

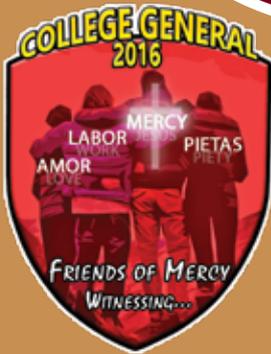
SINARAN

2016





on the COVER



COLLEGE GENERAL COMMUNITY PRAYER 2016

*God our Father,
Your son Jesus illuminates
mercy and compassion
towards all creation.*

*Send Your Holy Spirit
to transform us into apostles
that radiate His gift of mercy
in our community and society.*

*Let everyone see no longer us,
but only Jesus.*

*May we remain always
one with you, exemplifying
Amor, Labor, and Pietas.*

*Help us to love whole-heartedly,
work diligently,
and be holy disciples
living out the gift of our vocation.*

*May Mary, Mother of Mercy,
intercede for us that we too
might become friends of Mercy.
Amen.*



The Cover of **SINARAN 2016** depicts the artwork seen around the tabernacle and crucifix of the Church of the Good Shepherd in Setapak in Kuala Lumpur.

We see it in terms of our call this year to be **FRIENDS OF MERCY**, witnessing **AMOR** (*love*), **LABOR** (*labour/work*) and **PIETAS** (*holiness*), which is our motto seen on the College Crest.

Each of us is called to be a disciple and also friend of Jesus, and hence called to follow Christ whose merciful **love** was seen in the Cross on which He died. No longer mere servants, we are called to share in the intimacy as **FRIENDS** of the Lord. The Crucified and Risen Christ is our strength. He radiates to us the light and power of his Spirit that we might be strengthened to share and continue his **mission of Mercy** as we just celebrated and lived out the **YEAR OF MERCY**.

Everyone is called to a more **loving** and intimate friendship with Jesus. The rays coming from the Cross remind us that we are strengthened by God for all that we are to be and do as **labourers** in His Vineyard. The Word of God (Word of Life) and the Eucharist (Bread of Life - and indeed all the Sacraments) strengthen us daily, drawing us towards **Holiness** and allowing us the passion and perseverance to **Labour** on in Mercy.

Taking up our personal crosses and following him is not something we do in isolation but rather doing so lovingly *together* with all of our sisters and brothers, mercifully reaching out to each other, particularly those who struggle under the weight of their crosses. Hence we see in the picture, the elderly as well as the young and also the differently-abled. Each one is not an isolated individual but rather called to be in loving relationship with the other, journeying as one family. **Love** is not just directed at the Lord, but also towards each other. Ultimately, we reach out through our web of relationships to the whole world and allowing His Mercy to be announced and felt through the witness of our own lives. We do all this, not by our own strength but through the grace of God.

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SHADOW OF GOD'S LOVE

*Dear Fathers, Seminarians
and Staff of College General,*

It is indeed a challenge to be asked to give a personal testimony of a concrete experience of God's mercy towards the Diocesan Priests. What more is that I was also asked to share my experience of mercy as a Priest and was instructed not to use abstract theology. All the more I find this very exciting. However, the important and crucial personal experience would be as I recall Pope St. John Paul's reminder that orthodoxy (what you call abstract theology) and orthopraxis (the practice of theology in daily life) go together. In other words, right thinking formed by the Gospel and right living go together. Theology (God) was never meant to be abstract but a real living and a personal encounter between God, humankind and Creation.

The Mercy, which we are asked to share, is the Divine Mercy we have received as a free gift from the beginning of time. We are never asked to share anything that we have not received in the first place as pure gift and undeserved from God. This sharing of mercy received is not a choice but an obligation to share, less we become like the servant who was forgiven a debt of ten thousand talents by his Merciful Master and refused to show mercy to his fellow servant who owed him a debt of one hundred denarii. He was punished with the title – 'wicked servant'. Divine Mercy is pure, free and unconditional but is not cheap or cannot be watered down. It is received with a mission. 'Be merciful like the Father'.

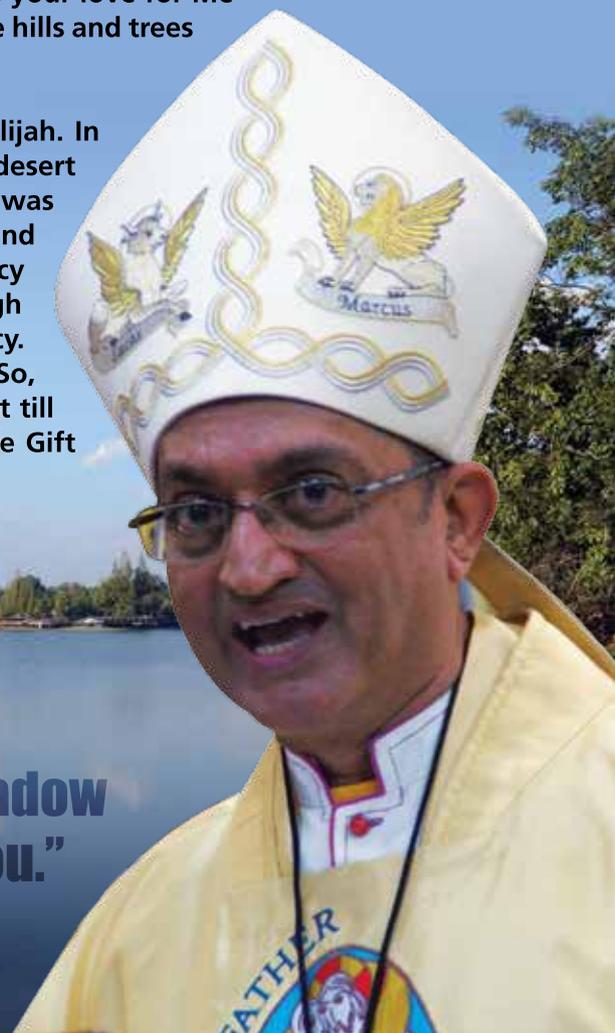
My personal testimony based on the logic of the above truth is the experience of the Risen Lord at a Directed Retreat in Chiang Mai in the nineties. After hitting rock bottom mentally, intellectually and abstract rationalizing - which left me empty and sorrowful - I met the Risen Lord in shadows reflected on the water of a lake with these words addressed to me, "Sebastian, your love for Me is only a shadow of My love for you." All I saw were shadows of the hills and trees reflected on the lake but the message was crystal clear.

The second experience was similar to that of the Prophet Elijah. In order that God could get my attention, He brought me to the desert with fewer distractions and made me a Bishop. It looks like there was no other way He could get my attention. May you, seminarians and priests have your own hidden secrets of how you received Mercy and were sent as missionary, friends of Mercy witnessing through Amor, Labor and Pietas (Motto of College General), the Divine Mercy. All these begin with one single step prompted by the Holy Spirit. So, plead for Mercy and WAIT. If you have not done so yet, don't wait till before death. What a waste! Plead NOW! Enjoy the free and pure Gift NOW.

Sebastian Francis

RT. REV. SEBASTIAN FRANCIS
Bishop of Penang
President of the seminary
Board of Directors

**Sebastian,
your love for Me
is only a shadow
of My love for you."**



Friendship with Jesus

*I shall no longer call you servants,
because a servant does not know the master's business;
I call you friends, because I have made known to you
everything I have learnt from my Father.*

John 15:15

Forming friends of Jesus is what I am called to do as a formator as well as rector in our seminary. The work of forming seminarians is not just about churning out priests – the seminary is not a factory that produces clones to be sent back ready for ordination. Rather, each seminarian is encouraged to develop in their personal relationship with Jesus – from being disciples and servants of the Lord who know and follow his teachings and who have gone on to develop warm and intimate relationships with Him so that they can truly say they are indeed His friends.

Perhaps the most important way that this can be achieved is through an active prayer life – and yes, we do spend a lot of time in prayer in the seminary. Yet, praying is not just about saying set prayers. We are called to move from mere words to allowing these prayers to have a much deeper effect in our lives. It is about developing an interior, contemplative stance where we begin not just to talk to (or at!) Jesus, but also to be with Him in stillness, silence and simplicity. It is allowing our times of silence in meditation and contemplation to lead us into not just a head-knowledge of God, but to be drawn into an intimacy of friendship. It is about listening and being present to and just enjoying the company of a friend. Hence, methods of prayer and ongoing accompaniment and guidance are important for each seminarian.

Thus, the spiritual life is given priority in our formation. Not that the intellectual aspect is any less important! The mind does indeed need to be fed and stimulated for it also feeds the spirit – but all that we learn has to be slowly yet surely interiorized and make the arduous journey from the mind to the heart. This takes time and effort – and the luxury of silence and contemplation too. Hence, the long period of formation is needed for the friendship to truly develop and mature that it might stand the test of time and the pressures of the world.

Friendship with Jesus propels us outwards towards friendship with others as well as with creation. Like Him, we are called to lovingly lay down our lives for our friends. We are also called to befriend Nature. Our friendship with Jesus is not stagnant or self-serving, but that which boosts our outward thrust towards others, slowly inviting them to also discover Jesus, the Friend who leads us into relationship with the Father and the Spirit.

Indeed, what a friend we have in Jesus!

May He draw us more deeply into an intimate relationship with Him and His Father and Spirit!



REV. FR. GERARD STEVE THERAVIAM,
Rector, College General Penang.

LOVE - UNIVERSAL CALL FOR EVERYONE

On the surface, the theme of Love and Mercy seems obvious. "As I have loved you, you also are to love one another" (John 13:34). "Be Merciful as the Father is Merciful" (Luke 6:36). As the Year of Mercy has just concluded, are we any more merciful towards others? Am I more loving to the ones closest to me and around me?

Being merciful is more than just pitying someone for their misfortune. That is sympathy! It is more than putting myself in the shoes of another. That is empathy! It means very little to know that a million Chinese are starving unless you know one Chinese who is starving (John Steinbeck). A merciful person shares in another's misfortune, suffering as if it were their own and endeavours to remove that suffering.

