



**SCRIPTURE
of the DAY**

Zephaniah 2: 3, 3: 12-13
Psalm 145: 6-10
1 Corinthians 1: 26-31
Matthew 5: 1-12



The parish community that gathers in the celebration of the Eucharist is a privileged place of relationships, welcome, discernment and mission.

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INTERNAL CIRCULATION ONLY
BUL 05/2026

Zephaniah's vision is one of inclusivity built on shared virtues. And we see the fulfilment of this in the Beatitudes. Jesus fills the vision of the prophet, and gives us much insights on how we can help build an inclusive Church centred on Christ:

Blessed the Church poor in Spirit – As Church we realise our complete dependence on God. Emptying ourselves before Him, ready to receive His grace in everything, especially in the building and strengthening of relationship between all members, the Body of Christ.

Blessed the Church who Mourns – We hide not our wounds, but open ourselves to vulnerability and brokenness before the Lord who heals through the Sacraments, primarily the Eucharist and Reconciliation. We, in turn, become the source of comfort to a wounded world.

Blessed the Church who is Meek – We seek influences through service, and exercise power with gentle strength for meekness is strength in control.

Blessed the Church who hungers and thirsts for Righteousness – We are never to be satisfied with a superficial faith or complacency but instead strive with a holy passion, seeking God's justice in all circumstances that demands it.

Blessed the Merciful Church – The Church is a sanctuary of grace and mercy is the name. A merciful Church creates a culture of second chances, where souls are won over for Christ.

Blessed the Church Pure in Heart – A church who seeks to worship God in Spirit and in Truth. Away with hypocrisy, private agendas and divided loyalties. God is made visible when the Church is One.

Blessed the Church who is a Peacemaker – A church courageously seeking to reconcile and unite, building bridges of peace and unity, resembling the Prince of Peace.

Blessed the Church who is persecuted – Where it is an honour to share in the suffering of Christ, and standing tall in the face of persecution because she is faithful to the Gospel.

Blessed, therefore the **Church of the Beatitudes**. May we truly be the visible expression of God's grace in the Body of Christ, the Church. ✚

NEWBEC

NEW WAY OF BEING CHURCH | 4th Sunday In Ordinary Time | 1 February 2026

WORLD INTERFAITH HARMONY WEEK

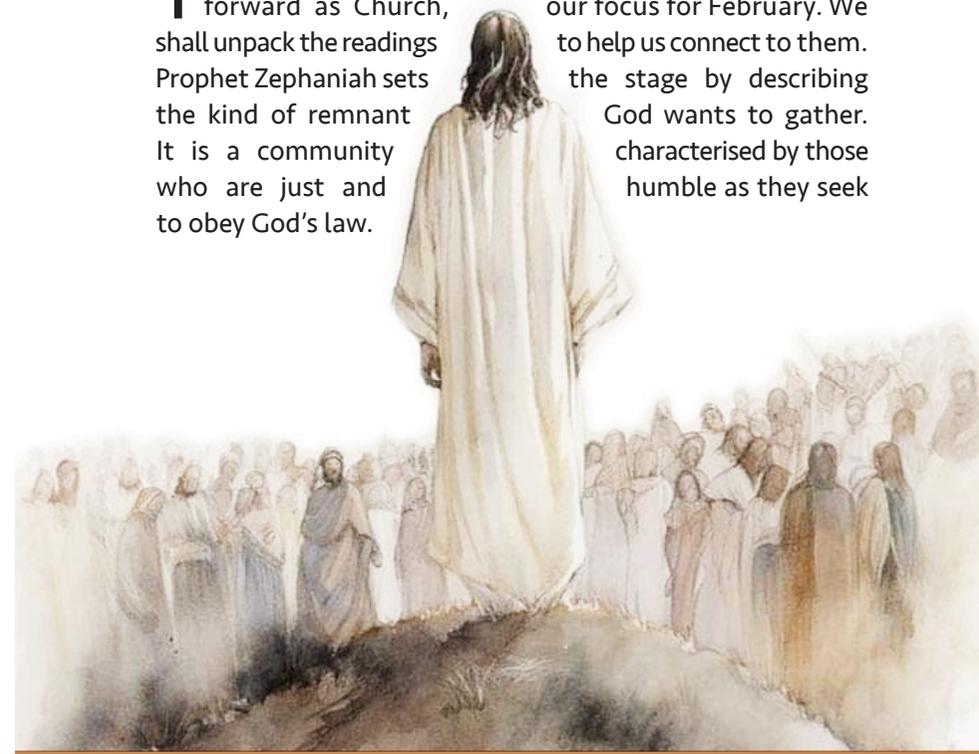
WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

A People for Missionary Discipleship

MONTHLY FOCUS: **CHURCH: Fostering Inclusivity**

Church of the Beatitudes

The Beatitudes in the gospel give us the impetus to move forward as Church, our focus for February. We shall unpack the readings Prophet Zephaniah sets the stage by describing the kind of remnant God wants to gather. It is a community characterised by those who are just and humble as they seek to obey God's law.





