



Blessings come to those who are faithful in following God's law as the Psalmist continues: Blessed are they whose way is blameless, who walk in the law of the LORD. Blessed are they who observe his decrees, who seek him with all their heart.

St Paul in his letter to the Corinthians adds on to what the law for us is. That it speaks to us of a wisdom that is of God, mysterious and hidden. That is to say, we need spiritual sight to be able to see through the eyes of God. What eye has not seen, and ear has not heard, this God has revealed to us through the Spirit. For that to happen, our lives need to be transformed interiorly; from merely observing the law to internalising it with discernment, acting on it with the promptings of the Spirit.

Jesus in today's gospel says he comes not to abolish the law but to fulfil it. He calls us to radical holiness by taking the Mosaic commandments and drilling them down to the root of our human heart. Every choice we make, even the secret thought of the heart, carries weight as we can see from Jesus' radical teaching:

Thou shall not kill – You break the law by just having anger and contempt in your heart.

Thou shall not commit adultery – Just a lustful gaze at someone reduces that person to a mere object.

The Lord is telling that the laws on fidelity and oaths are simplified to a call for integrity of the highest degree. Let your yes mean a yes, and your no mean a no. No two ways about it. Jesus doesn't mince his words, and so today's takeaway is succinctly clear. **The Lord wants to transform our lives and he calls us to radical holiness.** By the power of the Holy Spirit, we can choose with the freedom given us, choices that will lead us to the law of love, which is ultimately the fulfilment of all law. ☺

SCRIPTURE of the DAY

Ecclesiasticus 15: 15-20

Psalm 118: 1-2, 4-5,
17-18, 33-34

1 Corinthians 2: 6-10
Matthew 5: 17-37
(or 5: 20-22, 27-28,
33-34, 37)



"Families remain as places where we learn to exchange the gifts of love, trust, forgiveness, and understanding – where we discover both our need to be listened to and our ability to listen."

FD #35

INTERNAL CIRCULATION ONLY
BUL 07/2026

Published by: Archdiocesan Pastoral Institute (API) | Email: api@archkl.org

NEWBEC

NEW WAY OF BEING CHURCH | 6th Sunday In Ordinary Time | 15 February 2026

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

A People for Missionary Discipleship

MONTHLY FOCUS: CHURCH: Fostering Inclusivity



A Radical Call To Holiness

Blessed are they who follow the law of the Lord. The Psalmist in Psalm 119 sets the pace and tone for this call to radical holiness. The readings show a God who does not puppeteer our deeds. Sirach tells us that God gives choices and he trusts us with our responses. The freedom to choose comes with responsibilities.



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.)

Rev.Fr. Joseph Stephen &
Rev.Fr. Patrick Massang
together with the
Redemptorist Community
and Parish of
Our Mother of Perpetual
Help wish all our chinese
Brothers & Sisters a Happy
and Prosperous Chinese New
Year filled with God's Blessing
Gong Xi Fai Cai!

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 ACTIVITIES & MEETINGS: (FEB/MAR. 2026)

- | | |
|---|--------------------------|
| * 15/2/2026 - 2.00 p.m. - Ablaze | (St.Mk.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 - OMPH Communication & Media ministry | (St. Mk. Rm.) |
| * 25/2/2026 - Area Coordinators | (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 - 11.30 a.m. - Tamil Apostolate | (St.Mk.Rm.) |
| * 1/3/2026 - 5.00 p.m. - Lenten Healing Rally practise | (church) |
| * 3/3/2026 - 8.00 p.m. – Legion of Mary (C) | (St.Mt.Rm.) |
| * 3/3/2026 - 8.00 p.m. - Tamil Charismatic | (Church+Cafeteria) |
| * 4/3/2026 - 7.30 p.m. - RCIA (E) | (St.Mk.Rm.) |
| * 4/3/2026 - 8.00 p.m. - Chinese Apostolate | (ven Francis Xavier 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.) |
| * 9/3/2026 - 8.00 p.m. - Lenten Healing Rally | (church) |
| * 10/3/2026 - 8.00 p.m. - Lenten Healing Rally | (church) |
| * 10/3/2026 - 8.00 p.m. - Tamil LSS | (parish hall) |
| * 11/3/2026 - 8.00 p.m. - Lenten Healing Rally | (church) |
| * 11/3/2026 - 8.00 p.m. - Tamil LSS | (parish hall) |
| * 12/3/2026 - 8.00 p.m. - Lenten Healing Rally (C) | (church) |