Being merciful means spending time with and being present to the person. It means going out of our way to show love, care and concern. It means reaching out and it can also mean sometimes being rejected and frustrated. But it calls for persistence and patience to continue to care and to be there for the other. By your endurance you will gain your lives (Luke 21:19). Indeed how good is the Lord, eternal His merciful love, He is faithful from age to age (Psalm 100:5).

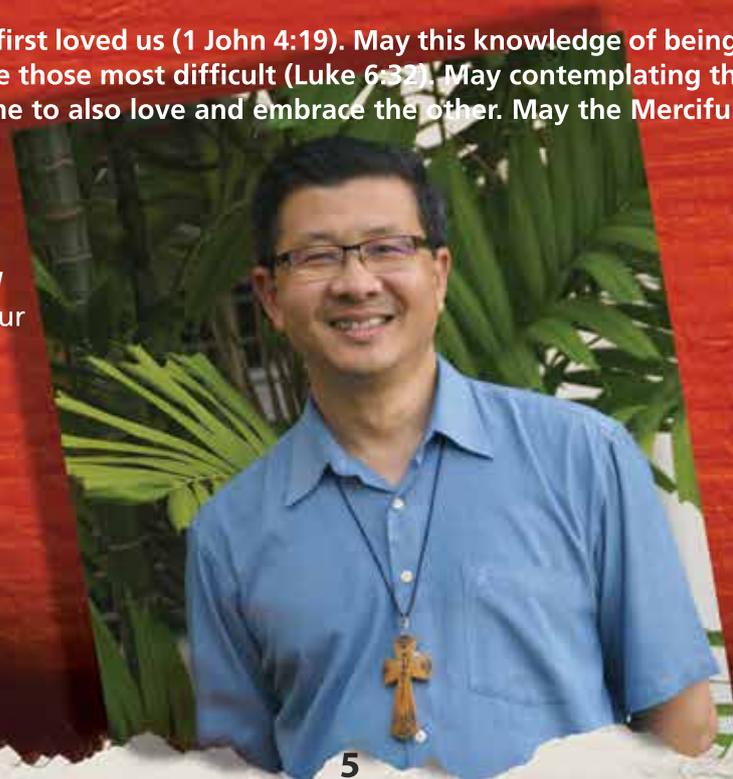
Indeed we are called to imitate our Lord Jesus. His merciful love is eternal, everlasting, endless. We have such a wonderful God who showed us how to love from the cross.

- ~ He became man so that we might know and love Him.
- ~ He became man so that He may follow in His footsteps, to see and learn from Him.
- ~ He became man to tell us that He experiences all that we can possibly experience.
- ~ He is Emmanuel, God-with-us.

Why do we then put a limit to our mercy and love for others? How many times must I forgive my brother or sister? Jesus reminds us it is as many times as the person seeks forgiveness. We are reminded so often daily to extend this forgiveness to others. Sometimes the limits of our patience is tested. We are under stress and we lash out and hurt others with our words and actions. We must love as God loves, unconditionally. At least we must try.

We love because He first loved us (1 John 4:19). May this knowledge of being loved by Jesus hanging on the cross help us to love those most difficult (Luke 6:32). May contemplating the crucified Christ on the Cross be the impetus for me to also love and embrace the other. May the Merciful Love of God be always radiant in me.

MOST REV. JULIAN LEOW
Archbishop of Kuala Lumpur



NIGHT PRAYER: PRESENT GOD THE HARVEST, RECEIVE MERCY, AND GROW IN HOLINESS

..So long thy power has blest me, sure it still will lead me on.

O'er moor and fen, o'er crag and torrent, till the night is gone.

And with the morning those Angel faces smile, which I have loved long since and lost awhile.

(Hymn for night prayer #111)

When in the seminary and as a priest, during recollections and retreats, the Night Prayer is especially profound as it facilitates a longer period for examination of conscience after the invitation

"O God, come to our aid":

"Here an examination of conscience is commended"

I must confess that as a young priest, 'a passion for the souls of men' has frequently led me to 'please people' (and my own self, by the way), more than seeking God's will. Precious time is lost for Night Prayer after a heavy evening visiting families, celebrating outstation masses, fellowships, formations and the rest.

The grace of being transferred to a new parish recently blessed me with a resolution to pray the Liturgy of the Hours, at all the hours, as faithfully as I could. This has brought me tremendous joy.

Lingering longer for the examination of conscience before praying the rest of the Night Prayer can be a painful and frightening experience for me sometimes — scarier than the scariest horror movies.

Admittedly, I am not a terribly violent sinner, but recollecting all the events of the whole day and recognising my weaknesses and the sins I have committed or the good I omitted, really torments me sometimes.

Truly, "my sins are always before me". Even if I close my eyes to it, they stare at me from the insides of my eyelids. I shake and knock my head to get it off of me but it will not go away. It's there in my memory, subconscious demanding to be worked out. I try to distract myself by rushing through the prayer so I can get it over with; I look at my phone for messages; I tell myself I need to plan for the weekend activities and sermons; I must finish an article for the Sinaran magazine; there is a breaking news that I need to watch. I confess I have been a coward many times, not facing my weakness and sins, not facing who I am in the aloneness of a dark room.

But my weaknesses are also there, I believe, as an opportunity for me to grow mentally, emotionally and spiritually stronger. It's there for me to "Name, Claim and Tame". It's there for me to stand up to it, strong in faith. It's there for me to realise I need God's mercy, and to grow in piety.

...Pray for us, O Patroness, Be our consolation!

Lead us home to see your Son, Jesus our salvation!

Gracious are you, full of grace, Loving as none other:

Joy of heaven and Joy of earth, Mary, God's own Mother!

(Final Anthem to the Blessed Virgin Mary #125)



REV. FR. TERRANCE THOMAS

Parish Priest,
Church of the Immaculate Conception B.V.M.,
Port Dickson.



“It cannot always be about enforcing the law because the law of God (truth) was always meant to set us free and not makes us slaves.”

MERCY GOES BEYOND LAW

“Mercy without justice is the mother of dissolution; justice without mercy is cruelty”, the words of St Thomas Aquinas. At first glance these words may seem clichéd but there is much truth in it if we really look at it closely. However, the way we understand mercy and justice today would seem like they are opposite ends of a pole. This is because justice is often seen as either retributive or rehabilitative. In both these ideas of justice there is some form of “punishment” involved. There is another form of justice that is often not spoken about and that is reconciliatory justice and this is the justice of God. Though in the Old Testament we see more of retributive justice, in the New Testament it is often reconciliatory justice. Cardinal Walter Kasper in his book ‘Mercy’ says, God’s mercy is His justice. In other words, God’s justice is to reconcile all things through Jesus – a concept that we would find hard to imagine.

During this Extraordinary Jubilee Year of Mercy, I have found the Sacrament of Reconciliation as a powerful means for many people to experience the mercy of God. Many of us go to this sacrament because we fear retribution. However, the sacrament is not just a time to accuse ourselves and pray that God will be merciful but rather the sacrament itself is also a celebration of God’s merciful and healing love. I have had people tell me of their “traumatic experiences” of going to the Sacrament of Reconciliation and vowing never to go back. No one other than the persons concerned knows what exactly happened at that moment but it is certainly not the nature of the sacrament to leave someone feeling traumatised.

For me, the encounter by the well between Jesus and the Samaritan woman in John 4 epitomises what the Sacrament of Reconciliation is all about. Jesus never once in the conversation condemns the woman despite knowing the kind of person she was but allows the grace of God to work in her by helping her feel that she was not being judged by God but rather she was being loved by Him infinitely. The intention of Jesus was to give her the space and time to discover what He is truly offering her – the unconditional love of God. It must have been the same with Zacchaeus, the adulterous woman and the many other individuals who came to seek Jesus.

I believe that one can only be merciful if one has experienced mercy or else we could easily take the higher moral ground and start judging and even condemning others who struggle to be faithful to God. If the experience of justice has only been retributive, then it is time that I learn to be reconciliatory for it is only this way that I can begin to understand that the justice of God is indeed mercy. It cannot always be about enforcing the law because the law of God (truth) was always meant to set us free and not makes us slaves. For me this is what Christ came, lived and died for. Let us not be enforcers but rather reconcilers!



REV. FR. CLARENCE DEVADASS

Director of Archdiocesan Pastoral Institute (API),
Archdiocese of Kuala Lumpur.

MERCY GOES BEYOND JUSTICE

In just a few months, *The Solemnity of Christ the King* on 20th Nov. 2016, will close the Jubilee. Many good deeds have taken place in the lives of the people who have sincerely sought the mercy of God. It is an on-going life changing experience for me. I realise more and more that if justice remembers, mercy forgets. This is why I believe mercy goes beyond justice.

THE WORD OF GOD

The Gospel reminds us of the teaching of Jesus who says "*Be Merciful just as your Father is merciful (Lk 6,36).*" In order to remain in mercy, we must always read and listen to the Word of God. This means rediscovering the values of silence in order to meditate on the Word. In this way, it is possible to contemplate God's mercy and adopt it as way of life. This will lead us to be the agent of change in society. Change that is based on mercy and not just in justice. It is mercy, forgiveness and learning to trust again that builds society.

IN BROKENNESS

One of the rewarding experiences of living the priesthood is the experience of being loved not for what I can do but for who I am. When I am conscious of my sinfulness and failings, and yet our vulnerable selves are still loved by God, I hardly can understand this. The Sacrament of Reconciliation enables me to touch God's mercy. Our God is a loving God. In the presence of this boundless love, one's merits are secondary. Those who in believe in this God must love in the same way. In confession, we witness how mercy goes beyond justice.

THE EUCHARIST

Most of the activities of the Jubilee Year were celebrated with the Eucharistic celebration as a gathering point. These gatherings enable Catholics to understand more deeply and to respond more effectively to the mission of bringing the Eucharistic Presence of Jesus to others. A radical call to mission through the Eucharist.

THE POOR

The Magnificat constantly reminds me of God's liberating action for the lowly and the oppressed. In the "little ones" (Matt.25,40) Christ himself is present. The preference for the "little ones" runs through entire bible. Mary's song powerfully recalls this preference {Lk.1,52-52}.The solidarity with the poor translates into a preferential option that calls all church leaders especially the clergy to adopt a simple lifestyle, so that we can be a prophetic voice for the 'little ones'. In solidarity with the poor means surrendering oneself for the cause of discipleship. That is when in a concrete manner how mercy goes beyond justice.

