



**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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food for thought) (Bulletin 29 January 2023)  
 Gospel: Matthew 5: 1-12 *"Authentic Christianity"*

**TRANSITION TO ENDEMIC STAGE**  
**ATTENDING MASSES IN O.M.P.H.**  
**IPOH**

- \* Wearing of face Mask is mandatory inside the church premises (Adults & children)
- \* Sanitize your hands
- \* Please co-operate and follow instructions from the hospitality ministers.

**Stay safe Stay healthy**

**PONGGAL CELEBRATION**

The Tamil community will be celebrating ponggal on **Sun. 29 Jan., 2023** commencing at **4.00 p.m.** with the boiling of sweetened rice in-front of the church followed by our Eucharistic celebration. After Mass there will be fellowship. No *Tamil mass @ 10 a.m* but replace with **mandarin mass at 10 a.m** in church.

**BLESSING OF CANDLES**

**Thurs. 2 Feb, 2023 at 7 a.m. Mass.** On this Feast of Presentation of Our Lord, candles will be blessed for your home use. Please bring your candles and leave it on the table provided.

**WORLD DAY FOR CONSECRATED LIFE**

All are welcome to join in prayer for our Priests and Religious brothers & Sisters on (date) **Thurs. 2 February, 2023.** (time) 10 a.m. (venue) O.M.P.H. church.

**CATECHESIS OF THE GOOD SHEPHERD (CGS)**

Interested in being a CGS Catechist? You will be journeying in faith formation with children between the ages of 3 to 6 years old. Training will be provided for interested Catechists and all age groups are encouraged to apply – no one is too young or too old to be a Catechist.

If you are unable to commit fully, you can join us as Catechists Assistant. Contact Rosalind (016 5587 655) for more information.

**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. (1 coupon = RM20/.) (1 Bk. = RM200/-)

Food Fair coupons are available at the Home for the Aged, Simee, after weekend Mass and at the parish office.

**COMMISSIONING OF**

All Faith Educators, RCIA Facilitators, Catechesis of the Good Shepherd (C.G.S.), Infant Baptism Facilitators on **Sunday, 5 Feb., 2023** at 8.00 a.m.(OMPH church)

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

**MEETINGS/ACTIVITIES:-**

- \* 29/1/2023 @ 3 p.m – Youth (St.Mark Rm.)
- \* 30/1/2023 @ 7.30p.m –CCR (St.Mk.Rm.)
- \* 31/1/2023 @ 8 p.m – Legion of Mary (C )(Mt.Rm.)
- \* 2/2/2023 @ 8p.m – RCIA (E) (St.MkRm.)
- \* @ 8 p.m – RCIA (T) (St.Paul Rm.)
- \* 3/2/2023 @ 8 p.m – RCIA (C) (St.Francis X.Rm.)

**COFFEE MORNINGS 2023**

- \* 29/1/2023 – Tamil Hospitality
- \* 5/2/2023 – BEC St.Jude (T)
- \* 12/2/2023 – BEC St.Monica (T)
- \* 19/2/2023 – Young People Choir.

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

- \* 16/2/23 – BEC St. Peter- Cafeteria area.

**EVENING FOR THE ENGAGED 2023**

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

EE134	17-19 Feb	Stella Maris
EE135	19-21 May	Stella Maris
EE136	18-20 Aug	Stella Maris
EE137	17-19 Nov	Stella Maris

For enquiries contact Bart-Angie (017 5900978). Registration forms can be obtained from website <http://www.ccepenang.org>

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

**ETERNAL HAPPINESS:**

- + Catherina Ramayee a/p Vellasamy departed on 20 January, 2023.
- + Michael Chong Voon Sun departed on 19 Jan., 2023

These words of Jesus as recounted by Matthew make up the heart of the Gospel, the substance of the "Good News." The evangelist spends a lot of time - one hundred and eleven verses - making sure that this message would be remembered down through the ages. The Sermon on the Mount represents the New Sinai, the new Covenant, the NEW Commandment. It is the summary of all that it means to be Christian - all that it means to be fully human.

The Beatitudes are for living not just listening. These are not just words to be memorized. We don't just keep them handy in a notebook that we can occasionally refer to. We don't just preach them to our children and to our neighbors. Jesus expects much more than that and warns that the salt can go flat and tasteless, the light can be hidden and useless and that we can easily blind ourselves to the truth. Jesus is saying that we who live the Beatitudes are already blessed. We are enabled to live as he did in a world that does not always accept him. And because of this we are able to proclaim by our words and actions the presence of God in the world.