



PARISH OF OUR MOTHER OF PERPETUAL HELP
Redemptorist Community
Rev Fr Patrick Massang, C.Ss.R. (Parish Priest)
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ATTENDING MASSES, FORMATION & OTHER ACTIVITIES IN O.M.P.H. IPOH

ONLY OMPH PARISHIONERS

(citizens & non-citizens) and those serving in OMPH ministries are allowed to attend weekday and weekend masses at OMPH church.
 > Pre-registration of Masses with ministry/BEC heads or parish office. Attendance will be based on rostering exercise on first come first serve basis.
 > Please come 30-45 minutes earlier before Mass starts for attendance marking, temperature taking and checking in with MySejahtera App. Government SOPs apply.

RITE OF THE 3rd SCRUTINY –

On Sat. 20 March, 2021 during the 5.30pm 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.

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 powder, noodles, tin biscuits, etc.....

PALM SUNDAY – March, 2021

* Sat.27 @ 5.30 pm (E) &
 * Sun. 28 of @ 8.00 am (E)
 *Mass in Chinese @ 10 am (Parish hall)
 * Mass in Tamil @ 11 am (church)
BLESSING OF PALM LEAVES will be in the church. Please bring yr own palm leaves.
PALM SUN. PROCESSION is ONLY for the Liturgical Ministers, Celebrant.

STATIONS OF THE CROSS

followed by Mass (Fridays during Lent) @ 6.30 pm (E) – OMPH church.
 @ 7.30 pm (T) – Parish hall

HOLY WEEK – MON.29/3, TUES.30/3, WED. 31/3 Mass in English at 7.00 am (Self registration, have to adhere to strict SOPs.)

HOLY THURSDAY – 1 April, 2021
 - 10am Mass (E), Only for parishioners 60 +.
 - 7.30pm Mass (E)
 - 8.00pm Mass (T)

GOOD FRIDAY – 2 April, 2021
 Stations of the Cross followed by Service.
 - 4.00 pm (E) & 7.30 pm (E)
 - 7.00 pm (T)

HOLY SATURDAY – 3 April, 2021
 - 7.00 pm (E) - 10.00 pm (T)

EASTER SUNDAY – 4 April, 2021
 - 8.00 am (E) - 11.00 am (C)
 (St.Mary's Chapel, Tersusun – 8.00 am (T))

INFANT BAPTISM – Sun. 11 April, 2021 @ 4pm (E)

(food for thought) (Bulletin 14 March, 2021)
 Gospel: John 9: 1-41. *“Reason to Rejoice”*



The fourth Sunday in Lent is traditionally known as "Laetare" (Rejoice) Sunday. In the midst of Lent, the liturgy reminds us of what we are about during this holy season. We rejoice because, as we hear in today's Gospel, we who look to Jesus have received healing for our broken spirits. And we believe that if we live by the kind of love Jesus shows us from the cross, we too can be life-giving for a broken and suffering world. We are called to mirror what we see in Jesus' life, death and resurrection - and we hope that those who are just as broken can look to us to find help and healing.

In the Gospel of John, "eternal life" isn't something that starts when we die. It begins here and now for us: it means having a meaningful life; a life rich in God's presence; a life that draws from a deep source within our very beings; a life of resolve and power to forgive others; a life of seeing by a light that is not of our own achievement, but has been given to us. Eternal life is all this and so much more - and it has been given to all of us who look on the Son of Man – the one "lifted up."

For us there can be no middle ground. The Son of God's coming into our world requires a choice: do we believe in Him and, if we do, how do our lives reflect that belief? The Gospel tells us that the coming of God's Son into the world has brought us light. If we see by that light we are guided by it and live the truth the light shows us.

The overall message of Lent is not about condemnation, but what we hear repeated in today's Scriptures. Paul sums it up: "God who is rich in mercy because of the great love God had for us, even when we were dead in our transgressions, brought us to life with Christ."