



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)

Address: 19-21, Jalan La Salle, Ipoh Garden, Ipoh Garden.
Telephone Nos.: (Office - 05- 5458 220) (Fax:05- 5468 495) website: www.omhip.org
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(Announcements:)

PELAN PERMULIHAN NASIONAL (PPN) FASA 1,2,3/ National Recovery Plan (NRP) PHASE 1, 2, 3 effective from 29 June, 2021 until further notice.

These guidelines may be revised in line with updates and additional SOPs issued by the authorities.

In view of this and the alarming figures of new infections and increase in infectivity, ALL MASSES (weekday and weekend) are suspended **till further notice.**

The main gate of the church will remain closed and only **Individuals** (*not in groups*) who have a special and urgent reason to see the priest or office staff must first make a prior appointment before the visit. As far as possible, if the matter could be handled by avoiding any physical contact, alternative means of communication should be used – telephone call or email.

Visitors with prior appointments should have their hand sanitized and should be masked. Check in with MySejahtera App. Contact details of visitors will be recorded for the purpose of contact tracing.

NEW-INTAKE (2021-2022) RCIA (Rite of Christian Initiation of Adults)

If you know of friends who are interested in making enquiry into the Catholic Faith, **please call to register now at the parish office (055458220).** Sessions will be held online in English, Mandarin & Tamil.

ETERNAL HAPPINESS TO:-

+ Jason Michael Leong Swee Kee departed on 30 July 2021.

FORMED.org

Diocese of Penang has subscribed for Formed.org so that all individuals, families, ministries, communities and beyond can access to Catholic programs, talks, movie, audios and other materials for free. Recommendations at FORMED.org for the following groups:-

1. BECs – A wide variety can be explored for all age groups which includes movies & talks.
 2. RCIA Team – Symbolon – The Catholic Faith Explained.
 3. Faith Formation Team – The Lectio Series on Prayer, Devotionals, 33 days to Morning Glory.
 4. Youth – YDisciple, Anima for Youth; Called: Discover your vocation.
 5. Senior @ evergreen – Bible Studies, Documentaries, Devotionals, Daily Reflections.
 6. Catechism – The Search Find the Meaning of Life, Movies, The Saints & Heroes collection
 7. Legion of Mary – Bible study on the Annunciation.
 8. Liturgical teams – the Sacraments series, the Eucharist, Book – Sacraments in Scripture.
 9. Families – Movies, Current topics, Marriage, Parenting, Kids.
 10. For leisure & pleasure – Documentary movies, audio talks, books on a variety of topics.
- Steps to self-registration for every individual –
- a) <https://formed.org/>
 - b) Sign up today. Click blue box that says Sign Up.
 - c) ‘How would you like to sign up?’ – click on “Sign up as a parishioner”
 - d) While in the ‘Create a New Account page’ to find your parish or organization:
 - i) Search & type “Penang Diocesan Pastoral Institute” then click on it.
 - e) Personal individual account –
 - i) Put your name & personal email address which have not been used before to sign up for FORMED. (you can create a new email if necessary)
 - ii) Click Sign up & you are logged in.

food for thought) (Bulletin 8 August, 2021)
 Gospel: Jn 6: 41-51. **“Get Up and Eat”**



Throughout the last several weeks, the Scripture Readings have created a mosaic depicting the sublime mystery of the Eucharist. The continuing narrative shows us how carefully the seeds of this mystery were planted in the early stages of Salvation History. Discouragement, fear, disappointment and frustration can all lead to a first response of shock and rejection. Elijah felt it - and those who first witnessed Jesus' words and works felt it as well.

In some ways - perhaps in many ways - we mirror the ancient Israelites. We grumble and complain. Perhaps we grumble over our jobs, complain about our neighbors, or about far more important aspects of our lives. If we do this enough, we will see negativity everywhere.

It is easy to be negative. It is also contagious. One negative thought leads to another. One negative person easily infects another.

But we have been gifted with the eternal positive. The Word of God has become one of us. He who from the beginning of time has had a intimate relationship with the Father, shares his life with us. St. Paul had plenty of reason to grumble and despair. He was mocked, insulted, scourged, beaten, etc. Yet he writes to the Christians at Ephesus, "All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ."

We are the people of the promise. The angel of God calls to us as was Elijah the prophet: "Get up now and eat this food - or else the journey will be too long for you."

