



SCRIPTURE of the DAY

Isaiah 8: 23 – 9: 3
Psalm 26: 1, 4, 13-14
1 Corinthians 1: 10- 13, 17
Matthew 4: 12-23
(or 4: 12-17)



"In families we first learn how to discern and decide together, accept and exercise authority that is loving and life giving, and to be co-responsible and accountable."

FD #35

INTERNAL CIRCULATION ONLY
BUL 04/2026

the Lord preaches, and thereafter he calls his first disciples. Through a series of radical shifts in their lives, these men become *fishers of men* and they go down in biblical history making the Kingdom present in their midst.

How do families experience the Kingdom in its present reality? Where the King is, there the Kingdom shall be. When a household is plagued by financial concerns, health crisis, or relentless pressure to keep up with the demands of family life, the Light of Christ can be dimmed or can feel distant. Yet, it is precisely into this reality that the Kingdom breaks through.

A Christ-centred family keeps the Light alive by being vulnerable and real before God in prayers. *'Give us this day our daily bread,'* is a heartfelt plea to Divine Providence. The Psalmist tells us *to wait on the Lord with courage and be stout-hearted*. For in our vulnerability, we make room for the Holy Spirit to make present the Kingdom. **Our human nature tells us to hoard for rainy days when we have surpluses, but the Kingdom of God tells us to give, trusting in His Providence.** It is from giving at the times when one is most pinched that shows a powerful declaration of faith – a family who shows that their security is not in the bank balance is a family on mission for the King.

In our BECs, we have elderly members with their wealth of experiences. They share stories of relationships money cannot buy. Sharing material needs foster incredible communitarian spirit. The early Christian community in Acts 2:42 embodies this: *'They had everything in common, and there was no needy person among them.'*

Every concerted effort will eventually bear fruit. We must strive to make the Kingdom present in our midst. St Paul in urging the believers in Corinth is urging us not to be divided but to be united in one mind and purpose.

Lord, may Your Kingdom come, and Your Will be done.✠

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NEWBEC

NEW WAY OF BEING CHURCH | 3rd Sunday In Ordinary Time | 25 January 2026

SUNDAY OF THE WORD OF GOD

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

A People for Missionary Discipleship

MONTHLY FOCUS: **FAMILY: Building Trust**



The Kingdom In Our Midst

The prophecy of Israel declares that *'the people who sat in darkness have seen a great light.'* By quoting Isaiah, Matthew positions Jesus' ministry in the ancient prophetic hope. The land of Zebulun and Naphtali (Galilee) is the land *'living in darkness and overshadowed by death.'*

The public ministry of Jesus in Galilee fulfils not only *the* ancient hope, but also ushers in the Kingdom. *'Repent, the Kingdom is at hand',*



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:

PASTORAL STATEMENT FOR DISPENSATION from fasting and abstinence on

Ash Wednesday, 18 Feb. 2026

The Catholic Bishops' Conference of Malaysia, Singapore and Brunei, in consultation with the Episcopal Regional Liturgy Commission of Malaysia, Singapore and Brunei hereby gives dispensation from fast and abstinence on Ash Wednesday, 18/2/2026. However, the tradition of celebrating the liturgy of Ash Wednesday on that day is to be maintained with the imposition of ashes.

All Catholic faithful are encouraged to perform their fast and abstinence on another day during Lent except on Good Friday, which is already a day of fast and abstinence. Wishing you the Lord's abundant blessings.

(H.Em William Cardinal Goh
President, Episcopal Regional Liturgy Commission.)

IPOH CATHOLIC CEMETERY

Notice of Transition of Cemetery Administration.

Effective 1st February 2026, the administration and operations of the Tambun Cemetery will be transferred from the Church of Our Lady of Lourdes to the Church of St. Michael, Ipoh.

This arrangement will be in place for a tenure of five (5) years. During this period, all matters pertaining to the cemetery—including administration, management, and operational arrangements—will be overseen by the Church of St. Michael, Ipoh. We appreciate the continued cooperation and understanding of all parishioners during this transition.

