



**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 15 January 2023)  
 Gospel: Jn 1: 29-34. *“Called be to Holy”*

**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**

**SACRAMENT OF CONFIRMATION**

will be held on Sunday, 15 January, 2023 during the 8 a.m. Mass with Rt. Rev. Bishop Sebastian Francis. The candidates will be attending their Retreat & Sacrament of Reconciliation on Sat.,14/1/23.

**APPEAL FOR**  
**MANDARIN ORANGES**

The Parish is appealing to you parishioners who would like to donate a box or more of mandarin oranges for the Chinese New Year celebration.

Please send in the latest 18 Jan., at the parish office.

**PONGGAL CELEBRATION**

The Tamil community will be celebrating ponggal on **Sun. 29 Jan.,2023** commencing at **4.00 p.m.** with the boiling of sweetened rice in-front of the church followed by our Eucharistic celebration. After Mass there will be fellowship.

No *Tamil mass @ 10 a.m* but replace with **mandarin mass at 10 a.m** in church.

**CATECHESIS OF THE GOOD SHEPHERD (CGS)**

Interested in being a CGS Catechist? You will be journeying in faith formation with children between the ages of 3 to 6 years old. Training will be provided for interested Catechists and all age groups are encouraged to apply – no one is too young or too old to be a Catechist.

If you are unable to commit fully, you can join us as Catechists Assistant. Contact Rosalind (016 5587 655) for more information.

**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.

Next Infant Baptism will be on **Sunday, 29 January, 2023**

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

**MEETINGS/ACTIVITIES:-**

- \* 10/1/2023 @ 8 p.m. – Legion of Mary (C)(Mt.Rm)
- \* 12/1/2023 @ 8p.m – RCIA (E) (St.MkRm.)
- \* @ 8 p.m – RCIA (T) (St.Paul Rm.)
- \* 13/1/2023 @ 8 p.m – RCIA (C) (St.Francis X.Rm.)
- \* 14/1/2023 @ 9a.m - Retreat for Confirmation candidates. (Francis X.Rm)
- \* 30/1/2023 @ 7.30p.m –CCR (St.Mk.Rm.)

**COFFEE MORNINGS 2023**

- \* 15/1/2023 – RCIA (E)
- \* 29/1/2023 – Tamil Hospitality
- \* 5/2/2023 – BEC St.Jude (T)
- \* 12/2/2023 – BEC St.Monica (T)

**BIBLE REFLECTION & HOME-GATHERING:**

- \* 18/1/2023 – 8 p.m – BEC St.Peter (C)

**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:**

- + Reginamary a/p Abraham departed on 7/1/2023.
- + K.Sandanasamy a/l P.Kandasamy departed on 9/1/2023.
- + Agnes Chong Yoke Kheng departed on 11/1/2023

Today's scripture opens with a focus on Isaiah's "servant" - the light to the nations. This light then moves to John the Baptist and his testimony about Jesus.

Today's Gospel has turned our attention to human witnesses, those who are the lights in the world, who speak and act out of their own faith experience and thus give witness to Jesus' identity.

In Jesus, we too are called to be this "light to the nations." But we have a long way to go before we, as a community, can be called servants of God's compassion and peace in the world. If we truly are lights to the world, then we are on display all the time. Who we are as the people of God and how we interact among ourselves and others, will also be a message to those in exile, calling them out of their darkness into the loving embrace of the Father.

This, then, is our call. And if we are faithful to it, living as Paul describes us today - those "who have been sanctified in Christ Jesus, called to be holy" - then we can become the servant community of people that Isaiah envisioned, a "light to the nations."