



PARISH OF OUR MOTHER OF PERPETUAL HELP  
**Redemptorist Community**

**Rev Fr Joseph Stephen, C.Ss.R.** (Parish Priest)

**Rev Fr Paul Michael Kee, C.Ss.R.** (Assistant Parish Priest)

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**ANNOUNCEMENTS:**

**CHRISTMAS MASS SCHEDULE**  
at OMPH church

date	Time	
24/12/2016	9am & 6pm	Novena
24/12/2016	6.45pm (E) (No carols)	<i>Christmas</i> Vigil Mass
	8.30 pm (T)	Vigil Mass
	10.30pm (E)	Carols
	11.00 pm (E)	Vigil Mass
25/12/2016	8.30 am (E)	Carols
	9.00 am (E)	Day Mass
	11.30 am (C)	Day Mass

**St.Mary's Chapel, Tersusun**

25/12/2016	8.00am (T)	Christmas Day Mass
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**CHRISTMAS REHEARSAL** on

Sat. 24 Dec., 2016 at 10 am for those taking part in the roles of "Angels", "Mary & Joseph" for both masses (6.45 pm & 11 pm) & also the Sunday Sch. Teachers in-charge are requested to be present too.

**FEAST OF THE HOLY FAMILY**

Friday, 30 December, 2016 is a special day for all families. Mass will be at 8.00 pm; we invite all families to join in this special blessing upon families. There will be no 6.30 am Mass.

**CHRISTMAS LUNCH**

To bring Christmas Joy and Glad tidings to the poor; the PHDC will have a Christmas lunch with the FINs (*Friends in need*) on Sunday, 18 December, 2016 @ 12 noon.

**"ADVENT TRIDUUM"** from

**Wed. 21/12/2016**

Theme: "Joseph Takes Mary as his wife and accepts God's Will"

**Thur. 22/12/2016**

Theme: "The journey from Nazareth to Bethlehem for the census"

**Fri. 23/12/2016**

Theme: "Birth of Jesus and visit of the Shepherds"

All Masses will be at 8.00 pm.  
*There will be no 6.30 am Mass.*

**CAROLING**

Carollers from Rechoso will be visiting homes to bring Christmas joy and glad tidings to one and all on

\* Rechoso – 20,21,22 December, 2016.

Caroling forms available at the church entrance or you may contact Christopher (017 5785223)

\* Chinese group caroling on 16,17,18 Dec.

\* Tamil group will have their caroling at BEC level.

*Retreat in Daily Life*  
OMP<sup>H</sup> Ipoh

Come and find some quiet time  
in the busyness & fullness of your daily life



Dates: **Mon 13 – Fri 17, Feb**

Time: **8pm – 10 pm daily**

Venue: **OMP<sup>H</sup> church**

Max participants: **25 pax**

Spiritual Director: **Nita Ng**

Suggested Love offering:

**RM65/- for 5 days.**

(one-to-one spiritual guidance and notes.)

\* Registration & payment to be

made at the OMP<sup>H</sup> parish office.

The retreat tradition has been part of our Catholic Church for centuries, but so far has been more widely attended by the clergy and religious. And of these, personally-guided retreats, where one spends most of the day in personal solitude and communion with God, have not been widely made known among the laity.

This is a chance for us, the faithful to come and drink, personally from the Living Spring of God. Where we bring the things from our daily lives to God's table and share what is REAL with a God who wants to be part of who we really are.

Come and experience **one-to-one personal spiritual guidance**, through the accompaniment of trained spiritual guides, who are here to listen, to share your prayer life and to help you see more clearly where **God is already waiting for you, each moment everyday.**

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

**BAPTISM:** Please contact the Parish Priest at least ONE MONTH in advance.  
Next Infant Baptism will be on 8 January, 2017.

**PARISH ACTIVITIES & MEETINGS:** (December 2016)

- \* 18/12/2016 - 10.00 am - PHDC distribution of rations (Wallace hse.)
- \* 18/12/2016 - 11.30 am - RCIA (T) (St.Matthew Rm.)
- 3.00 pm - RCIA (E) (St.Mark's Rm.)
- 8.00 pm - St.Augustine Choir practice (church)
- \* 19/12/2016 - 8.00 pm - CCR (St.Mark's Rm.)
- \* 20/12/2016 - 8.15 pm - Legion of Mary (C) (St.Matthew Rm.)
- \* 23/12/2016 - - No RCIA (C) (Wallace Rm.)
- \* 27/12/2016 - 8.15 pm - Legion of Mary (C) (St.Matthew Rm.)

