



### SCRIPTURE of the DAY

Genesis 2: 7-9, 3: 1-7  
Psalm 50: 3-6, 12-14, 17  
Romans 5: 12-19  
(or 12: 17-19)  
Matthew 4: 1-11



†  
“Despise the  
temptation and  
embrace the  
tribulation.

When the enemy  
roars around you,  
it shows that he is  
not in you.”

St. Padre Pio

But that’s the supreme subtlety of the Devil. He has perfected the art of making sin not look like sin. The Devil’s first accomplishment is to convince you that he doesn’t exist. And then he proceeds to insinuate doubts to make you believe that conscience is a figment, that prayer is a projection, and finally that God is only a defence mechanism.

In contrast to what the Devil throw at us, our Lord Jesus provides us with the perfect defence against his attacks - faith and obedience to the authority of God. **Christ in embracing our humanity, allowed Himself to be tempted as we have been tempted** (Heb. 4:15). No other gospel story allows us to identify so closely with Him. He proves to us that if we remain steadfast to God’s purpose and will, His grace will have the last word, not sin.

But it is also helpful to know how the Devil works. The tempter offers up things that are eminently reasonable and seemingly rational. Sometimes evil is easily identified. But more often than not, evil presents itself in the guise of an apparent good. What is the common thread running through all temptations which we face? It is basically this: to treat God as less than God. And ultimately, when men cease to trust God and worship Him, they end up worshipping themselves or the devil. We are constantly being tested to trust God and instead trust in our own strength.

But Jesus’s example shows us to always stay focus on God and not the world. We derive power not from autonomy but from faithful and humble obedience to God. Ultimately, the ultimate defence and cure to all forms of temptations is this, putting God first above all else.

This Lent let’s tussle against temptation by trusting in the one who was and is always faithful to us—Jesus Christ, the One who defeated the Devil at his own game. In the One, we are One! ✚

# NEWBEC

NEW WAY OF BEING CHURCH | 1<sup>st</sup> Sunday Of Lent | 22 February 2026

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

*A People for Missionary Discipleship*

MONTHLY FOCUS: CHURCH: Fostering Inclusivity



## “In the One, We Are One”

When it comes to the subject of temptation, we have many stories to share, don’t we? Everybody faces temptation. Some of it is pretty harmless (that extra slice of chocolate cake) and we can laugh about it. But some of it isn’t.



**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.**(Priest address)  
**1, Jln Serindik, Ipoh Gdn., Ipoh** (Church & Pastoral Centre address)  
**Tel. Nos.: (office – 05 5458220) (Fax: 05 5468495) website: omhip.org**

**ANNOUNCEMENTS:**

**RITE OF SENDING –**

“Signing of the Book of Elect” -  
Our Catechumens are now reaching the end of their Catechumenate.

On **Sat.21 Feb.,2026**, during the 5.45pm Mass, the Catechumens who seek Baptism at Easter will have their names “enrolled” in the Book of Elect.

**RITE OF ELECTION –**

1<sup>st</sup> Sunday of Lent  
The Rite of Election for District of Perak will be celebrated on **22 February, 2026** with Cardinal Bishop Sebastian Francis in Church of Our Lady of Lourdes, Ipoh @ 5.00 p.m.

**FRIDAY CONFESSION**

From Fri. 13 March, 2026 onwards, there will be confession in church from 10 a.m. till 11 a.m.

**PARISH PASTORAL COUNCIL MEETING**

(date) Thurs. 5 March, 2026  
(time) 8.00 p.m.  
(venue) St.Mark’s Rm.

**CLERGY MEETING**

All priest will be away for a meeting on Tues. 24 & Wed 25 of Feb.,2026 in Penang. There will be no 7 a.m. Mass on Wed. 25 Feb.,2026.

**STATIONS OF THE CROSS –  
Friday, 27 February, 2026**

Stations (T) at 7.15pm in the hall.  
Stations (E) at 7.30 pm in the church followed by Mass at 8.00 pm

**PENITENTIAL SERVICE**

In preparation for Easter there will be penitential service at OMPH church on **Wed. 18 March, 2026 at 8.00 p.m.**

