



a quiet sense of despair?" He told them that **everyone is seeking for love that endures, opportunity to share gifts, unity based on truth, communion that respects the freedom of the other person.** These can be summed up as: goodness, beauty and truth, the three transcendentals. But, instead of goodness, beauty and truth what our society offers are false substitutes: choice, novelty and subjective experience.

**SCRIPTURE
of the DAY**

Exodus 17: 3-7
Psalm 94: 1-2, 6-9
Romans 5: 1-2, 5-8
John 4: 5-42 (or 4: 5-15,
19-26, 39-42)



Just like the story of the Samaritan woman which we heard on Sunday, we are thirsty for love and yet, always look for it in the wrong places. We forget that God created man with the capacity to worship Him and the need to be in fellowship with Him. Our yearning is infinite, because we have been created with a hole in our hearts, in the shape of God and nothing, absolutely nothing, can fill it up except God himself. St. Augustine put it this way, "My soul is restless 'till it rests in Thee." The only One who can heal our weariness and satisfy our longing thirst is Jesus Christ.

Just like the Samaritan woman, the goal of attaining lasting love seems too distant and the task seem altogether impossible when she complained that the well is too deep and our Lord had no bucket. She failed to recognise that He is the source of unfathomable love and He is the means by which that same love would be communicated to us. Though too deep for us, our human souls, our wells, are never too deep for Him. And when we are prepared to come on our bended knees, stripped of all pretences of superiority or self-reliance, we only have to ask, "Master, give me this water," we are assured of a drink from the well of God's immense riches which promises life and immortality. Having drunk therefrom, we shall never be thirsty again. Because in the One, we are One. ✦

As Lent is the time for greater love, listen to Jesus' thirst... He knows your weakness. He wants only your love, wants only the chance to love you.

- St. Teresa of Calcutta

INTERNAL CIRCULATION ONLY
BUL 10/2026

Contributed by: Archdiocesan Office of Human Development (AOHD)
Published by: Archdiocesan Pastoral Institute (API) | Email: api@archkl.org

NEWBEC

NEW WAY OF BEING CHURCH | 3rd Sunday Of Lent | 8 March 2026

LENTEN REFLECTION 3

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

A People for Missionary Discipleship

MONTHLY FOCUS: ECOLOGY: Restoring Our Common Home



**“In the One,
We Are One”**

In 2008, Pope Benedict addressed a crowd of a half million young people in Sydney, Australia, on the occasion of the World Youth Day, and told them that "in so many of our societies, side by side with material prosperity, a spiritual desert is spreading: an interior emptiness, an unnamed fear,



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: **IMPORTANT NOTICE**

Due to rising health concerns, please sanitize your hands regularly and wear a mask. Let's stay safe and healthy together!

FRIDAY CONFESSION

There will be confession in church every Friday from **10 a.m. till 11 a.m.**

STATIONS OF THE CROSS – Friday, 13 March, 2026

Stations (T) at 7.15 pm in the hall.
Stations (E) at 7.30 pm in the church followed by Mass at 8.00 pm

STATIONS OF THE CROSS – OUTDOOR

The Youth & Sun.Sch. are organizing an Outdoor Stations of the Cross on **Sun. 15 March, 2026** at 5.00 p.m. in the church grounds. Parents are encouraged to come and pray with your children.

REDEMPTORIST MEETING

All our Redemptorist Fathers will be away for a meeting in Singapore from 9th till 13th of March, 2026. During their absence, we are pleased to welcome

* Fr. Aloysius Tan who will celebrate the 7 a.m. Masses from 9 till 12 March, 2026.

* Fr. Sahaya,CSSR, who will be assisting our parish from 13th March until 7th April 2026. Please keep our priests in your prayers during their meeting, and let us extend a warm Welcome to Fr. Aloysius Tan & Fr. Sahaya.

RITE OF THE PRESENTATION OF THE CREED & 2ND SCRUTINY –

(4th week of Lent) –

On **Sat 14 March, 2026** during the 5.45 p.m Mass, our “Elect” who are continuing on the purification process, will celebrate Rite of the presentation of the Creed & Rite of the Second Scrutiny focusing on purifying their spiritual blindness.

