



**SCRIPTURE
of the DAY**

Ezekiel 37: 12-14

Psalm 129

Romans 8: 8-11

John 11: 1-45 (or 11: 3, 7,
17, 20-27, 33-45)



✠
"Lent is a time
of grace, a time
for conversion,
a time to come
home to God."

- St. Maximilian Kolbe

we constantly witness health deteriorating and our loved ones dying. If only Jesus was present, He could have prevented this.

By raising Lazarus from the dead, the Lord is saying this: I AM with you. I am willing to join you in your sufferings. Jesus, Emmanuel, God-With-Us, joins us not by preventing death, but by dying with us and for us. He then begins the remaking of all creation by rising from the dead.

The real miracle of the story is NOT the resuscitation of Lazarus, however impressive and important that is. Martha and Mary wanted a miracle, and they got their miracle. But the greater truth is that Jesus is not just a miracle worker, He is the resurrection and the life! Miracles are nice; but they don't solve our deepest problems. As much as we want Him to, God will not perform on cue.

Jesus Christ offers something more and definitely better. Not a nice life but a new one. He promises us not a long life but far better than that, an eternal life. He is the real miracle of the story. He is the final and ultimate answer to prayer. **He is the resurrection and the life. Not resuscitation but resurrection.** Not reversal but renewal. Jesus defeated sin, death and hell. If we believe in Him, then we will have life; eternal life. Our Lord promises this: "I am the resurrection and the life. If anyone believes in Me, even though he dies he will live, and whoever lives and believes in Me will never die." Then the Lord adds, "Do you believe this?" It is my hope and prayer that every one of you would get it right. "Yes Lord, I believe that you are the Christ, the Son of God, the one who was to come into this world." AMEN! In Him, we are one! ✠

INTERNAL CIRCULATION ONLY
BUL 12/2026

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NEWBEC

NEW WAY OF BEING CHURCH | 5th Sunday Of Lent | 22 March 2026

LENTEN REFLECTION 5

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

A People for Missionary Discipleship

MONTHLY FOCUS: ECOLOGY: Restoring Our Common Home



**"In the One,
We Are One"**

The frustration felt by the sisters of Lazarus resonates with many of us. Having exhausted all medical options and in desperation, we turn to the Lord looking for some miraculous cure. And yet,



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:

OMPH IPOH CHANNEL

Members of the Communications and Media Ministry will carry out a tutorial on how to access and follow OMPH IPOH CHANNEL on Whatsapp.

This official Channel carries updated information on all activities of our parish including our weekly bulletin.

A booth will be located near the bell tower should you need further assistance.

NEW-INTAKE for “ADULT ENQUIRY TO THE CATHOLIC FAITH”

The RCIA (Rite of Christian Initiation of Adults) is a program of induction into the Catholic Church. If you know of friends who are interested in making enquiry into the Catholic Faith please register now at the Parish office. Program will start in July.

FRIDAY CONFESSION

There will be confession in church every Friday from **10 a.m. till 11 a.m.**

REHEARSAL FOR PALM SUNDAY

Sun. 22 March, 2026 at 3 p.m.

All ministries involved in the Liturgical celebration are to be present.

REHEARSAL FOR THE RCIA ‘ELECTS’

Sun. 29 March, 2026 at

2 p.m. in church. Elects & Sponsors are to be present.

REHEARSAL FOR H.THURS., GOOD FRI., & H. SAT.

All ministries involved in the Liturgical celebrations are requested to be present on

Sun. 29 March @ 3 p.m. in church.

STATIONS OF THE CROSS – Friday, 27 March, 2026

Stations (T) at 7.15 pm in the hall.
Stations (E) at 7.30 pm in the church followed by Mass at 8.00 pm

PARISH ACTIVITIES & MEETINGS: (MAR. /APRIL2026)

