



Jesus gives meaning and purpose to the vision of Isaiah by telling us that we are to be the salt of the earth and the light of the world. He declares our identity in Him. The light we shine through him cannot be hidden, it must be as visible as a city on a mountain. The good that we do as Isaiah prophesies is how this light shines. And what is the ultimate intent of all these? It is to glorify the Father in heaven.

In striving to foster inclusivity and strengthen relationships, how do these readings challenge us?

A church that is truly 'salt' works to preserve the dignity of every human person, ensuring no one is forgotten. The members have each other's back. **A church that is truly 'light' does not hide its lamp under the bushel, does not consist only of inward-looking parishioners, but is a church with a missionary outlook** engaging in the works envisioned by Isaiah in the first reading. In short, being a member of the Church is to be a person who joins forces to build bridges of solidarity. These then with every member, build the Body of Christ in a shared mission of love.

St Paul adds to the vitality of how to build the Body of Christ. That each member of the body comes, proclaiming the mystery of Christ, not with sublimity of words or wisdom. That we must resolved to know nothing while with each other, except Jesus Christ and him crucified.

That it is truly with a demonstration of Spirit and power, that our faith might rest not on human wisdom but on the power of God.

It is the love of God that binds us. It is his light that makes us visible. When we commit ourselves to build His Body, it is a journey of inclusivity and relationship building. A just man is light in darkness to the upright. Every member of the Body counts. ♦

SCRIPTURE of the DAY

Isaiah 58: 7-10
Psalm 111: 4-9
1 Corinthians 2: 1-5
Matthew 5: 13-16



Responding to the new needs of mission requires opening up to new forms of pastoral action that take into account the mobility of people and the space in which their life unfolds.

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INTERNAL CIRCULATION ONLY
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NEWBEC

NEW WAY OF BEING CHURCH | 5th Sunday In Ordinary Time | 8 February 2026

INTERNATIONAL DAY OF PRAYER AND AWARENESS AGAINST HUMAN TRAFFICKING

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

A People for Missionary Discipleship

MONTHLY FOCUS:
CHURCH:
Fostering Inclusivity

**The Just Man
is A Light In Darkness
To The Upright**

Today, the readings speak specifically to every individual, and to us as Church. A just man is light in darkness to the upright when his life is attuned to the heart of Jesus. The Psalmist sums it all, about this just man. Someone who lives according to the path of blessedness of the Beatitudes, the sermon Jesus gives on the Mount that we reflected on last week.



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:** omphip.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.)

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.

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 the oranges to the parish office on 13 Feb,2026 by 3 p.m..

PARISH PASTORAL COUNCIL MEETING

(date) Thurs. 5 March, 2026

(time) 8.00 p.m.

(venue) St.Mark's Rm.

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

- * 10/2/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- 8.00 p.m. - Liturgical Committee (St.Mk.Rm.)
- * 10/2/2026 - 8.00 p.m.-RCIA (BM) (Wallace Rm.)
- * 11/2/2026 - 7.30 p.m. - OMPH Caritas (St.Mk.Rm.)
- 7.30 p.m. - RCIA (E) (ven Francis Xavier 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.)
- * 15/2/2026 - 6.00 p.m. - Sunset Choir practise (church)
- * 19/2/2026 - 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- 8.00 p.m - RCIA (BM) (Wallace Rm.)
- * 20/2/2026 - 8.00 p.m. - Legion of Mary (St.Mt.Rm.)
- 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)
- * 22/2/2026 - 5.00 p.m. - Lenten Healing Rally practise (church)
- * 24/2/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 24/2/2026 - 8.00 p.m. - OMPH Communications & Media ministry - Election of core team (St.Mk.Rm.)
- * 26/2/2026 - 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- * 26/2/2026 - 8.00 p.m.-RCIA (BM) (Wallace Rm.)
- * 26/2/2026 - 8.00 p.m. - Tamil Choir practise (St.Paul's Rm.)
- * 27/2/2026 - 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)
- * 1/3/2026 - 5.00 p.m. - Lenten Healing Rally practise (church)
- * 4/3/2026 - 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- * 5/3/2026 - 8.00 p.m. - **Parish Pastoral Council** (St.Mk.Rm.)
- * 5/3/2026 - 8.00 p.m.-RCIA (BM) (Wallace Rm.)
- * 6/3/2026 - 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)

FEBRUARY/MARCH 2026 COFFEE MORNINGS:

- 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:

- * 25/2/2026 - 8.00 p.m. - BEC St.Peter (C); Cafeteria.
- * 26/2/2026 - 8.00 p.m. - BEC St.John; (Cafeteria)
- * 27/2/2026 - 6.00 p.m. - BEC St.Augustine; Exquisite Restaurant.