*I realise more
and more
that if justice
remembers,
mercy forgets*

**His Mercy is from age to age,
On those who fear him
(Lk.1,50).**



MSGR. MICHAEL MANNAYAGAM
Parish Priest
Church of the Holy Family,
Ulu Tiram. Johor Bahru.

MERCY IS LOVE

*He forgives all your iniquity,
He heals all your diseases,
He redeems your life from the pit,
He crowns you
with steadfast LOVE and MERCY (Ps 103:3-4, NRSV)*

Through my studies of Salvation History this year, I realized that God keeps forgiving despite His anger and disappointments towards the Israelites (humanity's infidelity) who often fell into sin. Repeatedly He forgave or created means for them to be forgiven. Why? Because Mercy is love's second name (Dives in Misericordia no.7), This love in itself is unconditional.

In this millennium, beholding the merciful and loving Jesus, one can meditate on the mystery of Jesus, crucified and risen, who continuously reveals his mystery in the Divine Mercy. God's mercy and love is very real and we are called to experience it first-hand. One of my personal encounters was when I was 18 years old, whilst I was doing my form six studies. I met with an accident on the way back from tuition. It was a hit-and-run accident, the last thing I remember was riding my bike and the next thing I was being awakened on the road. The impact of the collision an eye witness saw was that my helmet strap gave way and my bare head hit the tar road, causing blood to ooze out profusely. I was literally unconscious in the middle of a busy road junction. The people around thought I was dead as they saw no signs of breathing or any movements. After about 30 minutes, one of my catechism classmates' uncle saw me. He called out to me and I began to move while feeling severe pain on my head, right hand and leg.

God's mercy and love protected me from other heavy vehicles from going over me and from certain death 11 years ago. His mercy also preserved me from any severe brain damages. This incident in my life taught me to trust God in anything and everything, whether it's a boon or a bane, trusting and remaining faithful to Him is now pivotal in my life.

Mercy and love is a pathway connecting God to us because it opens up our hearts, giving us hope of being loved eternally despite our limitations and sinfulness. We too can respond to the Year of Mercy by being vessels of compassion and unconditional love to others. We can only do so through change - moving out of our "comfort zones" and taking on the heart and mind of Jesus himself. I can testify that I am slowly moving out of my normalities and mediocrity, having faith and trust in my fellow brothers and formators, and learning to love slowly day after day.



GEORGE VAITHYNATHAN

(Initiation Year)

Church of Our Lady of Lourdes,
Silibin, Ipoh.

MERCY IS TRUTH

For me, being a Catholic is not with mere words alone if it is not translated into actions. Furthermore, it has come to my realization that “on the field action” is what portrays the term “True Catholic”.

I am convinced that mercy is an act of God towards human beings, and I am called to be merciful like Him. Part and parcel of Catholic living is our call to be merciful, especially towards those in afflictions and in poverty. Reflecting on this, I feel how could I put it in ultimate way because sometimes thoughts come to my mind saying that God provides and revealed so many things, so are there varieties of truth in this world? Are truth(s) related? Is my understanding of truth coherent with others? So I must get rid of any dishonesty in my heart about the very nature of truth that may confuse me, and come to a certain point of awareness, saying since God is the source of all that is and knows His creation perfectly, He is the fullness of all truth.

Mercy is something intangible. I may see and articulate the mercy of God pouring on me in my own way, and likewise, other people too experience the mercy of our Creator in their own way. Undoubtedly, slowly but surely, the people around me affect and comprehend what mercy means. Many incidents in my life without my realizing, moves me to be more sensitive and responsive while I gradually get rid of the self-centredness inside me.

Knowing and embracing the truth can sometimes be painful and hard. A recent incident was when I found out I failed my Spirituality course in my study. I was hurt, I felt bitter, and I felt like giving up. As I returned to my room after dinner that night, my younger brother – who has been unemployed for over 5 years – called me and told me that he has landed himself a job as a teacher! I could not hold back my tears of joy for him. All my bitterness and thoughts of failing my exam disappeared instantaneously. Although it was painful for me to accept the harsh truth that I failed my exam initially, I do see God’s consolation through His mercy by providing my brother a job. Mercy is truth, and I should think less of myself, and more of others – that is the universal truth of being a Catholic. Truth liberates, and Mercy consoles.

Looking for the truth is not easy; I grapple between my own comprehension and what I learn about truth in the classroom as well as outside. More importantly, feeling with other people should help me to cultivate mercy and consistently immerse myself deeply rather than seasonally. It is truth that mercy shows and spreads with no terms and conditions.



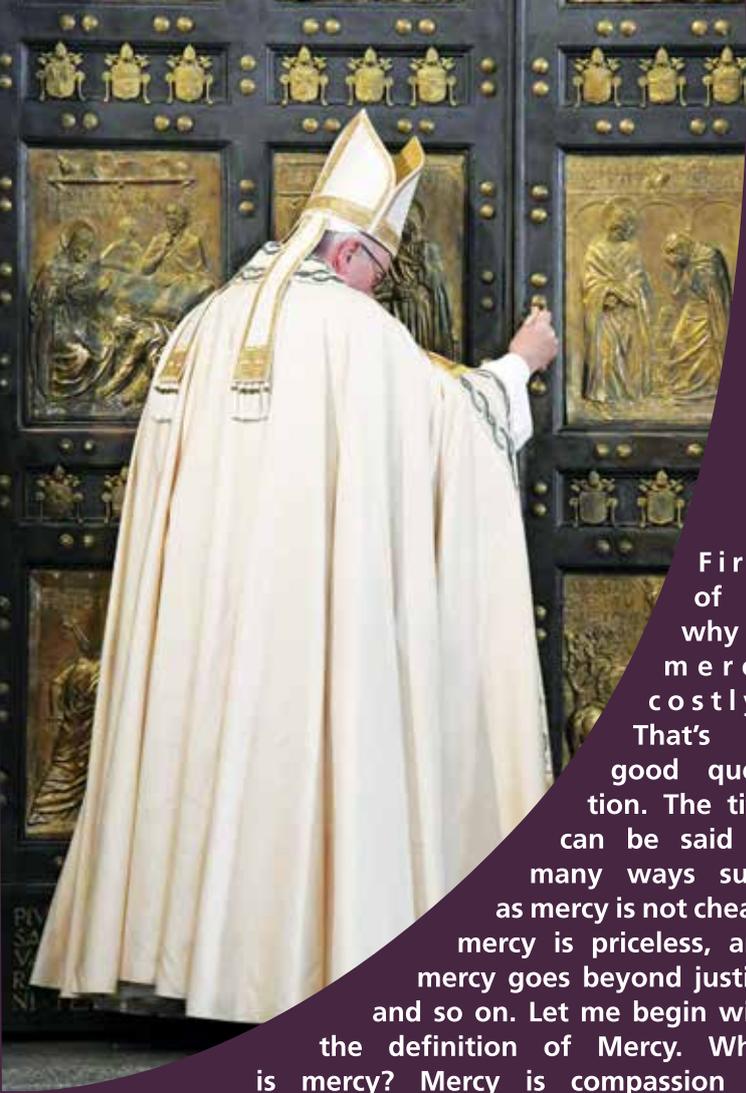
CASIMIR HENRRY UMAR

(Philosophy – Year 1)

St. Stephen’s Church, Bau, Sarawak.

TRUTH
LIBERATES,
AND MERCY
CONSOLES

TRUTH



MERCY IS COSTLY

First of all why is mercy costly? That's a good question. The title can be said in many ways such as mercy is not cheap, mercy is priceless, and mercy goes beyond justice and so on. Let me begin with the definition of Mercy. What is mercy? Mercy is compassion or forgiveness shown towards someone who may hurt us in some ways. To be merciful is to be kind and forgiving. To be merciful is to assist anyone in need of pardon or reconciliation. In my reflection, Mercy has to come from deep within my heart and that is why mercy is costly. Mercy cannot be expressed by words alone. It has to come from my actions and my heart. As a seminarian, how do I see mercy in me so that I can show mercy to others?

Furthermore, I was thinking about the duration of the Year of Mercy. Why did Pope Francis give the church a certain opportunity or duration for this Year of Mercy? Why can't it be forever? It's a time of grace for me to make use of this time to show and receive mercy. That's why Mercy is costly. Mercy is not a way to solve any problem but it helps to reconcile one with another. I need discard my pride and ego in order to seek and give mercy. I believe that Mercy is a two way path; I need to experience mercy in order to give mercy.

Next, Mercy can't be compromised in any situation. Forgiveness from deep within has to happen so that Mercy is seen as a way to express sincerity. Mercy is

not free. God can't just wink at sin and pretend it's not there. Mercy is also not a justification, for us to hide our sins or wrong doings.

Allow me to share what I experienced during my one-month break in July this year where I spent my days with family, friends and of course, parishioners also in my home parish of St John Vianney, Tampin. This little church has been designated as a pilgrim Church for the Year of Mercy. Our parish priest Fr Peter Anthony has been working very hard to make himself available to all the pilgrims who flock to the parish church seeking God's mercy. He is available for Sacrament of Reconciliation. Despite his busy schedule, he makes himself available for briefing and Mass for all the pilgrims. He prepares the parishioners to welcome the pilgrims. The whole

community of this parish is slowly and steadily becoming very close. A kitchen complete with utensils has been set up to cater to the needs of all the pilgrims. The number of pilgrims is never an issue for this community. The whole team comes as early as 4am in order to prepare meals and drinks. From what I observed, the community is working together despite many struggles, conflicts and

'old stories'. This Year of Mercy has brought unity, friendship and faith for this community. As a son of the parish I am happy and proud to see that Mercy has brought light and transformation to this parish.

In conclusion, I would like to say that Mercy is not cheap. We have to pray and work hard in order to experience mercy. Mercy is a valuable gift from God.

“Mercy is not cheap. We have to pray and work hard in order to experience mercy. Mercy is a valuable gift from God.”



MICHEL DASS
s/o ANTHONY DASS
(Philosophy – Year 2)
Church of St John Vianney, Tampin.



