



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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D.M.P.H. MASS SCHEDULE
 * Weekday Mass (Mon-Fri) @ 7 a.m.
 except on Public Holiday @ 8 a.m.
 * Sat. Novena Devotion @ 9 a.m. & 6 p.m.
 * Sat. Sunset Mass (E) @ 6.45p.m.
 * Sun. Mass (E) @ 8 a.m./1st Sun BM.
 * Sun. Mass (T) @ 10 a.m. Mass (C) @ 11.30

(food for thought) (Bulletin 5 March, 2023)
 Gospel: Mt 17:1-9. **“Change, Conflict & Hope”**

PENITENTIAL SERVICE in preparation for Lent.

* **Mon. 20 March, 2023 at 7 p.m. in OMPH church.**

* Tues 21 March, 2023 at 7 p.m. in Church of Our Lady of Lourdes, Ipoh
 * Wed. 22 March, 2023 at 7 p.m. in Church of St. Michael, Ipoh.

LENTEN SACCRIFICE to help the poor as part of our Lenten penance and spiritual growth, we are called to share. Baskets are placed on either side of the sanctuary throughout the season of Lent to appeal for non-perishable food like rice, sugar, cooking oil, sardines, milk power, noodles, tin biscuits..

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.
 (venue) Café St.Gerard
 (1 coupon = RM20/.) (1 Bk. = RM200/-)
 Food Fair coupons are available after weekend Mass and at the parish office.

EVENING FOR THE ENGAGED

2023 You are requested to register six (6) weeks before the weekend dates. **Please see your Parish Priest for registration.**

EE136	18-20 Aug	Stella Maris
EE137	17-19 Nov	Stella Maris

STATIONS OF THE CROSS on

10/3/23 followed by Mass (E) (Fridays during Lent)
 @ 7.30 pm (E) – OMPH church.
 @ 7.15 pm (T) – Parish hall.

RITE OF THE 1ST SCRUTINY –

(3rd week of Lent) -
 On **Saturday, 11 March, 2023** during the 6.45p.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 2ND SCRUTINY –

(4th week of Lent) –
 On **Sat. 18 March, 2023** during the 6.45p.m Mass, our “Elect” who are continuing on the purification process, will celebrate the Rite of the Second Scrutiny focusing on purifying their spiritual blindness.

RITE OF THE 3RD SCRUTINY

(5th week of Lent) –
 On **Sat. 25 March, 2023** during the 7 p.m Mass, our Elect who are preparing their full initiation at Easter, will celebrate the “Rite of the 3rd Scrutiny,” which highlights the saving power of Christ in setting them free. We are invited to come together with them, to pray with them and for them reminding ourselves of our need to rid ourselves of our negative values and to try to live in His love.

MEETINGS/ACTIVITIES:-

- * 5/3/23 @ 2 p.m – RCIA (BM) (St.Mk..Rm.) @ 6 p.m - Youth Nite (Cafeteria)
- * 7/3/23 @ 8 p.m – Caritas OMPH (St.Mk.Rm.) @ 8 p.m – Legion of Mary (C) (Mt.Rm.)
- * 8/3/23 @ 7.30p.m- CCR (church)
- * 9/3/23 @ 8 p.m – RCIA (E) (St.MkRm.) @ 8 p.m – RCIA (T) (St.Paul Rm.) @ 8 p.m – RCIA BM (Francis Xavier Rm.)
- * 10/3/23 @ 8 p.m – RCIA (C) (St.Francis X.Rm.)
- * 12/3/23 @ 9 a.m – Caritas OMPH “Mental Wellness” (Parish hall) @ 2p.m – RCIA BM (St.Mk. Rm.)

BIBLE REFLECTION & HOME-GATHERING

- * 5/3 – BEC St.Benedict – 6 p.m (Sebastian hme)
- * 9/3 - BEC St.Simon (C) – 8 p.m (Cafeteria)
- * 15/3-BEC St.Peter (C) – 8 p.m. (Cafeteria)

COFFEE MORNINGS 2023

- * 5/3/2023 – Tamil Hospitality.
- * 12/3/2023 – Tamil Hospitality.
- * 19/3/2023 – Eucharist Ministers.
- * 26/3/2023 – Caritas OMPH

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

INFANT BAPTISM: Please contact the Parish Priest at least **ONE MONTH** in advance.

WE WELCOME to our community

- * Kyle Wabster s/o Wabster Aseh & Sabrina Dirin.
- * Leandro Lavezzi & Vivianna Annalisa children of Lenard Linggi Ak Benang & Angeline Voo Siau Ling.
- * Jovan Nicholas Menon s/o Sandeep Menon Rajan & Olivia Constance Nicholas. They were baptized on 25 February, 2023. Congratulations to their parents and godparents.

All three liturgical cycles for the second Sunday of Lent feature the story of Abram and Sarah and it is a focal point in the book of Genesis and in the faith history of the Jewish people as well. It begins with God’s command, “Go forth.”

The meaning of the Transfiguration is that, as Karl Rahner says: “in the dark night of hopelessness the light of God shines, and a human heart finds in God the power which turns a dying into victory.”

We go apart for a while with other disciples and the same voice is encouraging us, “Listen to him.” Jesus’ words and actions will tell us about God and about ourselves but also about forgiveness, compassion and our responsibility to spread what we have heard from him and to do what he did.

As the Gospel unfolds, the dazzling brilliance of our God begins to show through the humanity of Jesus more and more clearly. Our faith tells us that our lives will gradually be re-energized and remade according to the pattern of the transfigured Christ, who is our Light, our Strength and our Salvation.

We have been told to listen and to “Go forth.” Lent is a good time to reflect upon how well we do both.