



a quiet sense of despair?" He told them that **everyone is seeking for love that endures, opportunity to share gifts, unity based on truth, communion that respects the freedom of the other person.** These can be summed up as: goodness, beauty and truth, the three transcendentals. But, instead of goodness, beauty and truth what our society offers are false substitutes: choice, novelty and subjective experience.

### SCRIPTURE of the DAY

Exodus 17: 3-7  
Psalm 94: 1-2, 6-9  
Romans 5: 1-2, 5-8  
John 4: 5-42 (or 4: 5-15,  
19-26, 39-42)



Just like the story of the Samaritan woman which we heard on Sunday, we are thirsty for love and yet, always look for it in the wrong places. We forget that God created man with the capacity to worship Him and the need to be in fellowship with Him. Our yearning is infinite, because we have been created with a hole in our hearts, in the shape of God and nothing, absolutely nothing, can fill it up except God himself. St. Augustine put it this way, "My soul is restless 'till it rests in Thee." The only One who can heal our weariness and satisfy our longing thirst is Jesus Christ.

Just like the Samaritan woman, the goal of attaining lasting love seems too distant and the task seem altogether impossible when she complained that the well is too deep and our Lord had no bucket. She failed to recognise that He is the source of unfathomable love and He is the means by which that same love would be communicated to us. Though too deep for us, our human souls, our wells, are never too deep for Him. And when we are prepared to come on our bended knees, stripped of all pretences of superiority or self-reliance, we only have to ask, "Master, give me this water," we are assured of a drink from the well of God's immense riches which promises life and immortality. Having drunk therefrom, we shall never be thirsty again. Because in the One, we are One. ✦

As Lent is the time for greater love, listen to Jesus' thirst... He knows your weakness. He wants only your love, wants only the chance to love you.

- St. Teresa of Calcutta

INTERNAL CIRCULATION ONLY  
BUL 10/2026

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# NEWBEC

NEW WAY OF BEING CHURCH | 3<sup>rd</sup> Sunday Of Lent | 8 March 2026

LENTEN REFLECTION 3

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

*A People for Missionary Discipleship*

MONTHLY FOCUS: ECOLOGY: Restoring Our Common Home



In 2008, Pope Benedict addressed a crowd of a half million young people in Sydney, Australia, on the occasion of the World Youth Day, and told them that "in so many of our societies, side by side with material prosperity, a spiritual desert is spreading: an interior emptiness, an unnamed fear,

Church of the Good Shepherd,  
8, Jalan Air Putih, Setapak,  
53200 K. L. Tel: 03-48216332  
**Parish Priest:**  
Fr Mitchel Anthony Joseph  
Email: goodshepherd@archkl.org

**Bulletin: March 8, 2026**

**Fr Mitchel's Diary**

**MARCH 2026**

- Mar 1: Rite of Elect (CSJE)
- Mar 6: SOC & Mass
- Mar 7: Lenten Recollection
- Mar 7: 1<sup>st</sup> Scrutiny
- Mar 13: SOC & Mass
- Mar 14: 2<sup>nd</sup> Scrutiny
- Mar 17-18: Clergy Recollection
- March 18: GSC Confession Nite
- Mar 20: SOC & Mass
- Mar 21: 3<sup>rd</sup> Scrutiny
- Mar 27: SOC & Mass
- Mar 28-29: PALM SUNDAY

Interested to Serve

in a Ministry?

**Family Life**

Christopher Cheong 012-7990774  
& Christine Chua 012-3142864

**Evergreens' Ministry**

Mona Victor (016-2039549)

**Street Shepherd Outreach (SSO)**

Stanley Sim (017-3931975) &

Sharom (012-3111251)

**Orang Asli Ministry**

Lajarus Tabin (011-26234498)

**Medical Mission**

Dr Tony Henderson Jeyarajah  
(016-5979086)

**Ministry of the Poor/PIHD Rep**

Nicholas Anthony (012-6870905)

**Prison Ministry**

Michael Yap (012-3993096)

**Justice & Peace**

(formerly Women's Desk)  
Natasha Anne (012-9029535)

**Migrant Ministry**

Theresa Janey (012-2367316)

**Youth Ministry**

Cavan (012-8977116)

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**GSC USE OF QR  
PAYMENT  
METHOD...**

...is only for general  
Donations.

