



**As the soul
is the life
of the body,
so the
Holy Spirit
is the life of
our souls.**

- St. Peter Damien

the first greeting was met again with the words, "Peace be with you" and then, "receive the Spirit". Hearing the words, it seemed for them as though life was starting anew. When Christ greets and breathes upon them, he also strengthens them for mission. He gives them the gifts to fulfil their mission - his mission - since the mission of Christ becomes their mission. Renewed, the disciples become reinvigorated as they feel moved with the zeal to go forth in mission.

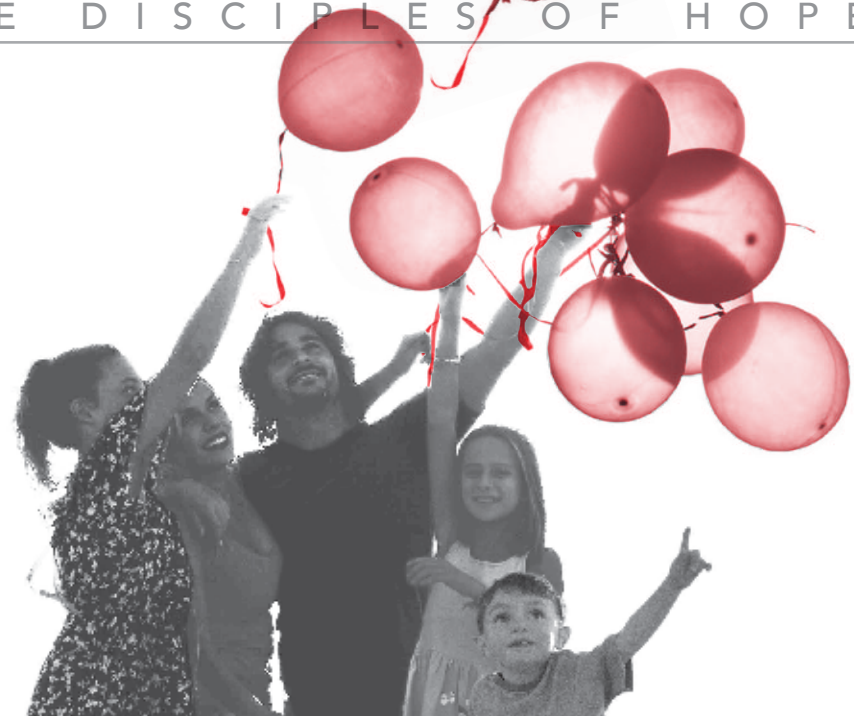
Likewise, we too may have our moments of despair and darkness when we give in to fear and hopelessness. We may prefer, at these times, to hide in the comfort of our self-pity, sinfulness or suffering. How many times have we turned to self-pity or a sinful habit for our solace and our hope? In such times as these, we may blame God because he seems to be absent. Perhaps, it is because we may have come to believe that life as a Christian is not meant to be filled with trials and suffering. Instead, we feel we are entitled to a comfortable and trouble-free life.

It is in times like this, that we have to be aware of being called by Jesus, of having our lives being breathed upon again and again by him so as we may rise from our fears and hopelessness. God's breath of life is present within the family, when we turn and reach out to others, especially those undergoing fear and doubts, through our life-giving actions of love and mercy. It makes them realise that they have not been abandoned and that God keeps his promises. **There can only be one God, and we are not him.** But we are loved by him for he has assured us that he will not abandon us. We only have to cast our anxieties on him, and he will set us free (1 Pet 5:7). This becomes our mission, for ourselves and our family - to arise as his disciples, and go out on mission and bring peace to others. †

Newtbec

NEW WAY OF BEING CHURCH **PENTECOST SUNDAY**
B E D I S C I P L E S O F H O P E

20 MAY 2018



FAMILY POWERED IN CHRIST...

To Be Set Free

"Peace be with you". These words with which Jesus greeted the disciples who were hiding in fear, was as a breath of fresh air to them. It ignites within them a spark of hope in the days when all appeared as dark and hopeless. The response of the disciples to

**Weekly
WORD**
There can only be
one God, and we are
not him



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 : Family powered in Christ (May) 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 19 – 20 MAY 2018

PENTECOST SUNDAY : Ac 2, 1-11, Ps 103, Gal 5, 16-25 Jn 15, 26-27, 16, 12-15
"Send Forth Your Spirit, O Lord, And Renew The Face of the Earth." (Psalm 103)

Sat	19	5.00 pm 6.00 pm	Rosary / Novena / Benediction Eucharist (E) (Animation : RCIA)	7.00 pm : Infant Baptism
Sun	20	7.00 am 9.00 am 11.00 am 1.00 pm	Eucharist (T) (Animation : St. Charismatic) Eucharist (E) (Animation : St. Arthur) Eucharist (C) 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
Mon	21	6.45 am	Eucharist	Charismatic (E) 7.30 pm at Visitation Hall. We welcome All to join in praising God in Song.
Tues	22	6.45 am	Eucharist	
Wed	23	7.00 pm	Rosary / Novena / Flag-Raising / Eucharist / Fellowship	(Animation : Family Life Ministry)
Thur	24	7.00 pm	Rosary / Novena / Eucharist / Fellowship	(Animation : PIHDM)
Fri	25	7.00 pm	Rosary / Novena / Eucharist / Fellowship	(Animation : Min. of Social Comm)

TRINITY SUNDAY : Deut 4,32-34, 39-40 Ps 32, 4-5 6 and 9, 18-19, 20 and 22 Rom 8, 14-17 Mt 28, 16-20
"Happy The People The Lord Has Chosen As His Own." (Psalm 32)

Sat	26	5.00 pm 6.00 pm	Rosary / Novena / Benediction Eucharist (E) (Animation : Youth)	
Sun	27	7.00 am 9.00 am 11.00 am 1.00 pm	Eucharist (T) (Animation : T. Apostolate) Eucharist (E) (Animation : St. Bernadine 2) 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. You will receive a Prayer Card (Magnificat). Pray it daily.

