



PARISH OF OUR MOTHER OF PERPETUAL HELP

Redemptorist Community

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ANNOUNCEMENTS:

RITE OF ELECTION –

(1st Sunday of Lent)

The Rite of Election for District of Perak will be celebrated at Church of St. Francis De Sales, Sitiawan on **Sunday, 10 March, 2019** at 4.00 pm with Rt Rev Bishop Sebastian Francis.

STATIONS OF THE CROSS

Friday, 15 March, 2019-

7.15 pm Stations of the Cross (T) in the parish hall.

7.30 pm Stations of the Cross (E) in the OMPH church followed by Mass (E).

LENT VISIT TO THE ELDERLY AND HOMEBOUND PARISHIONERS

The Priests together with the Eucharistic Ministers will be visiting and giving communion to the Elderly & Homebound on Mon.11, Tues. 12 & Wed. 13 of March from 9.00 am onwards as part of our Lenten visit.

ALTAR SERVERS MEETING with Parish Priest

- All Servers are requested to be present for a meeting on Sunday, **17 March, 2019 at 2.30pm** in ven Francis Xavier Room.

SALE OF ECO-FRIENDLY BAGS

The team from Mother Teresa's Reading Shelter will be in our church on Sat. 16 & Sun 17 of March, 2019 to raise funds for their operational costs. Please give them your generous support.

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 Sunday, 17 March, 2019 during the 8.00 a.m. 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."

LENTEN SACCRIFICE

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)

Gospel: Luke 4: 1-13

"Finding Strength in the Desert "

The Season of Lent begins with the Gospel Reading of Jesus' temptations in the desert. The Lord ventured out into the wilderness for 40 days - a time He needed to spend alone in the presence of His Father. We imagine that He needed this time - to reflect, to pray, to prepare for the ministry that He came to Live.

The temptations of Christ in the desert are our temptations as well.

∩ We are all tempted to seek more than we need; "Man does not live by bread alone." The Lord tells us. The Word and The Eucharist are sufficient to sustain us as a community.

∩ "All these kingdoms will be yours, if..." We are all called to be righteous and use whatever power we have for the good of others. Yet it's easy for us to become *self*-righteousness, content with our own answers and solutions.

∩ There are days when we feel like giving up - when we ask ourselves why we even bother... throwing ourselves down, throwing in the towel becomes an easy way out. But Jesus tells us by example not to give up, to keep going - even in the midst of uncertainty.

Let this Lent become for you a desert experience. Take the chance, venture out into the darkness. Take some time to pray, to "reach out in the darkness," to reflect - to let the Father speak. (That means we have to listen!)

Let this season become the point which will buoy you when times seem at their lowest, when you feel your loneliest or when you recognize your weakness most acutely.

Let us all learn from the example of Jesus: **pray, reflect, prepare** for the Easter victory, and return from our personal desert experience prepared - perhaps just a little better - to face the daily reality of our lives.

MARRIAGE: Please contact the Parish Priest at least SIX MONTHS in advance.

PARISH ACTIVITIES & MEETINGS:

(March 2019)

- * 10/3/2019 - 8.00am - CLOW (St.Mark's Rm.)
- 10.00 am - RCIA (BM) (St. Monica Rm.)
- 11.30 am - RCIA (T) (St. Matthew Rm.)
- 1.00 pm - PHDC Learning centre (3rd fl.)
- 3.00 pm - RCIA (E) (St.Mark's Rm.)
- * 11/3/2019 - 9.00 am - Visitation to the Homebound
- 7.00 pm - CCR
- * 12/3/2019 - 9.00 am - Religious meeting (St.Mark's Rm.)
- 9.00 am - Visitation to the Homebound
- 8.15pm - Legion of Mary (C) (St.Matthew's Rm.)
- * 13/3/2019 - 9.00 am - Visitation to the Homebound
- * 14/3/2019 - 8.00 pm - Tamil choir (St.Paul's Rm)
- * 15/3/2019 - 8.30 pm - RCIA (C) (ven Francis Xavier Rm)
- * 16/3/2019 - 6.45 pm - CLOW (St.Mark's Rm.)
- * 17/3/2019 - 8.00am - CLOW (St.Mark's Rm.)
- 10.00 am - RCIA (BM) (St. Monica Rm.)
- 11.30 am - RCIA (T) (St. Matthew Rm.)
- 1.00 pm - PHDC Learning centre (3rd fl.)
- 2.30pm - Altar Servers (ven Francis Xavier Rm)
- 3.00 pm - RCIA (E) (St.Mark's Rm.)