- * 22/3/2026 – 2.00 p.m. – Eucharistic Ministers Retreat (St.Mk. Rm.)(Cafeteria)
- * 22/3/2026 – 2.00 p.m. – RECHOSO practice (church)
- * 22/3/2026 – 3.00 p.m. – Rehearsal for Palm Sun. (church)
- * 22/3/2026 – 6.00 p.m - Sunset Choir practice (church)
- * 23/3/2026 – 9.30 a.m. - Eucharistic Ministers Retreat (St.Mk. Rm.)(Cafeteria)
- * 24/3/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt. Rm.)
- * 25/3/2026 – 8.00 p.m. – Area Coordinators (St.Mk.Rm.)
- * 26/3/2026 – 7.30 p.m. – RCIA (E) (St.Mk.Rm.)
- * 26/3/2026 - 8.00 p.m.- RCIA (BM) (Wallace Rm.)
- * 26/3/2026 – 8.00 p.m. – Tamil Choir (St.Paul Rm.)
- * 26/3/2026 – 7.00 p.m - Sunset Choir practice (church)
- * 27/3/2026 - 8.00 p.m. – RCIA (C) (ven Francis Xavier Rm.)
- * 29/3/2026 – 2.00 p.m. – RCIA candidates rehearsal (church)
- * 29/3/2026 – 3.00 p.m. – Lit. ministries Rehearsal for Holy Week (church)
- * 29/3/2026 – 7.00 p.m. – Eucharistic Ministers mtg. (St.Mk.Rm.)
- * 29/3/2026 – 6.00 p.m. – Sunset Choir practice (church)
- * 7/4/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt. Rm.)
- * 8/4/2026 – 8.00 p.m. – Chinese Apostolate (venFrancis Xavier Rm.)
- * 9/4/2026 – 7.30 p.m. – RCIA (E) (St.Mk.Rm.)
- * 9/4/2026 - 8.00 p.m.- RCIA (BM) (Wallace Rm.)
- * 10/4/2026 - 8.00 p.m. – RCIA (C) (ven Francis Xavier Rm.)
- * 14/4/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt. Rm.)
- * 16/4/2026 – 7.30 p.m. – RCIA (E) (St.Mk.Rm.)
- * 16/4/2026 - 8.00 p.m.- RCIA (BM) (Wallace Rm.)
- * 17/4/2026 - 8.00 p.m. – RCIA (C) (ven Francis Xavier Rm.)
- * 25/4/2026 – 8.30 a.m. – RCIA Deanery Retreat (parish hall +Cafeteria)
- * 25/4/2026 – 10 .00a.m. – Infant Session & Rehearsal (St.Mk.Rm.)

MARCH/APRIL 2026 COFFEE MORNINGS:

- 22/3/2026 - Altar Servers
- 29/3/2026 - Tamil Hospitality Ministers.
- 5/4/2026 - Youth ministry
- 12/4/2026 - Caritas OMPH
- 19/4/2026 - BEC St.Francis de Sales
- 26/4/2026 - Hospitality Ministers.

BIBLE REFLECTION & HOME-GATHERINGS:

- * 19/3/2026 – 8 p.m. - BEC St Francis De Sales @ home of Lawrence & Elijah
- * 26/3/2026 – 8 p.m. – BEC St.Louis Marie (Cafeteria)

ETERNAL HAPPINESS TO:-

+ Salome Pushpam Abraham departed on 15 March, 2026.



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 Area Coordinator meeting: Wed. 25 March, 2026 @ 8 p.m. in St. Mark Rm.

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.
Next Infant baptism: **26 April, 2026.**

MARRIAGE:

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

LENTEN SACRIFICE

to help the poor as part of our Lenten penance and spiritual growth, we are called to share. Basket is placed at OMPH shrine throughout the season of Lent to appeal for non-perishable food like rice, sugar, cooking oil, sardines, milk powder, noodles, tin biscuits, etc...

EVENING FOR THE ENGAGED 2026.

Please see your Parish Priest for registration.

Couples planning to get married in the year 2026, please take note of the EE Weekends english during the year.

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

EE147 8-10 May, 2026

EE148 7-9 Aug., 2026

EE 149 13 – 15 Nov., 2026

For enquiries: Tel: 016 4413494

Nicholas (after 6 p.m only)

Tamil Catholic Marriage Preparatory Course 2026 (TCMPC)

1. May Fri 8 to Sun 10
2. Aug Fri 21 to Sun 23
3. Nov Fri 6 to Sun 8
(venue) Domus St. Anne, B.M

CATHOLIC CHARISMATIC RENEWAL - Life in the Spirit Seminar in Tamil at O.M.P.H. church

(time) **8.00 p.m. - 9.30 p.m.**

24/3/2026 - Receiving God's Gift (Inner healing)

7/4/2026 - Praying for Baptism in Holy Spirit

14/4/2026 - Growth (The Vertical & Horizontal Dimension)

21/4/2026 - Transformation in Christ

SPECIAL 9-week Novena devotion during the season of Lent

| Date | Theme |
|---------|----------------------|
| 28/3/26 | The Cross & New Life |

SCHEDULE FOR HOLY WEEK 2026.

*Palm Sunday

– 28/3/2026 – 5.00 p.m. Novena Devotion.

- 5.45 p.m. (E) Blessing of palm leaves, procession at cafeteria followed by Mass in church.

- 29/3/2026 - 7.45 a.m. (E) Blessing of palm leaves, procession at cafeteria followed by Mass in church.

- 9.30 a.m. (T)

- 11.30 a.m. (C)

* Holy Mon. 30/3 ; Holy Tues, 31/3 ; Holy Wed. 1/4;

- 8 p.m. Mass in English.

* Holy Thursday 2/4/2026 – 8.00 p.m. Mass in English. (church)

- 8.00 p.m. Mass in Tamil (parish hall)

(Reposition of the Blessed Sacrament)

(Silent Adoration 9.30 p.m. till 12 midnight)

* Good Friday – 3/4/2026 – 2.30 p.m. Stations of the Cross (E)

- 3.00 p.m. Service (E)

- 6.00 p.m. Stations of the Cross (T)

- 7.00 p.m. Service (T)

* Holy Saturday – 4/4/2026 – 6.30 p.m. Service of Light Outdoor

followed by Vigil Mass (E) in church.

