



**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, 1, Jln Serindik, Ipoh Gdn., Ipoh**  
**Tel. Nos.: (office – 05 5458220) (Fax: 05 5468495) website: omhip.org**

**ANNOUNCEMENTS:**



OMPH QR code accepts donation from any banks & e-wallet.

The QR code is displayed on the Notice-Board and around the church for your kind donation.

Every cent helps us maintain our building, our facilities and compound.

Your Parish contributions can be trf. to:- (Public Bank:) **“PARISH OF OUR MOTHER OF PERPETUAL HELP, IPOH GARDEN,IPOH”** (Account number: 3096 86 4807) OR, you can write a cheque made payable to : **“PARISH OF OUR MOTHER OF PERPETUAL HELP, IPOH GARDEN, IPOH”** and hand to the parish office. Thank you for your support. (Parish priest)

**STATIONS OF THE CROSS – Friday, 28 March,2025**

at 7.30 pm (E) in church  
at 7.15 p.m. (T) in the parish hall  
No 8 p.m. Mass.

**LENT**

**PENITENTIAL SERVICE**

In preparation for Easter, penitential service will be held on

> **Tues. 1 April, 2025 at OMPH church @ 8 p.m.**

**CONVERSION EXPERIENCE RETREAT (CER) FOR Clergy**

The Clergy of the Diocese of Penang (all churches) will be participating in a Conversion Experience Retreat conducted by His Eminence, Cardinal William Goh and team from the Catholic Spirituality Centre (CSC) Singapore.

This Retreat will begin on **23 March evening to 28 March afternoon** at Stella Maris Retreat Centre, Penang. *We pray for all the Priests & Deacons as they immerse in this experience of encounter and renewal with the Lord.*

**Take note: From Mon.24 till Fri 28 of March, 2025, there will be no Mass in OMPH, SMC, OLOL churches.**

**PARISH ACTIVITIES & MEETINGS:** (March 2025)

- \* 23/3/2025 – 10.00 a.m. – Perak Legion of Mary (Parish hall + Cafeteria)
- \* 24/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)
- \* 25/3/2025 – 7.30 p.m. – Lay Spirituality in Mission (St.Mk.Rm.)
- \* 25/3/2025 - 8.00 p.m. – Legion of Mary (St.Mt. Rm.)
- \* 25/3/2025 - 8.00 p.m. – Tamil Charismatic (church)
- \* 26/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)
- \* 26/3/2025 – 8.00 p.m. – Tamil Choir practise (St.Paul Rm.)
- \* 27/3/2025 – 7.30 p.m. - RCIA (E ) (St.Mk.Rm.)
- 8.00 p.m - RCIA (T) (St.Paul Rm.)
- 8.00 p.m - RCIA (BM) (Wallace Rm.)
- \* 27/3/2025 - 6.00 p.m. – Ablaze (ven Francis Xavier Rm.)
- \* 28/3/2025 - 8.00 p.m. – RCIA (C ) (ven Francis Xavier Rm.)
- \* 31/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)

**BIBLE REFLECTION & HOME-GATHERING:**

- \* 19//2025 – 8.00 p.m. – BEC St.Peter (C ) – (Cafeteria)

**MARCH, APRIL, MAY COFFEE MORNINGS:**

- 23/3/2025 – Caritas OMPH.
- 30/3/2025 –Hospitality Ministers (T)
- 6/4/2025 - CGS.
- 13/4/2025 – no coffee morning. (Palm Sun.)
- 20/4/2025 - Youth
- 27/4/2025 – RCIA - 4/5/2025 - CCR
- 11/5/2025 - RECHOSO - 18/5/2025 – BEC St.Gerard (T)
- 25/5/2025 – BEC St.Philip (T)

**ECOLOGICAL PARISH**

We have just signed the protocols to become an Ecological Parish. This would mean that we have to refrain from using plastics, polystyrene/styrofoam containers, plates, cups etc. plastic spoons,forks,straws, wrapping incl. waxed paper, paper towels, paper cups and plates etc. in our cafeteria among other requirements. Let us work together as the earth is our home.

**ETERNAL HAPPINESS:**

+ Susumairy a/p N. Lohanathan departed on 17 March, 2025.



**B.E.C. COORDINATORS MEETING-**  
**Every 2<sup>nd</sup> Friday of the month**  
 at 8.00 p.m.in St.Mark's room.  
 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,  
**DURING THE SEASON OF LENT, there will be no Area Coordinators meeting.**

**EVENING FOR THE ENGAGED 2025**

**Please see your Parish Priest for registration.**

EE143	16-18 May 2025
EE144	8-10 Aug 2025
EE145	7-9 Nov 2025

Couples planning to get married in the year 2025, please take note of the EE Weekends held in **english** during the year.

You are requested to register six (6) weeks before the weekend For **Tamil marriage preparation course 2025** –

Dormitory	May 24/25
St.Anne,	Aug 23 & 24/
Bukit	Nov 15 & 16
Mertajam.	(Closing date on:
Church of	1st day of each month)
St.Anthony,	
Nibong Tebal.	

**Please see your Parish Priest for registration.**

**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.  
**Next Baptism will be on 20 April,2025.**

**MARRIAGE:**

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

**OMPH Catholic Charismatic Renewal Group**

Please take note CCR ministry will be taking a break during the Season of Lent. The resume date of the weekly prayer meetings will be announced later.

