



“For as often as
you eat this
bread and drink
the cup, you
proclaim the
Lord’s death
until he comes”

1 Corinthians 11:26

SCRIPTURE of the DAY

Genesis 14: 18-20

Psalms 109: 1-4

1 Corinthians 11: 23-26

Luke 9: 11-17

One of the most precious early Christian writings, the *Didachè*, gives us a glimpse into this living faith. Written between the years 50 and 100, it contains the first known use of the word “Eucharist.” It begins the prayer over the chalice with these words: “We give thanks to you, our Father, for the holy Vine of your servant David, which you have made known to us through your servant Jesus. Glory be to you, world without end.”

Then, over the bread: “As this broken bread, once dispersed over the hills, was brought together and became one loaf, so may your Church be brought together from the ends of the earth into your kingdom.”

This is a clear example of *Lex Orandi, Lex Credendi*, that is, the rule of prayer is the rule of belief. Our faith is formed by how we worship, and our doctrine rises from what we have received in prayer.

Pope Benedict XVI, in *Sacramentum Caritatis* (#5) tells us that the Eucharist is a “Mystery to be Lived” and speaks of the relationship between the sacrament of the Eucharistic mystery and its relationship to Christian love. He writes, “God incarnate draws us all to himself. We can thus understand how agape also became a term for the Eucharist: there God’s own agape comes to us bodily, in order to continue his work in us and through us.” What the late Pope tells us is that God’s highest form of love is manifested physically through the bread and wine so that God’s love continues.

Blessed Carlo Acutis, soon to be canonised, recognised this. As a young man in a modern world, he had a deep love for the Eucharist. He created an online catalogue of Eucharistic miracles, not to impress, but to lead others to Jesus. He once said, “The Eucharist is my highway to heaven.” His love for the Eucharist shaped how he lived, how he served, and how he witnessed.

Let us do more than believe in the Eucharist. Our call is to live the mystery. ✚

Published by: Archdiocesan Pastoral Institute (API) | Email: api@archkl.org

NEWBEC

The Most Holy Body and Blood of Christ (Corpus Christi) | 22 June 2025

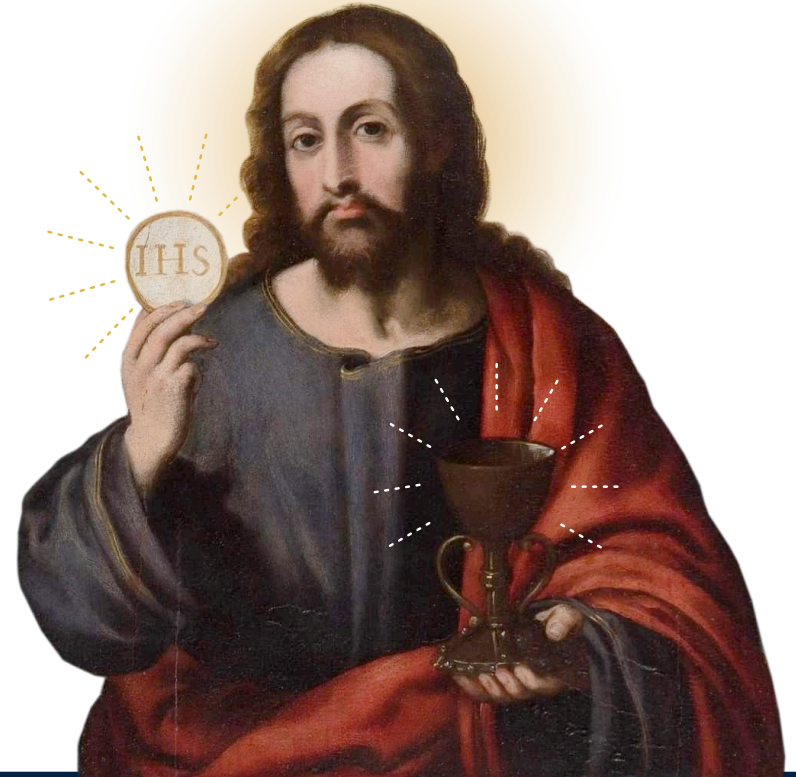
CELEBRATING, LISTENING AND WALKING AS PILGRIMS OF HOPE

MONTHLY FOCUS & RATIONALE

CHURCH – CALLED TO SEE THE FACE OF JESUS IN EACH OTHER

A Mystery to Be Lived

The Eucharist did not begin as a doctrine. It began as an act of faith. From the earliest Christian communities, believers gathered to give thanks, to bless, to break, and to receive the Body of Christ. Therefore, before the Eucharist was explained, it was celebrated.





