



**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, 1, Jln Serindik, Ipoh Gdn., Ipoh  
**Tel. Nos.:** (office – 05 5458220) (Fax: 05 5468495) **website:** omhip.org

### ANNOUNCEMENTS:



OMPH QR code accepts donation from any banks & e-wallet.

The QR code is displayed on the Notice-

Board and around the church for your kind donation. Every cent helps us maintain our building, our facilities and compound.

Your Parish contributions can be trf. to:- (Public Bank:) **“PARISH OF OUR MOTHER OF PERPETUAL HELP, IPOH GARDEN, IPOH”**

(Account number: 3096 86 4807)

QR, you can write a cheque made payable to : “PARISH OF OUR MOTHER OF PERPETUAL HELP, IPOH GARDEN, IPOH” and hand to the parish office.

Thank you for your support. (Parish priest)

### SCHEDULE FOR WEEKDAY

#### Morning MASS

There will be **no 7 a.m. / 7.30 a.m.** Mass from Mon. 10 to Sat. 15 & Mon. 17 of March, 2025.

\* 7 a.m. mass will resume on Tues. 18 of March, 2025.

### ECOLOGICAL PARISH

We have just signed the protocols to become an Ecological Parish. This would mean that we have to refrain from using plastics in our cafeteria among other requirements. We will implement this as soon as possible as we have to take baby-steps to implement this. As we start Lent soon the protocols will take effect. Let us work together as the earth is our home

### TRI-LINGUAL MASS

Our Redemptorists priest will be away for their conference in March. Please take note of the mass schedule for **Sun. 9/3 & 16/3 @ 8am Mass.** There will be no 10 a.m. & 11.30 a.m mass. for 2 Sundays.

### PARISH ACTIVITIES & MEETINGS: (March 2025)

- \* 10/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)
- \* 11/3/2025 - 7.30 p.m. – Caritas OMPH (St.Mk.Rm.)
- \* 11/3/2025 - 8.00 p.m. - Legion of Mary (St.Mt.Rm.)
- 8.00 p.m. – Tamil Charismatic (church)
- \* 12/3/2025 - 8.00 p.m. – Chinese Apostolate (ven Francis Xavier Rm.)
- \* 12/3/2025 - 8.00 p.m. – Parish Animating Team (PAT) (St.Mk.Rm.)
- \* 13/3/2025 – 7.30 p.m. - RCIA (E ) (St.Mk.Rm.)
- 8.00 p.m - RCIA (T) (St.Paul Rm.)
- 8.00 p.m - RCIA (BM) (Wallace Rm.)
- \* 14/3/2025 - 8.00 p.m. – RCIA (C ) (ven Francis Xavier Rm.)
- \* 14/3/2025 - – No Area Coordinators
- \* 14/3/2025 - 18/3/2025 - 9.00 a.m. – CGS formation (Wisma Liguori)
- \* 17/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)
- \* 20/3/2025 – 7.30 p.m. - RCIA (E ) (St.Mk.Rm.)
- 8.00 p.m - RCIA (T) (St.Paul Rm.)
- 8.00 p.m - RCIA (BM) (Wallace Rm.)
- \* 21/3/2025 - 8.00 p.m. – RCIA (C ) (ven Francis Xavier Rm.)
- \* 23/3/2025 – 10.00 a.m. – Perak Legion of Mary (Parish hall)
- \* 24/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)

### BIBLE REFLECTION & HOME-GATHERING:

- \* 19/1/2025 – 8.00 p.m. – BEC St.Peter (C ) – (Cafeteria)
- \* 23/3/2025 – 8.00 p.m. – BEC St.Francis De Sales; Home of Michelle Koak.

### MARCH COFFEE MORNINGS:

- 9/3/2025 - BEC St.Anthony
- 16/3/2025 – Sun. Sch.
- 23/3/2025 – Caritas OMPH.
- 30/3/2025 – BEC St.Monica (T)

### ETERNAL HAPPINESS TO

- + Francisca Tham Pei Ling departed on 28 February, 2025.
- + Rosa Lee-Wong departed on 28 February, 2025.
- + Maria Yang Choon May departed on 2 March 2025.
- + Cyril Hew Thai Hsoon departed on 4 March, 2025.



