



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:



OMPH QR code accepts donation from any banks & e-wallet.

The QR code is displayed on the Notice-

Board and around the church for your kind donation. Every cent helps us maintain our building, our facilities and compound.

Your Parish contributions can be trf. to:- (Public Bank:) **“PARISH OF OUR MOTHER OF PERPETUAL HELP, IPOH GARDEN, IPOH”**

(Account number: 3096 86 4807)

OR, you can write a cheque made payable to : “PARISH OF OUR MOTHER OF PERPETUAL HELP, IPOH GARDEN, IPOH” and hand to the parish office.

Thank you for your support.
 (Parish priest)

SCHEDULE FOR WEEKDAY

Morning MASS

There will be **no 7 a.m. / 7.30 a.m.** Mass from Mon. 10 to Sat. 15 & Mon. 17 of March, 2025.

* 7 a.m. mass will resume on Tues. 18 of March, 2025.

WE WELCOME...

Rev.Fr. Crispus to our parish for celebrating the weekend masses.

TRI-LINGUAL MASS

Our Redemptorists priest will be away for their conference in March. Please take note of the mass schedule for **Sun. 16/3 @ 8am** Mass. There will be no 10 a.m. & 11.30 a.m mass. for 2 Sundays.

OMPH-BECs PILGRIMAGE TO ANNAI VELLAGANNI CHAPEL, IPOH

*Tues 18 March 2025

*10am Rosary

10.30am Mass

*Sacrament of Confession - Available

* **TWO BUSES** will be leaving OMPH **at 8.45 a.m.**

PARISH ACTIVITIES & MEETINGS: (March 2025)

- * 14/3/2025 - 18/3/2025 - 9.00 a.m. – CGS formation (Wisma Liguori)
- * 16/3/2025 - 2.00 p.m. – Youth (St.Mk.Rm.)
- * 16/3/2025 - 4.00 p.m. – Parish Service Team (PST) (ven Francis Xavier Rm.)
- * 17/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)
- * 18/3/2025 - 8.00 p.m. – Legion of Mary (St.Mt. Rm.)
- * 18/3/2025 - 8.00 p.m. – Tamil Charismatic (church)
- * 19/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)
- * 20/3/2025 – 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- 8.00 p.m - RCIA (T) (St.Paul Rm.)
- 8.00 p.m - RCIA (BM) (Wallace Rm.)
- * 21/3/2025 - 8.00 p.m. – RCIA (C) (ven Francis Xavier Rm.)
- * 23/3/2025 – 10.00 a.m. – Perak Legion of Mary (Parish hall)
- * 24/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)
- * 25/3/2025 – 7.30 p.m. – Lay Spirituality in Mission (St.Mk.Rm.)
- * 25/3/2025 - 8.00 p.m. – Legion of Mary (St.Mt. Rm.)
- * 25/3/2025 - 8.00 p.m. – Tamil Charismatic (church)
- * 26/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)
- * 27/3/2025 – 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- 8.00 p.m - RCIA (T) (St.Paul Rm.)
- 8.00 p.m - RCIA (BM) (Wallace Rm.)
- * 27/3/2025 - 6.00 p.m. – Ablaze (ven Francis Xavier Rm.)
- * 28/3/2025 - 8.00 p.m. – RCIA (C) (ven Francis Xavier Rm.)

BIBLE REFLECTION & HOME-GATHERING:

- * 19/3/2025 – 8.00 p.m. – BEC St.Peter (C) – (Cafeteria)
- * 23/3/2025 – 8.00 p.m. – BEC St.Francis De Sales; Home of Michelle Koak.

MARCH n APRIL COFFEE MORNINGS:

- 16/3/2025 – Sun. Sch.
- 23/3/2025 – Caritas OMPH.
- 30/3/2025 –Hospitality Ministers (T)
- 6/4/2025 - CGS.
- 13/4/2025 – Tamil Liturgy
- 20/4/2025 - Youth
- 27/4/2025 - RCIA



B.E.C. COORDINATORS MEETING-
Every 2nd Friday of the month
at 8.00 p.m. in St.Mark's room.
 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.
DURING THE SEASON OF LENT, there will be no Area Coordinators meeting.

EVENING FOR THE ENGAGED 2025

Please see your Parish Priest for registration.

EE143	16-18 May 2025
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.

You are requested to register six (6) weeks before the weekend For **Tamil marriage preparation course 2025** –

Dormitory St.Anne, Bukit Mertajam. Church of St.Anthony, Nibong Tebal.	May 24/25 Aug 23 & 24/ Nov 15 & 16 (Closing date on: 1st day of each month)
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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.

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

OMPH Catholic Charismatic Renewal Group
 Please take note CCR ministry will be taking a break during the Season of Lent. The resume date of the weekly prayer meetings will be announced later.

OKU PARKING BAY
 Kindly observe that OKU parking bay is for **DRIVERS WHO ARE OKU** and not for OKU passengers. Please park your car in the proper parking lot to avoid inconvenience.