This mode of  
payment however,  
**is not for Mass  
intention offerings!!**

**LENTEN THEME 2026:  
"IN THE ONE, WE ARE ONE"**

ORGANIZED BY THE ARCHDIOCESAN MENTAL HEALTH MINISTRY

**Understanding The EGO and Ego maturity**

**14-03-2026  
10am – 11.15am**  
*It is an online  
via ZOOM  
Session.*

Why this is central to help us manage the sometimes turbulent mental chatter that generates anxiety, chronic stress and mental illness.

In this session Gerard explores the different ways the concept of EGO is understood from both a psychological as well as spiritual perspective. He argues that understanding the EGO and cultivating it, so that it matures in a healthy manner is quite vital for us, if we are to achieve the emotional and spiritual maturity necessary to help us find our greatest fulfillment in Living.

**GERARD KOE**  
Senior Family Counsellor specializing in Addiction counselling at Catholic Care Victoria

**REGISTER NOW**

Love offerings are most welcome!

Online via ZOOM  
Saturday, 14th March 2026  
10AM-11.15AM

017-9156188 | 03-82118214 | Archdiocesan Mental Health Ministry

*Details are in the poster!*

**No fee – just a love offering is most welcome!**

**MARRIAGE ENCOUNTER WEEKEND**

worldwide marriage encounter

Restore Communication | Renew Commitment | Rekindle Romance

Need to know more?  
Contact Parish reps:  
**Nicholas & Angie**  
**011-67434936**

17th - 19th Apr 2026  
A Live-In Experience

Days Hotel & Suites  
Fraser's Business Park KL

019-3562321 (James) | 012-3718756 (Mandy)  
www.meselwil@archkl.org

**WEEKEND COLLECTION & OTHERS**

Feb 28 – Mar 1: RM7,991,60; PIHD: RM5,351.80  
Blessings and thank you for your generosity.

**2026 THEME: Walking Together Towards A Synodal and Prophetic Church  
(A People for Missionary Discipleship)**

**March 2026: 'Renewing our relationships with creation thru ecological conversion by adopting a simple lifestyle as part of our stewardship'**

PCC Chairperson: Gerard Sebastian (012-6528751) | **Mass times:** Sundays -7.30am (T), 9.30am (E), 11.15am (M), 12.45pm (BM)  
PFC Chairperson: Andrew Eapen (012-2096461)  
BECOT Coordinator: Michael Joseph (018-4020199)

**Saturdays**  
Sunset Mass - 5.15pm Rosary; 6.00pm (Mass - English)  
**Weekdays:** Tue-Thu: 6.30am; Fri (7pm) (Check Mass list for any weekly changes)

Any donations & other offerings may be made payable to:  
'Gereja Katolik Good Shepherd'(Affin Bank)  
A/C No. 1001-9000-7211.  
Please state your payment preference

**Parish Office: Tue – Fri (9.00am-5.00pm)**  
**Sat: (9am-1pm; 3.30pm-6pm); Sun: (8.30am-1.00pm)**  
**Mondays & public holidays (closed)**

**STATIONS OF THE CROSS - FRIDAYS IN LENT**

**= 7.00pm (Rosary); 7.30pm Stations of the Cross (Eng/Tamil/Mandarin); 8.00pm Mass = 8.30pm Stations of the Cross (BM) (outdoors when weather permits or in the Chapel)**

**LENTEN PENITENTIAL SERVICES  
(COME, BE RECONCILED WITH THE LORD)**

**Good Shepherd, Setapak: 18-03-2026 (Wed)**

And at District level:

- St Joseph, Sentul: 02-03-2026 (Mon)
- Jesus Caritas, Kepong: 05-03-2026 (Thu)
- Risen Christ, Jln Ipoh: 12-03-2026 (Thu)
- Kristus Cahaya, Desa Jaya: 23-03-2026 (Mon)
- Kristus Aman, TTDI: 24-03-2026 (Tue)

**CHRISM MASS 2026**



The Chrism Mass this year will be held on:  
**Venue: Church of the Visitation, Seremban**  
**Date: Tue, 17th March, 2026**  
**Time: 7.00pm**

**24-HOURS FOR THE LORD**

**Friday, 13 March – Saturday 14 March  
@ GSC Chapel**

Adoration will begin after Stations of the Cross on Friday, 13/03, concluding at Sunset Mass, Saturday, 14/03. This is a Lenten initiative of prayer and reconciliation, undertaken by our Church Ministries. Further details regarding times of Sessions, please refer to your respective BEC Co-Ordinators, or to the Church Notice Boards..

