



**PARISH OF OUR MOTHER OF PERPETUAL HELP**  
**Redemptorist Community**  
*Rev Fr Patrick Massang, C.Ss.R.* (Parish Priest)  
*Rev Fr Philip Lai, C.Ss.R.* (Assistant Parish Priest)

Address: 19-21, Jalan La Salle, Ipoh Garden, Ipoh Garden.  
 Telephone Nos.: (Office - 05- 5458 220) (Fax:05- 5468 495) website: [www.omhip.org](http://www.omhip.org)  
 %%%%%%%%%%

**Due to Covid-19 Conditional Movement Control Order (CMCO) has been extended from Friday, 5 March, TILL Monday, 18 March, 2021.**

**ATTENDING MASSES, FORMATION & OTHER ACTIVITIES IN O.M.P.H. IPOH**

**ONLY OMPH PARISHIONERS**

(citizens & non-citizens) and those serving in OMPH ministries are allowed to attend weekday and weekend masses at OMPH church.  
 > Pre-registration of Masses with ministry/BEC heads or parish office. Attendance will be based on rostering exercise on first come first serve basis.  
 > Please come 30-45 minutes earlier before Mass starts for attendance marking, temperature taking and checking in with MySejahtera App. Government SOPs apply.

**STATIONS OF THE CROSS** followed by Mass (Fridays during Lent)  
 @ 6.30 pm (E) – OMPH church.  
 @ 7.30 pm (T) – Parish hall.

**RITE OF THE 2<sup>ND</sup> SCRUTINY** – (4<sup>th</sup> week of Lent) – On Sat. 13 March, 2021 during the 5.30pm Mass, our “Elect” who are continuing on the purification process, will celebrate the Rite of the Second Scrutiny focusing on purifying their spiritual blindness.

**PALM SUNDAY** – March, 2021

- \* Sat.27 @ 5.30 pm (E) &
- \* Sun. 28 of @ 8.00 am (E)
- \*Mass in Chinese @ 10 am (Parish hall)
- \* Mass in Tamil @ 11 am (church)

**BLESSING OF PALM LEAVES** will be in the church.

**PALM SUN. PROCESSION** is ONLY for the Liturgical Ministers, Celebrant.

**HOLY WEEK – MON.29/3,**

**TUES.30/3, WED. 31/3** Mass in English at 7.00 am (Self registration, have to adhere to strict SOPs.)

**HOLY THURSDAY – 1 April, 2021**

- 10am Mass (E) (*Only for parishioners 60 +*)
- 6.30pm Mass (T)
- 7.30pm Mass (E)
- (Individual Silent Reposition of the Blessed Sacrament – 8.30pm – 10.30pm)

**GOOD FRIDAY – 2 April, 2021**

- Stations of the Cross followed by Service.
- 2.30 pm (E) & 7.00 pm (E)
- 6.00 pm (T)

**HOLY SATURDAY – 3 April, 2021**

- 7.00 pm (E)
- 9.00 pm (T)

**EASTER SUNDAY – 4 April, 2021**

- 8.00 am (E)
- 11.00 am (C)

(food for thought) (Bulletin 7 March, 2021)

Gospel: John 2: 13-25. *“Cleansing the Spirit”*



St. John places this event of the temple cleansing at the beginning of his gospel. So, the story helps set the stage for what is to come in John’s narrative and also helps interpret Jesus’ identity and mission. The long-awaited messiah has arrived and he is burning with zeal for God.

Depending on our situation at different times in our lives, we can find comfort and be encouraged by one or more of the many artistic interpretations that we have of Jesus. We always look for the image that speaks to us in our needs.

The risen Lord has entered our lives, forgiven our sins, and has re-created us as a cleansed temple.

Now is the time to allow Him to sweep out what is crass, unnecessary and formalistic in our lives and in our community.

Now is the time to consider how we might serve and promote the gospel by making our "cleansed temple" a welcome place for all peoples, with the same zeal that fired his action and words. His Spirit wants to cleanse our very being, firing our spirits with a new enthusiasm for God and God’s ways. We cannot do this ourselves - our zeal is not enough.