COLLEGE FEAST DAY: CHOIR WARM UP BEFORE FEAST DAY

COLLEGE FEAST DAY: CHOIR SESSION

COLLEGE FEAST DAY: BISHOP SEBASTIAN HOMILY

DEACON LAZARUS PERMANENT DIACONATE ORDINATION: GOD BLESS YOU NEW DEACON

HOLY WEEK (GOOD FRIDAY): REHEARSAL WITH ALTAR SERVERS

EASTER FELLOWSHIP: BARBEQUE PREPARATION

EASTER FELLOWSHIP: GOOD FOOD

EASTER FELLOWSHIP: BIRTHDAY BOYS

EASTER FELLOWSHIP: SINGING SESSIONS

EASTER VIGIL MASS: TWO PALS

KAAMATAN: PRE IY GROUP PHOTOS

HOLY WEEK (GOOD FRIDAY): WAITING FOR THE MASS

COLLEGE FEAST DAY: PERSECUTING THE MARTYRS

MISSIONARY OF MERCY VISIT TO CG: FR DIAS ANTHONY IS HERE

NORTH JOHOR VISIT: CAPUT AND YOUNGSTERS

TAMIL NEW YEAR CELEBRATION: DEEPAVALI COMMITTEE

NORTH JOHOR VISIT: GROUP PHOTOS

NORTH JOHOR VISIT: CAPUT'S FIRST HOMILY

EASTER VIGIL MASS: RESSURECTED SPIRIT

INAUGURAL MASS FELLOWSHIP: WE HAVE JUST BEGIN



COLLEGE FEAST DAY:
THE MAKING OF MARTYR...OR EXTREMIST?

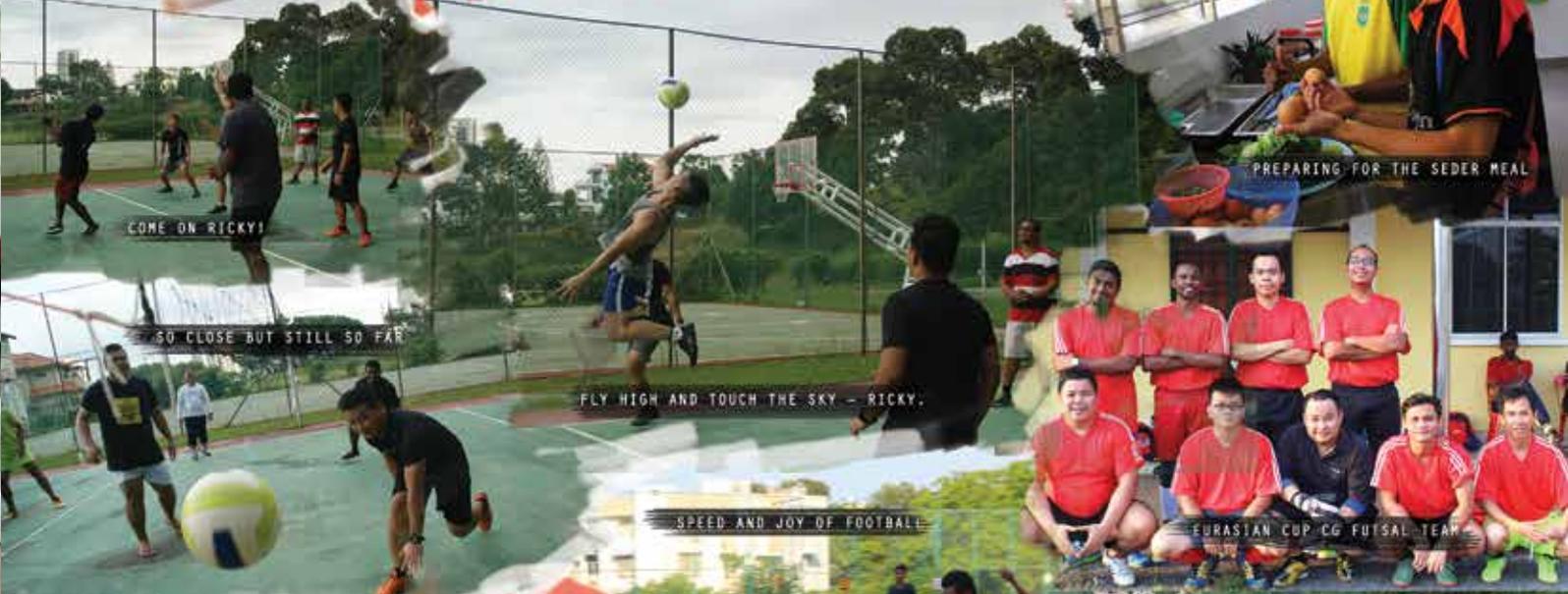
RECOLLECTION: TOGETHER WITH FR FRANCIS XAVIER

DURING CLASS:
HALF AWAKE HALF ASLEEP



SEDER MEAL: WE ARE GOING TO FLEE EGYPT

SEDER MEAL: BLOOD, SWEAT AND BONES



COME ON RICKY!

SO CLOSE BUT STILL SO FAR

FLY HIGH AND TOUCH THE SKY - RICKY.

SPEED AND JOY OF FOOTBALL

PREPARING FOR THE SEDER MEAL

EURASIAN CUP CG FUTSAL TEAM



DEEPAVALI CELEBRATION:
OBSERVING THE CEREMONY

THE TENACITY IN THEIR EYES



MISSIONARY OF MERCY VISIT TO COLLEGE GENERAL:
SHORT PRIEST MEETING

JAW DROPPING MOMENTS

THREE BOYS' BEST FRIEND



MAXWELL VERUS

Amor is the power of love and life revealed by God in our pastoral work at St. Joseph's Home.



VINCENT SELVA

Amor is seeing Christ's fraternal love in my community especially unconditional love portrayed, amidst our cultural and background differences.



JAYCE MUJIS

Amor is love of my brothers - their help, concern and presence in my life, encouraging and strengthening me to discern my vocation.



ZIFFYON MINSUN

Amor is portraying the love towards nature in my office as a gardener. Love towards our common home is reflected also in my love towards our fellow human beings.

What is Amor for me?



PIERRE CHANG

Love is to always be patient and kind, regardless of circumstances and situations, being another Christ.



RICKY ABI

Amor is opportunities for me to practice mercy in the community that I live in.



ADDIE FRANK

Amor is the love between God and me. As I receive the love of Christ, I need to share it to all my brothers and formators in the seminary.



ASCLAS JULIAN

Amor is acts of forgiveness. Every trial that exists in various areas of my life, inviting me to be considerate in my calling as a messenger of love.



◀ **JERRY JOSEPH** — Labor brought me to experience mercy through tasks that I do every day with sincere heart and to use my God-given strength and ability to do good.



▲ **EDWARD YAHAN** — Labor is to work and pray without complaining. This principle is held firm during my pastoral at St. Joseph's Home as mercy is easily seen among children.



PIERRE CHANG — Labor is work, life is a prayer. To work well, is to pray well.

What is



▲ **ADDIE FRANK** — Labor is the application that I implement through my understanding of the word of God and teachings of the church. To pray, study, and work like the apostles.

▲ **ANTHONY ROBERT** — Labor is working with one another as a community and fulfilling the duties and responsibility such as manual labour in a very profound manner as a seminarian.



▲ **RICKY ABI** — Labor guides me to work and give my effort with sincerity and build up my trustworthiness.

▶ **ASCLAS JULIAN** — Labor is working, praying and studying which helped me to find ways to know myself deeper. I discovered I am more prepared and able to embrace and radiate His Mercy to the brothers and sisters around me.



PIETAS

for me is ...



JERRY JOSEPH – Pietas guides me to experience God’s mercy through my daily life, to see good, to say good, and to do good to one another and to do my best to love according to His will.



KENNEDY NAKUDAH – Pietas is faithfulness in prayers and the desire to be closer to God and people around me.



MAXWELL VERUS – Pietas is my love for the Eucharist and experiencing the mercy of God through daily reading and meditation on the word of God.



EDWARD YAHAN – Pietas is a call to experience the mercy of God. To feel the mercy of God, I need to be consistent in my prayer life.



JAYCE MUJIS – Pietas: Personal prayer is essential because this is the only way for me to test myself whether if I really practice what I believe. Live what you preach!



ASCLAS JULIAN – Pietas is the embrace of God. For me “true piety” is a gift of God the Father through the Holy Spirit. It helps me to reach my goal and lead myself either physically or spiritually to be more focussed and vigilant to Christ’s prompting.



ANTHONY ROBERT – Spiritual exercises such as daily mass, spiritual reading and faith formation in seminary has enhanced my spirituality and it opened platforms for me to understand the mercy of God in my discernment process.



ADDIE FRANK – Pietas is participation in liturgy and spiritual exercises. I grow in holiness and dutifulness through the endless opportunities God provided me.



RICKY ABI – Pietas is my endless effort to strive for holiness daily.



PIERRE CHANG – We can only try to be holy, but only God sanctifies us, making us holy.

What is Friendship with Jesus for me?



JERRY JOSEPH

Friendship with Jesus means I communicate with Him, accept Him in my life and let Him to guide me, through Amor, Labor, Pietas.



KENNEDY NAKUDAH

Friendship with Jesus is something that lasts. He is always with me inspite of the many challenges that I have encountered in College General.



EDWARD YAHAN

Friendship with Jesus is allowing me to be moulded by Him and to answer and abide the "call" to be His instrument to spread and proclaim the mystery of salvation.



ZIFFYON MINSUN

Friendship with Jesus means He is more like a gym trainer, pushing my ability beyond my limits and capability. He challenges me to face the ignorance in myself and assures me. He is going through everything with me.



ANTHONY ROBERT

"So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God (Romans 5:11)" This reliable friendship with Jesus helps me to carry out His mission by answering His call.



ADDIE FRANK

Friendship with Jesus is about how I love Jesus, how I follow Him as a disciple. He is my first priority, and I long to listen and be close to Him.



MAXWELL VERUS

Friendship with Jesus is the gift of my redemption which I experience through intimate, loving friendship with God during prayer and time for sports.