PARISH ACTIVITIES & MEETINGS: (MAR. 2026)

- * 8/3/2026 – 1.00 p.m. – Learning Centre (2nd Fl.)
- * 8/3/2026 – 2.00 p.m. – RECHOSO practice (church)
- * 8/3/2026 - 4.00 p.m. - Lenten Healing Rally practise (church)
- * 8/3/2026 – 6.00 p.m - Sunset Choir practice (church)
- * 9/3/2026 - 7.30 p.m. - Lenten Healing Rally (church)
- * 10/3/2026 – 7.30 p.m. - Lenten Healing Rally (church)
- * 10/3/2026 - 8.00 p.m. - Tamil LSS (parish hall)
- * 11/3/2026 – 7.30 p.m. - Lenten Healing Rally (church)
- * 11/3/2026 - 8.00 p.m. - Tamil LSS (parish hall)
- * 11/3/2026 - 7.30 p.m - Caritas OMPH (St.Mk.Rm.)
- * 11/3/2026 - 8.00 p.m.-RCIA (BM) (Wallace Rm.)
- * 12/3/2026 – 7.30 p.m. - Lenten Healing Rally (C) (church)
- * 12/3/2026 - 7.30 p.m. - RCIA (E) (St.Mk. Rm.)
- * 14/3/2026 – 3.00 p.m. – Youth meeting (St.Mk.Rm.)
- * 15/3/2026 – 2.00 p.m. – RECHOSO practice (church)
- * 15/3/2026 – 1.00 p.m. – Learning Centre (2nd Fl.)
- * 15/3/2026 – 5.00 p.m. – Youth & Sun.Sch., Stations of the Cross (Outdoor)
- * 19/3/2026 – 7.00 p.m. - Sunset Choir practice (church)
- * 19/3/2026 - 7.30 p.m. - RCIA (E) (St.Mk. Rm.)
- * 19/3/2026 - 8.00 p.m.-RCIA (BM) (Wallace Rm.)
- * 22/3/2026 – 2.00 p.m. – Eucharistic Ministers Retreat (ven Francis Xavier Rm.)
- * 22/3/2026 – 2.00 p.m. – RECHOSO practice (church)
- * 22/3/2026 – 6.00 p.m - Sunset Choir practice (church)
- * 23/3/2026 – 9.30 a.m. - Eucharistic Ministers Retreat (ven Francis Xavier Rm.)
- * 26/3/2026 – 7.30 p.m. – RCIA (E) (St.Mk.Rm.)
- * 26/3/2026 - 8.00 p.m.-RCIA (BM) (Wallace Rm.)
- * 26/3/2026 – 7.00 p.m - Sunset Choir practice (church)
- * 29/3/2026 – 2.00 p.m. – RCIA candidates rehearsal (church)
- * 29/3/2026 – 7.00 p.m. – Eucharistic Ministers mtg. (St.Mk.Rm.)

MARCH/APRIL 2026 COFFEE MORNINGS:

- 8/3/2026 - Tamil Liturgy
- 15/3/2026 - Tamil Apostolate.
- 22/3/2026 - Altar Servers
- 29/3/2026 - Tamil Hospitality Ministers.
- 5/4/2026 - Youth ministry
- 12/4/2026 - Caritas OMPH
- 19/4/2026 - BEC St.Francis de Sales
- 26/4/2026 - Hospitality Ministers.



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.

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 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. May Fri 8 to Sun 10
2. Aug Fri 21 to Sun 23
3. Nov Fri 6 to Sun 8
(venue) Domus St. Anne, B.M

LENTEN SACRIFICE

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

SPECIAL 9-week Novena devotion during the season of Lent

Each week focuses on a particular Theme starting on Sat. 31 Jan till Sat. 28 March, 2026.

