



**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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**D.M.P.H. MASS SCHEDULE**  
 \* Weekday Mass (Mon-Fri) @ 7 a.m.  
 except on Public Holiday @ 8 a.m.  
 \* Sat. Novena Devotion @ 9 a.m. @ 6 p.m.  
 \* Sat. Sunset Mass (E) @ 6.45p.m.  
 \* Sun. Mass (E) @ 8 a.m./1<sup>st</sup> Sun BM.  
 \* Sun. Mass (T) @ 10 a.m. Mass (C) @ 11.30  
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**OMPH LENTEN RETREAT 2023**

organised by OMPH-CCR  
**"HEARING THE LORD'S VOICE  
 IN YOUR LIFE"**

by Rev Fr Joseph Stephen, CSsR  
 at 7.30pm in OMPH Church on  
**February, Tues 21<sup>st</sup>, 28<sup>th</sup> 2023 .**  
**March, Wed 1<sup>st</sup>, and 22<sup>nd</sup>, 2023.**  
 Please bring along your Bible.  
**Register at parish office or place  
 completed form in box provided  
 inside church.**

**RITE OF ELECTION** – 1<sup>st</sup> Sun. of  
 Lent. The Rite of Election for  
 District of Perak will be celebrated  
 at Church of Our Lady of Lourdes  
 on **26 February, 2023 at 5 p.m.**  
 with Rt Rev Bishop Sebastian  
 Francis

**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 power, noodles, tin biscuits..

**FAMILY DAY-FOOD FAIR**

organized by the Home for the  
 Aged (CWS) Simee.  
 (date) **Sat. 15 April, 2023.**  
 (Time) 9 a.m. till 1.00 p.m  
 (venue) OMPH church compound.

**STATIONS OF THE CROSS** on

**3/3/23** followed by Mass (Fridays  
 during Lent)  
 @ 7.30 pm (E) – OMPH church.  
 @ 7.15 pm (T) – Parish hall.

**RITE OF PRESENTATION OF THE  
 CREED AND THE LORD'S PRAYER**

The Elect will be celebrating "The  
 Rite of Presentation of the Lord's  
 Prayer and the Nicene Creed" on  
**Sat. 4 March, 2023** during the  
 6.45p.m Mass. They will be officially  
 presented with the Nicene Creed  
 and the Lord's Prayer.

**RITE OF THE 1<sup>st</sup> SCRUTINY** –

(3<sup>rd</sup> week of Lent) –  
 On **Saturday, 11 March, 2023**  
 during the 6.45p.m Mass our "Elect"  
 will celebrate the Rite of the First  
 Scrutiny, which is the beginning of  
 the period of purification and  
 enlightenment.

**RITE OF THE 2<sup>ND</sup> SCRUTINY** –

(4<sup>th</sup> week of Lent) –  
 On **Sat. 18 March, 2023** during the  
 6.45p.m Mass, our "Elect" who are  
 continuing on the purification  
 process, will celebrate the Rite of the  
 Second Scrutiny focusing on  
 purifying their spiritual blindness.

**YOUTH NITE** – (14 – 25 yrs old)

"Relentless in the pursuit of God"  
 (date) 5 March, 2023.  
 (time) 6 p.m – 10 p.m  
 (venue) Café St.Gerard

**MEETINGS/ACTIVITIES:-**

- \* 26/2/23 @ 5 p.m – Rite of Election (OLOL church)
- \* 28/2/23 @ 7.30pm - OMPH Lenten Retreat (E)  
 @ 8 p.m – Legion of Mary (C )(Mt.Rm.)
- \* 1/3/23 @ 7.30pm - OMPH Lenten Retreat (E)
- \* 2/3/23 @ 8 p.m – RCIA (E) (St.MkRm.)
- \* @ 8 p.m – RCIA (T) (St.Paul Rm.)
- \* @ 8 p.m – RCIA BM (Francis Xavier Rm.)
- \* 3/3/23 @ 8 p.m – RCIA (C) (St.Francis X.Rm.)
- \* 5/3/23 @ 2 p.m – RCIA (BM) (St.Mk..Rm.)
- \* 7/3/23 @ 7.30 p.m – Caritas OMPH (St.Mk.Rm.)

**COFFEE MORNINGS 2023**

- \* 19/3/2023 – Eucharist Ministers.
- \* 26/3/2023 – Caritas OMPH
- \* 6/4/23/023- BEC St.Jude.
- \* 7/5/2023 - OMPH Tamil Choir
- \* 14/5/2023 – Sun. Sch. Std. 3.

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

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

**WE WELCOME to our community**

\* Tevantish Anthony a/l  
 Raymond Anthony & Vanitha.  
 He was baptized on Sun. 19 Feb., 2023.  
 Congratulations to his parents and  
 godparents.

**EVENING FOR THE ENGAGED 2023**

**Please see your Parish Priest for  
 registration.**

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

(food for thought) (Bulletin 26 February, 2023)  
 Gospel: Mt 4: 1-11 . **"Not by Bread Alone "**

The beginning of Christ's ministry on earth  
 starts with an encounter between Jesus and  
 Satan. First there is the promise of pleasure,  
 the satisfaction of human hunger, then the  
 offer of earthly power and wealth and finally  
 the not-so-subtle challenge: Prove you are the  
 Son of God.

Day in and day out we face these same choices.  
 We are always being tempted to betray, to  
 compromise, to prefer self to others, to prefer  
 our desires over God's promise of Life in some  
 form or other. And in so many ways, people or  
 circumstances around us constantly challenge  
 us to show them our God. He first reminds us  
 that we are free. We then are confronted with  
 empty promises of satisfaction, pleasure,  
 wealth, and power to win our allegiance.

Lent invites us to keep our priorities in focus,  
 to look clearly at our lives and the choices we  
 make and to explore what they reveal about  
 who we are and where we are going. It is a  
 time to reclaim our true self, renew our sense  
 of purpose, turn away from the path of least  
 resistance and stop postponing our own  
 growth towards maturity. Lent is truly a time to  
 "repent," to change our hearts and to  
 remember that, "We do not live on bread alone  
 but on every word that comes forth from the  
 mouth of God."