



This intimate prayer of Jesus reveals a profound unity between Him and the Father—a unity rooted in love, trust, and complete self-giving. It is a unity that overflows into love for others.

In praying for his disciples, Jesus extends this same unity to them. He desires that they “may be one,” just as He and the Father are one. It is a unity that reflects the very heart of God. Jesus knows that such unity will sustain them through challenges and enable them to continue his mission in the world.

This message speaks powerfully to our families today. The family is often called the “domestic church,” a place where God’s love is first experienced and shared. **Just as Jesus remains in constant communication with the Father, families too are invited to cultivate open and loving communication with one another.** When family members take time to listen, to speak kindly, and to understand each other’s struggles and joys, they reflect the unity of Jesus and the Father.

In a world that often promotes individualism and division, family accompaniment is essential in building a loving and peaceful home. At the heart of this accompaniment is prayer—just as Jesus intercedes for his disciples, families too are called to pray for one another, entrusting each member to God’s care and grace. When parents pray for their children, spouses pray for each other, and families come together in shared prayer, they strengthen the bonds of love that unite them.

Rooted in prayer and expressed through daily acts of love, these simple yet powerful practices foster unity, deepen understanding, and bring lasting peace within the home. ❖

**SCRIPTURE  
of the DAY**

Acts 1: 12-14  
Psalm 26: 1, 4, 7-8  
1 Peter 4: 13-16  
John 17: 1-11



✝  
“Family prayer has its own characteristic qualities. It is prayer offered in common, husband and wife together, parents and children together.”

- St. John Paul II

# NEWBEC

NEW WAY OF BEING CHURCH | 7<sup>th</sup> Sunday of Easter | 17 May 2026  
(World Social Communication Sunday)

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

*A People for Missionary Discipleship*

MONTHLY FOCUS: FAMILY: Accompaniment



## *Walking Together in* Loving Communication and Prayer

In the Gospel today, Jesus lifts his eyes to heaven and prays to the Father. This prayer, often called the “High Priestly Prayer,” reveals first, the strong relationship of Jesus with his Father and secondly, the deep love Jesus has for his disciples. He prays not only for their protection but also that they may remain united and continue the mission entrusted to them.



## 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:**

#### **OMPH IPOH CHANNEL**

##### **(Whatsapp)**

In celebration of World Communications Sunday, members of our Communications and Media Ministry will carry out **TUTORIAL 2.0** on how to access and follow this official channel of our parish activities on Whatsapp. This will take place on Saturday **16th and Sunday 17th May 2026 Masses.** Should you need assistance, members of our team stationed at the booth near the bell tower after Mass will gladly assist you.

#### **GOTONG-ROYONG**

In preparation for the coming Feastday of Our Mother of Perpetual Help, there will be a Gotong-Royong on

**Sun. 24 May, 2026 @ 2 p.m**

All ministries & parishioners are invited. Please bring your mops, brooms, towels, buckets etc. for cleaning. More hands make light work!

#### **PENTECOST TRIDUUM 2026**

Come, let us prepare for the outpouring of the Holy Spirit and the Birthday of the Church.

#### **PREACHED MASSES @**

#### **7.30pm @ OMPH IPOH**

Day 1 - Wed 20th May " **Personal**

**and Communal Renewal"**

Day 2 - Thurs. 21st May

"**The Gift of Unity**"

Day 3 - Fri 22nd May

"**Empowered for Mission**"

#### **FEASTDAY OF OUR MOTHER OF PERPETUAL HELP, Ipoh Garden.**

**Theme:** "Mary, A Model for a

Synodal & Prophetic Church"

Date: Sat. 27 June, 2026.

Time: 7.00 p.m.

#### **9-Nights of Preached Novena (E)**

will begin on Fri. 19 June, 2026 at 7.40 p.m with Novena devotion followed by Mass at 8 p.m except on *Sat. 20/6/26*, Mass at 7.30 a.m., Novena devotion at 9 a.m & 5 p.m followed by Mass at 5.45 p.m

There will be no 7 a.m Mass during the weekdays of the Preached Noven mass.