ASCLAS JULIAN

Personally, Jesus is my special best friend. This is because He knows me better than anyone else. I encountered Him through His pure example as a true friend. In addition, the pure cross is a sign that He laid down His life the forsake of my sins.



VINCENT SELVA

Friendship with Jesus is having Him walking beside me as I live according to His will. He guides me through the instructions of the formators and the presence of the brothers here in this community.



PIERRE CHANG

Friendship with Jesus is spending time together building a strong relationship and falling back on Him in all situations.



JAYCE MUJIS

Friendship with Jesus means He is a guiding brother and friend, because I believe God never leaves me alone. Friendship with Jesus is not only about trust or love, but it is also about sacrifices.



RICKY ABI

Jesus is my God and Saviour and I will never walk alone.

BAPTISED

in MERCY

I can still remember how pleasant it was having a cute newborn nephew who looks exactly like my sister-in-law. I was not the fondest nor closest man he is attached to, but there will always be a part of me that he is attracted to. He was never the strongest nor fittest of all infants. In 2011, one fine day when he was sick and I was home, a call from my neighbour still lingers in my mind – “Aubrey! Come! Preston! Something is wrong with him!” I was the one who sent him to the emergency room in the hospital. His brother Princeton was admitted as well, both suspected of pneumonia. A few days later, Preston was laid to rest; the hospital could not verify how his organs failed or the main cause of death. My family suspected it was due to ‘black magic’. I thought that God was so unfair, unjust, absent, bad and ‘dead’.

While he was on his death-bed, relying on his life support machine, news came to me that my brother has worked out both Preston and Princeton’s baptism with a local retired priest. I was thinking to myself “Is that going to save them? What is baptism for them in their critical state anyway?” I was still angry with God. Four years after this havoc, grief and loss, I learnt that someone is not to be baptised while they are on their death-bed, without the candidate’s own consent and free will. I immediately recalled the baptisms of my nephews. Was it valid? Baptism done by a retired and unwell priest? The candidates were dying and could not voice out their consent. I enquired my parish office to clarify.

I requested the office to reprint the baptismal certificates of my nephews as our family never retrieved it anyway. The moment they handed me the certificates of Princeton and Preston, my eyes were teary. The retired priest did all the works for us in terms of validating and informing the parish office on the details of the baptism. The baptisms were valid in the eyes of the church! I recalled how God was telling me in 2013 “It is okay. He (Preston) is with Me now.” But I chose not to believe, I chose to harden my heart. I was wrong.

God astounded me with Mercy. Preston is assured of union with God in Heaven through baptism; the priest clearly manifested God’s mercy by going beyond norm of baptismal rite and physical limitations, and God forgives and embraces me when I ask for pardon! Now that is Mercy manifested in a sacrament that sparks and starts the journey of a Christian, which I now truly believe is the act of God. That God is Mercy Himself and despite my anger and bitterness, He forgives through His priests, sacraments and revelations. God is Mercy.

“...Mercy manifested in a sacrament that sparks and starts the journey of a Christian...”

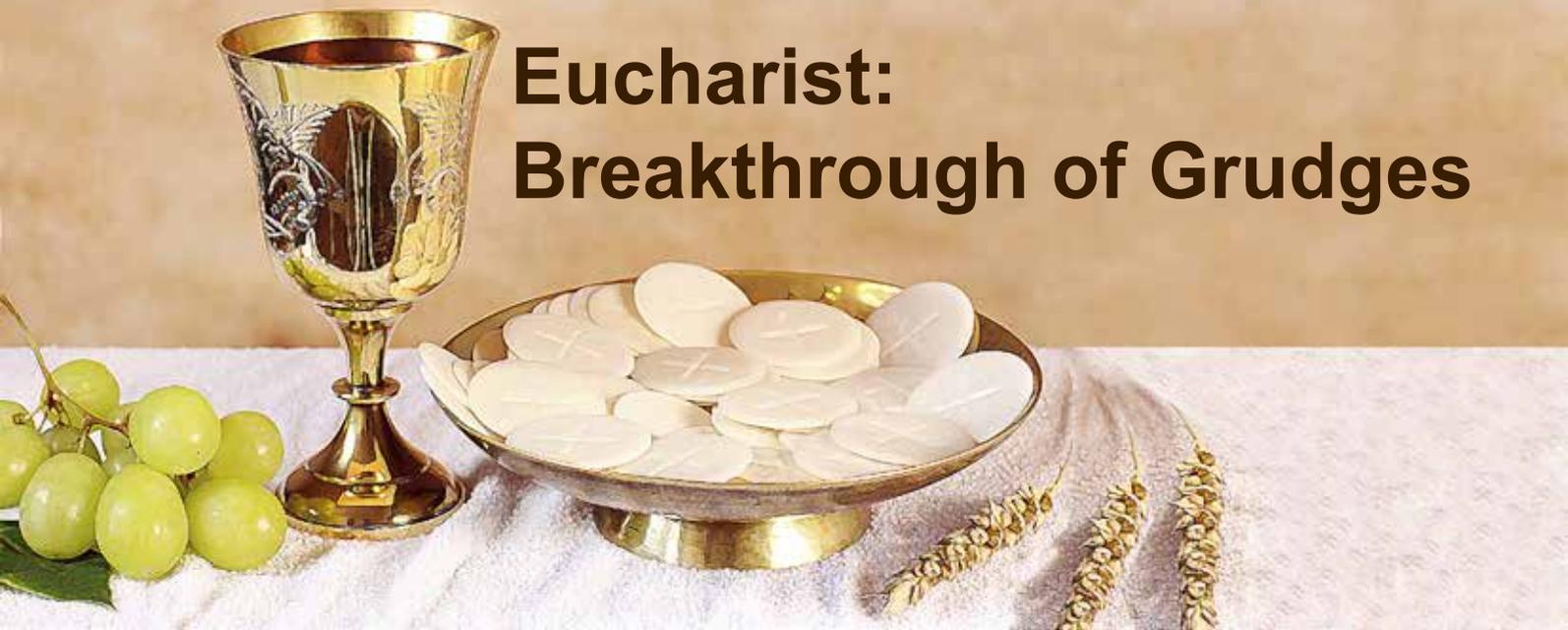


AUBREY JOHN BIDI

(Philosophy – Year 1)

Sacred Heart Cathedral, Kota Kinabalu.

Eucharist: Breakthrough of Grudges



When Pope Francis announced the Holy Year of Mercy, I felt that the world has become more materialistic and less caring. The world is full of corruption, people have become more self-centred and some Catholics do not even give the Holy Year of Mercy a second thought.

I am also guilty of not showing mercy to others; but somehow I was shown mercy and blessedness by God. I have come to understand that we must first receive mercy from the Father before we can share it with others. I received God's mercy through partaking in the Eucharist.

Eucharist is a gift from God. Something wonderful happens to me whenever I receive the Holy Eucharist. I find it hard to hold a grudge against anyone after receiving the Holy Communion because I believe that the Father has given me the grace to forgive people who hurt me. This is how mercy flows from the Lord to me and, from me, to others. I remember there was a time when I had a fight with a brother here in the seminary. I was holding grudges against him, I was still angry, and I was not in the state of grace to receive Jesus in the Mass. I prayed as such: "Lord Jesus, if You find me worthy to receive You despite my sinful state, let nothing stand between me and You. Heal me, Lord." I received Jesus freely that morning. After Mass, he was pestering me with his indifference and cynical comments. However, I was calm and I was able to understand the pain he is dealing with inside. I found myself being compassionate to a man whom I was still angry at the night before! Jesus is the incarnation of Mercy in me, allowing me to share His mercy unto others.

"Jesus is the incarnation of Mercy in me, allowing me to share His mercy unto others."

Holy Adoration is another avenue I receive God's mercy. Normally I cannot feel his presence fully during the Holy Hour as I cannot concentrate on anything for more than fifteen minutes. However, through meditation, attending spiritual direction with Msgr. Henry Rajoo, by visiting the Blessed Sacrament and participating in the Holy Hour at least once a month has helped me to feel God's mercy and blessings more profoundly.

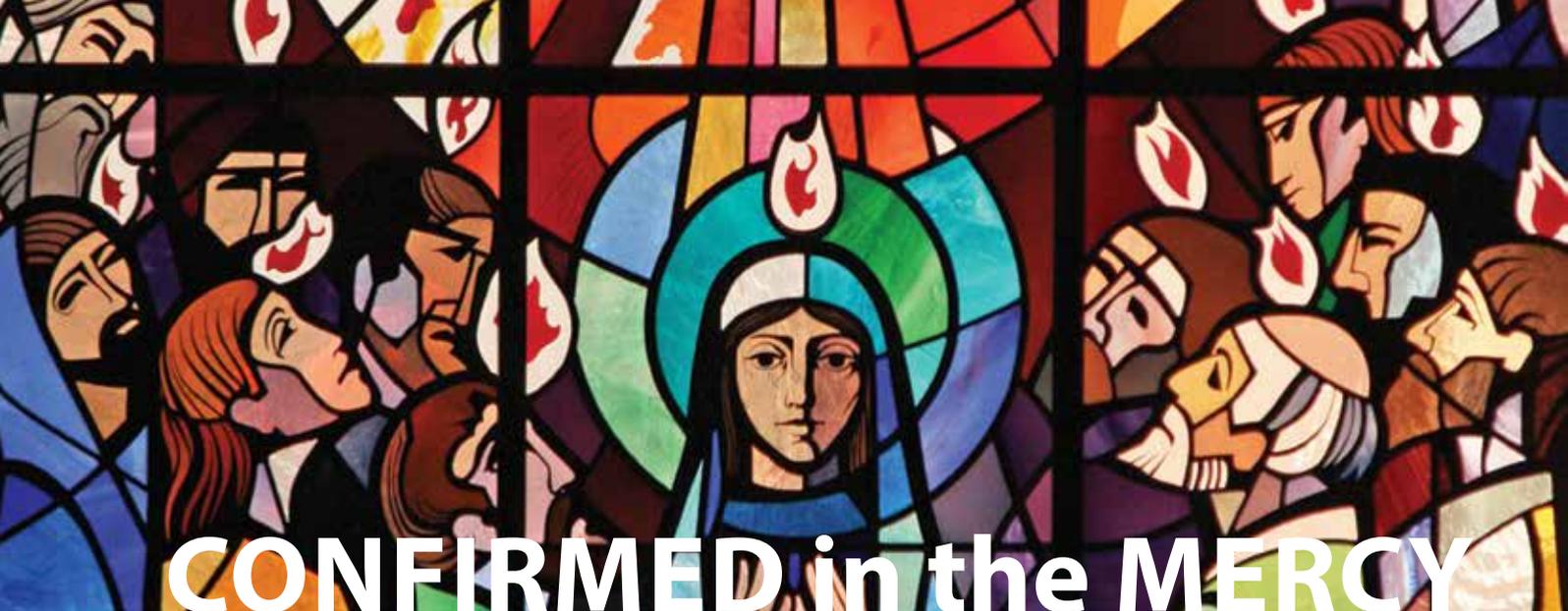
These are the two ways that I have experienced mercy through my active participation in the Sacrament of Holy Eucharist. I hope that my testimony could trigger a desire in everyone's heart to receive Jesus. May God also bless and help those who have lost their faith in the Eucharist so that they may experience the grace and mercy of God. Jesus abides in me through the Eucharist!



