



“For everything created by God is good, and nothing is to be rejected when received with thanksgiving”

1 Timothy 4:4

SCRIPTURE of the DAY

Numbers 21: 4-9

Psalms 77: 1-2, 34-38

Philippians 2: 6-11

John 3: 13-17

INTERNAL CIRCULATION ONLY
BUL 37/2025

We too are easily distracted by the physical world; any discomfort or inconvenience and we grumble easily. These days, it is getting hotter and hotter and the weather is erratic. Floods, droughts, storms are occurring with greater frequency and intensity. We complain, forgetting that we have caused global heating and therefore, its impacts. A future where we complain like the Israelites is a likely reality with worsening climate change.

If human beings have broken the rules of nature and violated the covenant of caring for the Earth, should we complain when we suffer the consequences of our actions? Nature is not “fighting back” as a human being might do. The physical world has rules which we have broken and we are simply reaping what we have sowed while failing to take accountability for it.

The Israelites repented and turned back to God who forgave them. If we don’t want a catastrophic future for current and future generations of life on Earth, are we willing to humble ourselves? “If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land (2 Chronicles 7:14)”.

The Gospel reading tells us that God sent His only Son “so that through Him, the world might be saved”. We need to be saved from our blindness to the current climate emergency of the world which is at a tipping point in history. **Only through our repentance in word and deed can we, with God’s grace, turn the tide; bring healing, hope, peace and regeneration for people and planet.** ✚

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NEWBEC

NEW WAY OF BEING CHURCH | 24th Sunday in Ordinary Time | 14 Sept 2025
(The Exaltation of the Holy Cross)

CELEBRATING, LISTENING AND WALKING AS PILGRIMS OF HOPE

MONTHLY FOCUS & RATIONALE
ECOLOGY (STEWARDSHIP)
CALLED TO AVOID WASTAGE, ACT NOW!

Complaint to
Conversion:

A Call to
Ecological
Repentance



In today’s first reading, the Israelites complained to Moses, “For there is neither food nor water here; we are sick of this meagre diet.” They forgot how God had saved them from brutal slavery in Egypt. Their view was limited to the physical world around them and faith in God faded away.



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:

PARISH PASTORAL COUNCIL

On Tues. 16 Sept.,2025, all
Parish councilors will be
having a one day Reflection and
Team building session
in Batu Gajah.
Kindly remember them in your
prayers.

PARISH PASTORAL COUNCIL MEETING

(date) Sun. 21 Sept.,2025
(time) 7.00 p.m
(venue) St. Mark's Rm.

INVITING ALL CATHOLICS from Ipoh Garden East –

As part of our revival of B.E.Cs,
I would like to meet the
residences from the 4 BECs –
St.Mark, St. Matthew, St. John,
St. Luke of Ipoh Garden East
on **Monday, 15 Sept.,2025**
at 8.00 p.m.
in parish hall.
Let us come together for a
sharing session, praying session
and for fellowship.

(from your Parish Priest)

PARISH ACTIVITIES & MEETINGS:

