



SCRIPTURE of the DAY

Isaiah 49 3, 5-6
Psalm 39: 2, 4, 7-10
1 Corinthians 1: 1-3
John 1: 29-34



"Families remain as places where we learn to exchange the gifts of love, trust, forgiveness, and understanding — where we discover both our need to be listened to and our ability to listen."

FD #35

INTERNAL CIRCULATION ONLY
BUL 03/2026

In declaring Israel as His servant, God's plan is for the nation to be the conduit of salvation to the whole world. Israel is called to live in a covenantal relationship with the Lord so that His glory can be manifested to the world. Yet, time after time, the nation Israel fail to live up to God's call. They assimilate into pagan culture, practise idolatry, and do not fulfil their covenantal obligations.

John the Baptist comes into the scene in the gospel narrative. He points to Jesus as *the Lamb of God*. Lambs are sacrificial animals and, Jesus, the true and faithful Israel embodies and fulfils Israel's calling. From the beginning of Jesus' public ministry, John already points to Jesus' sacrificial mission, the Lamb of God who takes away the sins of the world.

What is our role, then in Jesus's Servant-Mission since by our baptism, we are incorporated into the Body of Christ?

Knowing first of all, that the family is not merely a social institution but a domestic church. Thus, those called to family life have a primary vocation. When we learn to die to self and live for the other, we will become the Light in our families. Before any external mission, the utmost call is toward holiness in the family, especially to conversion in relationships.

Then, when we learn to live exemplary lives, the Lord may call us out of our comfort zone, nudging us that *'it is too little a thing,'* to keep the Light to ourselves. Instead, the Spirit will lead us to go beyond our families, to our workplace, schools, BECs and communities. John has a pivotal role – pointing and directing people to the Lamb. We too must point away from ourselves and point everyone towards Christ by our words and deeds. By doing so, we become credible witnesses. ✚

Published by: Archdiocesan Pastoral Institute (API) | Email: api@archkl.org

NEWBEC

NEW WAY OF BEING CHURCH | 2nd Sunday In Ordinary Time | 18 January 2026

WEEK OF PRAYER FOR CHRISTIAN UNITY

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

A People for Missionary Discipleship

MONTHLY FOCUS: FAMILY: Building Trust

Expansion of the Servant-Mission of Christ

As we move into Ordinary Time in the liturgy, we see the continuation of Isaiah's prophecy on the Servant-Mission of Christ. The reading from Isaiah is deemed as the Servant-Song, beginning with what seems like an all-Israel's affair, but explodes into beyond, even as the Lord says, *'It is too little, for you to be my servant, to raise up the tribes of Israel. I will make you a light to the nations, that my salvation may reach to the ends of the earth.'*





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:

SACRAMENT OF CONFIRMATION- Sun. 18 Jan.,2026

Our heartfelt thanks to the Teachers, Parents, and students who were confirmed this morning during the 8 a.m. Mass. May the Holy Spirit continue to guide them, strengthen their faith, and inspire them as they walk forward in their spiritual journey.

PONGAL CELEBRATION – 18 January 2026

This is an Indian Harvest festival and cultural event. The celebration will begin at 3.30 p.m. with the cooking of sweet rice followed by Mass at 4 p.m. After mass there will be cultural events and fellowship. *There will be no 10 a.m. Tamil Mass on 18/1/2026.*

NEW REGISTRATION & PARENTS SESSION on

Sun. 11 January, 2026 for mandarin catechism @ 10 a.m. in Wisma Liguori.

Sun. 18 January, 2026.
Registration for catechism Std. 1
(and other new) registration, must submit a copy of the baptism certificate during registration.

Those who are currently with OMPH catechism do not need to submit a copy of their baptism certificate.

Registration FEE & BOOK

Primary – RM30/-.
Secondary – RM35/-.

PARENTS' SESSION (E)-

Meeting of all parents with the child's class Teacher on **Sun 18 Jan,2026 @ 10a.m** in the parish hall.