CYRIL IAN GEORGE

(Philosophy – Year 1)

Church of St. Michael, Ipoh, Perak.



CONFIRMED in the MERCY of the SPIRIT

In the year 2005, I received the Sacrament of Confirmation after two years of preparation from form 4 to form 5. The preparation of two years brought me closer to the Heavenly Father and Jesus through the guidance of the Holy Spirit. I had taken the Holy Spirit for granted, and it was during this time the Holy Spirit come into my life. Confirmation perfects Baptismal grace; it is the sacrament which gives the Holy Spirit that roots us more deeply in the divine filiation, incorporate us more firmly into Christ, strengthens our bond with the Church, associates us more closely with her mission, and help us bear witness to the Christian faith in words accompanied by deeds

“...I am sent forth to portray the living God in my life.”

During my teenage period, I started to see things differently and there were a lot of questions in my mind puzzling me on “who am I?”, “who Jesus really is” and “what is my purpose of life?”. During my Confirmation Camp, things became clearer and I got the answer for my question. The Confirmation Camp allowed me to open up myself to God and allowed him to take charge of my life, allowing the Holy Spirit to dwell in my heart. My Parish Priest Fr Stephen Liew, helped me in many way to deepen my spirituality, guiding me in prayer life and helped me to discern my vocation. His actions reflect those of

Jesus, who patiently instructed and guided the apostles no matter how clueless they could be.

After receiving the Sacrament of Confirmation, the Holy Spirit continue to journey with me and change my life. Once again I experienced the Holy Spirit in the Life in Spirit Seminar and World Youth Day in Sydney in 2008. I still remember the theme of the World Youth Day “...*You will receive power when the Holy Spirit comes on you...*” taken from Acts 1:8. Truly indeed, I am sent forth to portray the living God in my life.

The Sacrament of Confirmation helped me to receive mercy from not only from the Heavenly Father but also from all the people around through my daily routines and simple acts of the day. I would think and reflect before I act, say or do. “What is the Holy Spirit saying to me?” “What would Jesus do in this situation?”, “How can I portray God’s mercy through the guidance of the Holy Spirit?” I recalled an instant where I chose to remain calm and silent when I could have reacted in anger, shouting and screaming to justify my procrastination in my office as the Liturgical Life Coordinator. Since I have received Mercy from Him, I can portray mercy to others as well. The struggle to be firm is real, however I believe the Spirit is dwelling in me. *Vieni Spirito Santo! Scendi su di noi! Come Holy Spirit! Come down on us!*



DESMOND JANSEN

(Philosophy – Year 1)

Church of St. Anne, Bukit Mertajam, Penang.

Husband & Wife:

The visible sign of Mercy

Our wedding day was the birth of our Sacrament of Matrimony. It was the birth of us as a couple. As in Genesis 2: 24 – “man shall leave father and mother and cling to his wife and the two shall become one.” On our wedding day, we became one.

The Priest was Jesus’ representative as we exchanged our vows to make our love relationship sacred. This beautiful Sacrament of Matrimony is as holy, important and beautiful as the Sacrament of the Eucharist, Holy Orders and the other sacraments. The Sacrament of Matrimony is the outward sign of God’s mercy and love for His people. Therefore, as husband and wife, both of us strive to make our relationship bright and attractive so that whoever sees us can see God’s merciful love and faithfulness in us. We can do this only if there is a constant flow of love and mercy between the two of us. As we live out Jesus’ commandment “Love one another as I have loved you”, we realised as a married couple, the first person we are called to love as Jesus has loved is our spouse. Such commitment can be very challenging.

“Priests, we believe will continue to be a big influence in our lives as married couples.”

There was a time in our marriage, when we had let our feelings of hurt and unforgiveness get in the way of our love and couple relationship, Fr. B reminded us that when Jesus died on the cross, He mercifully forgave us all our wrong, in spite of the fact that we would continue to sin. How then can we not be merciful to each other as husband and wife? How can we not forgive each other and begin anew? These reflective questions challenged us to truly live out our faith to love as Jesus loves by being merciful and forgiving to each other.

In our 24 years of marriage, our parish priests have played an important part in our lives. Our priests, by being good shepherds, have also taught us how to be examples of mercy. Their love for us, the people of God, the church, motivated and challenged us to do the same for each other. We knew a priest, who in spite of his sickness and pain, still reached out to people in need, especially to married couples. He really inspired us to live out our sacrament in spite of our differences in personalities and background.

Therefore, we ask Jesus, our Good Shepherd, to bless and keep them in His love always and we pray that there will be more friends of Mercy, with more men answering God’s call in the vocations to the priesthood. Priests, we believe will continue to be a big influence in our lives as married couples. Although they lead very busy and demanding lives, priests, through their prayers, the giving of their time and their insights, continue to nourish and sustain us on our marital life.



KEVIN & BIBIANA HEW
Marriage Encounter, Penang
Presenting Couple



I AM FORMED WITH MERCY

*“Rejoice always, pray continually,
and give thanks in all circumstances,
for this is God’s will for you in Christ Jesus.”*

1 Thessalonians 5:16-18

I entered the seminary in 2005. I was sent to Sabah for a year to learn English and, in 2006, proceeded to the Initiation Year. In 2007, I went to St Peter’s College for my first year in philosophy but I found it very difficult to cope with my studies. At the end of 2007, I decided to take an intensive English course and was supported by Archbishop John Ha. He sent me to College General, Penang to take intensive English for a year in 2008. Finally, I was ordained Deacon on May 1st 2015 and ordained a priest on November 8th 2015.

In the beginning of my formation in the seminary, I was so doubtful whether I could complete my formation because my seminary life was not smooth sailing. My father passed away when I was in my first year of Theology and my mother passed away when I was in my third year of Theology.

*“Now I can
testify that God
forgives all,
God understands
us, even in our
limitation,
contradictions
and heresies.”*

In my personal struggles during my formation, I often questioned why God let me suffer. My self-pity led me to so many questions, I often placed conditions on God, and I began to feel that He was not fair. This led me to believe that God was absent in my life. However, God allowed me to continue my formation and purified my intention to see Him in the events of my life. I almost quit twice and many times I experienced spiritual dryness and I failed to feel God’s presence. I began to realize how God was so patient with me. He waited for me until I began to trust Him again. Through faithfulness, prayer, perseverance and entering into a close relationship with God, I managed to complete my seminary formation.

Certain love and forgiveness I experienced are the concrete and visible signs that God never gave up on me. He cared when I was a troubled child. This tender love and certain forgiveness has transformed my heart and allows me to express the same life of God. Now I can testify that God forgives all, God understands us, even in our limitation, contradictions and heresies.

My personal prayer is this, in conjunction with the Jubilee year of mercy: let this Jubilee Year of Mercy be a sign of “true conversion of our heart.” Believe and trust in the Lord Jesus who did not come to judge, but to save. Mercy and forgiveness “must not remain beautiful words, but must be realized in daily life.” The Holy Year will not be very effective if the doors of our hearts do not let Christ enter. He pushes us to go forward to others, bringing Him and His love to them.



REV. FR. ROBERT JISSEM
Assistant Parish Priest
Church of Our Lady Queen of Peace, Sri Aman.

The Joy of Christ: Reconciling Mankind & God

*He ran to me, He took me in His arms,
Held my head to His chest, Said,
“My son’s come home again!”*

*Lifted my face, Wiped the tears from my eyes,
With forgiveness in His voice, He said,
“Son, do you know I still love You?”*

*He caught me by surprise, when God ran...
“When God Ran” by Phillips, Craig & Dean*



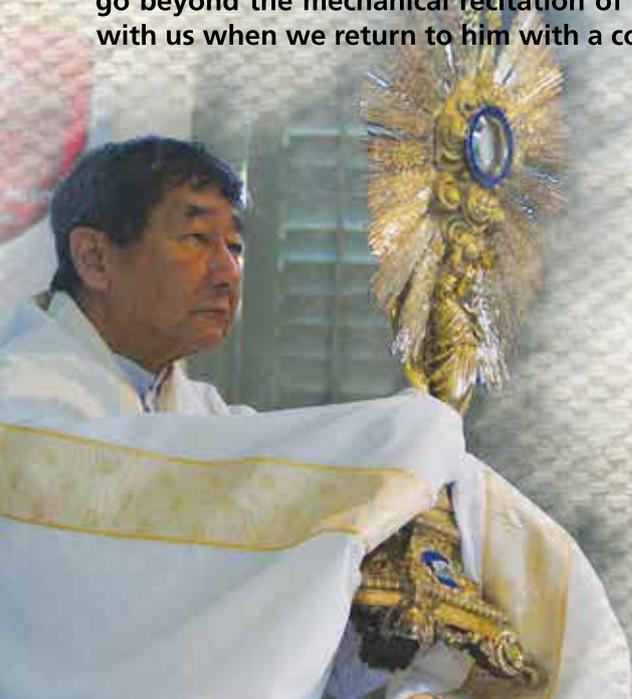
This moving song, drawn from the parable of the Prodigal Son, is often used by me in my retreats because it resonates so personally the emotions that gush forth when we experience the healing and merciful touch of God, especially when we least expect it. It is difficult to imagine that God would run to welcome us home in spite of our infidelities.

