



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)

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(food for thought) (Bulletin 18 December, 2022)
 Gospel: Mt 1: 18-24. *"Hope reinforced"*

(6/11/2022)

TRANSITION TO ENDEMIC STAGE

(From Your Parish Priest...)

ATTENDING MASSES IN O.M.P.H.

IPOH

- * Wearing of face Mask is mandatory inside the church premises (Adults & children)
- * Sanitize your hands
- * Please co-operate and follow instructions from the hospitality ministers.

Stay safe Stay healthy

CHRISTMAS SCHEDULE

*** Sat., 24/12/22**

- = 7.30 p.m – Carols (T) (updated)
- = 8.00 p.m – Christmas Mass (T)
- = 10.00 p.m. – Carols (E)
- = 10.30 p.m.- Christmas Mass (E)

*** Sun., 25/12/22**

- ^ 7.45 a.m – Carols (E)
- ^ 8.15 a.m – Christmas Mass (E)
- ^ 10 a.m. – Carols (C)
- ^ 10.30 a.m – Christmas Mass (C)

St.Mary's Chapel, Tersusun

- Sun. 25/12/22
- 8.00 a.m. Christmas Mass (T)

FEAST of the HOLY FAMILY....

The Tamil Apostolate is organizing a Mass (T) on **Friday, 30 December, 2022** @ 8 p.m. in O.M.P.H. church.

CHRISTIAN MEDITATION

Meditation group will be closed for Christmas holidays. They will meet on Sat. 7 Jan., 2023 from 11 a.m – 12 noon in the meditation room.

PENITENTIAL SERVICE-2022

In preparation for Christmas, penitential service will start at **7p.m** for every parishes.

Mon., 19/12/22	O.M.P.H church, Ipoh Gdn.
Tues., 20/12/22	Church of Our Lady of Lourdes
Wed. 21/12/22	Church of St. Michael, Ipoh

EVENING FOR THE ENGAGED 2023

Couples planning to get married in the year 2023, please take note of the EE Weekends in english during the year. You are requested to register six (6) weeks before the weekend dates.

Please see your Parish Priest for registration.

EE134	17-19 Feb	Stella Maris
EE135	19-21 May	Stella Maris
EE136	18-20 Aug	Stella Maris
EE137	17-19 Nov	Stella Maris

For enquiries contact Bart-Angie (017 5900978)

Registration forms can be obtained from [website www.ceepeng.org](http://www.ceepeng.org)

SUNDAY CATECHISM SCHOOL 2023

Sunday Catechism begins on **8 Jan., 2023**

NEW REGISTRATION for Sunday Catechism (E) -

Parents are requested to bring a photostat copy of the child's baptism certificate.

Catechism books for

- > Primary = RM25/-.
- > Secondary = RM30/-.

MEETINGS/ACTIVITIES:-

- * 19/12/22 @ 7 p.m – Advent Penitential Rite (church)
- * 20/12/22 @ 8 p.m. – Legion of Mary (C)(Hall)
- * 23/12/22 @ 8 p.m – RCIA (C) (Francis X.Rm.)
- * 27/12/22 @ 8 p.m. 0 Legion of Mary (C) (Hall)
- * 30/12/22 @ 8 p.m – RCIA (C) (Francis X.Rm.)
- * 3/1/2023 @ 8 p.m. – Legion of Mary (C)(Hall)
- * 4/1/2023 @ 8 p.m – Chinese Apostolate (St.Mk.Rm.)
- * 5/1/2023 @ 8p.m – RCIA (E) (St.MkRm.)
- * @ 8 p.m – RCIA (T) (St.Paul Rm.)
- * 6/1/2023 @ 8 p.m – RCIA (C) (St.Francis X.Rm.)
- * 8/1/2023 @ 10 a.m – Sun Catechism starts.

BIBLE REFLECTION & HOME-GATHERINGS:

~BEC St.Peter – 28/12/22 @ 8 p.m – (LoungeCafe)

COFFEE MORNINGS 2022/2023

- * 18/12 – CCR (E)
- (2023)
- * 8/1/2023 – BEC St.Franci De Sales.
- * 15/1/2023 – RCIA (E)
- * 29/1/2023 – Tamil Hospitality
- * 5/2/2023 – BEC St.Jude (T)
- * 12/2/2023 – BEC St.Monica (T)

INFANT BAPTISM: Please contact the Parish Priest at least **ONE MONTH** in advance.

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

ETERNAL HAPPINESS TO:

- + Francis Lai Voon Hon departed on 11 December, 2022
- + Francis Chew Tit Poh departed on 14 December, 2022.

We gather as a people of faith in a holy season of hope. The voice of fear is drowned out for us by the message we were given in last week's Scriptures: "Be strong, fear not! Here is your God!" That message is reinforced today in the example of two who rose above their fears with absolute trust and confidence in God's love, Joseph and Mary.

The spirit of Advent and Christmas is a mirror in which we see reflected the very best that life can become. Through our faith and courage, we can help each other to put away our fears, to move from darkness to light, to begin to hear again the words of life. We can reach out to support - by the strength of our love and concern - those whose hands are feeble and whose knees are weak. Through our witness to God's love, so many who are crippled by doubt and despair might be able to leap again with courage and energy and new life.

So let's truly be "church." Let's be God's holy people. Let's be light in darkness, peacemakers, and life-givers in every aspect of our lives.

Let's put aside our own fears so that we can truly witness to the hope this Advent season proclaims.