**OKU PARKING BAY**

Kindly observe that OKU parking bay is for **DRIVERS WHO ARE OKU** and not for OKU passengers. Please park your car in the proper parking lot to avoid inconvenience.

**LENTEN SACRIFICE**

To help the poor as part of our Lenten penance and spiritual growth, we are called to share. Baskets are placed on either side of the sanctuary throughout the season of Lent to appeal for non-perishable food like rice, sugar, cooking oil, sardines, milk powder, noodles, tin biscuits.

**RITE OF PRESENTATION OF THE CREED & RITE OF THE 2<sup>ND</sup> SCRUTINY**

– (4<sup>th</sup> week of Lent) –  
 On **Sat. 29 March, 2025** during the 5.45p.m. Mass, our "Elect" will be officially presented with the Nicene Creed & will continue on the purification process, will celebrate the Rite of the Second Scrutiny focusing on purifying their spiritual blindness.

**MALAYSIAN CATHOLIC YOUTH DAY (MCYD)**

Nine young people will represent OMPH church at the MCYD in Kota Kinabalu, Sabah from **31 March – 6 April, 2025.** We pray that the Holy Spirit will guide and inspire their journey in continuing the mission of Christ.

**KURSUS PRA-PERKAHWINAN DALAM BM**

(Tarikh) **26-27 April,2025.**  
 (Tempat) Auditorium, Minor Basilika St.Anne Bukit Mertajam  
 Untuk pertanyaan dan maklumat lanjut sila hubungi:  
 Sr.Lucynia (010 7966882)  
 Sr.Florence (012 8484158)  
 Byron (013 5950232)  
 Tarikh tutup penyertaan: 20/4/2025.

**RACHEL'S VINEYARD welcome**

ANY PERSON man or woman who is struggling with emotional and spiritual pain of an abortion. A 3-day/2night stay-in scriptural based retreat will be held in Penang on 27-29 June 2025 (Friday to Sunday).  
Closing date for registration:  
 20 May 2025.

This retreat is specially designed to help participants experience the mercy, compassion, love and healing grace of God. It is a time of grace. Please contact Mary at 016-4190538 or email at: [rachelsvinyard.my@gmail.com](mailto:rachelsvinyard.my@gmail.com) for more information. All communication will be strictly confidential.

**SCHEDULE: For MASS, DEVOTIONS and PRAYER MEETINGS.**

**(23 March 2025)** (Mass at 8.00 a.m. if it is a PUBLIC HOLIDAY)

(All in *English* unless stated otherwise.)

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**SUN.23 THIRD SUNDAY OF LENT**

8.00 a.m Mass (E)

10.00 a.m. Mass (T)

11.30 a.m Mass (C)

**MON.24 3<sup>rd</sup> Week of Lent (Wk 3)**

No 7.00 a.m Mass

**TUES.25 ANNUNCIATION OF THE LORD**

No 7.00 a.m Mass

8.00 p.m. Tamil Charismatic

**WED.26 3<sup>rd</sup> Week of Lent (Wk 3)**

No 7.00 a.m Mass.

**THURS.27 3<sup>rd</sup> Week of Lent (Wk 3)**

No 7.00 a.m. Mass

**FRI.28 3<sup>rd</sup> Week of Lent (Wk 3)**

No 7.00 a.m. Mass

**7.15 p.m. Stations of the Cross (T) (parish hall)**

**7.30 p.m. Stations of the Cross.(E) (church)**

No 8.00 p.m. Mass.

**SAT.29 3<sup>rd</sup> Week of Lent (Wk 3) /B.V.M**

7.30a.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.

**SUN.30 FOURTH SUNDAY OF LENT**

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. 23/3/2025** - 8.00 a.m. Mass in Tamil.

**2<sup>nd</sup> COLLECTION:** 23/3/2025 – For parish maintenance.

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**DAILY SCRIPTURE READINGS**

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

SUNDAY 23	(23 March – 30 March, 2025) (a) Ex 3: 1-8, 13-15. (Ps 102: 1-4, 6-8,11) (b) 1 Cor 10: 1-6, 10-12 (c) Lk 13: 1-9
MONDAY 24	(a) 2 Kgs 5: 1-15. (Ps 41: 2-3, 42: 3-4) (b) Lk 4: 24-30
TUESDAY 25	(a) Is 7: 10-14, 8:10. (Ps 39: 7-11) (b) Herb 10: 4-10 (c) Lk 1: 26-38
WEDNESDAY 26	(a) Deut 4: 1, 5-9. (Ps 147: 12-13, 15-16, 19-20) (b) Mt 5: 17-19
THURSDAY 27	(a) Jer 7: 23-28. (Ps 94: 1-2, 6-9) (b) Lk 11: 14-23
FRIDAY 28	(a) Hos 14: 2-10. (Ps 80: 6-11, 14,17) (b) Mk 12: 28-34
SATURDAY 29	(a) Hos 5: 15 – 6: 6. (Ps 50: 3-4, 18-21) (b) Lk 18: 9-14
SUNDAY 30	(30 March – 6 April, 2025) (a) Josh 5: 9-12. (Ps 33: 2-7 (Year C) (b) 2 Cor 5: 17-21 (c) Lk 15: 1-3, 11-32 or  (a) 1 Sam 16: 1, 6-7, 10-13. (Ps 22: 1-6) (Year A) (b) Eph 5: 8-14 (c) Jn 9: 1-41 (or 9: 1, 6-9, 13-17, 34-38)

