



**PARISH OF OUR MOTHER OF PERPETUAL HELP**  
**Redemptorist Community**  
*Rev Fr Patrick Massang, C.Ss.R.* (Parish Priest)  
*Rev Fr Philip Lai, C.Ss.R.* (Assistant Parish Priest)

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(Announcements:)

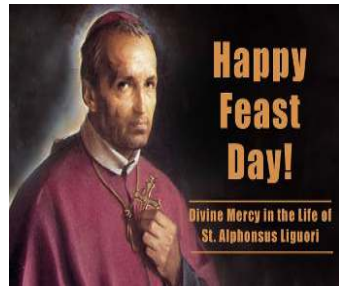
**PELAN PERMULIHAN NASIONAL (PPN) FASA 1,2,3/ National Recovery Plan (NRP) PHASE 1, 2, 3** effective from 29 June, 2021 until further notice.

These guidelines may be revised in line with updates and additional SOPs issued by the authorities. In view of this and the alarming figures of new infections and increase in infectivity, ALL MASSES (weekday and weekend) are suspended **till further notice.**

The main gate of the church will remain closed and only **Individuals** (*not in groups*) who have a special and urgent reason to see the priest or office staff must first make a prior appointment before the visit. As far as possible, if the matter could be handled by avoiding any physical contact, alternative means of communication should be used – telephone call or email. Visitors with prior appointments should have their hand sanitized and should be masked. Check in with MySejahtera App. Contact details of visitors will be recorded for the purpose of contact tracing.

**ETERNAL HAPPINESS TO:-**

- + Linda Yeo-Leong Chooi Mei departed on 24 July, 2021.
- + Anthony Kuan Lek departed on 24 July, 2021.



Sunday, 1<sup>st</sup> August, 2021 is the Feastday of St. Alphonsus Marie Liguori, Patron Saint and the founder of the Redemptorist Congregation. *Happy feast day to all our Redemptorist Fathers & Brothers. Thank you for your spiritual guidance, dedicated service and care for the growth of the parish.*

**NEW-INTAKE (2021-2022) RCIA (Rite of Christian Initiation of Adults)**

If you know of friends who are interested in making enquiry into the Catholic Faith, **please call to register now at the parish office (055458220).** Sessions will be held in English, Mandarin & Tamil.

**OUR 1<sup>st</sup> PRELIMINARY MEETING** with registered enquirers will be online on **Thursday, 29 July, 2021** at 8 pm sharp.

(food for thought) (Bulletin 1 August, 2021)

Gospel: John 6: 24-35

*“Sign & Substance ”*



The Gospel reading this weekend is a continuation of the story of the feeding of the multitude - the sign that Jesus gave, nourishing the people not only with his words, but with something very substantial... something they could touch, taste and assimilate. The crowd was truly hungry for Jesus' words. They had followed him and had come from all walks of life, to listen to his words; and so he rewarded them by removing their spiritual hunger and, with the bread that he provided, their bodily hunger.

Jesus offers two types of bread: the one that is life and that gives us life, and the one that sustains our physical body.

One difference we can expect to see is that our hunger of spirit will be satisfied. St. Paul tells us that it is through this Bread of Life that Jesus brings about the renewal of our minds and hearts. He enables us to know him, his values, his character, his nature, his truths in an intimate way, and so to "learn Christ." It is this relationship of knowing him that removes the hunger of spirit.