**2017 COFFEE MORNINGS**

- \* 8/1/2017 - Chinese Apostolate.
- \* 15/1/2017 - Hospitality Ministers (Benedict)
- \* 22/1/2017 - BEC St.Philip
- \* 5/2/2017 - BC St.John the Apostle (Selin)
- \* 12/2/2017 - IT Ministry
- \* 19/2/2017 - BEC St.Monica (Dass)
- \* 26/2/2017 - Faith Educators
- \* 5/3/2017 - BEC St.Francis Xavier
- \* 12/3/2017 - Sun. Catechism (Form 4)
- \* 19/3/2017 - BEC St.Faustina. (Malligh)
- \* 2/4/2017 - BEC St.Francis De Sales
- \* 9/4/2017 - Lectors/Commentators
- \* 23/4/2017 - BEC St.Anne
- \* 30/4/2017 - Sun. Catechism (Form 3)
- \* 7/5/2017 - BEC St.Mary (Kathleen)
- \* 14/5/2017 - Sun. Catechism (Std 3)
- \* 21/5/2017 - Altar Servers (Jeremy)
- \* 18/6/2017 - BEC St.Jude/Area 1 (Catherine)
- \* 2/7/2017 - PHDC
- \* 9/7/2017 - St.Peregrine (Margaret Fernandez)
- \* 16/7/2017 - BEC St.Matthew (Pauline)
- \* 24/9/2017 - Fund Raising Committee.

**ETERNAL HAPPINESS TO :**

+ Mary Lim Chooi Kim @ Lim Swee Kim departed on 9 December, 2016.

**ADVENT PENITENTIAL SERVICE**

In Preparation for Christmas,  
Penitential services will be held at the following churches:-

Date	Place	Time
Mon. 19/12/16	Church of St.Francis de Sales, Sitiawan	7.30 pm Confession
Tues. 20/12/16	Church of St.Anthony, Teluk Intan	7.30 pm Confession
Wed 21/12/16	Church of Our Lady of Mt.Carmel, Tanah Rata	5.00pm Confession

**OMPH PARISH RETREAT -2017**

To start off the NEW YEAR, there will be a Parish Retreat for the English, Chinese and Tamil speaking communities on

Date	Time	Language	Venue
8/1/2017	10am- 4pm	English- speaking	Parish hall
14/1/2017	3pm - 9pm	Chinese- speaking	Parish hall
21/1/2017	4pm - 9 pm	Tamil- speaking	St.Mary's Chapel.

Please register with your ministry.

**CHINESE SUNDAY SCHOOL 2017**

*Let your children start their  
faith education early!*

The Chinese Apostolic Sunday Catechism school is open for registration on 8/1/2017. Catechism classes starts from 9.45 am to 11.00 am.

We welcome all mandarin speaking children from age 7 to 13 years old (Std. 1 to Form 1) To register, please bring a photostat baptism certificate of the child.

For enquiries on registration contact:  
Jess (0195729319) / Hannah (013 7455417)

**NOVENA PRAYERS TO  
ST.PEREGRINE**

EVERY TUESDAY AT 5.45 PM in the Meditation Room. During this Novena Devotion, names of cancer patients will be lifted up. All are invited.  
For enquiries, call: 019-5769166/ 012-5833904.

**CHRISTIAN MEDITATION TIME**

All are welcome to join the Christian Meditation group which meets  
\* EVERY FRIDAY ( 6 PM TO 7 P.M.)  
\* EVERY SATURDAY AT 11.00 A.M. - 12 NOON in the Meditation room.

**EVENING FOR THE ENGAGED  
2017**

Couples planning to get married in the year 2017, please take note of the EE Weekends english during the year. You are requested to register six (6) weeks before the weekend dates.

EE109	13-15 January,2017
EE110	24-26 March 2017
EE111	9-11 June 2017
EE 112	18-20 Aug 2017
EE113	10-12 Nov 2017

Please see your Parish Priest for registration.

**MONTHLY SUBSCRIPTION**

We thank you for your contribution for the month of December,2016. Our church electrical bill for the months of Nov. & Dec average to RM2800/-. We invite all parishioners to contribute to help defray the cost.