



SCRIPTURE of the DAY

Isaiah 50: 4-7
Psalm 21: 8-9, 17-20, 23-24
Philippians 2: 6-11
Matthew 26: 14 – 27: 66
(or 27: 11-54)



**“Palm Sunday
tells us that ...
it is the cross
that is the true
tree of life”**

- Pope Benedict XVI

The story of Palm Sunday helps us to understand the path that needs to be taken by us. Our Lord comes in humility, not in pomp and pageantry. As a King, He does not conquer by force, but by love, grace, mercy, and by sacrificing His own life for His people. He conquers not nations, but hearts and minds. His message is one of peace, a lasting peace, not just a temporal ceasefire.

As we follow the Lord, we, too, will face a certain amount of suffering, rejection, loneliness and the prospect of death. **Where the world values power, we must value humility. Where the world values strength and even physical force, we are called to be peacemakers.** Where the world values popularity, we must be prepared to receive criticism and insults. We must be living contradictions. Still, we must walk with Christ without fear and reservation, for He will lead us through the "valley of death" to everlasting life in the Kingdom of Heaven.

Finally, our King and Lord teaches us the true meaning of love. Pope Leo beautifully concludes his reflection on the poor by rooting it in love. "Love is above all a way of looking at life and a way of living it. A Church that sets no limits to love, that knows no enemies to fight but only men and women to love, is the Church that the world needs today" (DT#120).

During this Mass, let us pray for the grace to walk steadily with Jesus. The cheers and jeers of people over the years may come and go, but I remain standing by the King who eternally stands by me and promises a reward to all those who are faithful to Him and His gospel. There will be times we will feel like giving up. But then we remember once again the promise of Palm Sunday, look not for earthly honour from men which will not last but always set our hearts on the heavenly glory accorded only by God that will never wither. In Him, we will be One!✠

INTERNAL CIRCULATION ONLY
BUL 13/2026

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NEWBEC

PALM SUNDAY OF THE PASSION OF THE LORD | 29 March 2026

LENTE REFLECTION 6

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”

Our liturgy for Palm Sunday and Holy Week mirrors life, which is full of bittersweet contrasts. We are given a foretaste of Easter joy but also the grim prospect of Good Friday.



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: omphip.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.

REHEARSAL FOR THE RCIA

‘ELECTS’ Sun. 29 March, 2026 at 2 p.m. in church. Elects & Sponsors are to be present.

Dear Brothers & sisters

Greetings and Thanks for your prayers and mass offered and kindness shown, for flowers and fruits. I am recovering well and slowly. Should be back in the parish after Easter. It has also given me opportunity to think about many things.

Will remember you all in my prayers and wish you all a prayerful Holy Week and JOYFUL EASTER. THE BLESSINGS OF THE RISEN LORD BE YOUR EXPERIENCE

Fr Joe Stephen

CHRISM MASS 2026

The Clergy of Diocese of Penang gathered with the Bishop; consecrated the Sacred Chrism, blesses the Oil of Catechumen and Oil of the Sick in Church of Divine Mercy, Sg. Ara, Penang on **Tuesday, 24 of March, 2026**

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.**

PARISH ACTIVITIES & MEETINGS: (MAR. /APRIL2026)

- * 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.)
- * 7/4/2026 - 8.00 p.m. - Tamil LSS (church)
- * 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.)
- * 12/4/2026 – 1.00 p.m. – Learning Centre (2nd Fl.)
- * 14/4/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt. Rm.)
- * 14/4/2026 - 8.00 p.m. - Tamil LSS (church)
- * 15/4/2026 – 7.30 p.m. – Caritas OMPH (St.Mk.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.)
- * 21/4/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt. Rm.)
- * 21/4/2026 - 8.00 p.m. - Tamil LSS (church)
- * 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:

- 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-GATHERING:

- * 9/4/2026 – 8 p.m. - BEC St.Simon; (Cafeteria)
- * 10/4/2026 – 8 p.m – BEC St.Francis De Sales; Home of Tony Xavier & Mary.



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.

