

Shalom.

Want to donate money for combating COVID-19 yet don't know how?

You may donate your money as annual Lenten campaign to Penang diocese as stated in the letter through online banking to RHB 20708200038387.

For those who can't donate through online banking, you may do so by passing your money with the Lenten campaign envelopes AFTER this MCO to Parish Office.

Though we can't meet for Easter celebration at SMC our HOME



, but let's do our part to help in whatever we can especially in reaching out to the needy and in our prayers.

Keep well and God bless

Father Anthony Liew

平安。

您是否想为对抗新冠肺炎疫情作捐献，但又不知道如何？

您可像往年的四旬期运动一样，通过网上银行捐款致槟城教区的RHB户口号码20708200038387（请参阅附上的信件）。

至于那些无法通过网上转账的人，您可在此《行动管制令》之后，把款项放入四旬期运动信封内，后再交予圣堂办事处。

今年，虽然我们无法在圣米高堂我们的家相聚共庆复活节



；但让我们竭尽所能，特别是帮助有需要的人，并也为应对这疫情祈祷。

保重 & 主佑

刘善财神父



Penang Office for Human Development

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27th March 2020

Dear Rev Fathers,

Lenten Campaign 2020

The COVID-19 pandemic which affects the human family at large, coupled with the Movement Control Order (MCO) in our country, has significantly caused us to pause, stop and change the usual rhythm of our daily lives, calling us to respond more and more with the heart.

The Diocesan Lenten Campaign 2020 with the theme: **SENT TO HEAL** brings us to a greater awareness of being agents of healing, in and through this wounded experience.

Virtual Campaign LC2020

During this difficult time of uncertainty, the need to support one another is even more present than ever: *to Uplift the Crushed Spirit; to Heal Mother Earth; to Protect the Defenceless and to Spread the Love*. Through CREATIVE, INCLUSIVE and BRIDGE-BUILDING ways, let us strive to reach out to one another, being a tangible sign of hope to the world.

With the gift of technology, let us use the means of social media to bring about awareness, encouragement, appreciation and sharing of testimonies, while we remain in solidarity with the nation by staying home yet still engaged in the lives and plights of people. We may utilize the below webpage and hashtags for this Lenten Campaign initiative of hope and healing.

<https://www.facebook.com/pdlentencampaign/>

#SentToHeal

#Covid19WeCare

#Covid19Hope4All

Outreach Initiative

Penang Office for Human Development will be committed to the various initiatives undertaken by the parishes and institutions to accompany those who are in need to weather through these challenging times of COVID 19 pandemic.

Your Support

From the Lenten Campaign Collections 2020, the church will collectively fund various social initiative in the Diocese of Penang and during the COVID-19 crisis, the Penang Office for Human Development (POHD) will channel a portion of its fund towards the work of combatting this coronavirus. Your solidarity, commitment and support is very much appreciated. Below are the details for your kind contribution.

Cheque	: Penang Diocesan Lenten Campaign	
Online	: Penang Diocesan Lenten Campaign	RHB 20708200038387

Therefore, let us do our part in nursing the wound and bring about healing in the world!

*The Spirit of the Lord is upon me, because He has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the captives and
Recovery of sight to the blind, to let the oppressed go free,
to proclaim the year of the Lord's favour."
(Luke 4:18-19)*

Rev. Fr. Joachim Robert
Penang Office for Human Development

Some proposed approaches:

In living to the call of this year's theme – **Sent to Heal**, let us share this healing message from our homes to those around us. Breakthrough the lockdown by embracing healing and heal others! Let healing come through our darkest moments, let Love overcome fear!

- The call to action even at home – how can we help these people, what are we doing with our own small initiatives, what words of encouragement do we want to share?
- **Help:** Think of the needy (migrants, senior citizens, homeless, jobless) and put your thoughts on how you wish to see them being aided, or how you could possibly assist them (through donation drive to charitable organizations)
- **Small initiatives:** Messages on how you benefit your time staying at home (praying, fasting, family time, environmental efforts, social-distancing, reconnecting with others)
- **Encouragement:** Cheer our front-liners, offer to pray for them. Be spiritually-united and in solidarity with others through thoughtful words. Talk about how you wish to see a better world (people united, in peace and harmony) or how the world will change by creating a better environment.
- Park one of these 'call to action' under the 4 focus areas below
- Tell your story or share your testimony
- Write a note of encouragement
- Upload onto Facebook or Instagram

1. Uplift the Crushed in Spirit

Our focus is on refugees, migrant workers, the poor and anyone whose livelihood has been so adversely affected as to be unable to make ends meet:

- Through community networking, garner information on the pressing needs of these groups of people and decide on what assistance can be given.
- Contact support groups and organisations involved in advocacy for the poor and marginalised and donate in cash and kind towards their mission.

2. Heal Mother Earth

The temporary MCO in Malaysia and lockdown in many other countries might provide a brief respite from world-wide pollution of the environment:

- Let us re-think our approach to our way of living and be more conscious in doing our part to safeguard creation, our homes, ourselves, our families and for the generations to come
- Learn of and make eco-friendly practices part of our way of life.

3. Protect the Defenceless

During this period of the pandemic, we must do our utmost best to care for our children and the elderly who are especially vulnerable:

- Diligently practice social-distancing to minimize contracting the virus and exposing others to the risk of infection
- Help the homeless by donating food and money to support the various initiatives taken up by groups and organisations
- Participate in advocacy for the homeless by writing to, ensuring authorities and government bodies to provide them temporary food and shelter in the short-term and a more permanent solution for the long-term

4. Spread the Love

Think of our front-liners, the healthcare workers, police officers and military personnel who are sacrificing their lives for others on a daily basis:

- Offer them up in your daily prayers
- Appreciate their efforts by adhering to the instructions for containing the spread of the virus

Think also of those who live alone, especially the elderly:

- Call or message them, let them know that they are not forgotten
- Offer them words of support and encouragement
- Offer to run errands for them, for example, to purchase their groceries and other essentials.