#### **PARISH ACTIVITIES & MEETINGS: ( MAY/JUNE 2026)**

- \* 17/5/2026 – 11.30 a.m. – Tamil Apostolate (St.Mk. Rm)
- \* 17/5/2026 – 1.00 p.m. – Learning Centre (2<sup>nd</sup> Fl.)
- \* 17/5/2026 – 6.00 p.m - Sunset Choir practice (church)
- \* 18/5/2026 – 7.00 p.m - RCIA (E ) (St.Mk.Rm.)
- \* 19/5/2026 - 8.00 p.m. – Legion of Mary (C ) (St.Mt. Rm.)
- \* 19/5/2026 - 8.00 p.m. – Liturgical Committee (Parish Hall)
- \* 19/5/2026 - 8.00 p.m. - Tamil Charismatic (church)
- \* 21/5/2026 – 7.30 p.m. – RCIA (E ) (St.Mk.Rm.)
- \* 21/5/2026 - 8.00 p.m.- RCIA (BM) (Wallace Rm.)
- \* 21/5/2026 - 8.00 p.m. – Tamil Choir practice (St.Paul Rm.)
- \* 22/5/2026 - 8.00 p.m. – RCIA (C ) (ven Francis Xavier Rm.)
- \* 24/5/2026 – 2.00 p.m. – Gotong-Royong (church)
- \* 26/5/2026 - 8.00 p.m. – Legion of Mary (C ) (St.Mt. Rm.)
- \* 26/5/2026 - 8.00 p.m. - Tamil Charismatic (church)
- \* 26/5/2026 - 8.00 p.m. – Communication & Media (St.Mk.Rm.)
- \* 29/5/2026 – 8.00 p.m. – Area Coordinator (St.Mk.Rm.)
- \* 2/6/2026 - 8.00 p.m. – Legion of Mary (St.Mt.Rm.)
- \* 3/6/2026 – 8.00 p.m. – Chinese Apostolate (St.Mk.Rm.)

#### **MAY/JUNE 2026 COFFEE MORNINGS:**

- 17/5/2026 – BEC St.Philip
- 24/5/2026 – Tamil Hospitality Ministers
- 31/5/2026 - Hospitality ministry (E )
- 7/6/2026 - BEC St.Anthony
- 14/6/2026 - CGS
- 21/6/2026 - RCIA

#### **BIBLE REFLECTION & HOME-GATHERING:**

- \* 17/5/2026 – 8 p.m – BEC St.Francis De Sales; Home of Janet & Cecilia Richards
- \* 17/5/2026 - 6 p.m – BEC St.Benedict; Home of Sebastian
- \* 18/5/2026 - 8 p.m - BEC St.Peter (C ) ; Home of Jenny Loh.,Kg.Simee.

#### **ETERNAL HAPPINESS TO:**

- + Rose Chen Siew Yin departed on 29 April, 2026
- + Ignatius Liew Tut Ling departed on 12 May, 2026.
- + Theresa Chuah Kim Thor departed on 13 May, 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 meeting: Fri 29 May, 2026 at 8 p.m. in St.Mark room.**

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

### **WE WELCOME to our community...**

\* Jazvika d/o Raymond Prakash & Philormena Kassparajah. She was baptized on 3 May, 2026. Congratulation to her parent & godparent.

### **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.

### **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

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. Aug Fri 21 to Sun 23  
2. Nov Fri 6 to Sun 8  
(venue) Domus St.Anne, B.M

### **MONTFORT BOYS TOWN**

Admission open for youth ages from 16 – 19 years old;  
It will be held on 23 & 24 July 2026.  
The course offers electrical, hospitality, automative, bakery & pastry, facilities maintenance and graphic design & multimedia.  
Application forms can be downloaded from –  
[www.montfort.org.my](http://www.montfort.org.my)  
or, Contact: 03-5519 1735/36 (office)

### **TRIDUUM PREACHED NOVENA MASS for**

- **Mandarin speaking community** on Sun 21 till Tues. 23 June at 8.00 p.m. (parish hall.)  
- **Tamil speaking community** on Wed. 24 till Fri 26 June @ 7.30 p.m. Novena followed by Mass at 8 p.m (parish hall)

### **FEASTDAY DONATION**

We appeal to your generosity to help us to defray the cost of our feastday celebrations.

You can submit your donation envelope (pink envelope) to the parish office or insert it at the Novena Shrine metallic box.  
Thank you.

### **MAY THE MONTH OF ROSARY**

We will pray the rosary as a community.

### **SCHEDULE for ROSARY**

**Weekdays-**

\* 6.40 a.m Rosary, Mass at 7.00 a.m

**Weekends -**

\* Sat. 7.00 a.m Rosary, Mass at 7.30 a.m

\* Sun. 7.30 a.m Rosary (E); Mass @ 8.00 a.m

9.30 a.m Rosary (T); Mass @ 10 a.m

11.10 a.m Rosary(C); Mass @ 11.30 a.m

**CHOICE** is a weekend live-in experience for Single Adults (21 – 40 years) developed through the generosity and selfless love of the Worldwide Marriage Encounter Family.