STATIONS OF THE CROSS – Friday, 21 March,2025
 at 7.30 pm (E) in church
 at 7.15 p.m. (T) in the parish hall
 Mass at 8 p.m. in church.

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.

CONVERSION EXPERIENCE RETREAT (CER) FOR Clergy
 The Clergy of the Diocese of Penang will be participating in a Conversion Experience Retreat conducted by His Eminence, Cardinal William Goh and team from the Catholic Spirituality Centre (CSC) Singapore. This Retreat will begin on **23 March evening to 28 March afternoon** at Stella Maris Retreat Centre, Penang. We pray for all the Priests & Deacons as they immerse in this experience of encounter and renewal with the Lord.

RITE OF THE 1st SCRUTINY
 (3rd Sun in Lent)
 On Sat. 22 March,2025 during the 5.45p.m Mass our "Elect" will celebrate the Rite of the 1st Scrutiny, which is the beginning of the period of purification and enlightenment.

LENT PENITENTIAL SERVICE
 In preparation for Easter, penitential service will be held on
 > **Tues. 1 April, 2025 at OMPH church @ 8 p.m.**
 > Wed. 2 April,2025 at Church of St.Michael,Ipoh @ 7 p.m.
 > Thurs.3 April,2025 at Church of Our Lady of Lourdes, Silibin @ 7 p.m

KURSUS PRA-PERKAHWINAN DALAM BM
 (Tarikh) **26-27 April,2025.**
 (Tempat) Auditorium, Minor Basilika St.Anne Bukit Mertajam
 Untuk pertanyaan dan maklumat lanjut sila hubungi:
 Sr.Lucynia (010 7966882)
 Sr.Florence (012 8484158)
 Byron (013 5950232)
 Tarikh tutup penyertaan: 20/4/2025.

MALAYSIAN CATHOLIC YOUTH DAY (MCYD)
 Nine young people will represent OMPH church at the MCYD in Kota Kinabalu, Sabah from **31 March – 6 April, 2025.**
 We pray that the Holy Spirit will guide and inspire their journey in continuing the mission of Christ.

SCHEDULE: For MASS, DEVOTIONS and PRAYER MEETINGS.

(16 March 2025) (Mass at 8.00 a.m. if it is a PUBLIC HOLIDAY)

(All in English unless stated otherwise.)

SUN.16 **SECOND SUNDAY OF LENT** (No 10 a.m. & 11.30 a.m Mass)
8.00 a.m Tri-lingual Mass

MON.17 **2nd Week of Lent (Wk 2)/St.Patrick**
No 7.00 a.m Mass

TUES.18 **2nd Week of Lent (Wk 2)/St.Cyril of Jerusalem**
8.00 a.m Mass
.8.00 p.m. Tamil Charismatic

WED.19 **ST.JOSEPH, Spouse of the B.V.M**
7.00 a.m Mass.

THURS.20 **2nd Week of Lent (Wk 2)**
7.00 a.m. Mass

FRI.21 **2nd Week of Lent (Wk 2)**
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.

SAT.22 **2nd Week of Lent (Wk 2) /B.V.M**
7.30a.m Mass. (Novena intentions)
9.00 a.m (Online)Novena devotion to Our Mother of Perpetual Help. (church)
5.00 p.m (Online)Novena devotion to Our Mother of Perpetual Help. (church)
5.45 p.m Mass.

SUN.23 **THIRD SUNDAY OF LENT**
8.00 a.m Mass (E)
10.00 a.m. Mass (T)
11.30 a.m Mass (C)

2nd COLLECTION: 16/3/2025 – For parish maintenance.

DAILY SCRIPTURE READINGS

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

SUNDAY 16 (16 March – 23 March, 2025.)
(a) Deut 26: 4-10. (Ps 90: 1-2, 10-15)
(b) Rom 10: 8-13
(c) Lk 4: 1-13.

MONDAY 17 (a) Dan 9: 4-10. (Ps 78: 8-9, 11,13)
(b) Lk 6: 36-38

TUESDAY 18 (a) Is 1: 10, 16-20. (Ps 8-9, 16-17, 21,23)
(b) Mt 23: 1-12

WEDNESDAY 19 (a) 2 Sam 7: 4-5, 12-14, 16. (Ps 88: 2-5, 27, 29)
(b) Rom 4: 13, 16-18, 22
(c) Mt 1: 16, 18-21, 24 or Lk 2: 41-51

THURSDAY 20 (a) Jer 17: 5-10. (Ps 1: 1-4,6)
(b) Lk 16: 19-31

FRIDAY 21 (a) Gen 37: 3-4, 12-13, 17-28. (Ps 104: 16-21)
(b) Mt 21: 33-43, 45-46

SATURDAY 22 (a) Mic 7: 14-15, 18-20. (Ps 102: 1-4, 9-12)
(b) Lk 15: 1-3, 11-32

SUNDAY 23 (23 March – 30 March, 2025)
(a) Ex 3: 1-8, 13-15. (Ps 102: 1-4, 6-8,11)
(b) 1 Cor 10: 1-6, 10-12
(c) Lk 13: 1-9