- i) **Parish Weekend Collections** :
 - a) 12 / 13 May 2018 : RM10,794.15
 - b) Ascension Day : RM2,874.70 Titi : RM120.00**God Bless All Generous Donors**
- ii) We appeal a **Special Donation** to be taken at all Masses for the use of Mission Month which ends today.
- iii) Observe silence inside the Church. No practice/reading allowed in between Sunday Masses. Always ensure formal attire while

• **20 May : Rite of Mystagogia** (RCIA) - Pentecost Sunday. Congratulations to all our newly Baptised brothers and sisters.

Thank you : Mass Animation RCIA & BEC St. Arthur (Seremban 2) for Mass Animation this weekend.

- **Pentecost Vigil 2018 - "Empower Me Holy Spirit"** - 19 May (Sat) 8 pm to 12.00 am.
E/BM (Church, T (Hall), M (Bible Hall)
Special thanks to the Four Redemptorist Priests : Fr. John Paul, Fr. Joseph Abraham, Fr. Eugene Lee and Fr. Patrick Massang. Thank you, for inspiring us to come closer to God, through Jesus & Mary.
- We appeal to Parishioners to write out **stories of miracles** at Visitation (Church/Grotto/Our Lady). You may write/email to the Parish Priest.
- **Youth Fest** : Sun 27/5 - 5 pm. All youth are cordially invited, bring your friends along.
- Congratulations & Blessings to **Sr. Gertrude Tan** on her 50th Anniversary as IJ Nun. Lets pray for her.
- **Bible Knowledge (BK)** : We encourage Form 3 students to join BK (Sat-2.30 pm) At the moment we have Form 4 & 5. Call Helton (012-2370982)

FEAST OF THE VISITATION (170TH ANNIVERSARY)

"My Souls Glorifies the Lord" (Lk : 45)

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- 23/5 (Wed) : 7.00 pm - Rosary, Novena, Flag-raising & Eucharist (by FLM) (fellowship by : Zones 1,2,3 & 4)
 - 24/5 (Thur) : 7.00 pm - Rosary, Novena & Eucharist (by PIHDM) (Fellowship by : Zones 5, 6 & 7)
 - 25/5 (Fri) : 7.00 pm - Rosary, Novena & Eucharist (by SOC.. COMM) (fellowship by : Zones 8, 9 & 10)
 - 26/5 (Sat) : 10.00 am - Rosary, Novena, Eucharist & **Special Blessing of the Sick & Aged** (by VSPF)
 6.00 pm - **Sunset & Grand Candle Light Procession of Our Lady** (by Youth) (fellowship by : Zone 16)
 - 27/5 (Sun) : 7.00 am (T), 9.00 am (E), 11.00 am (M) & 1.00 pm (BM) - (by BECS)
 5.00 pm - **Youth Fest**
 - 28/5 (Mon) : 7.00 pm - Rosary, Novena & Eucharist (by UNITY) (fellowship by : Zones : 14 & 15)
 - 29/5 (Tue) : 7.00 pm - Rosary, Novena & Eucharist (by PMEIA) (fellowship by : Zones 11, 12 & 13)
 - 30/5 (Wed) : 7.00 pm - Rosary, Novena & Eucharist (by FORMATION) (fellowship by : Zones 18, 19, 20 & 21)
 - 31/5 (Thur) : 7.00 pm - Rosary, Novena & Feast Mass (by Liturgy & Migrants)
- **Pre-Launching of 170 years Anniversary - 20 May @ 10.00 am** (after Eng Mass).
 ~ Marian Exhibition - 23rd May to 31st May at the Visitation Parlour.
 ~ Visitation Historical Walk - an exhibition to take us through the journey of 170 years of this Parish at Bible Hall - 26 May 2018 (Sat)
 ~ 170th Anniversary Cornerstone "Coffee Table" Magazine & History 'CD' in the making (it will be launched on Feast day). Keep the team in prayer. You may make a pre order now. Call Jerome : 019 790 8071 or visit the parish office.
 ~ We welcome Donations for the Feast Celebration. See the Parish Priest/parish office. TQ
 ➢ Candles will be provided for **Our Lady's Procession on 26th May**, you may also bring your own candles.
 ➢ We need groups to perform during **Fellowship** on any of the Novena Days 23/5 to 30/5), kindly call Adrian Van Huizen (010-8970642)
 ➢ **Visitation Fun Ride** : Sat 26/5 : All types of bicycle, all age group, no entry fee, flag off at 6.30 am. Call Spencer : 012-3256718 /Terry: 012-6366198