COLLECTION OF OLD PALM LEAVES

You may bring your old palm leaves from last year's Palm Sunday and leave it in the boxes provided at the church entrance. It will be burnt and the ashes will be distributed on Ash Wednesday 18, February, 2026. Please bring in by 6 February, 2026.

PARISH ACTIVITIES & MEETINGS: (JAN./FEB 2026)

- * 25/1/2026 - 11.30 a.m - Hospitality Ministers (T) (St.Mk.Rm.)
- * 25/1/2026 - 2.00 p.m - Creation Justice Ministry(CJM) (ven Francis Xavier Rm.)
- * 27/1/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 27/1/2026 - 8.00 p.m. - OMPH Communications & Media (Team (St.Mk.Rm.)
- * 27/1/2026 - 8.00 p.m. - Tamil Charismatic prayer group (church)
- * 28/1/2026 - 8.00 p.m. - Eucharistic Ministers (St.Mk. Rm.)
- * 29/1/2026 - 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- - RCIA (BM) (Wallace Rm.)
- * 30/1/2026 - 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)
- * 1/2/2026 - 4.00 p.m - Youth (St.Mk.Rm.)
- * 2/2/2026 - 8.30 a.m. - RCIA Recollection day (ven Francis Xavier Rm.))
- * 3/2/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 5/2/2026 - 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- - RCIA (BM) (Wallace Rm.)
- * 5/2/2026 - 8.00 p.m. - Tamil Choir practise (St.Paul's Rm.)
- * 6/2/2026 - 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)
- * 7/2/2026 - 10 a.m - Lent Love Squad Formation (Parish hall)
- * 10/2/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 10/2/2026 - 8.00 p.m. - Liturgical Committee (St.Mk.Rm.)
- * 11/2/2026 - 7.30 p.m. - OMPH Caritas (St.Mk.Rm.)
- * 12/2/2026 - 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- - RCIA (BM) (Wallace Rm.)
- * 12/2/2026 - 8.00 p.m. - Tamil Choir practise (St.Paul's Rm.)
- * 13/2/2026 - 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)

JANUARY/FEBRUARY/MARCH 2026 COFFEE MORNINGS:

- 25/1/2026 - Youth Ministry
- 1/2/2026 - OMPH Tamil CCR
- 8/2/2026 - BEC St. Alphonsus Liguori
- 15/2/2026 - Eucharistic Ministers
- 22/2/2026 - BEC St.Monica
- 1/3/2026 - Lectors/Commentators.
- 8/3/2026 - Tamil Liturgy

BIBLE REFLECTION & HOME GATHERING:

- * 30/1/2026 - 8.00 p.m. - BEC St.Francis De Sales; Home of Michelle Koak.

ETERNAL HAPPINESS TO: + Francis Lui Pin Kong departed on 20/1/2026.



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.

LENTEN RENEWAL

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.

Tamil Catholic Marriage Preparatory Course 2026 (TCMPC)

1. Feb Fri 20 to Sun 22

2. May Fri 8 to Sun 10

3. Aug Fri 21 to Sun 23

4. Nov Fri 6 to Sun 8

(venue) Domus St.Anne,B.M

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

WE WELCOME TO OUR COMMUNITY

* Nathan Lim Hong Ze s/o Lim Chee Chuen & Joanne Chin
* Valerie Chin Wen Min d/o Christopher Chin & Karen Chong

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

EE146 6-8 Feb.,2026

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)

ADORATION TO THE BLESSED SACRAMENT

– 1st Fri. of each month.
(date) **Friday, 6 February, 2026**
(time) 7.00 p.m. followed by Mass at 8.00 p.m.

RENEWAL OF VOWS by Religious on Sun., 1 Feb.,2026.

Religious from the Diocese of Penang will be at OMPH church to renew their commitment as Religious. Come and join them and pray for Vocations.