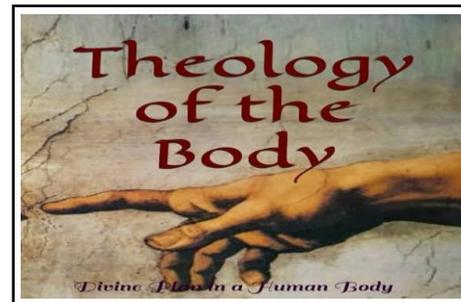
**BANNS OF SACERDOTAL ORDINATION  
(CHANCERY NOTICE)**

Rev Deacon Philip Asirwalam (Sacred Heart, Jln Peel) & Rev Deacon Anthony Robert Peter (St Jude, Rawang) on Sat, 09/05/25 @ St John's Cathedral.

We journey with them to their priesthood.

**T.O.B. CAMP FOR 4<sup>TH</sup> FORMERS**

The KL Archdiocesan Catechetical Ministry (Formators) will be at our Parish to conduct the Theology of the Body (TOB) for 30 Fourth Formers the weekend (March 14 – 15) at the



**CONTRIBUTIONS THROUGH RATIONS  
FOR THE UNDERPRIVILEGED**

...may be sent to the office during office hours or over the weekend (before or after Mass).  
**We thank you for your generosity.**

**CHURCH OF THE GOOD SHEPHERD**  
8, Jalan Air Putih, Setapak, 53200 Kuala Lumpur  
*Parish Priest: Rev Fr Mitchel Anthony Joseph*

**March 7 - 14, 2026**

**Saturday**     **7<sup>th</sup> March: 5.15pm Rosary; 6.00pm Sunset Mass (E)**

**3<sup>rd</sup> Sunday of Lent (A) /2<sup>nd</sup> Scrutiny**

*Ex 17:3-7; Rom 5:1-2,5-8; Jn 4:5-42 (or 4:5-15,19-26,39-42)*

**Souls:** Antony Wee Whatt Chai, Reginald Raj, George Wong, Katherine Wong Chock Choo, Elsie Wong Lian Choo, Nancy Kok Fatt Chun, Mandy Yeong Mow Yoong, Annie Tung Ah Har, Lilian Wong Poh Choo, Sri & deceased parents, Maria John, Hensie Peters, Annie Chiew Kim Neo, Magdalene Tan Poh Ghaik, Yesdas Jeganathan, Louis Michael Albela, Gloria Hayden, Matthew B, Stella Michael, Augustine & Catherine Chow, Joachim Tan, Francis Ng Sun Hi & Maria Low Yon Moy, Richard Ng Cheng Kit, Philip & Ann Chong, John Low Teik Ban, Souls in purgatory (by Eleanor Fernandez, by Vanda Gomes), Gloria Hayden (by Joan Seow), Souls in Purgatory (by Theresa Jayasuria), Daisy Williams, Kamala Devi, Henry Jayasuria, Michael Vinugoppal, Michael Santhana Dass, Vetri Duraisamy, Fabian Joe, Steven Seng, Cecilia Edward, Singarayan Arulappan, George Edward Keyworth, Lena Khaw (7<sup>th</sup> Day)

**Sp Int:** Josephine & Andrew Choo, Lee Calvin (personal), Sarah Thomas Dulis, Rachel & Ben Ong, Desiana Rusliana Siagin (miraculous Healing)

**Thanksq:** Julia Chai, Sharon De Padua, Angela Stevenson (OLG), Jennifer John, Adrian Lam Siew King, Irene & Joseph Thomas, Joseph & Family

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**Sunday**     **8<sup>th</sup> March: Masses: 7.30am (T); 9.30am (E); 11.15am (M); 12.45pm (BM)**     **Psalter III**

**3<sup>RD</sup> SUNDAY OF LENT (A)**

*Ex 17:3-7; Rom 5:1-2,5-8; Jn 4:5-42 (or 4:5-15,19-26,39-42)*

**Souls:** Peter Foo Loong Fong, Harvey Gerard Krishnan, Steven Seng Kim Hoe @ Sing Kim Hoi, Olga Phillips, Xavier Saverimuthu, Joseph Foong Fock Yong, Annie Chiew Kim Neo, Magdalene Tan Poh Ghaik, Sathi Rajoo, Yesdas Jeganathan, Wong Ah Mook, Siew Choon Heong, Gloria Hayden, Francis De Rozario, Francis Ng Sun Hi & Maria Low Yon Moy, Richard Ng Cheng Kit, Walter & Charlotte de Rozario, George & Maurice de Rozario, Joel Joyce Nonis, All Souls (by Lily Joginder), John Low Teik Bin, Gloria Hayden (by Joan Seow), Francis Low, Rose Low, Theresa Sang, Tharmaraja Verarathi, Mr & Mrs Arokiasamy Annapurani, Anthony Tan Yang Ngee, Michael Tan Kian Soo, Souls in Purgatory, Laima Betrice Kantu, Clementina Gabriel, Joanna Anne, Anthony Ahanggai, George Edward Keyworth, Mr & Mrs Anatdia DJ Leite, Carti Dos Reis, Lucia Dos Reis, Fransisca Dos Reis, Redemtus Nahak. Souls in Purgatory (by Amelia Keyworth),