Choice is a self enrichment experience. It is a weekend getaway from the busy lifestyle. It's about making choices, looking into every aspect of our relationship with the significant people in our lives. Our weekend experience gives young single adults the opportunity to meet like-minded people, and be able to look at the various relationships in our lives, in a relaxed and informal environment.

### **CHOICE English Weekend #63**

**Date: 4 Sept 2026 (Fri), 6.00pm – 6 Sept 2026 (Sun) 5.00pm**

The Weekend will be held in Minor Basilica of St. Anne, Bukit Mertajam.

Contribution: RM150 per person (inclusive of stay-in).

**Closing date: 30/7/2026**

Registration/Enquiries: Please contact Esther Boo at 017-7946901.

### **CHOICE Mandarin Weekend #13**

**Date: 14th Aug 2026 (Fri), 6.00pm – 16th Aug 2026 (Sun) 5.00pm**

The Weekend will be held in Minor Basilica of St. Anne, Bukit Mertajam. Contribution: RM150 per person (inclusive of stay-in).

**Closing date: 5/7/2026**

Contact: Lawrence Soon (018 7913225) or Agnes Lim (012 3986918)

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

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**SUN.17 SEVENTH SUNDAY OF EASTER (Year A)**

7.30 a.m Rosary; 8.00 a.m Mass (E)  
 9.30 a.m Rosary; 10.00 a.m. Mass (T)  
 11.10 a.m Rosary; 11.30 a.m Mass (C)

**MON.18 7<sup>th</sup> Week of Easter (Wk 3)/St.John 1, Pope & Martyr**

6.40 a.m Rosary; 7.00 a.m. Mass

**TUES.19 7<sup>th</sup> Week of Easter (Wk 3)**

6.40 a.m Rosary; 7.00 a.m. Mass  
 8.00 p.m Tamil Charismatic (church)

**WED.20 7<sup>th</sup> Week of Easter (Wk 3)/St.Bernardine of Siena, Priest**

6.40 a.m Rosary; 7.00 a.m. Mass  
 7.30 p.m Day 1 Pentecost Triduum Preached Mass.

**THURS.21 7<sup>th</sup> Week of Easter (Wk 3)/St.Christopher Magallanes,  
 Priest & Companions, Martyrs**

6.40 a.m Rosary; 7.00 a.m. Mass  
 7.30 p.m Day 2 Pentecost Triduum Preached Mass.

**FRI.22 7<sup>th</sup> Week of Easter (Wk 3)/ St.Rita of Cascia, Religious**

6.40 a.m Rosary; 7.00 a.m. Mass.  
 7.30 p.m Day 3 Pentecost Triduum Preached Mass.

**SAT.23 7<sup>th</sup> Week of Easter (Wk 3)/B.V.M**

7.00 a.m Rosary. 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.24 PENTECOST**

7.30 a.m Rosary; 8.00 a.m Mass (E)  
 9.30 a.m Rosary; 10.00 a.m. Mass (T)  
 11.10 a.m Rosary; 11.30 a.m Mass (C)

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

\* Sun. 31/5/2026 - 8.00 a.m – Mass in Tamil.

**2<sup>nd</sup> COLLECTION:** 10/5/2026 – For parish maintenance.

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**DAILY SCRIPTURE READINGS**

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

SUNDAY 17	(17 May – 24 May, 2026) (a) Acts 1: 12-14. (Ps 26: 1,4,7-8) (b) 1 Pt 4: 13-16 (c) Jn 17: 1-11
MONDAY 18	(a) Acts 19: 1-8. (Ps 67: 2-7) (b) Jn 16: 29-33
TUESDAY 19	(a) Acts 20: 17-27. (Ps 67: 10-11, 20-21) (b) Jn 17: 1-11
WEDNESDAY 20	(a) Acts 20: 28-38. (Ps 67: 29-30, 33-36) (b) Jn 17: 11-19
THURSDAY 21	(a) Acts 22: 30, 23: 6-11. (Ps 15: 1-2,5,7-11) (b) Jn 17: 20-26
FRIDAY 22	(a) Acts 25: 13-21. (Ps 102: 1-2, 11-12, 19-20) (b) Jn 21: 15-19
SATURDAY 23	(a) Acts 28: 16-20, 30-31. (Ps 10: 4-5,7.) (b) Jn 21: 20-25.
SUNDAY 24	(24 May – 31 May, 2026) (a) Acts 2: 1-11. (Ps 103: 1, 24, 29-31, 34) (b) 1 Cor 12: 3-7, 12-13 (c) Jn 20: 19-23