**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:
PASTORAL STATEMENT FOR
DISPENSATION from fasting
and abstinence on
Ash Wednesday, 18 Feb. 2026**

The Catholic Bishops' Conference of Malaysia, Singapore and Brunei, in consultation with the Episcopal Regional Liturgy Commission of Malaysia, Singapore and Brunei hereby gives dispensation from fast and abstinence on Ash Wednesday, 18/2/2026. However, the tradition of celebrating the liturgy of Ash Wednesday on that day is to be maintained with the imposition of ashes. All Catholic faithful are encouraged to perform their fast and abstinence on another day during Lent except on Good Friday, which is already a day of fast and abstinence. Wishing you the Lord's abundant blessings.
(H.Em William Cardinal Goh
President, Episcopal Regional Liturgy Commission.)

IPOH CATHOLIC CEMETERY

Notice of Transition of Cemetery Administration. Effective 8th February 2026, the administration and operations of the Tambun Cemetery will be transferred from the Church of Our Lady of Lourdes to the Church of St. Michael, Ipoh. This arrangement will be in place for a tenure of five (5) years. During this period, all matters pertaining to the cemetery—including administration, management, and operational arrangements—will be overseen by the Church of St. Michael, Ipoh. We appreciate the continued cooperation and understanding of all parishioners during this transition.

COLLECTION OF OLD PALM LEAVES

You may bring your old palm leaves from last year's Palm Sunday and leave it in the boxes provided at the church entrance. It will be burnt and the ashes will be distributed on Ash Wednesday 18, February, 2026. Please bring in by 6 February, 2026.

PARISH ACTIVITIES & MEETINGS: (FEB/MAR. 2026)

- * 1/2/2026 - 4.00 p.m. - Youth (St.Mk.Rm.)
- * 2/2/2026 - 8.30 a.m. -RCIA Recollection day (ven Francis Xavier Rm. & Wallace Rm.)
- * 3/2/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 4/2/2026 - 7.30 p.m. - RCIA (E) (St.Mk.Rm.& Wallace Rm.)
- * 4/2/2026 - 8.00 p.m. - Chinese Apostolate (ven Francis Xavier Rm.)
- * 5/2/2026 - 8.00 p.m. - Tamil Choir practise (St.Paul's Rm.)
- 8.00 p.m. - RCIA (BM) (Wallace Rm.)
- 7.30 p.m - Lectors/Commentators (St.Mk.Rm.)
- * 6/2/2026 - 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)
- * 7/2/2026 - 10.00 a.m - Lent Love Squad Formation (Parish hall)
- * 10/2/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- 8.00 p.m. - Liturgical Committee (St.Mk.Rm.)
- * 11/2/2026 - 7.30 p.m. - OMPH Caritas (St.Mk.Rm.)
- 7.30 p.m. - RCIA (E) (ven Francis Xavier Rm. & Wallace Rm.)
- * 12/2/2026 - 8.00 p.m.-RCIA (BM) (Wallace Rm.)
- * 12/2/2026 - 8.00 p.m. - Tamil Choir practise (St.Paul's Rm.)
- * 13/2/2026 - 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)
- * 15/2/2026 - 6.00 p.m. - Sunset Choir practise (church)
- * 19/2/2026 - 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- 8.00 p.m - RCIA (BM) (Wallace Rm.)
- * 20/2/2026 - 8.00 p.m. - Legion of Mary (St.Mt.Rm.)
- 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)
- * 22/2/2026 - 5.00 p.m. - Lenten Healing Rally practise (church)
- * 24/2/2026 - 8.00 p.m. – Legion of Mary (C) (St.Mt.Rm.)
- * 26/2/2026 - 8.00 p.m.-RCIA (BM) (Wallace Rm.)
- * 26/2/2026 - 8.00 p.m. - Tamil Choir practise (St.Paul's Rm.)
- * 27/2/2026 - 8.00 p.m. - RCIA (C) (ven Francis Xavier Rm.)
- * 1/3/2026 - 5.00 p.m. - Lenten Healing Rally practise (church)

FEBRUARY/MARCH 2026 COFFEE MORNINGS:

- 1/2/2026 - OMPH Tamil CCR
- 8/2/2026 - BEC St. Alphonsus Liguori
- 15/2/2026 - Eucharistic Ministers
- 22/2/2026 - BEC St.Monica
- 1/3/2026 - Lectors/Commentators.
- 8/3/2026 - Tamil Liturgy



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.

INVITATION TO SERVE IN PARISH MINISTRIES

Dear Parishioners,
We warmly invite all parishioners to step forward in faith and become disciples by serving in one of our parish ministries. The parish needs your gifts and talents. Through prayer and discernment, consider joining at least one ministry where you feel God is calling you to serve. Together, let us build a stronger, more vibrant parish family rooted in love and service.
Pray. Discern. Commit. Serve.