**B.E.C. COORDINATORS MEETING-**  
**Every 2<sup>nd</sup> Friday of the month**  
 at 8.00 p.m.in St.Mark's room.  
 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 meeting: Fri. 14/3/2025**

**EVENING FOR THE ENGAGED 2025**  
**Please see your Parish Priest for registration.**

EE143	16-18 May 2025
EE144	8-10 Aug 2025
EE145	7-9 Nov 2025

Couples planning to get married in the year 2025, please take note of the EE Weekends held in **english** during the year. You are requested to register six (6) weeks before the weekend For **Tamil marriage preparation course 2025** –

Dormitory St.Anne, Bukit Mertajam. Church of St.Anthony, Nibong Tebal.	May 24/25 Aug 23 & 24/ Nov 15 & 16 (Closing date on: 1st day of each month)
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**Please see your Parish Priest for registration.**

**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.

**WE WELCOME TO OUR COMMUNITY**  
 \* Tashanna Lynn a/p Philip  
 \* Helena Rhea Simon.  
 They were baptised on 23 Feb.,2025.  
 Congratulations to their parents & Godparents.

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

**OMPH Catholic Charismatic Renewal Group**  
 Please take note CCR ministry will be taking a break during the Season of Lent. The resume date of the weekly prayer meetings will be announced later.

**OKU PARKING BAY**  
 Kindly observe that OKU parking bay is for **DRIVERS WHO ARE OKU** and not for OKU passengers. Please park your car in the proper parking lot to avoid inconvenience.

**STATIONS OF THE CROSS –**  
**Friday, 14 March,2025**  
 at 7.30 pm (E) in church & at 7.15 p.m. (T) in the parish hall  
 There will be no 8 p.m. Mass.

**OMPH-BECs PILGRIMAGE TO ANNAI VELLAGANNY CHAPEL, IPOH**



\*Tues.[Public Holiday] 18 March 2025  
 \*10am Rosary\*  
 \*10.30am Mass\*

\*Sacrament of Confession - Available\*  
 \* **BUS** @ RM10/pax [leaving OMPH @ 8.45am]  
 \* Vegetarian Meal [Season of Lent] @ RM10/-pax  
 \*Please book and pay to your BEC heads\*  
 \*Booth for booking with payment after weekend Masses next to Bell Tower. (Michelle Koak BECs Co-ordinators Chairperson )

**KURSUS PRA-PERKAHWINAN DALAM BM**  
 (Tarikh) **26-27 April,2025.**  
 (Tempat) Auditorium, Minor Basilika St.Anne Bukit Mertajam  
 Untuk pertanyaan dan maklumat lanjut sila hubungi:  
 Sr.Lucydia (010 7966882)  
 Sr.Florence (012 8484158)  
 Byron (013 5950232)  
 Tarikh tutup penyertaan: 20/4/2025.

**RITE OF ELECTION**  
 1<sup>st</sup> Sunday of Lent –  
 The Rite of Election for District of Perak will be celebrated at Church of St. Michael, Ipoh on **Sun. 9 March, 2025** at 5 p.m. with Cardinal Bishop Sebastian Francis.

**LENT PENITENTIAL SERVICE**  
 In preparation for Easter, penitential service will be held on  
 > Tues. 1 April, 2025 at OMPH church @ 8 p.m.  
 > Wed. 2 April,2025 at Church of St.Michael,Ipoh @ 7 p.m.  
 > Thurs.3 April,2025 at Church of Our Lady of Lourdes, Silibin @ 7 p.m

**JOB VACANCIES**  
 Urgently required at Pusat Jagaan Rumah Orang-Orang Tua (PKK) Simee, Ipoh to fill the following position:-  
 1) **Part-time Physiotherapist**  
 Working hrs./Off day: 8.30 a.m – 12.30 p.m  
 2) **Cook**  
 Working hrs./Off day: 7 a.m. – 5 p.m.  
 Salary: subject to qualification & experience (with EPF,SOCSO & EIS benefit)  
 Contact Alicia Yong  
 05 5473252/ 010 8264286