PARISH OF OUR MOTHER OF PERPETUAL HELP
Redemptorist Community
Rev.Fr. Joseph Stephen,C.Ss.R. (Parish Priest)
Rev.Fr. Patrick Massang,C.Ss.R. (Assistant Parish Priest)
Celebrating, Listening and Walking as Pilgrims of Hope.

Address: **19-21, Jalan La Salle, Ipoh Garden, Ipoh, Perak,**
1, Jln Serindik, Ipoh Gdn., Ipoh
Tel. Nos.: (office – 05 5458220) (Fax: 05 5468495) website: omhip.org

ANNOUNCEMENTS:

FEASTDAY OF OUR MOTHER OF PERPETUAL HELP, Ipoh Garden.

Theme: **“Walking in Hope with Mary”**

(Date) Sat. 28 June, 2025
(Time) 7.00 p.m.

All are welcome for the 9-nights of Preached Novena (E).

It will begin on Fri. 20 June, 2025 at 7.45 p.m. with Novena devotion followed by Mass at 8.00 p.m.

except for Sat. 21/6/25, Mass at 7.30 a.m., Novena devotion at 9.00 a.m. & 5.00 p.m. followed by Mass at 5.45 p.m.

There will be no 7 a.m. Mass during the weekdays of the preached Novena Mass.

FEASTDAY DONATION:

We appeal to your generosity to help us to defray the cost of our feast day celebrations. You can submit your donation envelope to the parish office or insert it at the Novena Shrine metallic box. Thank you.

Triduum Preached Novena for

- **Mandarin speaking community** on Sun. 22/6/25 till Tues 24/6/25 at 8 p.m. (parish hall)
- **Tamil speaking community** on Wed. 25/6/25 till Fri. 27/6/25 at 7.30 p.m. Novena followed by Mass at 8 p.m. (parish hall)

CONSECRATION OF FAMILIES

To consecrate your family to our Mother Mary's care, please submit your list of names for consecration by 25 June, 2025. You can hand in this list at the parish office or put it in the Novena Shrine metallic box. Please state the **total number of FAMILIES**.

PARISH ACTIVITIES & MEETINGS: (July 2025)

- * 1/7/2025 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 2/7/2025 - 8.00 p.m. - Chinese Apostolate (St.Mk.Rm.)
- * 6/7/2025 - 8.00 a.m. – Health Fest (parish hall)
- * 8/7/2025 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 9/7/2025 - 4.00 p.m. - RCIA facilitator (parish office)
- * 12/7/2025 - 9.00 a.m. – “The Butterfly Effect” (ven Francis Xavier Rm.)
- * 12/7/2025 - 3.00 p.m. – St.Mary's Chapel, F.Raising Com. (Cafeteria foyer)
- * 14/7/2025 – 8.00 p.m. – Group study(C) (Gospel of Mark) (ven Francis Xavier Rm.)
- * 15/7/2025 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 17/7/2025 - 7.00 p.m. – RCIA 1st preliminary meeting (ven Francis Xavier Rm.)
- * 20/7/2025 - 7.00 p.m. – Parish Pastoral Council (St.Mk.Rm.)

JUNE/JULY/AUGUST COFFEE MORNINGS:

- 29/6/2025 – BEC St.John Apostle (Zone 4)
- 6/7/2025 - Youth.
- 13/7/2025 – BEC St.Francis De Sales.
- 20/7/2025 – Eucharistic Ministers
- 27/7/2025 – BEC St.Monica (T)
- 3/8/2025 - RCIA.
- 10/8/2025 – BEC St.Alphonsus Liguori.
- 17/8/2025 – RECHOSO
- 24/8/2025 – BEC St.Faustina.
- 31/8/2025 – Sunday Sch.