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|--|--------------------------|
| * 15/9/2025 – 8.00 p.m. - BECs Ipoh Gdn. East | (parish hall) |
| * 16/9/2025 - 8.00 p.m. – Legion of Mary (C) | (St.Mt.Rm.) |
| * 18/9/2025 - 7.30 p.m. – RCIA (E) | (St.Mk. Rm.) |
| - 8.00 p.m. – RCIA (BM) | (Wallace Rm.) |
| - 8.00 p.m. – Tamil Choir | (St.Paul Rm.) |
| * 19/9/2025 – 8.00 p.m - RCIA (C) | (ven Francis Xavier Rm.) |
| * 21/9/2025 - 7.00 p.m. – Parish Pastoral Council | (St.Mk.Rm.) |
| * 22/9/2025 - 8.00 p.m. - Group study(C) (Gospel of Mark) | (ven Francis Xavier Rm.) |
| * 23/9/2025 - 8.00 p.m. – Legion of Mary (C) | (St.Mt.Rm.) |
| * 25/9/2025 - 7.30 p.m. – RCIA (E) | (St.Mk. Rm.) |
| - 8.00 p.m. – RCIA (BM) | (Wallace Rm.) |
| - 8.00 p.m. – Tamil Choir | (St.Paul Rm.) |
| * 26/9/2025 – 8.00 p.m - RCIA (C) | (ven Francis Xavier Rm.) |
| * 30/9/2025 - 8.00 p.m. – Legion of Mary (C) | (St.Mt.Rm.) |
| * 2/10/2025 - 7.30 p.m. – RCIA (E) | (St.Mk. Rm.) |
| - 8.00 p.m. – RCIA (BM) | (Wallace Rm.) |
| * 3/10/2025 – 8.00 p.m - RCIA (C) | (ven Francis Xavier Rm.) |
| * 7/10/2025 - 8.00 p.m. – Legion of Mary (C) | (St.Mt.Rm.) |
| * 7/10/2025 – 8.00 p.m. – Liturgical Com. | (St.Mk.Rm.) |
| * 9/10/2025 - 7.30 p.m. – RCIA (E) | (St.Mk. Rm.) |
| - 8.00 p.m. – RCIA (BM) | (Wallace Rm.) |
| * 10/10/2025 - 6.00 p.m - Ablaze | (St.Mk.Rm.) |
| * 10/10/2025 - 8.00 p.m - RCIA (C) | (ven Francis Xavier Rm.) |
| * 13/10/2025 - 8.00 p.m. - Group study(C) (Gospel of Mark) | (ven Francis Xavier Rm.) |

SEPTEMBER COFFEE MORNINGS:

- 14/9/2025 - BEC St.Monica (T)
- 21/9/2025 - Tamil Liturgy
- 28/9/2025 - BEC St.Gerard (T)

BIBLE REFLECTION & HOME-GATHERING:

- * 17/9/2025 – 8.00 p.m. – BEC St.Peter (C) – (Cafeteria lounge)
- * 19/9/2025 – 8.00 p.m. – BEC St. Francis De Sales;Home of Celine & Melissa John
- * 28/9/2025 – 6.00 p.m. – BEC St.Alphonsus Liguori (Cafeteria)

ETERNAL HAPPINESS TO:

- + Paul Loke Kok Khi departed on 6 September, 2025.



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.

EVENING FOR THE ENGAGED 2025.

Please see your Parish Priest for registration.

EE145	7-9 Nov 2025
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Couples planning to get married in the year 2025, please take note of the EE Weekends held in **english** during the year.

For **Tamil marriage preparation** course **2025** –

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

You are requested to register six (6) weeks before the weekend

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.

MARRIAGE:

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

WEDDING BANNS:

* *Charles Hiliary Raj & Charlene Maavithra*

THE EXPERIENCE

Choice Tamil Penang Weekend

A journey to encounter God and ourselves.

(date) **16 – 19 October, 2025**

(venue) Domus St.Anne, B.Mertajam (for) Single working Adult (21-35yrs old)

This program is intended to help young adults grow in faith, encounter Christ more personally and strengthen fellowship within the Catholic community.

Contact: Eloise (011 23392669)

Napolion (011 21811992)

FAMILY FOOD FAIR DAY

The Home for the Aged (CWS) Simee Care Centre, Ipoh will hold a Family

day with Food stalls. Fun and Entertainment on **Sunday, 14 September, 2025**

from 8.30 a.m. till 1.00 p.m. at

Dewan SJKC Chung Tack, Lebu 2, Simee, Ipoh.

Contact: Dennis 013 5200385 or

Carol Chan 016 2948618

Kursus pra-perkahwinan dalam BM

Tarikh : **4 -5 Oktober 2025**

Tempat : Domus, Minor Basilika St. Anne Bukit Mertajam

Untuk pertanyaan dan maklumat lanjut sila hubungi;

Sr. Lucynia-0107966882

Sr. Florence -0128484158

Byron - 0135950232

Tarikh tutup penyertaan : 29 Sept

2025 Sila imbas/"scan" untuk

pendaftaran secara online.

