



# GOLDEN NEWS!

## **Message from the Chairman .....**

The last quarter has seen many Golden Circle activities to enable us to get to know our fellow Golden Circlers in Malaysia better, particularly as we celebrate Merdeka and are reminded of our priorities of creating a nation undivided by race and religion, to this end we have undertaken visits to Bentong, Ipoh and are also planning a visit to India in October. All this in pursuit of our goals of Faith, Fellowship and Fun. At the same time we continue our programme of visits to our housebound members and other St. Marians. In all our activities, including our beautiful monthly breakfasts, we try to make use of our life experiences to all St. Marians. For example if mobility is your concern please join us on Wednesday mornings when Mrs Thilly Abraham's carefully designed exercise programme helps us to remain mobile and fit.



***Happy Birthday Malaysia!!***

## **Upcoming Exciting Fellowship Events**

- **Regular Home Visits**
- **Self – Financed Day Trips**
- **Self – Financed Excursions**
- **Health Talks**

**COME!! join us for a time of Faith, Fellowship & Fun**

## **Committee 2019/2020**

Chairman  
Mr Tony Hughes

Vice Chairman  
Dr Robert Alexandor

Hon. Secretary  
Mrs Thilly Abraham

Hon. Treasurer  
Mrs Agnes Joseph

Committee Members  
Mr Philip Tan  
Ms Gracie Paul  
Mrs Joyce Lee  
Ms Margaret Nair  
Mrs Nesamani Alexandor

Chaplain  
Bro Dinesh Natorajan

## **Home Visits**

***Home of Rev Dr & Mrs Ponnampalam***



## Retreat in Ipoh



## Home Visits



Home of Dato Sri & Datin Sri Suresh Abishegam



Green Acres Retirement Home



## St. John's Church Ipoh

For further information about Golden Circle activities please contact us as follows:  
Tel: 03-26928672  
[office@stmaryscathedral.org.my](mailto:office@stmaryscathedral.org.my)

Visits can also be arranged to housebound St. Marians and Golden Circlers. Let us know.



## Church of the Holy Spirit, Ipoh