



**PARISH OF OUR MOTHER OF PERPETUAL HELP**  
**Redemptorist Community**  
*Rev Fr Patrick Massang, C.Ss.R.* (Parish Priest)  
*Rev Fr Philip Lai, C.Ss.R.* (Assistant Parish Priest)

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<b>O.M.P.H. MASS SCHEDULE</b>	
* Weekday Mass (Mon-Fri) @ 7 a.m	except on P.Holiday @ 8 a.m
* Sat. Novena Devotion @ 9 a.m. & 6 p.m.	
* Sat. Sunset Mass (E) @ 6.45p.m	
* Sun. Mass (E) @ 8 a.m./1 <sup>st</sup> Sun BM.	
Sun. Mass (T) @ 10 a.m;	Mass(C) @ 11.30 a.m

**OMPH LENTEN RETREAT 2023**

organised by OMPH-CCR  
**"HEARING THE LORD'S VOICE  
 IN YOUR LIFE"**

by Rev Fr Joseph Stephen, CSsR  
 at 7.30pm in OMPH Church on  
**February, Tues 21<sup>st</sup> 2023 .**  
**March, Wed 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>, 2023**  
 Please bring along your Bible.  
**Register at parish office or place  
 completed form in box provided  
 inside church.**

**RELIEF FUND APPEAL 2023**

(5 January – 22 February, 2023)  
 The Catholic Bishops' Conference  
 of Malaysia and the Caritas diocese  
 offices see the value of having a  
**Pool Fund** to respond swiftly in any  
 emergency, and to accompany our  
 people through relief, rehabilitation  
 and development to stand again on  
 their feet.  
 In order for us to extend our  
 solidarity to communities who are  
 in need of such help, we ask your  
 generosity to make a one-off  
 contribution to the Caritas Malaysia  
 Relief Fund appeal 2023. For more  
 information visit –  
[https://www.caritasmalaysia.net/get-  
 -involved/appeal/](https://www.caritasmalaysia.net/get-involved/appeal/) and Facebook:  
 Caritas Malaysia.

**ASH WEDNESDAY – 22 Feb., 2023**

Mass at 7a.m. & 8 p.m.(E)(church)  
 Tamil Mass at 8.00 p.m.(parish hall)

**STATIONS OF THE CROSS** on

**24/2/23** followed by Mass (Fridays  
 during Lent)  
 @ 7.30 pm (E) – OMPH church.  
 @ 7.15 pm (T) – Parish hall.

**LENTE SACRIFICE** 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 power, noodles, tin biscuits,

**RITE OF SENDING/ENROLMENT** –

"Signing of the Book of Elect"- Our  
 Catechumens are now reaching the  
 end of their Catechumenate. On Sat.  
**25 Feb., 2023** during the 6.45pm  
 Mass, the Catechumens who seek  
 Baptism at Easter will have their  
 names "enrolled" in the Book of  
 Elect.

**RITE OF ELECTION** – 1<sup>st</sup> Sun. of Lent

The Rite of Election for District of  
 Perak will be celebrated at Church of  
 Our Lady of Lourdes on 26 February,  
 2023 at 5 p.m. with Rt Rev Bishop  
 Sebastian Francis

**MEETINGS/ACTIVITIES:-**

- \* 19/2/23 @ 11.30 am – Tamil Apostolate (Mk.Rm.)  
 @ 1.30p.m – Rehearsal RCIA (church)  
 @ 2.00 pm – RCIA (BM) (Mk.Rm.)
- \* 21/2/23 @ 7.30pm – OMPH Lenten Retreat (E)
- \* 21/2/23 @ 8 p.m – Legion of Mary (C )(Mt.Rm.)
- \* 23/2/23 @ 8p.m – RCIA (E) (St.MkRm.)  
 @ 8 p.m – RCIA (T) (St.Paul Rm.)
- \* @ 8 p.m – RCIA BM (Francis Xavier Rm.)
- \* 24/2/23 @ 8 p.m – RCIA (C) (St.Francis X.Rm.)
- \* 25/2/23 @ 6.45pm – Rite of Sending (RCIA)
- \* 26/2/23 @ 5 p.m – Rite of Election (LOLO church)
- \* 1/3/23 @ 7.30pm - OMPH Lenten Retreat (E)
- \* 2/3/23 @ 8 p.m – RCIA (E) (St.MkRm.)  
 @ 8 p.m – RCIA (T) (St.Paul Rm.)  
 @ 8 p.m – RCIA BM (Francis Xavier Rm.)
- \* 3/3/23 @ 8 p.m – RCIA (C) (St.Francis X.Rm.)

**COFFEE MORNINGS 2023**

- \* 19/2/2023 – Young People Choir.
- \* 19/3/2023 – Eucharist Ministers.
- \* 26/3/2023 – Caritas OMPH

**INFANT BAPTISM:** Please contact  
 the Parish Priest at least  
**ONE MONTH** in advance

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

**ETERNAL HAPPINESS TO:**

- + Anthonette Philomen Irrudaimary  
 departed on 8 February, 2022.
- + Lucy Anna Quah Cheng Kwai departed  
 on 9 February, 2023.
- + Jeffrey Nicholas Peeter departed on  
 10 February, 2023.

(food for thought) (Bulletin 19 February, 2023)  
 Gospel: Mt 5:38-48. *"Teaching by example"*

The ministry of Jesus flowed from his  
 belief that living in love was living in God.  
 He spent his life trying to share this belief  
 with others and to allow that belief to  
 transform their lives. Those who sat  
 listening to his sermon heard his words.  
 But more importantly, they saw him live  
 those words to the fullest.  
 Every Christian community since then has  
 sought to act as He acted, wanting to  
 make the same Spirit that moved Jesus  
 visible in society. Seeing, hearing,  
 touching the hearts of others and speaking  
 as he did are characteristics of all disciples.  
 It's as new as it is old: "Love God and love  
 your neighbor." As it was all throughout  
 Jesus' life, God identifies Himself with our  
 neighbor. You can't have one without the  
 other. How utterly simple. And yet how  
 profoundly complex.  
 We believe that everything and everyone  
 is charged with God's presence. We are  
 called to witness to this by our words and  
 our actions. And this belief is at the heart  
 of our faith, just as it was at the heart of  
 Jesus' preaching, teaching and the way he  
 lived his life.