The Sacrament of Reconciliation when meaningfully celebrated with love by a compassionate priest is an efficacious means for penitents to experience God’s mercy and forgiveness. It is indeed my privilege and joy to be used by God as his channel of healing and forgiveness when I celebrate this sacrament. I am always moved when I absolve a penitent who had strayed away from the church for years. More than just giving the absolution in a routine way, I try to help the penitent to experience in a deep personal way God’s love for him through the assurance that God does not keep an account of his sinful past when he repents. I also like to remind him of what Jesus says about the repentant sinner, “there’s great rejoicing in heaven over one repentant sinner than over the ninety-nine righteous persons who need no repentance” (Luke 15:7).

The joy I experience in reconciling sinners with God makes me realize that this human joy is reflective of God’s own joy and delight when a sinner comes back to him. This dimension of bringing delight to God when we repent is often overlooked because we tend to focus on forgiveness and healing in this sacrament. The focus is on what we are receiving when we celebrate the sacrament. However, the sacrament takes on an added significance when we become aware that when we repent, we are not only forgiven, but we also bring delight to God. This sacrament then becomes not only a healing sacrament but also an act that delights God. Such an understanding enriches our experience of the sacrament because it challenges us to go beyond the mechanical recitation of a list of sins; we grow in consciousness that indeed God rejoices with us when we return to him with a contrite heart. He is just waiting to embrace us on our return:

*Holy One, Righteous Judge
He turned my way
Now I know He’s been waiting
For this day
And then He ran to me.*

REV. FR. IGNATIUS HUAN
Lecturer of Spirituality



Mercy: Cure of Pain & Death

Father, take me to Jesus; pray for my healing and ...

After completing the Initiation Year, it was an awesome moment for me to go back home to meet my family, relatives and friends. It is common for Initiation Year students to do pastoral work at their respective home parishes during the year-end break. Thus, I was assigned to do pastoral work at my home parish to explore and experience the daily life of a Diocesan Priest. The sad part is I did not have much time to spend with my friends and family but I took this as an opportunity to discover the diocesan priesthood and myself.

When I began my pastoral assignments at the parish, the parish priest briefed me about the activities, events and visits I needed to engage throughout the month. I was excited to experience my life in the parish. While I was doing my spiritual readings, suddenly the priest called me to hurry and invited me to accompany him to visit one of the parishioners but the time was 11:30pm. I was told that I was going to visit a sick person who had just returned from the hospital and dying of cancer.

Once we entered the parishioner's house, I saw a woman in her late 60s lying on the bed and her condition was very bad. She was very excited and energized looking at my parish priest and she was holding his hand saying dejectedly "Father, please take me to Jesus; pray for my healing; I can't take the pain anymore". I was so surprised to see her asking forgiveness from God through confession. Then my parish priest began to console her, prayed over her and anointed her with the Oil of the Sick. At that very moment, I felt the presence of the Holy Spirit while the prayers were going on. As she participated, she looked calm and comforted and I could see hope and peace in her face.

I witnessed the presence of Jesus and His mercy and compassion through my parish priest. It was an amazing experience to witness my parish priest through the sacrament representing Jesus himself as a friend of mercy to her and her family members. As the scripture said, Is any one among you sick? Let him bring in the presbyters [priests] of the Church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the sick man, and the Lord will raise him up, and if he be in sins, they shall be forgiven him (James 5:14-15).

Now I realize the power of the Sacrament of Anointing of the Sick. This sacrament brings about both physical and spiritual healing. Hence, I can testify the truth of the teaching of the church that says: the sacrament of the Anointing of the Sick is *"the conferral of a special grace on the Christian experiencing the difficulties inherent in the condition of grave illness or old age."* – Catechism of the Catholic Church, 1527.

After the anointing, we were heading to our parish house. Two hours later, while we were still reflecting on power of God's mercy, she died.

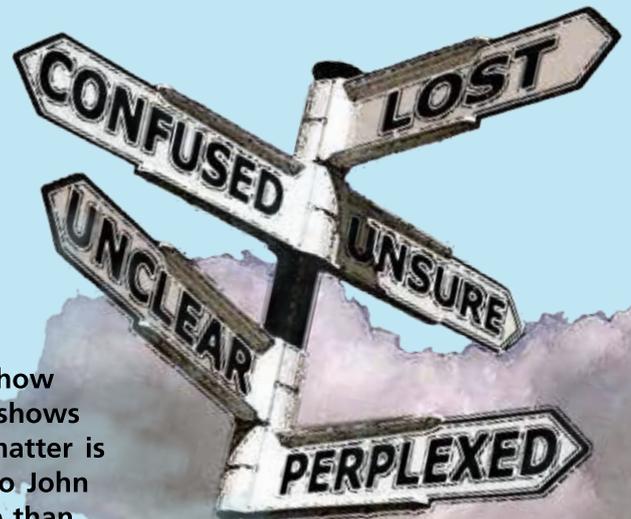


SELVA BERENTIS

(Philosophy – Year 1)

Parish of St. Paul the Hermit, Bestari Jaya

God: The Only Love that I Thirst



I am confused about what should I love, who to love, how to love and why do I love. There are many questions and this shows how confused I am in my life. My opinion regarding this matter is I forget two things: God and me. In the Gospel according to John 21:15-19, Jesus ask Peter, "Simon Peter do you love me more than these?" Peter answered and Jesus said to him "Feed my lambs."

Jesus continued doing this three times and Peter felt hurt "Lord you know everything; you know that I love you." Here the Lord is reaffirming Peter after his betrayal, there are two elements that we can understand here: God reassuring man that He is God and also the man's role as man. If we are deprived of this we would lose everything that we have, most importantly, our identity. Identity is a gift that we receive from God, which allows us to be connected with God and thus experience God. Seminarians in College General are continuously challenged and moulded to become disciple of Christ not only because we are future priests but because of the universal call that all people must strive for sainthood.

“God’s merciful love exists in my fellow brothers!”

I am constantly challenged in my journey under the area of human formation, pastoral formation and spiritual formation. The idea of seeing Jesus in the seminary seems far-fetched. However, I ceaselessly seek the figure of Christ manifested in my life. As I reflect nightly, my inability to see Christ as Mercy is due to me being unable to forgive, be humble and love. Still, manifestations of Christ are vivid to me when the seminarians and formators are gathered together! Our differences, faults, resentments are all pushed aside and dealt maturely with love. A recent experience was when I made a mistake in my office as a Sports and Wellness Coordinator,

one of the formator advised me to not procrastinate, to be more proactive and to be firm with my decisions. This simple act of love showed me how love is real in this formation house! God’s merciful love exists in my fellow brothers!

In conclusion, my growth in love depends on the grace of God. I must be conscious that God loves all human equally with the same intensity and integrity. I must be humble and open to listen to God’s call to me every day. When I am confused or distant from God, I will return to God – the source of love in my formation journey.



ANDREAS JIPIS
(Philosophy – Year 1)
Sacred Heart Cathedral, Kota Kinabalu.



Labouring as A Gift to God

As I share my reflection, how is it possible that human work can give glory to God's kingdom? Before joining the seminary, I was working for a number of years. It never crossed my mind that all my work has a part in God's kingdom because I worked only for money — hard-earned cash. Nevertheless, this mindset disappeared after I enrolled in the seminary. Here, work is seen and understood as an offering of our hearts and energy for our salvation. We are assigned to manual labour three times weekly, generally to clean and maintain the college grounds including our accommodation block. We are also expected to 'labour' in our academic and spiritual exercises. Manual labour is done approximately one hour for each session, whilst we are allocated study time in the afternoon and at weeknights, and we are also held responsible to pray our Divine Office daily.

**I draw my
strength to labour
onto another
day from these
ceaseless efforts
to seek God**

As I reflect on my labour perspective in the seminary, I relate it to the early apostles and followers of Jesus Christ — simple men and women with simple jobs. They were fishermen, carpenters, and shepherds. Despite doing simple jobs, they were focused on the person Jesus. They never abandoned their efforts to pray and learn about Jesus.

Manual labour in the seminary can be stressful and annoying, but with the help of community counselling, our differences can be resolved in a positive manner. Thus, more often than not, manual labour can be "a healing journey" or "merciful path" in our formation. I can relate with the efforts our forefathers gave when they laboured hard for their liberation and salvation from oppression. I see myself working and labouring hard for my liberation from the imprisonment of laziness and indifference. I recalled the words of

my counsellor when I reflected on my struggle to meditate or pray early in the morning. He suggested to me to seek God at night instead, to wrap my day before the Blessed Sacrament. I draw my strength to labour onto another day from these ceaseless efforts to seek God.

Therefore, in the context of labour in the seminary, mercy and mission are given equal importance. As such, during this labour period, we devote our hearts to the task assigned and being mindful of a sense of helping each other. This spirit of labor does not stop at the seminary, but it continues very strongly when we go for our pastoral duties at various places, such as Mount Miriam Hospital, Little Sisters of the Poor and General Hospital. I begin to have a sense of working for others selflessly when I do my pastoral work outside the seminary. Before I go to bed, I feel a deep sense of joy and peace in my heart when I get glimpses of me dispensing mercy and love to those I have administered.

RAYMOND RAJ
(Philosophy – Year 1)
Church of Divine Mercy, Penang.



My Past



and The Gift of Present

'Be yourselves holy in all your activity, after the model of the Holy One who calls us, since scripture says, "Be holy, for I am holy". (1 Peter 1:15-16). Peter says our conduct should be holy. Our lives should reflect the holiness of God for we are his children created in his image and likeness. We will never be completely holy in this life but that doesn't mean that we shouldn't strive to live holy lives.