- 10.30 p.m. Service of Light Outdoor

followed by Vigil Mass (T) in church.

* Easter Sunday 5/4/2026 - 8.00 am. Mass (E)

- 10.00 Mass (T)

- 11.30 a.m. Mass (C)

St. Mary's Chapel: 5/4/2026 – Mass (T) at 8.00 a.m.

SCHEDULE: For MASS, DEVOTIONS and PRAYER MEETINGS.
(22 March 2026) (Mass at 8.00 a.m. if it is a PUBLIC HOLIDAY)
(All in *English* unless stated otherwise.)

SUN.22 FIFTH SUNDAY OF LENT (Year A)

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

MON.23 5th Week of Lent (Wk 1)/St.Turibius de Mogrovejo

8.00 a.m. Mass

TUES.24 5th Week of Lent (Wk 1)

7.00 a.m. Mass
8.00 p.m. LSS Tamil (church)

WED.25 ANNUNCIATION OF THE LORD

7.00 a.m. Mass

THURS.26 5th Week of Lent (Wk 1)

7.00 a.m. Mass

FRI.27 5th Week of Lent (Wk 1)

7.00 a.m. Mass.
7.15 p.m. Stations of the Cross (T) (parish hall.)
7.30 p.m. Stations of the Cross (E) (church)
8.00 p.m. Mass.(church)

SAT.28 5th Week of Lent (Wk 1)/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 (E)

SUN.29 PALM SUNDAY OF THE PASSION OF THE LORD(Yr A)

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

ST.MARY'S CHAPEL, TERSUSUN

* Sun. 22/3/2026 - 8.00 a.m - Mass in Tamil.

2nd COLLECTION: 22/3/2026 - For parish maintenance.

DAILY SCRIPTURE READINGS

(WEEKEND READINGS: Year A) (WEEKDAY READINGS : Year 2)

SUNDAY 22 (22 March – 29 March, 2026)
(a) Ez 37: 12-14. (Ps 129:
(b) Rom 8: 8-11
(c) Jn 11: 1-45 or (Jn 11: 3, 7, 17, 20-27, 33-45)

MONDAY 23 (a) Dan 13: 1-9, 15-17, 19-30, 33-62 /(13:41-62)
(Ps 22: 1-6)
(b) Jn 8: 1-11

TUESDAY 24 (a) Num 21: 4-9. (Ps 101: 2-3, 16-21)
(b) Jn 8: 21-30

WEDNESDAY 25 (a) Is 7: 10-14, 8: 10. (Ps 39: 7-11)
(b) Heb 10: 4-10
(c) Lk 1: 26-38

THURSDAY 26 (a) Gen 17: 3-9. (Ps 104: 4-9)
(b) Jn 8: 51-59

FRIDAY 27 (a) Jer 20: 113. (Ps 17: 2-7)
(b) Jn 10: 31-42

SATURDAY 28 (a) Ez 37: 21-28. (Ps Jer 31: 10-13)
(b) Jn 11: 45-56

SUNDAY 29 (29 March – 5 April, 2026)
(a) Is 50: 4-7. (Ps 21: 8-9, 17-20, 23-24)
(b) Phil 2: 6-11
(c) Mt 26: 14 – 27: 66 (or 27: 11-54)



PERSEKUTUAN KRISTIAN MALAYSIA THE CHRISTIAN FEDERATION OF MALAYSIA

(PPM-003-10-14011986)

The Catholic Bishops' Conference of Malaysia (CBCM), the Council of Churches of Malaysia (CCM) and the National Evangelical Christian Fellowship Malaysia (NECF)

Date: 18th March 2026

Standing Together in Peace and Unity

The Christian Federation of Malaysia extends our warmest Hari Raya Aidilfitri greetings to all Muslims throughout the nation.

As Malaysians, we are deeply thankful that we are able to celebrate this festive season in peace and harmony. This blessing of peace is something we must never take for granted. It is our shared responsibility to defend and preserve it through greater acceptance, meaningful interaction, deeper understanding, and mutual respect among all communities. We also need to stand together against voices that seek to divide us and sow hatred among fellow Malaysians. Our diversity has always been our strength, and unity must remain our collective commitment.

This Hari Raya, let us demonstrate our stand for unity in diversity by celebrating together with our Muslim brothers and sisters on this auspicious occasion. May this season of forgiveness and renewal strengthen the bonds of friendship and goodwill among all Malaysians.

Selamat Hari Raya Aidilfitri.

Maaf Zahir dan Batin.

Rev Dr Eu Hong Seng
Chairman

Bishop Datuk Danald Jute
Vice Chairman

Archbishop Julian Leow Beng Kim
Vice Chairman

Bishop Ong Sek Leang
Vice Chairman