**PARISH ACTIVITIES & MEETINGS: (FEB/MAR. 2026)**

- \* 22/2/2026 - 5.00 p.m. - Lenten Healing Rally practise (church)
- \* 24/2/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- \* 24/2/2026 - 8.00 p.m.-OMPH Communication & Media ministry(St. Mk. Rm.)
- \* 25/2/2026 - 8.00 p.m. Area Coordinators (St.Mk.Rm.)
- \* 26/2/2026 - 7.30 p.m. - RCIA (E ) (St.Mk.Rm.)
- \* 26/2/2026 - 8.00 p.m.-RCIA (BM) (Wallace Rm.)
- \* 26/2/2026 - 8.00 p.m. - Tamil Choir practise (St.Paul’s Rm.)
- \* 27/2/2026 - 8.00 p.m. - RCIA (C ) (ven Francis Xavier Rm.)
- \* 1/3/2026 - 11.30 a.m. - Tamil Apostolate (St.Mk.Rm.)
- \* 1/3/2026 - 5.00 p.m. - Lenten Healing Rally practise (church)
- \* 1/3/2026 - 8.00 p.m. - Eucharistic Ministers (St.Mk.Rm.)
- \* 3/3/2026 - 8.00 p.m. – Legion of Mary (C ) (St.Mt.Rm.)
- \* 3/3/2026 - 8.00 p.m. - Tamil Charismatic (Church+Cafeteria)
- \* 4/3/2026 - 7.30 p.m. - RCIA (E ) (St.Mk.Rm.)
- \* 4/3/2026 - 8.00 p.m. - Chinese Apostolate (ven Francis Xavier Rm.)
- \* 5/3/2026 - 8.00 p.m. - **Parish Pastoral Council** (St.Mk.Rm.)
- \* 5/3/2026 - 8.00 p.m. - RCIA (BM) (Wallace Rm.)
- \* 6/3/2026 - 8.00 p.m. - RCIA (C ) (ven Francis Xavier Rm.)
- \* 9/3/2026 - 8.00 p.m. - Lenten Healing Rally (church)
- \* 10/3/2026 - 8.00 p.m. - Lenten Healing Rally (church)
- \* 10/3/2026 - 8.00 p.m. - Tamil LSS (parish hall)
- \* 11/3/2026 - 8.00 p.m. - Lenten Healing Rally (church)
- \* 11/3/2026 - 8.00 p.m. - Tamil LSS (parish hall)
- \* 12/3/2026 - 8.00 p.m. - Lenten Healing Rally (C ) (church)

**FEBRUARY/MARCH 2026 COFFEE MORNINGS:**

- 22/2/2026 - BEC St.Monica
- 1/3/2026 - Lectors/Commentators.
- 8/3/2026 - Tamil Liturgy
- 15/3/2026 - Tamil Apostolate.
- 22/3/2026 - Altar Servers - 29/3/2026 - Tamil Hospitality Ministers.

**BIBLE REFLECTION & HOME-GATHERINGS:**

- \* 25/2/2026 - 8.00 p.m. - BEC St.Peter (C ); Cafeteria.
- \* 26/2/2026 - 8.00 p.m. - BEC St.John; (Cafeteria)
- \* 27/2/2026 - 6.00 p.m. - BEC St.Augustine; Exquisite Restaurant.

**ETERNAL HAPPINESS TO:**

+ Sam Chu Keng Guan departed on 13 February, 2026.



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.  
**NEXT Area Coordinators MEETING: Wed. 25/2/2026**

**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 Infant baptism: 26 April,2026.

**MARRIAGE:**

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

**EVENING FOR THE ENGAGED 2026.**

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

Couples planning to get married in the year 2026, please take note of the EE Weekends english during the year.

You are requested to register six (6) weeks before the weekend

- EE147 8-10 May,2026
- EE148 7-9 Aug.,2026
- EE 149 13 – 15 Nov.,2026

For enquiries: Tel.: 016 4413494  
 Nicholas (after 6 p.m only)

**Tamil Catholic Marriage Preparatory Course 2026**

- (TCMPC)
1. May Fri 8 to Sun 10
  2. Aug Fri 21 to Sun 23
  3. Nov Fri 6 to Sun 8
- (venue) Domus St.Anne,B.M

**SPECIAL 9-week Novena devotion during the season of Lent**

Each week focuses on a particular Theme starting on Sat. 31 Jan till Sat. 28 March, 2026.