ETERNAL HAPPINESS TO:

- + Rose Lai Nyuk Moi-Cheong departed on 12 June 2025.
- + Wilfred Pereira a/I I.V Pereira departed on 17 June, 2025.



All B.E.C. leaders, please take note that the Parish is trying to revive the B.E.C.s of all language groups. Kindly inform the parish office to insert into the bulletin of your BEC monthly meetings.

EVENING FOR THE ENGAGED 2025

Please see your Parish Priest for registration.

EE144	8-10 Aug 2025
EE145	7-9 Nov 2025

Couples planning to get married in the year 2025, please take note of the EE Weekends held in **english** during the year.

For **Tamil marriage preparation** course **2025** –

Dormitory	Aug 23 & 24/ Nov 15 & 16
St.Anne, Bukit Mertajam.	
Church of St.Anthony, Nibong Tebal.	(Closing date on: 1st day of each month)

Please see your Parish Priest for registration.

You are requested to register six (6) weeks before the weekend
Please see your Parish Priest for registration.

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.

BAPTISM: Please contact the Parish Priest at least

ONE MONTH in advance.

Next Baptism: 27 July, 2025.

MARRIAGE:

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

JUBILEE OF FAMILIES

Enhancing Family Life organized by Penang Diocesan Family Life Ministry.....

(date) 21 & 22 June, 2025

(time) Mass @ 7 a.m. (21/6/25)

Registration/Breakfast at 8 a.m.

(venue) Domus St.Anne, Minor Basilica of St.Anne, B.Mertajam

Contact: Theresa 017 5788192.

DRUG ADDICTION AWARENESS

organized by Caritas Malaysia

(date) Thurs 26 June, 2025

(time) 8.00 – 9.30 p.m.

<https://forms.gle/F3xvYLKsktRsktRsyH2h8>. Everyone is welcome.

ADORATION TO THE BLESSED

SACRAMENT – 1st Fri. of each month.

(date) **Friday, 4 July, 2025**

(time) 7.20 p.m. followed by

Mass at 8.00 p.m.

Are You in Vesper Time?

New book released by

Fr. Joseph Stephen.

This book is about Spirituality for the Elderly.

VESPER in latin word means EVENING.

It is about the evenings of our Lives dealings with topics like

DIMINSHMENT, ACCEPTANCE ,

GRATITUDE, MEMORIES from

Baptism to Christian burial and

many more.

It is available at Liguori bkshop at RM15/-.

HOSPITAL FATIMAH

HEALTHFEST 2025 –

Sun. 6 July, 2025

The event aims to promote health and well-being within the parish community.

Registration starts at 8.00 a.m.

Booths open: 9 a.m. to 12.30 p.m.

* Basic Health screening.

* Back & Neck Assessment.

* Know your medicine

* Promotion: offering free registration for Fatimah Kids Club (for children below 12 yrs.old) & Silver Star Club (for individuals 55 yrs & above), as well as special Health screening packages for the mth.

Additional- Health discussion stage events; Healthy eyes, Slim & Strong, Hearing Loss, Stress Management, Healthy cooking demo.

NEW-INTAKE for “ADULT ENQUIRY TO THE CATHOLIC FAITH”

RCIA - YEAR 2025-2026

Our RCIA programme for our parish will commence on the

Thurs.17th July 2025 in

Francis Xavier room

The classes will be conducted in all languages. If you know of anyone who would be interested in knowing about our Catholic Faith, do encourage them to register at our parish office.

For further information, you can visit our RCIA booth which is opened after mass, from the 14 and 15th June onwards.



Comē & bē Inspirē! Join Fr. Glenn de Cruz,CSsR, in a meaningful workshop as we reflect on our sacred call to care for creation.

(date) **Sat. 12 July,2025**

(time) 9.00 a.m. – 5.00 p.m.

(venue) ven Francis Xavier room

Open to ALL!

Lunch & coffee break will be provided.

