last minute booking.

➤ **Catechetical Sunday :** There will be commissioning and blessing of Catechists this Sunday at respective Masses. We will pray for all our Catechists with abundant blessings.

➤ **Tables and Chairs etc** from RE classrooms /Church premises are not to be removed at all time. They are to be kept in good use and not to be tampered.

**Pray for the Departed souls of :**  
 a) Josephine Eruthayam (d.o.d : 22/01/2018  
 b) Mable Wong Moi Moi (d.o.d : 24/01/2018)  
 c) Anthony Chia (d.o.d : 25/01/2018)  
**May the Perpetual Light shine upon them**

➤ **LENTEEN RETREAT 2018 :-“METANOIA” - Tear your Hearts not your Garments (Joel 2 : 13)**  
 Tamil : 16 Feb 2018 (Sat) - 10.00 am – 6.00 pm  
 English : 17 & 18 Feb : (Sat) @9.00 am - 8.00 pm / (Sun) @ 9.00 am - 2.00pm  
 Mandarin : 10 Feb 2018 (Sat) @ 2.00 pm - 6.00 pm  
 BM : 10 & 11 Feb 2018 : (Sat) @ 9 am - 4 pm / (Sun) @ 9 am - 12.30 pm  
 Registration after all weekend Masses.

➤ **Priestly Ordination of Deacon Nicholas Hoh Jeng Kin, OCD** from the Carmelite Friary, Rahang Seremban,  
 Date : 31 January 2018 (Public Holiday) @ 10.30 am  
 Place : Church of St. Thomas More, Subang Jaya. All are welcome.

➤ **28 January :** All participants are to attend a Briefing at the Visitation Hall (upstairs) @ 12.30 pm.

➤ **Rachel's Vineyard :** A weekend retreat on 16-18 Mar 2018. Contact line 016-4190538 (Cyrilla) (between 7-9m) or email [healinggracerachelsvineyard@gmail.com](mailto:healinggracerachelsvineyard@gmail.com) before 16 Feb 2018.

➤ **SPM Bible Knowledge (BK) :** Registration on 03 & 04 February for Form 3 & Form 4 students. Classes begin on 03 Feb immediately after registration at 2.30 - 4.30 pm. Contact person : Helton : 012-2370982



- **Presentation of the Lord :** 02 Feb -1<sup>st</sup> Friday: Holy Hour , Blessing of Candles followed by Mass. Please bring your candles for blessing.
- **World Day of Consecrated Life -** 03 Feb (Sat) @ 6.30 pm at Assumption Church, P.J.
- **Ad Limina** visit to meet Pope Francis, Vatican. 14 Bishops of Malaysia, Singapore & Brunei will be away in Rome on 03 - 10 February. Lets keep them in prayer.
- **Liturgy Meeting (all languages) :** 06 Feb (Tues) @ 8.00 pm in the Bible Hall.
- **Our Lady of Lourdes, Sagga Feast :** 9 - 11 February 2018
- **Marriage Encounter (ME) (Tamil) :** 9-11 February. Contact Sam Bosco (012-5170083)
- **Ash Wednesday :** 14 February 2018
- **CNY (Chinese New Year) Mass :** 16 February 2018 @ 8.30 am
- **Deaf & Dumb Ministry ;** Kindly contact parish office.
- **RCIA :** Rite of Election : 25 Feb (Sun) at Holy Family Church, Kajang.
- **Vocation Camp for young men** on February 2018 at Good Shepherd Church
- **Feast of Cahaya Kristus, Kg. Sebir :** 11 Feb (Sunday) @ 6.00 pm. All are welcome.