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

MARRIAGE:

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

Kursus pra-perkahwinan dalam BM

Tarikh : **25-26 April 2026**

Tempat : Domus, Minor Basilika St. Anne Bukit Mertajam

Untuk pertanyaan dan maklumat lanjut sila hubungi;

Sr. Lucynia-0107966882

Sr. Tauria - 0139084578

Byron - 0135950232

Tarikh tutup penyertaan :

21 April 2026

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.**

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

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

21/4/2026 - Transformation in Christ

SCHEDULE FOR HOLY WEEK 2026.

(There will be no 7 a.m. Mass from Mon – Sat.) & (No Novena devotion on Sat.)

* 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.
(29 March 2026) (Mass at 8.00 a.m. if it is a PUBLIC HOLIDAY)
 (All in *English* unless stated otherwise.)

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

7.45 a.m. Blessing of palm leaves. 8.00 a.m. Mass (E)
 9.30 a.m. Blessing of palm leaves. 10.00 a.m. Mass (T)
 11.30 a.m. Mass (C)

MON.30 Monday of Holy Week (Wk 2) (No 7 a.m. Mass)

8.00 p.m. Mass

TUES.31 Tuesday of Holy Week (Wk 2) (No 7 a.m. Mass)

8.00 p.m. Mass

WED.1 Wednesday of Holy Week (Wk 2) (No 7 a.m. Mass)

8.00 p.m. Mass

THURS. 2 HOLY THURSDAY (No 7 a.m. Mass)

8.00 p.m. Mass (E) (church)
 8.00 p.m. Mass (T) (parish hall)
 9.30 p.m. till midnight Silent reflection.

FRI. 3 GOOD FRIDAY (No 7 a.m. Mass)

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)

SAT. 4 HOLY SATURDAY

~~7.30 a.m. Mass.~~
~~9.00 a.m. & 5.00 p.m. Novena devotion to Our Mother of Perpetual Help. (church)~~
 6.30 p.m. Mass (E)
 10.30 p.m. Mass (T)

SUN. 5 EASTER SUNDAY OF THE RESURRECTION OF THE LORD

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

ST.MARY'S CHAPEL, TERSUSUN

* Sun. 29/3/2026 - 8.00 a.m - Mass in Tamil.

2nd COLLECTION: 29/3/2026 - For Parish maintenance.

DAILY SCRIPTURE READINGS

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

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)

MONDAY 30 (a) Is 42: 1-7. (Ps 26: 1-3, 13-14)
 (b) Jn 12: 1-11

TUESDAY 31 (a) Is 49: 1-6. (Ps 70: 1-6, 15,17)
 (b) Jn 13: 21-33, 36-38

WEDNESDAY 1 (a) Is 50: 4-9. (Ps 68: 8-10, 21-22, 31, 33-34)
 (b) Mt 26: 14-25

THURSDAY 2 (a) Ex 12: 1-8, 11-14. (Ps 115: 12-13, 15-16)
 (b) 1 Cor 11: 23-26 (c) Jn 13: 1-15

FRIDAY 3 (a) Is 52: 13 – 53: 12. (Ps 30: 2, 6, 12-13, 15-17, 25)
 (b) Heb 4: 14-16, 5: 7-9
 (c) Jn 18: 1 – 19 : 42

SATURDAY 4 1. Gen 1: 1-2: 2 (or 1: 1, 26-31) Ps 103: 1-2, 5-6,10, 12-14, 24,35
 2. Ex 14: 15 – 15: 1. (Ps Ex 15: 1-6, 17-18)
 3. Is 54: 5-14. (Ps 29: 2, 4-6, 11-13)
 4. Ez 36: 16-28. (Ps 50: 12-15, 18-19)
 5. Rom 6: 3-11. (Ps 117: 1-2, 16-17, 22-23)
 6. Mt 28: 1-10

SUNDAY 5 (5 April – 12 April, 2026)
 (a) Acts 10: 34, 37-43. (Ps 117: 1-2, 16-17, 22-23)
 (b) Col 3: 1-4 or 1 Cor 5: 6-8
 (c) Jn 20: 1-9 or Mt 28: 1-10