



St Paul says, “Wake from sleep; put on the Lord Jesus Christ”, a wardrobe change that swaps resentment for gentleness and distraction for attention. Jesus warns that ordinary days can lull us into forgetfulness; Noah’s neighbours were busy with meals and plans and missed the hour.

“We desire to be able to welcome Jesus at Christmas-time, not in a cold manger of our heart, but in a heart full of love and humility, a heart so pure, so immaculate, so warm with love for one another.
St. Teresa of Calcutta

More than often, we are preoccupied with travel, shopping and planning while some who are unfortunate grapple with flood-relief needs and preparations for the New Year’s challenges.

Besides reminding us about simplicity and solidarity, Advent watchfulness is also a call to ecological conversion. As in *Laudato Si’* (217 “The ecological crisis is also a summons to profound interior conversion.”) It invites us to cultivate a sense of gratitude, restraint, and joy that honours both creation and the poor. Around the wreath we light one candle at a time, slow enough for children to wonder, brave enough to remember those who wait alone: migrants who cannot go home, elders who seldom receive visitors, families rebuilding after floods.

The month that began with remembrance now becomes readiness: homes that listen, discern, and serve—so that when the Lord comes, He finds us awake, together, and available.

This week: Begin a family Advent rhythm: one short daily prayer and one planned act of kindness each week.✚

SCRIPTURE of the DAY

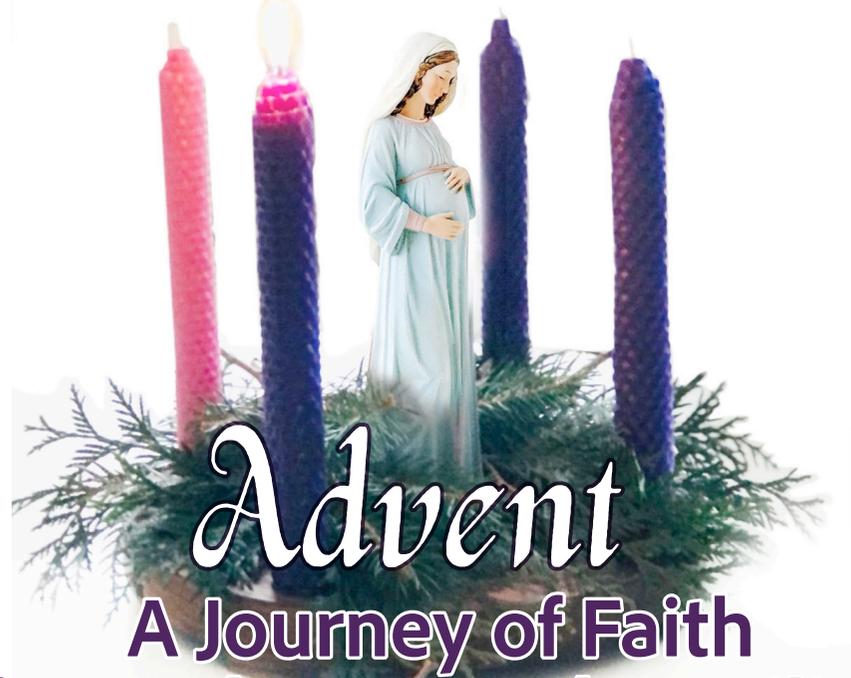
- Isaiah 2: 1-5
- Psalms 121: 1-2, 4-9
- Romans 13: 11-14
- Matthew 24: 37-44

NEWBEC

NEW WAY OF BEING CHURCH | 1st Sunday of Advent | 30 Nov 2025

CELEBRATING, LISTENING AND WALKING AS PILGRIMS OF HOPE

MONTHLY FOCUS & RATIONALE: FAMILY (ACCOMPANYING)
CALLED TO STRENGTHENING FAITH AND RELATIONSHIPS
TOWARDS BUILDING GOD-CENTERED FAMILIES



Advent A Journey of Faith for God-Centered Families

We end November by facing forward. **Advent teaches families how to wait with faith and patience, so that we can walk together into God’s future.** Isaiah imagines nations streaming to the Lord’s Mountain to learn His ways; the synodal household becomes a signpost when it chooses presence over purchases and intercession over endless scrolling.



**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:

From the Catholic Bishops of Malaysia.
(Letter of Gratitude for donations for Myanmar earthquake)

On 11 November 2025, our parishes across Malaysia came together in love and solidarity to support the victims of the earthquake in Myanmar. Through your generosity, the Church in Malaysia has collected RM907,574.05.

These gifts of compassion have already begun to bring hope. To- date, RM856,351.35 has been shared with Caritas Myanmar (Karuna) and the Archdiocese of Mandalay, supporting relief work, rehabilitation, and the rebuilding of communities. The remaining funds will be distributed on 31 January 2026, after further consultation with our parishes in Myanmar, ensuring that every contribution continues to restore lives and livelihoods.

