



“The
endurance of
darkness
is the
preparation
for great
light.”

St. John of the Cross

SCRIPTURE of the DAY

Malachi 3: 19-20

Psalm 97: 5-9

2 Thessalonians 3: 7-12

Luke 21: 5-19

For many Malaysian families this is the season of exam stress, tighter budgets, and weather alerts. Endurance looks like honest work and simple fidelity (2 Thessalonians), shared prayer even when tired, and the choice to keep Sunday Mass central when schedules threaten to unravel.

Malachi promises that for those who fear the Lord, the “sun of justice” will rise with healing; God’s future is not panic but restoration. In *Fratelli Tutti* (32 -“No one is saved alone; we can only be saved together.”) Pope Francis calls us to social friendship, a steady, neighbourly commitment that refuses to let fear dictate our actions.

As a synodal people we listen first, speak truth kindly, and make decisions after prayer, not after the loudest headline. Families can model this: parent and teenager agree on screen boundaries; spouses budget with mercy toward those who have less; BECs map out practical help before floods that hit us annually and other needs of the season. Christian endurance is not a grim jaw; it is a quiet gaze that remembers who holds history and refuses to surrender kindness. When we live this way, our homes gently contradict the culture of hurry and worry, and we become small beacons others can navigate by.

This week: Establish one daily rhythm: pray, eat, and talk together and prepare a simple emergency plan before any floods or for the necessities of this season. ✚

NEWBEC

NEW WAY OF BEING CHURCH | 33rd Sunday in Ordinary Time | 16 Nov 2025
(World Day of the Poor)

CELEBRATING, LISTENING AND WALKING AS PILGRIMS OF HOPE

MONTHLY FOCUS& RATIONALE:

FAMILY (ACCOMPANYING)

CALLED TO STRENGTHENING FAITH AND RELATIONSHIPS
TOWARDS BUILDING GOD-CENTERED FAMILIES

Enduring Together as God-Centered Families

Accompaniment meets pressure. Jesus describes shaking times. Wars, rumours, betrayals, and then gives a surprising strategy: **Endurance - not hardened survival, but faithful perseverance that keeps love practical when the ground shifts.**





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:

GOTONG-ROYONG

In preparation for Christmas, there will be a Gotong-Royong on (date) **Sun. 23 November, 2025** (time) 2.00 p.m. (venue) OMPH church. All ministries are to participate. Please bring your mops, brooms, towels, bucket etc. for cleaning. Parishioners are encourage to come and give a hand. More hands make light work!

RE-AWAKENING OUR B.E.C

Inviting Parishioners from Taman Kinta, Westpool Park, Star Park and Fair Park for a B.E.C. meeting on **Thurs. 20 November, 2025** at 8.00 p.m. at the St.Gerard's Cafeteria.

SCHEDULE for SACRAMENT OF RECONCILIATION

Starting in the month of **November 2025**, there will be priest **every Friday** from **- 10.00 a.m. till 11.00 a.m. - 6.00 p.m. till 7.00 p.m.** for Confession in OMPH church. If you need to make a confession you are welcome.

FIRST HOLY COMMUNION

is on **Sunday, 23 November, 2025** during the 8.00 a.m. Mass.

Confession for Primary students & 1st Holy Communicants: **Sun. 16 Nov.,2025** in the parish hall from 10 a.m.- 11.30a.m.

CLERGY MEETING

All priest will be away in Penang on Tues 18 & Wed. 19 Nov.,2025. There will be no 7.00 a.m. Mass on Wed. 19 Nov.,2025.