Registration is Free!

Closing date for registration:

1 July,2025. ***Scan to register.***

Contact: Ramon 010 2006385



SCHEDULE: For MASS, DEVOTIONS and PRAYER MEETINGS.

(22 June 2025) (Mass at 8.00 a.m. if it is a PUBLIC HOLIDAY)

(All in *English* unless stated otherwise.)

SUN.22 THE MOST HOLY BOD & BLOOD OF CHRIST (Corpus Christi)

8.30 a.m. Trilingual Mass followed by procession and ending with Benediction.

10.00 a.m. Mass (T) 11.30 a.m. Mass (C)

7.45 p.m. **Day 3** "Anchored in Christ, Our True Hope" Preached Novena followed by Mass @ 8.00 p.m

MON.23 12th Week in Ord. Time (Wk 4) No 7.00 a.m. Mass

7.45 p.m. **Day 4** "The Family: Seed of Hope for the church & the world" Preached Novena followed by Mass @ 8.00 p.m

TUES.24 THE NATIVITY OF ST.JOHN THE BAPTIST No 7.00 a.m. Mass

7.45 p.m. **Day 5** "Finding Hope amid suffering" Preached Novena followed by Mass @ 8.00 p.m

WED.25 12th Week in Ord. Time (Wk 4) No 7.00 a.m. Mass

7.45 p.m. **Day 6** "Mary: Hope of all Nations" Preached Novena followed by Mass @ 8.00 p.m

THURS.26 12th Week in Ord. Time (Wk 4) No 7.00 a.m. Mass

7.45 p.m. **Day 7** "Journeying towards Our Eternal Home" Preached Novena followed by Mass @ 8.00 p.m

FRI.27 THE MOST SACRED HEART OF JESUS No 7.00 a.m. Mass

7.45 p.m. **Day 8** "We are Pilgrims of Hope" Preached Novena followed by Mass @ 8.00 p.m

SAT.28 FEAST DAY OF OUR MOTHER OF PERPETUAL HELP

7.30 a.m. Mass. (Novena intentions)

9.00 a.m & 5.00 p.m Novena devotion to Our Mother of Perpetual Help. (church)

7.00 p.m. Feast day Mass, Procession, Benediction.

SUN.29 SS. PETER & PAUL, APOSTLES

8.00 a.m. Mass (E)

10.00 a.m. Mass (T)

11.30 a.m. Mass (C)

ST. MARY'S CHAPEL, KG. TERSUSUN

- Sat. 12/7/2025 – 7.30 p.m. – Mass in Tamil.

2nd COLLECTION: 15/6/2025 – For parish maintenance.

DAILY SCRIPTURE READINGS

(WEEKEND READINGS:::: Year C) (WEEKDAY READINGS :::: Year 1)

SUNDAY 22	(22 June – 29 June, 2025) (a) Gen 14: 18-20. (Ps 109: 1-4) (b) 1 Cor 11: 23-26 (c) Lk 9: 11-17
MONDAY 23	(a) Gen 12: 1-9. (Ps 32: 12-13, 18-20, 22) (b) Mt 7: 1-5
TUESDAY 24	(a) Is 49: 1-6. (Ps 138: 1-3, 13-15) (b) Acts 13: 22-26 (c) Lk 1: 57-66, 80
WEDNESDAY 25	(a) Gen 15: 1-12, 17-18. (Ps 104: 1-4, 6-9) (b) Mt 7: 15-20
THURSDAY 26	(a) Gen 16: 1-12, 15-16 (Ps 105: 1-5) (b) Mt 7: 21-29
FRIDAY 27	(a) Ez 34: 11-16. (Ps 22: 1-6) (b) Rom 5: 5-11 (c) Lk 15: 3-7
SATURDAY 28	(a) Is 61: 9-11. (Ps 1 Sam 2: 1, 4-8) (b) Lk 2: 41-51
SUNDAY 29	(29 June – 6 July, 2025) (a) Acts 12: 1-11. (Ps 33: 2-9) (b) 2 Tim 4: 6-8, 17-18 (c) Mt 16: 13-19