This is a note from Archbishop Simon Poh, President, Catholic Bishops Conference of Malaysia.

Thank you and Bless you all for caring for the suffering.

Rite of Acceptance into the Order of Catechumens

The R.C.I.A. Enquirers will be celebrating the "Rite of Acceptance into the Order of Catechumens" on **Saturday, 29 November, 2025** during the 5.45 p.m. Mass. Let us welcome them into our Catholic community by joining them in prayer and fellowship.

ADORATION TO THE BLESSED

SACRAMENT – 1st Friday of each month.
(date) **Friday, 5 December, 2025**
(time) **7.00 p.m. Holy Hour**
8.00 p.m. Mass.

CHRISTMAS VISIT TO THE ELDERLY AND HOMEBOUND PARISHIONERS

The Priests together with the Eucharistic Ministers will be visiting and giving communion to the Elderly & Homebound on **Mon. 8 & Tues 9 of December,2025** from 9.00 am onwards.

PARISH ACTIVITIES & MEETINGS: (Nov./Dec.2025)

- * 29/11/2025 - 8.00 a.m. - Y.P.C (Hall, A.V Rm)
- * 30/11/2025 - 8.00 a.m. - Y.P.C (Hall,A.V Rm.)
- * 30/11/2025 - 2.00 p.m. - RECHOSO practise (church)
- * 30/11/2025 - 5.30 p.m - Sunset Choir practise (church)
- * 30/11/2025 - 7.00 p.m. – RCIA (T) (St.Paul Rm.)
- * 2/12/2025 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 3/12/2025 - 8.00 p.m. - Chinese Apostolate (St.Mk.Rm.)
- * 4/12/2025 - 7.30 p.m. – RCIA (E) (St.Mk. Rm.)
- * 4/12/2025 - 8.00 p.m. – RCIA (BM) (Wallace Rm.)
- * 4/12/2025 - 8.00 p.m. - Tamil Choir practise (St.Paul Rm.)
- * 5/12/2025 – 8.00 p.m - RCIA (C) (ven Francis Xavier Rm.)
- * 7/12/2025 - 2.00 p.m. - RECHOSO practise (church)
- * 7/12/2024 - 6.00 p.m. - Sunset Choir practise (church)
- * 7/12/2025 - 7.00 p.m. – RCIA (T) (St.Paul Rm.)
- * 9/12/2025 - 8.00 p.m. - Advent reflection (parish hall)
- * 9/12/2025 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 10/12/2025 - 8.00 p.m. - Advent reflection (parish hall)
- * 11/12/2025 - 7.30 p.m. – RCIA (E) (St.Mk. Rm.)
- * 11/12/2025 - 8.00 p.m. – RCIA (BM) (Wallace Rm.)
- * 11/12/2025 - 8.00 p.m. - Tamil Choir practise (St.Paul Rm.)
- * 12/12/2025 - 6.00 p.m. - Ablaze (St.Mk.Rm.)
- * 12/12/2025 – 8.00 p.m - RCIA (C) (ven Francis Xavier Rm.)
- * 14/12/2025 - 2.00 p.m. - RECHOSO practise (church)
- * 14/12/2025 - 7.00 p.m. – RCIA (T) (St.Paul Rm.)
- * 16/12/2025 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 18/12/2025 - 8.00 p.m. - Tamil Choir practise (St.Paul Rm.)
- * 18/12/2025 - 7.30 p.m. – RCIA (E) (St.Mk. Rm.)
- * 18/12/2025 - 8.00 p.m. – RCIA (BM) (Wallace Rm.)

NOVEMBER/DECEMBER COFFEE MORNINGS:

- 30/11/2025 - Altar Servers. - 7/12/2025 - Sunset Choir
- 21/12/2025 - CJM - 28/12/2025 - PPC

BIBLE REFLECTION & HOME-GATHERING:

- * 30/11/2025 - 8.00 p.m. - BEC St.Francis De Sales; Home of Edwin & Anita.

ETERNAL HAPPINESS TO: -

- + Paul Eruthiasamy a/l Sandanasamy departed on 22 November,2025.
- + Martin Joseph @ Joseph Martin departed on 23 November, 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.

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.

EQUIP 2026

INVITING ALL Parish YOUTH

to join us for **EQUIP 2026**
Organized by the SEEDS Ministry. It is a 2-week post-Confirmation formation program to help young Catholics grow as disciples and leaders in mission.

on
(date) **4 to 18 January 2026**

(Ages) 17 - 21 yrs old

(venue) Penang.

(Cost) RM800

Closing date: 1st Dec.,2025

Contact Person:

Jonathan (010-380 6270)

SCHEDULE for SACRAMENT OF RECONCILIATION

Starting in the month of **November 2025**, there will be priest **every Friday** from
- **10.00 a.m. till 11.00 a.m.**
- **6.00 p.m. till 7.00 p.m.** for Confession in OMPH church. If you need to make a confession you are welcome.