PARISH ACTIVITIES & MEETINGS: (Nov./Dec.2025)

- * 16/11/2025 - 7.00 p.m. – RCIA (T) (St.Paul Rm.)
- * 18/11/2025 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 18/11/2025 – 8.00 p.m. - P.S.T (St.Mk.Rm.)
- * 20/11/2025 - 7.30 p.m. – RCIA (E) (St.Mk. Rm.)
- 8.00 p.m. – RCIA (BM) (Wallace Rm.)
- * 21/11/2025 – 8.00 p.m - RCIA (C) (ven Francis Xavier Rm.)
- * 23/11/2025 – 2.00 p.m - Gotong Royong (church)
- * 23/11/2025 - 7.00 p.m. – RCIA (T) (St.Paul Rm.)
- * 24/11/2025 - 8.00 p.m. – Talk on Advent (T)
- * 25/11/2025 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 25/11/2025 - 8.00 p.m. – Lit. Com. (St.MkRm.)
- * 26/11/2025 – 8.00 p.m. - Group study(C) (Gospel of Mark) (ven Francis Xavier Rm.)
- * 26/11/2025 - 7.30 p.m. – RCIA (E) (St.Mk. Rm.)
- * 27/11/2025 - 8.00 p.m. – RCIA (BM) (Wallace Rm.)
- * 27/11/2025 - 7.30 p.m. - RCIA Rehearsal (church)
- * 28/11/2025 – 8.00 p.m - RCIA (C) (ven Francis Xavier Rm.)
- * 29/11/2025 - 9.00 a.m. - Y.P.C (ven Francis Xavier Rm.)
- * 30/11/2025 - 7.00 p.m. – RCIA (T) (St.Paul Rm.)
- * 2/12/2025 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 3/12/2025 - 8.00 p.m. - Chinese Apostolate (St.Mk.Rm.)
- * 4/12/2025 - 7.30 p.m. – RCIA (E) (St.Mk. Rm.)
- * 4/12/2025 - 8.00 p.m. – RCIA (BM) (Wallace Rm.)
- * 5/12/2025 – 8.00 p.m - RCIA (C) (ven Francis Xavier Rm.)
- * 7/12/2025 - 7.00 p.m. – RCIA (T) (St.Paul Rm.)

NOVEMBER COFFEE MORNINGS:

- 9/11/2025 – Sun. Sch. - 16/11/2025 – Hospitality Ministers (E)
- 23/11/2025 – Sun. Sch. - 30/11/2025 - Altar Servers.

BIBLE REFLECTION & HOME-GATHERING:

- * 19/11/2025 – 8.00 p.m. – BEC St.Peter (C) (Cafeteria)
- * 20/11/2025 – 8.00 p.m. – BEC Tmn Kinta, Westpool Park, Star Park,Fair Park (Cafeteria).
- * 30/11/2025 - 8.00 p.m. - BEC St.Francis De Sales; Home of Edwin & Anita.

ETERNAL HAPPINESS TO:

+ Arokiasamy a/I Matalamuthu departed on 7 November, 2025.



Community
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.

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.

EQUIP 2026

INVITING ALL Parish YOUTH

to join us for **EQUIP 2026**
Organized by the SEEDS
Ministry. It is a 2-week post-
Confirmation formation
program to help young
Catholics grow as disciples and
leaders in mission.

on
(date) 4 to 18 January 2026

(Ages) 17 - 21 yrs old

(venue) Penang.

(Cost) RM800

Closing date: 1st Dec., 2025

Contact Person:

Jonathan (010-380 6270)

Retret Tahunan – 2025

Anjuran Apostolat Bahasa
Malaysia Keuskupan P.Pinang

Tarikh : 22 Nov 2025

(7.30am-4.30pm)

Tempat : Auditorium, Minor
Basilika St. Anne Bukit Mertajam

Untuk pertanyaan dan
maklumat lanjut sila hubungi;

Sr. Lucynia-0107966882 Sr.

Florence -0128484158

Byron - 0135950232

Tarikh tutup penyertaan :

19 Nov 2025

Sila imbas/"scan" untuk
pendaftaran secara online.

COMING EVENT

O.M.P.H.

Family Christmas Celebration

(date) **Sun. 14 December, 2025**

(time) 5.00 p.m. – 10.00 p.m.

* Children's Party –

5 p.m. – 7 p.m. in the parish hall.

