



PARISH OF OUR MOTHER OF PERPETUAL HELP
Redemptorist Community
Rev Fr Patrick Massang, C.Ss.R. (Parish Priest)
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50TH ANNIVERSARY OF OMPH PARISH IPOH (1972-2022)

OMPH CCR cordially invites you on a LENTEN JOURNEY with Rev Fr Joseph Stephen CSsR on Wednesdays at 7pm
 09.03.2022 – Holiness 16.03.2022 - Fasting
 23.03.2022 – Prayer 30.03.2022 –Almsgiving
 All are welcome.
 All MKN/KKM/MNU SOPs applies

As part of the 50th Year Marian Jubilee celebration and OMPH 50th Golden Anniversary, we are holding –

- 1) Song competition.**
- 2) Logo Design contest**

Please login to www.omphip.org for more details of the competition and Logo contest.

STATIONS OF THE CROSS –

Friday, 11 March, 2022 at 7.30 pm (E) followed by Mass (E) at 8 pm in church. Stations of the Cross in Tamil at 7.15pm followed by mass in the hall.

RITE OF THE PRESENTATION OF THE LORD’S PRAYER & THE APOSTLE CREED (2nd Sunday of Lent)

The Elect will be celebrating “The Rite of the Presentation of the Lord’s Prayer and the Apostle Creed” on Sat. 12 Mar.2022 during the 6pm Mass.
 The Elect will be officially presented with the Nicene Creed and the Lord’s Prayer. Let us pray with them and for them invoking the Holy Spirit to enable us to call GOD “Abba-Father.”

NOVENA DEVOTION to Our Mother of Perpetual Help- (Saturdays)

9.00 a.m. Webcast. **9.00 a.m** In-person **5.30p.m** followed by Mass at 6 p.m

RITE OF ELECTION – 1st Sunday of Lent
 The Rite of Election for District of Perak

– Church of OMPH Ipoh, Church of the Most Holy Redeemer, Tg.Malim, Church of St.Francis De Sales, Sitiawan, Church of Our Lady of Lourdes, Church of St.Michael, Church of Sacred Heart, Kampar - will celebrate at Church of Our Mother of Perpetual Help, Ipoh on Sun. 6 March, 2022 @ 5 p.m Mass with Rt Rev Bishop Sebastian Francis.

PARISH HUMAN DEVELOPMENT COMMITTEE –

The Learning Centre will resume classes for Form 1 to 3 students tentatively in March 2022. Students interested please call (05 5458220) to obtain an application form, complete & return to parish office ASAP.

LENTEN SACRIFICE

to help the poor as part of our Lenten penance and spiritual growth, we are called to share. Baskets are placed on either side of the sanctuary throughout the season of Lent to appeal for non-perishable food like rice, sugar, cooking oil, sardines, milk powder, noodles, tin biscuits, etc.....

(food for thought) (Bulletin 6 March, 2022)
 Gospel: Lk 4: 1-13 **“Choices”**

As we begin our journey through another season of Lent, the Liturgical Readings present us with themes that bring this into focus: On the First Sunday of Lent, we hear the story of the Temptation of Jesus in the desert; the Second speaks of the Transfiguration; the Third recalls the encounter with the woman at the well. The Fourth Sunday tells of the man born blind and the importance of the light of Christ in our lives; and finally, the story of Lazarus - the symbol of hope for all of us who come to new life in Christ.

The season of Lent reminds us of our own temptations. It reminds us of our weakness, and our sins, and our failures. It reminds of everything that tarnishes or warps Christ's image whether in the individual or in the community.

He only cares about us, and He loves us in spite of ourselves. Lent reminds us that our participation in the Paschal Mystery is not without suffering nor death, and that within our lived experiences there is a sacred Presence and Love which constantly sustains us.

Today's passage from Deuteronomy speaks of a God who sees our affliction and misplaced affections and comes to rescue us. We can reflect on who God has been for us and we can place all our hopes in God’s ongoing presence among us. We need to be reminded of this God, so that we can live each day with the right frame of mind and heart, not focused on our mistakes or failures, but on the mercy assured us by God. It is this God that we follow.

As we begin Lent we need to remember who we are and who God is for us. No one forces us into this Lent. We need to choose it for ourselves.