



**SCRIPTURE  
of the DAY**

Genesis 12: 1-4  
Psalm 32: 4-5, 18-20, 22  
2 Timothy 1: 8-10  
Matthew 17: 1-9



His glory shines through. The Greek word that describes this mystery is the verb form of “metamorphosis” - the wondrous unfolding of a butterfly as she emerges from the dark and colourless cocoon.

Most of us would prefer, like the apostles, to remain on the mountain, beholding the glory of our Lord for eternity, without having to descend the hill and be confronted with the horror of suffering, failure and death. But our Lord challenges us to go down the mountain, back into the real world and continue the “ordinary” work of walking with others. Pope Leo XIV tells us, “The Church, like a mother, accompanies those who are walking. Where the world sees threats, she sees children; where walls are built, she builds bridges” (DT 75).

The story of the Transfiguration is a good reminder that though the Lord can bring us up to the mountaintop to have a glimpse of God’s glory and a taste of heaven, and to experience His love tangibly, we can’t stay up there. Life is lived in the low places, in the valleys. God has work for us to do. **We should not forget about the mission of the cross that we are to pick up as servants of Christ.**

And this, is the mysterious nature of our faith. Faith is always drawing us onwards. Just when we thought we knew the answers, we have to set those answers down and move on empty handed. Ultimately, the transfiguration is not just about reaching the tops of mountains, Christ will also be revealed in glory in the loneliness, forsakenness and agony on a cross. And, He will transfigure that cross too - from a sign of death into a sign of life and hope. During this Lent, let us be united with Him in the cross as He unites with us in glory! In the One, we are One. ❖



**Jesus’ beauty does not alienate his disciples from the reality of life but gives them the strength to follow him all the way to Jerusalem, all the way to the cross.**

*- Pope Francis*

INTERNAL CIRCULATION ONLY  
BUL 09/2026

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# NEWBEC

NEW WAY OF BEING CHURCH | 2<sup>nd</sup> Sunday Of Lent | 1 March 2026

**LENTEN REFLECTION 2**

**WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH**

*A People for Missionary Discipleship*

**MONTHLY FOCUS: ECOLOGY: Restoring Our Common Home**



Lent when compared to Christmas often takes on a darker, more sombre hue. While that is true, the Church also provides us with sufficient light to traverse through “the valley of darkness” by situating the scene of the Transfiguration at the beginning of Lent. The Lord takes Peter, John and James up to a mountain and there,



**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!

### **RITE OF THE 1<sup>ST</sup> SCRUTINY –**

(3<sup>rd</sup> week of Lent) -  
On **Saturday, 7 March, 2026** during the 5.45 p.m Mass our "Elect" will celebrate the Rite of the First Scrutiny, which is the beginning of the period of purification and enlightenment.

### **RITE OF THE PRESENTATION OF THE CREED & 2<sup>ND</sup> SCRUTINY –**

(4<sup>th</sup> 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 PASTORAL COUNCIL MEETING**

(date) **Thurs. 5 March, 2026**  
(time) 8.00 p.m.  
(venue) St.Mark's Rm.

### **STATIONS OF THE CROSS – Friday, 6 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

### **No Adoration of the Blessed Sacrament –**

There will be no Adoration of the Blessed Sacrament **on  
Thurs 5 March, 2026**

### **FRIDAY CONFESSION**

From **Fri. 6 March, 2026** onwards, there will be confession in church from **10 a.m. till 11 a.m.**

### **PARISH ACTIVITIES & MEETINGS: (MAR. 2026)**

- \* 1/3/2026 - 11.30 a.m. - Tamil Apostolate (St.Mk.Rm.)
- \* 1/3/2026 - 5.00 p.m. - Lenten Healing Rally practise (church)
- \* 1/3/2026 - 5.00 p.m. - Eucharistic Ministers (St.Mk.Rm.)
- \* 3/3/2026 - 8.00 p.m. – Legion of Mary (C ) (St.Mt.Rm.)
- \* 3/3/2026 - 8.00 p.m. - Liturgical Committee (St.Mk.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 – 7.00 p.m – Sunset Choir practise (church)
- \* 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.)
- \* 8/3/2026 – 6.00 p.m - Sunset Choir practise (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.)
- \* 12/3/2026 – 7.30 p.m. - Lenten Healing Rally (C ) (church)
- \* 12/3/2026 - 7.30 p.m. - RCIA (E ) (St.Mk.Rm.)
- \* 12/3/2026 - 8.00 p.m.-RCIA (BM) (Wallace Rm.)

### **MARCH/APRIL 2026 COFFEE MORNINGS:**

- 1/3/2026 - Lectors/Commentators.
- 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.

### **BIBLE REFLECTION & HOME-GATHERINGS:**

- \* 5/3/2026 - 8.00 p.m. - BEC St.Simon (C ) ; (Cafeteria)



## Community

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

### 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

# 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

### 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 there will be penitential service at OMPH church on

**Wed. 18 March, 2026**

**at 8.00 p.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...

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

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**SUN.1 SECOND SUNDAY OF LENT (Year A)**

8.00 a.m. Mass (BM)  
10.00 a.m. Mass (T)  
11.30 a.m. Mass (C)

**MON.2 2<sup>nd</sup> Week of Lent (Wk 2)**

7.00 a.m. Mass

**TUES.3 2<sup>nd</sup> Week of Lent (Wk 2)**

7.00 a.m. Mass

**WED.4 2<sup>nd</sup> Week of Lent (Wk 2)/St. Casimir**

7.00 a.m. Mass

**THURS.5 2<sup>nd</sup> Week of Lent (Wk 2)**

7.00 a.m. Mass

**FRI.6 2<sup>nd</sup> Week of Lent (Wk 2)**

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.7 2<sup>nd</sup> Week of Lent (Wk 2)/B.V.M**

8.00 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.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)

**ST.MARY'S CHAPEL, TERSUSUN**

\* Sun. 1/3/2026 - 8.00 a.m - Mass in Tamil.

**2<sup>nd</sup> COLLECTION:** 1/3/2026 - For the poor of the parish.

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**DAILY SCRIPTURE READINGS**

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

SUNDAY 1 (1 March – 8 March, 2026)  
(a) Gen 12: 1-4. (Ps 32: 4-5, 18-20, 22)  
(b) 2 Tim 1: 8-10  
(c) Mt 17: 1-9

MONDAY 2 (a) Dan 8: 4-10. (Ps 78: 8-9, 11,13)  
(b) Lk 6: 36-38

TUESDAY 3 (a) Is 1: 10, 16-20. (Ps 49: 8-9, 16-17, 21,23)  
(b) Mt 23: 1-12

WEDNESDAY 4 (a) Jer 18: 18-20. (Ps 30: 5-6, 14-16)  
(b) Mt 20: 17-28

THURSDAY 5 (a) Jer 17: 5-10. (Ps 1: 1-4, 6)  
(b) Lk 16: 19-31

FRIDAY 6 (a) Gen 37: 3-4, 12-13, 17-28. (Ps 104: 16-21)  
(b) Mt 21: 33-43, 45-46

SATURDAY 7 (a) Mic 7: 14-15, 18-20. (Ps 102: 1-4, 9-12)  
(b) Lk 15: 1-3, 11-32

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)