PRESENTATION OF THE LORD – (Blessing of Candles)

Mon. 2 Feb @ (8a.m) 2026.

On this day candles will be blessed for your personal & home use. Please leave your candles *(mark with your name)* on the table provided near St. Joseph shrine.

RECOLLECTION DAY –

The Catechumens will gather together on Mon. 2 Feb.,2026 at 8.30 a.m. in the parish hall with their Facilitators and their Sponsors for a day's Retreat, preparing themselves for the reception into the Catholic Church at the Easter Vigil on Sat. 4 April,2026. Let us pray with them.

APPEAL FOR MANDARIN ORANGES

Parishioners who would like to contribute a box or more of the mandarin oranges for the Chinese New Year celebration. may bring to the parish office from on 9/2/2026 onwards.

SPECIAL 9-week Novena devotion during the season of Lent

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

Date	Theme
31/1/26	Entering the Desert
7/2/26	Discipline
12/2/26	Lenten Charity
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

CHINESE NEW YEAR MASS –

The Chinese community will be celebrating Chinese New Year on **Tues. 17 Feb.,2026** at 10 a.m. Mass in mandarin. Oranges & ang-pow will be distributed only at this mass.

ASH WEDNESDAY –

Wednesday, 18 February, 2026
Mass (E) at 8 am (E) & 10 a.m. (T)

STATIONS OF THE CROSS – Friday, 20 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

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

SUN.25 THIRD SUNDAY IN ORDINARY TIME /SUNDAY OF THE WORD OF GOD(Year A)

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

MON.26 3rd Week in Ord. Time (Wk3)/SS. Timothy & Titus

7.00ap.m. Mass

TUES.27 3rd Week in Ord. Time (Wk3)/St.Angela Merici

7.00 a.m. Mass.
 8.00 p.m. Tamil Charismatic prayer group.

WED .28 3rd Week in Ord. Time (Wk3)/St.Thomas Aquinas

7.00 a.m. Mass.

THURS.29 3rd Week in Ord. Time (Wk3)

7.00 a.m. Mass

FRI.30 3rd Week in Ord. Time (Wk3)

7.00 a.m. Mass.

SAT.31 3rd Week in Ord. Time (Wk3)/St.John Bosco/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 FOURTH SUNDAY IN ORDINARY TIME (Year A)

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

ST.MARY'S CHAPEL, TERSUSUN

* Sun. 25/1/2026 - 5 p.m - Mass in Tamil.

2nd COLLECTION: 25/1/2026 - For Formation programs.

DAILY SCRIPTURE READINGS

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

SUNDAY 25	(25 JANUARY – 1 FEBRUARY, 2026) (a) Is 8: 23 – 9: 3. (Ps 26: 1, 4, 13-14) (b) 1 Cor 1: 10-13, 17 (c) Mt 4: 12-23 (or 4: 12-17)
MONDAY 26	(a) 2 Tim 1: 1-8 or Tit 1: 1-5. (Ps 95, 1-3, 7-8, 10) (b) Lk 10: 1-9
TUESDAY 27	(a) 2 Sam 6: 12-15, 17-19. (Ps 23: 7-10) (b) Mk 3: 31-35
WEDNESDAY 28	(a) 2 Sam 7: 4-17. (Ps 88: 4-5, 27-30) (b) Mk 4: 1-20
THURSDAY 29	(a) 2 Sam 7: 18-19, 24-29. (Ps 131: 1-5, 11-14) (b) Mk 4: 21-25
FRIDAY 30	(a) 2 Sam 11: 1-10, 13-17. (Ps 50: 3-7, 10-11) (b) Mk 4: 26-34
SATURDAY 31	(a) 2 Sam 12: 1-7, 10-17. (Ps 50: 12-17) (b) Mk 4: 35-41
SUNDAY 1	(1 FEBRUARY – 8 FEBRUARY, 2026) (a) Zeph 2: 3, 3: 12-13. (Ps 145: 6-10) (b) 1 Cor 1: 26-31 (c) Mt 5: 1-12