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

- * 17/1/2026 -8.00 a.m.- Chinese Apostolate(Deaery mtg.)(ven Francis Xavier,Cafeteria)
- * 18/1/2026 - 6.00 p.m - RCIA Facilitators (St.Mk.Rm.)
- * 20/1/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 22/1/2026 - 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- - RCIA (BM) (Wallace Rm.)
- * 23/1/2026 - 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)
- * 23/1/2026 - 8.00 p.m - Area Coordinator meeting (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.)
- * 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.)
- * 2/2/2026 - 8.30 a.m. - RCIA Recollection day (parish hall)
- * 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.)
- * 6/2/2026 - 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)
- * 7/2/2026 - 10 a.m - Lent Love Squard Formation (Parish hall)
- * 11/2/2026 - 7.30 p.m. - OMPH Caritas (St.Mk.Rm.)

JANUARY/FEBRUARY/MARCH 2026 COFFEE MORNINGS:

- 18/1/2026 - Maintenance Team
- 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:

- * 21/2/2026 - 8.00 p.m. - BEC St.Peter (C) (Cafeteria)
- * 30/1/2026 - 8.00 p.m. - BEC St.Francis De Sales; Home of Michelle Koak.

ETERNAL HAPPINESS TO:

+ Jerlie Remollo Alunan departed on 12 January, 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 ON:

Fri. 23 Jan., 2026 @ 8 p.m in St. Mark's room.

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.

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)

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

INVITATION TO SERVE IN PARISH MINISTRIES

Dear Parishioners,
We warmly invite all parishioners to step forward in faith and become disciples by serving in one of our parish ministries. The parish needs your gifts and talents. Through prayer and discernment, consider joining at least one ministry where you feel God is calling you to serve. Together, let us build a stronger, more vibrant parish family rooted in love and service.

Pray. Discern. Commit. Serve.

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.

CLERGY MEETING

All priests will be away in Bukit Mertajam on Tues. 20 & Wed. 21 of Jan., 2026

Please take note that on Wed. 21 Jan. there will be no 7 a.m. Mass.

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

PASTORAL STATEMENT FOR DISPENSATION from fasting and abstinence on Ash Wednesday, 18 Feb. 2026

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.

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

SUN. 18 SECOND SUNDAY IN ORDINARY TIME (Year A)

8.00 a.m. Mass (E)
~~No 10.00 a.m. Mass (T)~~
 11.30 a.m. Mass (C)
 4.00 p.m. Mass in Tamil (Pongal festival starts at 3.30p.m boiling of milk)

MON.19 2nd Week in Ord. Time (Wk 2)

7.00ap.m. Mass

TUES.20 2nd Week in Ord. Time (Wk 2)/St.Fabian/St.Sebastian

7.00 a.m. Mass.

WED 21. 2nd Week in Ord. Time (Wk 2)/St.Agnes

~~No 7.00 a.m. Mass.~~

THURS.22 2nd Week in Ord. Time (Wk 2)/St.Vincent

7.00 a.m. Mass

FRI.23 2nd Week in Ord. Time (Wk 2)

7.00 a.m. Mass.

SAT.24 2nd Week in Ord. Time (Wk 2)/St.Francis De Sales/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.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)

ST.MARY'S CHAPEL, TERSUSUN

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

2nd COLLECTION: 18/1/2026 - For parish maintenance.

DAILY SCRIPTURE READINGS

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

SUNDAY 18	(18 JANUARY – 25 JANUARY, 2026) (a) Is 49: 3, 5-6. (Ps 39: 2, 4, 7-10) (b) 1 Cor 1: 1-3 (c) Jn 1: 29-34
MONDAY 19	(a) 1 Sam 15: 16-23. (Ps 49: 8-9, 16-17, 21, 23) (b) Mk 2: 18-22
TUESDAY 20	(a) 1 Sam 16: 1-13. (Ps 88: 20-22, 27-28) (b) Mk 2: 23-28
WEDNESDAY 21	(a) 1 Sam 17: 32-33, 37, 40-51. (Ps 143: 1-2, 9-10) (b) Mk 3: 1-6
THURSDAY 22	(a) 1 Sam 18: 6-9: 19: 1-7. (Ps 55: 2-3, 9-14) (b) Mk 3: 7-12
FRIDAY 23	(a) 1 Sam 24: 3-21. (Ps 56: 2-4, 6, 11) (b) Mk 3: 13-19
SATURDAY 24	(a) 2 Sam 1: 14, 11-12, 19, 23-27. (Ps 79: 2-3, 5-7) (b) Mk 3: 20-21
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)