2019 COFFEE MORNINGS

- * 10/3/2019 - BEC St.Joseph (C) * 17/3/2019 - BM Apostolate.
- * 24/3/2019 - St.Peregine group. * 31/3/2019- Divine Mercy group.
- * 7/4/2019 - Sun. Sch. (Form 3) * 28/4/2019- BEC St.Phillip.
- * 5/5/2019 - BEC St. Joseph (E) * 12/5/2019- PHDC
- * 19/5/2019 - Sun. Sch. (Form 4)

BIBLE REFLECTION & HOME-GATHERINGS:

- * 13/3/2019 – 8.15pm – BEC St. Peter (C); Home of Grace Phuan.
- * 14/3/2019 – 9.30am – BEC St.Mary Magdela; Home of Kalista.
- * 15/3/2019 – 8.00 pm – BEC St.John the Apostles (T); Home of Savarimuthu.
- * 17/3/2019 – 5.00 pm – BEC St.Benedict; Home of Sebastian Yoon.
- 8.00 pm – BEC St.Anne; Home of Veronica Wong.
- * 18/3/2019 – 7.30pm – BEC All Saints; Home of Monica.
- * - 8.30pm – BEC St.Joseph (C); Home of John Lai.
- * 19/3/2019 – 8.00 pm – BEC St.Philomena; Home of Francis & Evelyn Toh.
- * 21/3/2019 – 8.00 pm – BEC St.Anthony (C); Home of Anthony Liew.
- * - 8.00 pm – BEC St.Francis de Sales; Home of Mary Celine.

BLOOD & ORGAN DONATION

PHDC will be organizing a blood & organ donation campaign on **Sunday, 24 March, 2019;** from 8.30 am till 1.00pm in the parish hall. We invite healthy and able bodies and regular blood Donors to help save lives.

The BM Mass (24/3/2019) at 8.00 am will be combine with the English-speaking mass in church.

OMPH Sunday Fun-day 2019

The OMPH Catechetical ministry is organizing a Sunday Fun-day for all Sunday School Students on **Sunday, 31 March, 2019 from 9.30 am till 12 noon.** Various fun activities are planned and we urge parents & others to join and help us to make it a fun-filled day. A fun activity is also planned for parents and as such parents are welcome to participate to make the day merry.

TALK IN ENGLISH ON "BOREDOM OR DRYNESS IN PRAYER" by SR. ANJELIN GNANAPIRAGASAM, FMDM

will be held on 30 March 2019 (Saturday) at PDPI (Penang Diocesan Pastoral Institute), Penang Road. Time: 9.30am-12.30 noon.

Participation fee: RM5.00 which can be paid on the day of the talk.

TALK IN TAMIL ON "BOREDOM OR DRYNESS IN PRAYER" by REV. RYAN INNAS MUTHU

will be held on 16 March 2019 (Saturday) at Church of Christ The King, Sungai Petani. Time: 9.00am-12 noon.

Participation fee: RM5.00 Call: 04-2611350 (office hours) to register or for details.

NOVENA PRAYERS TO ST.PEREGRINE

EVERY TUESDAY AT 5.45 PM in the Meditation Room. During this Novena Devotion, names of cancer patients will be lifted up. All are invited. For enquiries, call: 019-5769166/ 012-5833904.

CHRISTIAN MEDITATION TIME

All are welcome to join the Christian Meditation group which meets * **EVERY SATURDAY** AT 11.00 A.M. – 12 NOON in the Meditation room.

OMPH CATHOLIC CHARISMATIC RENEWAL

Come join us in our Praise & Worship * Every Tuesday at 8.00 pm (T) * Every Wednesday at 8.00 pm (E).

EVENING FOR THE ENGAGED 2019

Couples planning to get married in the year 2019, please take note of the EE Weekends english during the year. You are requested to register six (6) weeks before the weekend dates.

EE120	5 – 7 April, 2019
EE121	12 – 14 July, 2019
EE122	18-20 Oct., 2019

TAMIL MARRIAGE PREPARATION WEEKEND - 2019

Closing date for registration (T): on 1st day of each month.

Chapel St.Chastan & Imbert, Prai		August 24,25,26
Domus St.Anne, Bukit Mertajam	May 23, 24, 25	November 22, 23, 24

Please see your Parish Priest for registration.