**Sp Int:** Yvonne & Jeremiah, Sathiya (job), Joan Wong, Fr Simon Agbo (for academic Studies), Kraal Family, Saarminii AP Ratna Kumar, Saarman AP Ratna Kumar, Kimberly Michelle, Theresa Teh Kian Tye, Chuah Teong Ming

**Thanksq:** Harry Daniel Solomon & fly (AS), Emmanuel Benedict, Adrian & Emylia, Harry Daniel Solomon & Family (Holy Trinity), Abbot D'Cruz, Francis D'Cruz, Shenton & Family, Nicol & Shenton, Elara, Michael & Irene

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**Monday**     **9<sup>th</sup> March: 3<sup>rd</sup> Week of Lent**     **(Office closed)**

*2 Kgs 5:1-15; Lk 4:24-30*

**NO MASS**

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**Tuesday**     **10<sup>th</sup> March: 6.30am Mass (3<sup>rd</sup> Week of Lent)**

*Dan 3:25,34-43; Mt 18:21-35*

**Souls:** Annie Chiew Kim Neo, Magdalene Tan Poh Ghaik, Annie & May Girl, Yesdas Jeganathan, Richard Ng Cheng Kit, Earnest Goonting, Joyce Goonting, John Low Teik Ban, George Edward Keyworth, Souls in Purgatory (by Amelia Keyworth)

**Sp Int:** Usha

**Thanksq:** Patsy & Julian Tan

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**Wednesday**     **11<sup>th</sup> March: 6.30am Mass (3<sup>rd</sup> Week of Lent)**

*Deut 4:5-9; Mt 5:17-19*

**Souls:** Annie Chiew Kim Neo, Magdalene Tan Poh Ghaik, Yesdas Jeganathan, Richard Ng Cheng Kit, John Low Teik Ban, George Edward Keyworth

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**Sp Int:** -  
**Thanksg:** -

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**Thursday**     **12<sup>th</sup> March: 6.30am Mass (3<sup>rd</sup> Week of Lent)**

*Jer 7:23-28; Lk 11:14-23*

**Souls:** Annie Chiew Kim Neo, Magdalene Tan Poh Ghaik, Yesdas Jeganathan, Richard Ng Cheng Kit, John Low Teik Ban, George Edward Keyworth

**Sp Int:** -

**Thanksg:** -

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**Friday**     **13<sup>th</sup> March: (3<sup>rd</sup> Week of Lent)**

**7.00pm Rosary; 7.30pm Stations of the Cross (E/T/M); 8.00pm Mass**  
**8.30pm Stations of the Cross (BM) outdoors when weather permits (or Chapel)**

*Hos 14:2-10; Mk 12:28-34*

**Souls:** Nellan Mathavan, S Balakrishnan, Annie Chiew Kim Neo, Magdalene Tan Poh Ghaik, Thomas A Sta Maria, Yesdas Jeganathan, Richard Ng Cheng Kit, Souls in purgatory (by Angela Stevenson), Richard Ng Chong Kit, John Low Teik Ban, George Edward Keyworth, Ambrose Francis

**Sp Int:** -

**Thanksg:** -

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**Saturday**     **14<sup>th</sup> March: 5.15pm Rosary; 6.00pm Sunset Mass (E)**

**4<sup>th</sup> Sunday of Lent (A) / 2<sup>nd</sup> Scrutiny**

*1 Sam 16:1,6-7,10-13; Eph 5:8-14; Jn 9:1-41 (or 9:1,6-9,13-17,34-38)*

**Souls:** Reginald Raj, Hensie Peters, Anthony Pillai, Annie Chiew Kim Neo, Magdalene Tan Poh Ghaik, Yesdas Jeganathan, Louis Michael Albela, Gloria Hayden, Francis Ng Sun Hi

**Sp Int:** Josephine & Andrew Choo

**Thanksg:** Sathiya (Blessings), Angela Stevenson (OLPH), Sacred Heart of Jesus (by Roseline)

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