ETERNAL HAPPINESS TO:

+ Tony Ang Teck Heang departed on 28 January, 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.

IPOH CATHOLIC CEMETERY

Notice of Transition of Cemetery Administration. Effective 8th 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.

BAPTISM: Please contact the Parish Priest at least **ONE MONTH** in advance.
Next Infant baptism: 26 April, 2026.

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

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

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

RITE OF SENDING –
"Signing of the Book of Elect" - Our Catechumens are now reaching the end of their Catechumenate. On **Sat. 21 Feb., 2026**, during the 5.45pm Mass, the Catechumens who seek Baptism at Easter will have their names "enrolled" in the Book of Elect.

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

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

RITE OF ELECTION –
1st Sunday of Lent
The Rite of Election for District of Perak will be celebrated on **22 February, 2026** with Cardinal Bishop Sebastian Francis in Church of Our Lady of Lourdes, Ipoh @ 3.00 p.m.

LENTEN HEALING RALLY

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.

BLESSING OF ST.MARY'S CHAPEL, KG. TERSUSUN

With heartfelt gratitude, we thank all Donors for their generous support in the renovation of the chapel. You are warmly invited to join us for the Blessing Ceremony, followed by Hi-Tea on (date) **Sun. 19 April, 2026** (time) 4.00 p.m.

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

SUN.8 FIFTH SUNDAY IN ORDINARY TIME (Year A)

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

MON.9 5th Week in Ord. Time (Wk 1)

7.00 a.m. Mass

TUES.10 5th Week in Ord. Time (Wk 1)/St.Scholastica

7.00 a.m. Mass.

WED .11 5th Week in Ord. Time (Wk 1)/Our Lady of Lourdes

7.00 a.m. Mass.

THURS.12 5th Week in Ord. Time (Wk 1)

7.00 a.m. Mass

FRI.13 5th Week in Ord. Time (Wk 1)

7.00 a.m. Mass.

SAT.14 5th Week in Ord. Time (Wk 1)/SS. Cyril/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.15 SIXTH 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.15/2/2026 - 8.00 a.m - Mass in Tamil.

2nd COLLECTION: 8/2/2026 - For parish maintenance.

DAILY SCRIPTURE READINGS

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

SUNDAY 8 (8 FEBRUARY – 15 FEBRUARY, 2026)
(a) Is 58: 7-10. (Ps 111: 4-9)
(b) 1 Cor 2: 1-5
(c) Mt 5: 13-16

MONDAY 9 (a) 1 Kgs 8: 1-7, 9-13. (Ps 131: 6-10)
(b) Mk 6: 53-56

TUESDAY 10 (a) 1 Kgs 8: 22-23, 27-30. (Ps 83: 3-5, 10-11)
(b) Mk 7: 1-13

WEDNESDAY 11 (a) 1 Kgs 10: 1-10. (Ps 36: 5-6, 30-31, 39-40)
(b) Mk 7: 14-23

THURSDAY 12 (a) 1 Kgs 11: 4-13. (Ps 105: 3-4, 35-37, 40)
(b) Mk 7: 24-30

FRIDAY 13 (a) 1 Kgs 11: 29-32; 12: 19. (Ps 80: 10-15)
(b) Mk 7: 31-37

SATURDAY 14 (a) 1 Kgs 12: 26-32, 13: 33-34. (Ps 105: 6-7, 19-22)
(b) Mk 8: 1-10

SUNDAY 15 (15 February– 22 February, 2026)
(a) Ecclus 15: 15-20. (Ps 118: 1-2, 4-5, 17-18, 33-34)
(b) 1 Cor 2: 6-10
(c) Mt 5: 17-37 (or 5: 20-22, 27-28, 33-34, 37)