Date	Theme
31/1/26	Entering the Desert
7/2/26	Discipline
12/2/26	Lenten Clarity
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

CATHOLIC CHARISMATIC RENEWAL - Life in the Spirit Seminar in Tamil at O.M.P.H. church

(time) **8.00 p.m. - 9.30 p.m.**

- # 3/3/2026 - Intro. to LSS & God's Love
- # 10/3/2026 - Salvation
- # 11/3/2026 - The New Life
- # 16/3/2026 - Receiving God's Gift (Repentance)
- # 17/3/2026 - Sacrament of Reconciliation (Confession)
- # 24/3/2026 - Receiving God's Gift (Inner healing)
- # 7/4/2026 - Praying for Baptism in Holy Spirit
- # 14/4/2026 - Growth (The Vertical & Horizontal Dimension)
- # 1/4/2026 - Transformation in Christ

REHEARSAL FOR THE RCIA 'ELECTS'

On Sun. 29 March, 2026 at 2 p.m. in church. Elects & Sponsors are to be present.

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.

PENITENTIAL SERVICE

In preparation for Easter penitential service will be held at

#Our Lady of Lourdes church on Mon. 16/3/26 @ 7 p.m.

OMPH church on TUES. 17 March, 2026 at 8.00 p.m.

St. Michael Church on Wed. 18/3/2026 @ 8 p.m.

LENT VISIT TO THE ELDERLY AND HOMEBOUND PARISHIONERS

The Priest together with the Eucharistic Ministers will be visiting and giving communion to the Elderly & Homebound on Mon.16, Tues.17 & Wed. 18 of March, 2026 from 8.30 a.m onwards as part of our Lenten visit.

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

SUN.8 THIRD SUNDAY OF LENT (Year A)
 8.00 a.m. Mass (E) 10.00 a.m. Mass (T) 11.30 a.m. Mass (C)

MON.9 3rd Week of Lent (Wk 3)/St.Frances of Rome
 7.00 a.m. Mass
 7.30 p.m. Lenten Healing Rally (E)

TUES.10 3rd Week of Lent (Wk 3)
 7.00 a.m. Mass
 7.30 p.m. Lenten Healing Rally (E)
 8.00 p.m. LSS (Tamil) (parish hall)

WED.11 3rd Week of Lent (Wk 3)
 7.00 a.m. Mass
 7.30 p.m. Lenten Healing Rally (E)
 8.00 p.m. LSS (Tamil) (parish hall)

THURS.12 3rd Week of Lent (Wk 3)
 7.00 a.m. Mass
 7.30 p.m. Lenten Healing Rally (C)

FRI.13 3rd Week of Lent (Wk 3)
 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)
 8.00 p.m. Mass.(church)

SAT.14 3rd Week of Lent (Wk 3)/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 FOURTH SUNDAY OF LENT (Year A)
 8.00 a.m. Mass (E)
 10.00 a.m. Mass (T)
 11.30 a.m. Mass (C) 5.00 p.m. Stations of the Cross (Outdoor)

ST.MARY'S CHAPEL, TERSUSUN

* Sun. 15/3/2026 - 8.00 a.m - Mass in Tamil.

2nd COLLECTION: 8/3/2026 - For parish maintenance.

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

- SUNDAY 8 (8 March – 15 March, 2026)
 (a) Ex 17: 3-7. (Ps 94: 1-2, 6-9)
 (b) Rom 5: 1-2, 5-8
 (c) Jn 4: 5-42 (or 4: 5-15, 19-26, 39-42)
- MONDAY 9 (a) 2 kgs 5: 1-15. (Ps 41: 2-3, 42: 3-4)
 (b) Lk 4: 24-30
- TUESDAY 10 (a) Dan 3: 25, 34-43. (Ps 24: 4-9)
 (b) Mt 18: 21-35
- WEDNESDAY 11 (a) Deut 4: 1, 5-9. (Ps 147: 12 -13, 15-16, 19-20)
 (b) Mt 5: 17-19
- THURSDAY 12 (a) Jer 7: 23-28. (Ps 94: 1-2, 6-9)
 (b) Lk 11: 14-23
- FRIDAY 13 (a) Hos 14: 2-10. (Ps 80: 6, 8-11, 14, 17)
 (b) Mk 12: 28-34
- SATURDAY 14 (a) Hos 5: 15 – 6: 6. (Ps 50: 3-4, 18-21)
 (b) Lk 18: 9-14
- SUNDAY 15 (15 March – 22 March, 2026)
 (a) 1 Sam 16: 1, 6-7, 10-13. (Ps 22: 1-6)
 (b) Eph 5: 8-14
 (C) Jn 9: 1-41 (or 9: 1, 6-9, 13-17, 34-38)