FEBRUARY/MARCH 2026 COFFEE MORNINGS:

- 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.



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, **NEXT Area Coordinators MEETING: Wed. 25/2/2026**

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.

CATHOLIC CHARISMATIC RENEWAL - Life in the Spirit Seminar

(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
17/3/2026 - Receiving God's Gift (Repentance)
18/3/2026 - 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

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

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

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.

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

ASH WEDNESDAY –

Wednesday, 18 February, 2026

Mass at 8 am & **8 p.m** (E) & 10 a.m. (T)

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 @ 5.00 p.m.

PARISH PASTORAL COUNCIL MEETING

(date) Thurs. 5 March, 2026

(time) 8.00 p.m.

(venue) St. Mark's Rm.

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.

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

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)

MON.16 6th Week in Ord. Time (Wk 2)

7.00 a.m. Mass

TUES.17 6th Week in Ord. Time (Wk 2)/Seven Holy Founders of the

8.00 a.m. Mass (E) Servite Order
10.00 a.m. Chinese New Year Mass (Mandarin)
8.00 p.m. Tamil Charismatic group

WED.18 ASH WEDNESDAY

8.00 a.m. Mass (E)
10.00 a.m. Mass (T)
8.00 p.m. Mass (E)

THURS.19 Thursday after Ash Wed. (Wk 4)

7.00 a.m. Mass

FRI.20 Friday after Ash Wed. (Wk 4)

7.00 a.m. Mass.
7.15 a.m. Stations of the Cross (T) in the parish hall.
7.30 p.m. Stations of the Cross (E)
8.00 p.m. Mass.

SAT.21 Saturday after Ash Wed. (Wk 4)/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.22 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.
* Sun. 28/2/2026 - 8.00 a.m. - Mass in Tamil.

2nd COLLECTION: 15/2/2026 - For parish maintenance.

DAILY SCRIPTURE READINGS

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

- | | |
|--------------|--|
| SUNDAY 15 | (15 February– 22 February, 2026)
(a) Eccl 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) |
| MONDAY 16 | (a) Jm 1: 1-11. (Ps 118: 67-68, 71-72, 75-76)
(b) Mk 8: 11-13 |
| TUESDAY 17 | (a) Jm 1: 12-18. (Ps 93: 12-15, 18-19)
(b) Mk 8: 14-21 |
| WEDNESDAY 18 | (a) Joel 2: 12-18. (Ps 50: 3-6, 12-14, 17)
(b) 2 Cor 5: 20 – 6: 2
(c) Mt 6: 1-6, 16-18 |
| THURSDAY 19 | (a) Deut 30: 15-20. (Ps 1: 1-4, 6)
(b) Lk 9: 22-25 |
| FRIDAY 20 | (a) Is 58: 1-9. (Ps 50: 3-6, 18-19)
(b) Mt 9: 14-15 |
| SATURDAY 21 | (a) Is 58: 9-14. (Ps 85: 1-6)
(b) Lk 5: 27-32 |
| SUNDAY 22 | (22 FEBRUARY – 1 MARCH, 2026)
(a) Gen 2: 7-9, 3: 1-7. (Ps 50: 3-6, 12-14, 17)
(b) Rom 5: 12-19 (or 12: 17-19)
(c) Mt 4: 1-11 |