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.

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

- EE146 6-8 Feb.,2026
- 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. Feb Fri 20 to Sun 22
 2. May Fri 8 to Sun 10
 3. Aug Fri 21 to Sun 23
 4. Nov Fri 6 to Sun 8
- (venue) Domus St.Anne,B.M

PRESENTATION OF THE LORD –

(Blessing of Candles)
Mon 2 Feb @ (8a.m) 2026.
All are welcome to join in prayer for our priest and religious on this Feast of Presentation of Our Lord. On this day candles will be blessed for your personal & home use. Please leave your candles (*mark with your name*) on the table provided near St. Joseph shrine.

ADORATION TO THE BLESSED SACRAMENT –

1st Fri. of each month. (date) **Friday, 6 February, 2026** (time) 7.00 p.m. followed by Mass at 8.00 p.m.

CHINESE NEW YEAR MASS –

The Chinese community will be celebrating Chinese New Year on * Tues. 17 Feb.,2026 at 10 a.m. Mass in mandarin.

APPEAL FOR MANDARIN ORANGES

Parishioners who would like to contribute a box or more of the mandarin oranges for the Chinese New Year celebration may bring the oranges to the parish office on 13 Feb,2026 by 3 p.m..

SPECIAL 9-week Novena devotion during the season of Lent

Each week focuses on a particular Theme starting on St. 31 Jan till Sat. 28 March, 2026.

Date	Theme
31/1/26	Entering the Desert
7/2/26	Discipline
12/2/26	Lenten Charity
21/2/26	Desire to go deeper
28/2/26	Maturing in Lent
7/3/26	Order in our lives
14/3/26	Detachment
21/3/26	Sorrow
28/3/26	The Cross & New Life

RITE OF SENDING –

“Signing of the Book of Elect” - Our Catechumens are now reaching the end of their Catechumenate. On **Sat.21 Feb.,2026**, during the 5.45pm Mass, the Catechumens who seek Baptism at Easter will have their names “enrolled” in the Book of Elect.

ASH WEDNESDAY –

Wednesday, 18 February, 2026
Mass (E) at 8 am (E) & 10 a.m. (T)

STATIONS OF THE CROSS – Friday, 20 February, 2026

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

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

SUN.1 **FOURTH SUNDAY IN ORDINARY TIME (Year A)**

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

MON.2 **THE PRESENTATION OF THE LORD**

8.00 a.m. Mass

TUES.3 **4th Week in Ord. Time (Wk 4)/St.Blaise/St.Ansgar**

7.00 a.m. Mass.

WED .4 **4th Week in Ord. Time (Wk 4)**

7.00 a.m. Mass.

THURS.5 **4th Week in Ord. Time (Wk 4)/St.Agatha**

7.00 a.m. Mass

FRI.6 **4th Week in Ord. Time (Wk 4)/SS.Paul Miki & Companions**

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

SAT.7 **4th Week in Ord. Time (Wk 4)/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.8 **FIFTH SUNDAY IN ORDINARY TIME (Year 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. 1/2/2026 - 8.00 a.m - Mass in Tamil.
 * Sun. 15/2/2026- 4.00 p.m. - Blessing of the chapel followed by mass.

2nd COLLECTION: 1/2/2026 - For the poor of the parish.

DAILY SCRIPTURE READINGS

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

SUNDAY 1	(1 FEBRUARY – 8 FEBRUARY, 2026) (a) Zeph 2: 3, 3: 12-13. (Ps 145: 6-10) (b) 1 Cor 1: 26-31 (c) Mt 5: 1-12
MONDAY 2	(a) Mal 3: 1-4 (b) Heb 2: 14-18. (Ps 23: 7-10) (c) Lk 2: 22-40 (or 22,32)
TUESDAY 3	(a) 2 Sam 18: 9-10, 14, 24-25, 30 – 19: 3. (Ps 85: 1-6) (b) Mk 5: 21-43
WEDNESDAY 4	(a) 2 Sam 24: 2, 9-17. (Ps 31: 1-2, 5-7) (b) Mk 6: 1-6
THURSDAY 5	(a) 1 Kgs 2: 1-4, 10-12. (Ps 1 Chr 29: 10-12) (b) Mk 6: 7-13
FRIDAY 6	(a) Ecclus 47: 2-13. (Ps 17: 31, 47, 50-51) (b) Mk 6: 14-29
SATURDAY 7	(a) 1 Kgs 3: 4-13. (Ps 118: 9-14) (b) Mk 6: 30-34
SUNDAY 8	(8 FEBRUARY – 15 FEBRUARY, 2026) (a) Is 58: 7-10. (Ps 111: 4-9) (b) 1 Cor 2: 1-5 (c) Mt 5: 13-16