



**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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(food for thought) (Bulletin 5 February, 2023)  
 Gospel: Mt 5:13-16. **"Salt for the Earth"**

**TRANSITION TO ENDEMIC STAGE**  
**ATTENDING MASSES IN O.M.P.H.**  
**IPOH**

- \* Wearing of face Mask is mandatory inside the church premises (Adults & children)
- \* Sanitize your hands
- \* Please co-operate and follow instructions from the hospitality ministers.

**Stay safe Stay healthy**

**WE WELCOME TO OUR**  
**COMMUNITY**

- \* Hazel Ann d/o Kevin Silas & Patricia Joe.
  - \* Ginnie Lee Pei Xin, Derrick Lee Jun Wei & Darren Lee Jun Kit children of Daniel Lee & Grace Leong.
- They were baptized on 29 January, 2023. Congratulations to their parents and god-parents.

**OMPH LENTEN RETREAT 2023**

organised by OMPH-CCR  
**"HEARING THE LORD'S VOICE**  
**IN YOUR LIFE"**

by Rev Fr Joseph Stephen, CSsR  
 at 7.30pm in OMPH Church on  
**February, Tues 21<sup>st</sup> 2023 .**  
**March, Wed 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>, 2023**  
 Please bring along your Bible.  
**Register at parish office or place**  
**completed form in box provided**  
**inside church.**

**COMMISSIONING CEREMONY OF**

All Faith Educators, RCIA Facilitators, Catechesis of the Good Shepherd (C.G.S.), Infant Baptism Facilitators on **Sunday, 5 Feb., 2023** at 8.00 a.m. (OMPH church)

**RECOLLECTION DAY – (RCIA)**

- \* **Sun. 5 Feb @ 3 p.m RCIA (BM)**
- \* **Mon 6 Feb @ 9 a.m RCIA (E)**

The Catechumens will gather together 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 8 April, 2023. Let us pray with them.

**FAMILY DAY-FOOD FAIR**

organized by the Home for the Aged (CWS) Simee.  
 (date) **Sat. 15 April, 2023.**  
 (Time) 9 a.m. till 1.00 p.m  
 (venue) OMPH church compound.  
 (1 coupon = RM20/.)  
 (1 Bk. = RM200/-)  
 Food Fair coupons are available at the Home for the Aged, Simee, after weekend Mass and at the parish office.

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

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

**MEETINGS/ACTIVITIES:-**

- \* 5/2/23 @ 3pm- RCIA BM Recollection (Mk.Rm.)
- \* 6/2/23 @ 9 am – RCIA (E) Recollection (Francis X. Rm.)
- \* 7/2/23 @ 8 p.m – Legion of Mary (C )(Mt.Rm.)
- \* 9/2/23 @ 8p.m – RCIA (E) (St.MkRm.)
- \* @ 8 p.m – RCIA (T) (St.Paul Rm.)
- \* 10/2/23 @ 8 p.m – RCIA (C) (St.Francis X.Rm.)
- \* 12/2/23 @ 10 am – BM Apostolate (parish hall)
- \* 25/2/23 @ 6.45pm – Rite of Sending (RCIA)
- \* 26/2/23 @ 5 p.m – Rite of Election (OLOL church)

**COFFEE MORNINGS 2023**

- \* 5/2/2023 – Tamil Hospitality
- \* 12/2/2023 – BEC St.Monica (T)
- \* 19/2/2023 – Young People Choir.
- \* 19/3/2023 – Eucharist Ministers.
- \* 26/3/2023 – Caritas OMPH.

**BIBLE REFLECTION & HOME-GATHERINGS:-**

- \* 10/2/23 – 8pm BEC St.Francis De Sales; Home of S.Benedict & Helen Perera
- \* 16/2/23 – 8pm BEC St. Peter- Cafeteria area.

**EVENING FOR THE ENGAGED 2023**

You are requested to register six (6) weeks before the weekend dates.  
**Please see your Parish Priest for registration.**

EE134	17-19 Feb	Stella Maris
EE135	19-21 May	Stella Maris
EE136	18-20 Aug	Stella Maris
EE137	17-19 Nov	Stella Maris

For enquiries contact Bart-Angie (017 5900978).Registration forms can be obtained from website <http://www.ceepenang.org>

**ETERNAL HAPPINESS TO:**

+ John Ignatius Dicom departed on 29/1/2023,

God makes us in his own image, with incredible power of intelligence and unlimited freedom of choice. He clothes us in flesh and we are charged with very volatile emotions and passions, strong likes and dislikes, powerful instincts of love and hate. We are challenged to be perfectly holy, so as to reflect the very holiness of God. And yet we really haven't done a very good job at getting it all together.

Life is a series of paradoxes and Jesus is a very difficult model to follow. He makes outrageous demands on our sense of the reasonable. He seems to believe that we can transcend all of the limitations of our fragile nature. He invites us to be heroes, to be fools, to be clowns in the eyes of the unbelieving world around us. He tells us that we are the "salt" of the earth, the "light" of the world.

For salt to be flavorful it must go to work on its target. For light to shatter the darkness, it must burn ever so brightly. For us to be true witnesses to the Gospel, we must be do-ers, not talkers. Jesus just doesn't invite us to think beyond this life with pious eyes looking towards heaven. He shows what needs to be done and He tells us that we are to do it. We may ask ourselves how we are to do this but he has already given us the answer.

It is only by becoming salt and light the paradox of God can make sense and we can truly transform the world.