* Family celebration at

St.Gerard's Café.

* Delicious festive goodies,

food and beverages, pastries &

gift stalls.

* Photo booth

* Children's rides

* Festive gifts..... many more

**Coupons on sale after the
weekend mass.**

Rite of Acceptance into the Order of Catechumens

The R.C.I.A. Enquirers will be
celebrating the "Rite of
Acceptance into the
Order of Catechumens"
on **Saturday, 29 November,
2025** during the 5.45 p.m.
Mass.

Let us welcome them into our
Catholic community by
joining them in prayer and
fellowship.

ADVENT REFLECTION

(Date) **Tues. 9 &**

Wed. 10 Dec., 2025

(time) 8 p.m. - 10 p.m.

(venue) Parish hall.

(Love-offering) RM 10/-.

Advent season is a special
time! It is a period of
preparation and reflection
leading up to Christmas.

All are welcome to know
these traditions or get ideas
for your own Advent
celebrations reflecting on
gratitude, spreading joy and
kindness.

SCHEDULE: For MASS, DEVOTIONS and PRAYER MEETINGS.
(16 November, 2025) (Mass at 8.00 a.m. if it is a PUBLIC HOLIDAY)
(All in English unless stated otherwise.)

SUN.16 THIRTY-THIRD SUNDAY IN ORD. TIME (World Day of the Poor)

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

MON.17 33rd Week in Ord. Time (Wk 1)/St.Elizabeth of Hungary

7.00 a.m. Mass

TUES.18 33rd Week in Ord. Time (Wk 1)

7.00 a.m. Mass.

WED.19 33rd Week in Ord. Time (Wk 1)

No 7.00 a.m. Mass.

THURS.20 33rd Week in Ord. Time (Wk 1)

7.00 a.m. Mass

FRI.21 33rd Week in Ord. Time (Wk 1)/The Presentation of the Blessed Virgin Mary

7.00 a.m. Mass

SAT.22 33rd Week in Ord. Time (Wk 1)/St.Cecilia/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.23 OUR LORD JESUS CHRIST, KING OF THE UNIVERSE
 (THIRTY-FOURTH SUNDAY IN ORD. TIME)**

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

ST. MARY'S CHAPEL, KG. TERSUSUN –

- Sun. 16/11/2025 – 8.00 a.m. Mass in Tamil.

2nd COLLECTION: 9/11/2025 – For parish maintenance.

DAILY SCRIPTURE READINGS

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

SUNDAY 16 (16 November – 23 November, 2025)
 (a) Mal 3: 19-20. (Ps 97: 5-9)
 (b) 2 Thes 3: 7-12
 (c) Lk 21: 5-19

MONDAY 17 (a) 1 Mac 1: 10-15, 41-43, 54-57, 62-64.
 (Ps 118: 53, 61, 134, 150, 155, 158)
 (b) Lk 18: 35-43

TUESDAY 18 (a) 2 Mac 6: 18-31. (Ps 3: 2-7)
 (b) Lk 19: 1-10 or
 (a) Act 28: 11-16, 30-31. (Ps 97: 1-6)
 (b) Mt 14: 22-33

WEDNESDAY 19 (a) 2 Mac 7: 1, 20-31. (Ps 16: 1, 5-6, 8, 15)
 (b) Lk 19: 11-28

THURSDAY 20 (a) 1 Mac 2: 15-29. (Ps 49: 1-2, 5-6, 14-15)
 (b) Lk 19: 41-44

FRIDAY 21 (a) Zec 2: 14-17. (Ps Lk 1: 46-55)
 (b) Mt 12: 46-50

SATURDAY 22 (a) 1 Mac 6: 1-13. (Ps 9: 2-4, 6, 16, 19)
 (b) Lk 20: 27-40

SUNDAY 23 (23 November – 30 November, 2025)
 (a) 2 Sam 5: 1-3. (Ps 121: 1-5)
 (b) Col 1: 12-20
 (c) Lk 23: 35-43