



**PARISH OF OUR MOTHER OF PERPETUAL HELP**  
**Redemptorist Community**  
*Rev Fr Patrick Massang, C.Ss.R.* (Parish Priest)  
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**50<sup>TH</sup> 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 50<sup>th</sup> Year Marian Jubilee celebration and OMPH 50<sup>th</sup> Golden Anniversary, we are holding –

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

Please login to [www.omhip.org](http://www.omhip.org) for more details of the competition and Logo contest.

**STATIONS OF THE CROSS –**

**Friday, 18 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.

**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 request)* on Mon.14 March,2022 from 9.00 am onwards as part of our Lenten visit.

**ETERNAL HAPPINESS TO:**

Francis a/l Andrews departed on 8 March, 2022.

**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

**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 a 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.....

**RITE OF THE 1st SCRUTINY –**

(3rd week of Lent) - On Saturday, 19 March, 2022 during the 6.00 p.m. Mass our "Elect" will celebrate the Rite of the First Scrutiny, which is the beginning of the period of purification and enlightenment.

(food for thought) (Bulletin 13 March, 2022)

Gospel: Lk 9: 28-36

*"Knowing God Is Near"*

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Part of the theology that most of us inherited taught that our journey of faith was one of living our lives "according to God's plan", of accepting our state in life - whatever it may be - as part of His will for us and submitting to the sometimes unreasonable demands that we seem to think He makes upon us. The soul is spirit, noble, most God-like. The flesh is lowly, corruptible, and definitely mortal. We were trained to struggle against the desires of the body, to subdue, to repress. Our ultimate goal is our reunion with our God in the heavenly kingdom and our earthly journey is one of "earning" our citizenship in heaven.

God's plan for us consists in just one thing: that He loves us now, in whatever frame of mind or state of being we find ourselves in and that He will always love us despite ourselves. For us, the meaning of the Transfiguration is that, as Karl Rahner says: "in the dark night of hopelessness the light of God shines, and a human heart finds in God the power which turns dying into victory." The account of the Transfiguration is a reminder that we cannot live our lives above and removed from daily life.

Today we are challenged to transform our lives - to let the glory of God guide us and shine through us to focus on God along the hills and valleys of our journey of faith knowing that God is near, that He understands our pain, and that He will sustain us and carry us through.