TWO MAJOR PROJECTS IN O.M.P.H

1. The roof at our Parish Hall is leaking and we need to replace the roof tiles and also to service the Solar panels.

2. St.Joseph Chapel area gets flooded after a heavy downpour.

We need to rectify the drainage.

The Maintenance Committee is looking into it before we call for Tender. Once we have more information of the projects, we will inform about the cost and duration of the work. (Parish priest)

FUND RAISING FOR St.Mary's Chapel, Kg.Tersusun, Ulu Kinta.

Dear Parishioners,

Our chapel in Ulu Kinta is in need of funds to repair the roof of the chapel. It cost RM100,000/-.

We are launching a project called "Buy A Brick".

Each brick cost RM10/-.

To-date we have collected RM75,000/-.

Kindly help us to raise the needed fund. God bless you.

(Fr. Joseph Stephen, Parish priest)



SCHEDULE: For MASS, DEVOTIONS and PRAYER MEETINGS.
(14 September 2025) (Mass at 8.00 a.m. if it is a PUBLIC HOLIDAY)
 (All in *English* unless stated otherwise.)

SUN.14 EXALTATION OF THE HOLY CROSS

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

MON. 15 24th Week in Ord. Time/Our Lady of Sorrows(Wk 4)

8.00 a.m. Mass

TUES.16 24th Week in Ord. Time/SS. Cornelius & Cyprian (Wk 4)

8.00 a.m. Mass.

WED.17 24th Week in Ord. Time/St.Robert Bellarmine/St.Hildegard of Bingen (Wk 4)

7.00 a.m. Mass.

THURS.18 24th Week in Ord. Time (Wk 4)

7.00 a.m. Mass

FRI.19 24th Week in Ord. Time/St.Januarius(Wk 4)

7.00 a.m. Mass.

SAT.20 24th Week in Ord. Time/SS. Laurent Imbert, Jacques Chastan/SS. Andrew Kim Tae-gon & Paul Chong Ha-sang & companions (Wk 4)/B.V.M

7.30 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.

SUN.21 TWENTY-FIFTH SUN. IN ORD TIME

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

ST. MARY'S CHAPEL, KG. TERSUSUN –

- Sun 14/9/2025 - 8.00 a.m. Mass in Tamil.
 - Sun. 21/9/2025 – 8.00 a.m. Mass in Tamil.

2nd COLLECTION: 14/9/2025 – For the parish maintenance.

DAILY SCRIPTURE READINGS

(WEEKEND READINGS: Year C) (WEEKDAY READINGS : Year 1)

SUNDAY 14	(14 September – 21September, 2025) (a) Num 21: 4-9. (Ps 77: 1-2, 34-38) (b) Phil 2: 6-11 (c) Jn 3: 13-17
MONDAY 15	(a) Heb 5: 7-9. (Ps 30: 2-6, 15-16, 20) (b) Jn 19: 25-27 or Lk 2: 33-35
TUESDAY 16	(a) 1 Tim 3: 1-13. (Ps 100: 1-3, 5-6) (b) Lk 7: 11-17
WEDNESDAY 17	(a) 1 Tim 3: 14-16. (Ps 110: 1-6) (b) Lk 7: 31-35
THURSDAY 18	(a) 1 Tim 4: 12-16. (Ps 110: 7-10) (b) Lk 7: 36-50
FRIDAY 19	(a) 1 Tim 6: 2-12. (Ps 48: 6-10, 17-20) (b) Lk 8: 1-3
SATURDAY 20	(a) 1 Tim 6: 13-16. (Ps 99: 1-2, 3,5) (b) Lk 8: 4-15 or (a) Wis 3: 1-9/ Rom 8: 31-39. (Ps 125: 1-6) (b) Lk 9: 23-26
SUNDAY 21	(21 September – 28 September, 2025) (a) Am 8: 4-7. (Ps 112: 1-2, 4-8) (b) 1 Tim 2: 1-8 (c) Lk 16: 1-13 (or 10-13)