Date	Theme
31/1/26	Entering the Desert
7/2/26	Discipline
12/2/26	Lenten Clarity
21/2/26	Desire to go deeper
28/2/26	Maturing in Lent
7/3/26	Order in our lives
14/3/26	Detachment
21/3/26	Sorrow
28/3/26	The Cross & New Life

**CATHOLIC CHARISMATIC RENEWAL - Life in the Spirit Seminar in Tamil at O.M.P.H. church**

- (time) 8.00 p.m. - 9.30 p.m.
- # 3/3/2026 - Intro. to LSS & God's Love
  - # 10/3/2026 - Salvation
  - # 11/3/2026 - The New Life
  - # 17/3/2026 - Receiving God's Gift (Repentance)
  - # 18/3/2026 - Sacrament of Reconciliation (Confession)
  - # 24/3/2026 - Receiving God's Gift (Inner healing)
  - # 7/4/2026 - Praying for Baptism in Holy Spirit
  - # 14/4/2026 - Growth (The Vertical & Horizontal Dimension)
  - # 1/4/2026 - Transformation in Christ

**Rite of Presentation of the Lord's Prayer**

The Elect will be celebrating "The Rite of Presentation of the Lord's Prayer. They will be officially presented with the Lord's Prayer on **Sat 28 February, 2026** during the 5.45 p.m Mass.

**LENTEN HEALING RALLY**

Theme: "Eucharist the source of Healing" by Sr. Maximiliane Soon & Sr. Zelic from Putri Karmel Sister

(dates:-)  
 = March 9,10,11 in english  
 = March 12 in Mandarin.  
 (time) 7.30 p.m. to 10.00 p.m.  
 Please register with Kenna (011 5977 6607 or at the parish office.

**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.....

**SCHEDULE:** For MASS, DEVOTIONS and PRAYER MEETINGS.  
**(22 Feb. 2026)** (Mass at 8.00 a.m. if it is a PUBLIC HOLIDAY)  
 (All in *English* unless stated otherwise.)

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**SUN.22** FIRST SUNDAY OF LENT (Year A)

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

**MON.23** 1st Week of Lent (Wk 1)

7.00 a.m. Mass

**TUES.24** 1st Week of Lent (Wk 1)

7.00 a.m. Mass

**WED.25** 1st Week of Lent (Wk 1)

No 7.00 a.m. Mass

**THURS.26** 1st Week of Lent (Wk 1)

7.00 a.m. Mass

**FRI.27** 1st Week of Lent (Wk 1)/St.Gregory of Narek.

7.00 a.m. Mass.  
 7.15 p.m. Stations of the Cross (T) (parish hall.)  
 7.30 p.m. Stations of the Cross (E) (church)  
 8.00 p.m. Mass.(church)

**SAT.28** 1st Week of Lent (Wk 1)/B.V.M

7.30 a.m. Mass. (Novena intentions)  
 9.00 a.m. Novena devotion to Our Mother of Perpetual Help. (church)  
 5.00 p.m. Novena devotion to Our Mother of Perpetual Help. (church)  
 5.45 p.m. Mass. (E)

**SUN.1** SECOND SUNDAY OF LENT (Year A)

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

**ST.MARY'S CHAPEL, TERSUSUN**

\* Sun. 1/3/2026 - 8.00 a.m - Mass in Tamil.

**2<sup>nd</sup> COLLECTION:** 22/2/2026 - For Formation program.

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**DAILY SCRIPTURE READINGS**

**(WEEKEND READINGS: Year A) (WEEKDAY READINGS : Year 2)**

SUNDAY 22 (22 FEBRUARY – 1 MARCH, 2026)  
 (a) Gen 2: 7-9, 3: 1-7. (Ps 50: 3-6, 12-14, 17)  
 (b) Rom 5: 12-19 (or 12: 17-19)  
 (c) Mt 4: 1-11

MONDAY 23 (a) Lev 19: 1-2, 11-18. (Ps 18: 8-10, 15)  
 (b) Mt 25: 31-46

TUESDAY 24 (a) Is 55: 10-11. (Ps 33: 4-7, 16-19)  
 (b) Mt 6: 7-15

WEDNESDAY 25 (a) Jona 3: 1-10. (Ps 50: 3-4, 12-13, 18-19)  
 (b) Lk 11: 29-31

THURSDAY 26 (a) Est 4: 17. (Ps 137: 1-3, 7-8)  
 (b) 7: 7-12

FRIDAY 27 (a) Ez 18: 21-28. (Ps 129: 1-8)  
 (b) Mt 5: 20-26

SATURDAY 28 (a) Deut 26: 16-19. (Ps 118: 1-2, 4-5, 7-8)  
 (b) Mt 5: 43-48

SUNDAY 1 (1 March – 8 March, 2026)  
 (a) Gen 12: 1-4. (Ps 32: 4-5, 18-20, 22)  
 (b) 2 Tim 1: 8-10  
 (c) Mt 17: 1-9