

Ipoh - Our Mother of Perpetual Help (OMPH)

Sunday School Lenten Programme made our young ones learn the meaning of Lent, go green and to outreach in their very own way. Both primary and secondary students were actively involved in the Lenten Program.

Children's Liturgy of the Word (CLOW) team sold a Lent activity book. What We Do in Lent, a child's activity book that teaches the church year calendar, colours of Lent, importance of number 40, miracles Jesus performed, the Holy Week and Triduum. This book also made them write their very own prayer for praising God, thanking God, a prayer saying "I'm sorry", asking help for others and more. As Lent is a time to practice prayer this activity got children to open themselves to prayer. It is a great activity book for the entire family as it is a

day-to-day journey to prepare our hearts and lives for the great miracle of Easter.

In-conjunction with Lenten campaign 2018 theme “Heal the World”, the Sunday School Faith Educators carried out various activities. Recycle, Re-use and Reduce was introduced to primary students. Recycling being the primary objective, they were introduced to the Colours of the Bins and its Purpose. It was mainly to educate them on rubbish separation and the importance of recycling. This is to encourage our young ones to recycle as OMPH Church has prepared designated areas to discard recyclable items such as paper, glass, plastic and tin. Reuse: a DIY piggy bank using empty mineral water bottle was an activity carried out for children in preschool class to standard 6. These children had to use that piggy bank to raise fund as part of the Lenten programme. “My son was

so eager to fill-up his piggy bank as he had made it”, said mother of 6-year-old Adam, Ryna Johnson.

The secondary students had a formation on Lent. The title of the formation was “Who Am I?” A formation to identify themselves and to understand their true identity. The students had a great time making their mask putting in details of the personality they display. The mask symbolises the hidden face of humans at different situations, place and time, and in relationships. They also wrote a letter to Jesus, stating their actual and genuine face and character. Later they burnt their letters. These activities enabled them to discover their true self and repent.

On March 11, a Lenten Exhibition was held at St. Gerard’s Café during coffee morning. Posters on the Easter Story, What Lent is All About and Mask (the mask that we wear to

hide our true identity) made by the Sunday School secondary students were displayed. Sunday School primary students got to display their creative DIY piggy banks. Parishioners got to vote for 12 creative DIY piggy banks. Sunday School Teachers also displayed their handmade DIYs from recyclable items such as plastic bottle, toilet/kitchen paper roll, straws, plastic spoon, milk carton and so on into flower pots, stationery holder, hand-phone holder, home décor and even a water fountain. These items were sold as donation to the parishioners. The highlight of the day was the enchanting singing of the Young Peoples Choir (YPC) comprising of Sunday School Students. Under the coaching of Terezinha Gonsalves, the YPC sang MJ's famous "Heal the World." These children are not professional singers but their angelic

voices got parishioners swaying and jointly singing in euphoria.

Sunday School students will continue their mission to Heal the World and OMPH will continue to go green.

(Report by Lillian for the Sunday Catechism Lenten activities 2018)

PHOTOS



Photo 1. Handicrafts made from recycled items by the Sunday School Teachers.



Photo 2. Recycle Bins at OMPH.



Photo 3. Water Fountain made from plastic bottles.



PHOTO 4. DIY piggy bank from mineral water bottle.



PHOTO 5. The Young People's Choir (YPC).