The word 'holiness' was alien to me. My life was one of clubbing, partying and drinking till I was 30. I was like 'the prodigal son' till the call for holiness seeped into my life in 2012. Then my life changed. I experienced healing; I turned away entirely from my past lifestyle. A new journey began with Fr Peter Anthony and Fr Michael Chua as both of them encouraged me to persevere in life. I realize the importance of God and prayers. Journeying with them brought me closer to exploring the diocesan priesthood. The turning point to respond to God's call happened during Fr Peter's ordination. That event left a deep impression on me. I saw the Rite of Ordination as a beautiful marriage between a priest and his church. This encouraged me to face up to my desire towards the diocesan priesthood.

In the year 2012, during St Anne feast, I got into a spot by having too much drink with my friends. I insisted on being brought to Church where I embarrassed myself by throwing up and pleading loudly before the Blessed Sacrament. Word of this reached Fr Lawrence Andrew. When confronted I initially tried to defend myself but after some thought, I realized that I should admit my mistake and seek forgiveness. Open heartedly Fr Lawrence accepted my apologies and granted me his blessings. He encouraged me to be a good person and be a good example and leader of the young ones in the parish. This forgiveness is an experience of God's mercy in my life. Fr Lawrence recommended me to my first vocation retreat in Sacred Heart Church scheduled from 3/8/2012 to 4/8/2012. I attended the retreat with sincere repentance and the retreat opened my mind and heart towards holiness and various vocations in life and this was where I first met Fr Christopher. Since the retreat, I commit myself to a daily regimen of prayers, silent adoration in front of the Blessed Sacrament and started to attend daily morning and evening masses. It was almost end of 2012, when Fr Lawrence introduced me to Fr Peter Anthony and asked me to journey with him as my Spiritual Director.

Today, I am grateful to the formations here in College General and I believe God has a fascinating plan for me. The four primary areas of priestly formation: human, spiritual, intellectual and pastoral steer me towards the priesthood. These formations are guiding me to become a man of integrity, to develop my moral character, to be well-oriented to the truth, to be respectful of every person and to grow in relationship with Christ through my prayer and contemplation. I truly feel that I have received many graces from God. I'm not interested in being an expert in earthly matters but I hope to be able to share spiritual teachings and God's graces I've received with others. The call to the priesthood for me is a call to a unique and important mission. At this present moment, the formation here has enabled me to grow in holiness and affirmed me in 'Who I am'. I hope with God's grace I will be able to continue this journey faithfully and intensify my search in discerning God's plan in my life.



M. ALBERT ARPUTHAN

(Initiation Year)

Church Of St. Anne, Port Klang.



YAN KEFIE

MELAKA

VISITING MONFORT YOUTH CENTRE MELAKA

PMPC IV : COMISSIONING MASS

ST. PETER'S CHURCH IN MELAKA

ST. FRANCIS XAVIER

ST. PETER'S MELAKA

NIGHT IN MELAKA

WITH BISHOP EMERITUS PAUL TAN AT GOOD SHEPHERD SEMINARY MELAKA

NO CROSS WHAT A CROSS

SEMINARIANS AND ASPIRANTS STANDBY FOR SOCCER

MELAKA WORLD HERITAGE CITY

VISIT AT MONFORT YOUTH CENTRE MELAKA

LISTENING TO INPUT

GOING TO SHOP FOR SOUVENIRS

VISIT TO OUR LADY OF GUADALUPE KRUBONG MELAKA FEATURING FR. PATRICK TYOH

VOCATION SOCCER BRAWLI

VESPERS AT PRAYER ROOM

WELCOME PMPC IV 2016

1-5 December

VISIT TO SANTA CRUZ CHAPEL MELAKA

PASTORAL EXPOSURE AT LITTLE SISTERS OF THE POOR

KOTA ISKANDAR, JOHOR BAHRU



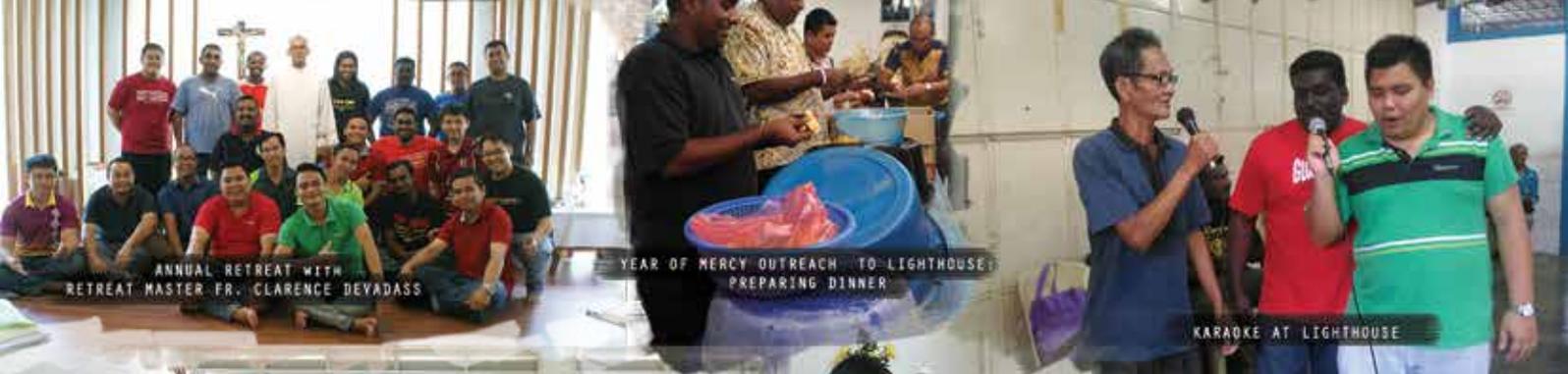
INITIATION YEAR : VISIT TO MASJID TERAPUNG TANJUNG TOKONG

MEFIE INSIDE THE MOSQUE



MALAYSIA DAY ROLL-OFF

MERDEKA COUNTDOWN AT CHS



ANNUAL RETREAT WITH RETREAT MASTER FR. CLARENCE DEYADASS

YEAR OF MERCY OUTREACH TO LIGHTHOUSE PREPARING DINNER

KARAOKE AT LIGHTHOUSE



BIRTHDAY CELEBRATION

BIRTHDAY NOODLES

OUTING: COFFEE TIME



AUGUST BABIES

MOVIE NIGHT

LIVING WITH SAINTS



IN-HOUSE BARBER

IN-HOUSE DEEPAVALI CELEBRATION

REMEMBERING THE CANCER PATIENTS

NATURE ENCOUNTER: CATCH AND RELEASE

Mount Misran Cancer Hospital Inter-Faith Memorial Service

INTER FAITH MEMORIAL SERVICE

Our Community



(Back Row, from the left)

Ziffyon Minsun, Jayce Mujis, Edward Yahan, Anthony Robert, Vincent Selva, Cyril Ian, Gnana Selva, Aubrey John, Raymond Raj, Ricky Abi, George Vaithynathan, Maxwell Verus, Fr. Stanley Antoni, Fr. Gerard Theraviam

(Front Row from the left)

Pierre Chang, Asclas Julian, Jerry Joseph, Henry Umar, Desmond Jansen, Andreas Jipis, Addie Frank, Michel Dass, Kennedy Nakudah, Msgr. James Gnanapiragasam, Albert Arputhan.



PRE-INITIATION YEAR CLASS

Front row from left:

Maxwell Verus, Jayce Mujis, Addie Frank, Asclass Julian, Vincent Selva

Mid row from left:

Ziffyon Minsun, Ricky Abi, Kennedy Nakudah, Jerry Joseph

Back Row from left:

Edward Yahan, Anthony Robert



INITIATION YEAR CLASS

From left:

Pierre Chang, George Vaithynathan, Albert Arputhan



PHILOSOPHY YEAR CLASS

1st row, from left:

Raymond Raj, Andreas Jipis

2nd row, from left:

Desmond Jansen, Michel Dass

3rd row, from left:

Henry Umar, Cyril Ian

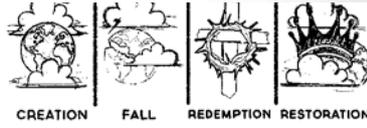
4th row from left:

Aubrey John, Gnana Selva

Staff Photos



Dr. Steven Selvaraju
Critical Thinking
(Vatican II) Lecturer



Fr. Victor Louis
Mission History Lecturer



Fr. David Reegon
OFM Capuchin
Salvation History Lecturer



Fr. Edmund Woon
Counselor



Sr. Cyrilla FMDM
Counselor

Mr. David Choo
Admin & Maintenance
Officer



Ms. Maryanne
Asst. Admin
& Maintenance
Officer



Ms. Kelly
Book-keeper



Mr. Edwin Johnson
Speech Teacher



Mdm. Justina
English Teacher



Mr. Lim Seong Hoon
English Teacher



Mr. Raju
English teacher



Ms. Michele Quah
Librarian

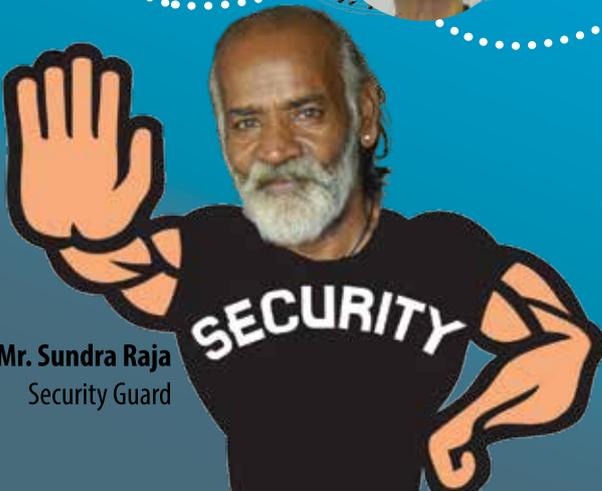


Teachers

Mrs. Karen McIntyre
Music Teacher



Mr. Thomas Saw
Mandarin Teacher



Mr. Sundra Raja
Security Guard



Ah Soo
Gardener



Ms. Tan Paik Choo
Cook



CONGRATULATIONS
HIS EMINENCE,
ANTHONY SOTER
CARDINAL
FERNÁNDEZ





**Wish to know more about being Friends of Mercy
and the Diocesan Priesthood?**

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