Y.P.C Christmas Camp 2025

For the Young People's Choir on **Sat. 29 and Sun 30 November**, 2025 starting from 7.30 a.m. with registration and activities till 4.00 p.m

FEAST OF THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY

(date) **Mon. 8 December, 2025**

(time) 7.30 p.m. Rosary

8.00 p.m. Mass

There will be no 7 a.m Mass

O.M.P.H.

Family Christmas Celebration

(date) **Sun. 14 December, 2025**

(time) 5.00 p.m. – 10.00 p.m.

* Children's Party –

5 p.m. – 7 p.m. in the parish hall.

* Family celebration at

St.Gerard's Café.

* Delicious festive goodies, food and beverages, pastries & gift stalls.

* Photo booth

* Children's rides

* Festive gifts..... many more

Coupons on sale after the weekend mass.

CHRISTMAS CAROLING

by RECHOSO

* **Sat. 20/12/2025**

* **Sun. 21/12/2025**

* **Mon. 22/12/2025**

Scan the QR code at the church entrances to register.

For more enquiries contact:

Christopher Wong (017 5785223)

ADVENT REFLECTION

(Date) **Tues. 9 &**

Wed. 10 Dec.,2025

(time) 8 p.m. - 10 p.m.

(venue) Parish hall.

(Love-offering) RM 10/-.

Advent season is a special time! It is a period of preparation and reflection leading up to Christmas.

All are welcome to know these traditions or get ideas for your own Advent celebrations reflecting on gratitude, spreading joy and kindness.

OMPH Church

CHRISTMAS EVE

* **Wed. 24 Dec.,2025**

= 6.30 p.m. – Christmas carols(E)

= 7.00 p.m. - Mass (E)

= 9.00 p.m. – Carols (T)

= 9.30 p.m - Tamil Mass (T)

St.Mary's Chapel, Tersusun.

(24/12/2025)

- 6.30 p.m. Carols (T)

- 7.00 p.m. Mass (T)

OMPH church

CHRISTMAS DAY

* **Thurs 25 Dec.,2025**

= 8.00 a.m.–Christmas carols (E)

= 8.30 a.m. Christmas day mass.

- 10.30 a.m. – Carols (C)

- 11.00 a.m. – Christmas Mass (C)

CLOSING OF JUBILEE YEAR

(Sun. 28/12/2025); Combined Mass @ 5.30 p.m.

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

SUN.30 FIRST SUNDAY OF ADVENT (Year A)

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

MON.1 1st Week of Advent (Wk 1)

7.00 a.m. Mass

TUES.2 1st Week of Advent (Wk 1)

7.00 a.m. Mass.

**WED.3 1st Week of Advent (Wk 1)/ST.FRANCIS XAVIER, Patron of
 Missions & Missionaries**

7.00 a.m. Mass.

THURS.4 1st Week of Advent (Wk 1)/St.John Damascene

7.00 a.m. Mass

FRI.5 1st Week of Advent (Wk 1)

7.00 a.m. Mass.
 7.00 p.m. Adoration of the Blessed Sacrament.
 8.00 p.m. Mass.

SAT.6 1st Week of Advent (Wk 1)/St.Nicholas/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.7 SECOND SUNDAY OF ADVENT (Year A)

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

ST.MARY'S CHAPEL, TERSUSUN

* Sun. 30/11/2025 - 8.00 a.m. - Mass in Tamil.

2nd COLLECTION: 30/11/2025 – For Formation programs.

DAILY SCRIPTURE READINGS

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

SUNDAY 30	(30 November – 7 December, 2025) (a) Is 2: 1-5. (Ps 121: 1-2, 4-9) (b) Rom 13: 11-14 (c) Mt 24: 37-44
MONDAY 1	(a) Is 4: 2-6. (Ps 212: 1-2, 4-9) (b) Mt 8: 5-11
TUESDAY 2	(a) Is 11: 1-10. (Ps 71: 1-2, 7-8, 12-13, 17) (b) Lk 10: 21-24
WEDNESDAY 3	(a) 1 Cor 9: 16-19, 22-23. (Ps 116: 1-2) (b) Mt 16: 15-20
THURSDAY 4	(a) Is 26: 1-6. (Ps 117: 1, 8-9, 19-21, 25-27) (b) Mt 7, 21, 24-27)
FRIDAY 5	(a) Is 29: 17-24. (Ps 26: 1, 4, 13-14) (b) Mt 9: 27-31
SATURDAY 6	(a) Is 30: 19-21, 23-26. (Ps 146: 1-6) (b) Mt 9: 35 – 10 : 1, 5-8)
SUNDAY 7	(7 December – 14 December, 2025) (a) Is 11: 1-10. (Ps 71: 1-2, 7-8, 12-13, 17) (b) Rom 15: 4-9 (c) Mt 3: 1-12