



“Becoming a disciple of Jesus means accepting the invitation to belong to God’s family, to live in conformity with His ways of life.”

CCC 2233

SCRIPTURE of the DAY

Exodus 3: 1-8, 13-15

Psalms 102: 1-4, 6-8, 11

1 Corinthians 10: 1-6,
10-12

Luke 13: 1-9

These promptings of the Holy Spirit arise from our conscious listening in silence and solitude to the gentle voice within each of us. Our prayer has to be: “Speak Lord, your servant is listening”. It is this prayer of the heart that begins the journey to the inside (in this season of Lent) and seeks answers to two fundamental questions in life: Who am I? Where am I going in Life?

Only when we understand that Baptism gives us an inner experience of the foundational encounter with the God of Love, as shown and expressed by the parents and gradually the family as the Domestic Church. The outward public “sign” (Rite) of Baptism must be accompanied by the more significant nourishing of the “Inward Grace” in order for Faith to grow with sensitivity to be in a life-long endeavour to discover and re-discover, listen and listen again to the “Calling of the Lord” and thus be able to respond to our Vocation as Christians and also for the Church as a People of God.

Baptism is not the beginning of our membership in the Church because receiving this Sacrament we were taught of “the outward sign of an inward grace”. Membership in an organisation is very different from being an integral part of a human body with a divine inner life: our Faith informs us that this Body is the body of Christ, who was risen from Death to be the Church as the People of God. This Church has a history and memory but is always open to reinterpreting the story of Jesus to be relevant to the people of today.

How is our Faith Renewal linked to the Church as Communion?✙

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NEWBEC

NEW WAY OF BEING CHURCH | 3rd Sunday of Lent | 23 March 2025

CELEBRATING, LISTENING AND WALKING AS PILGRIMS OF HOPE

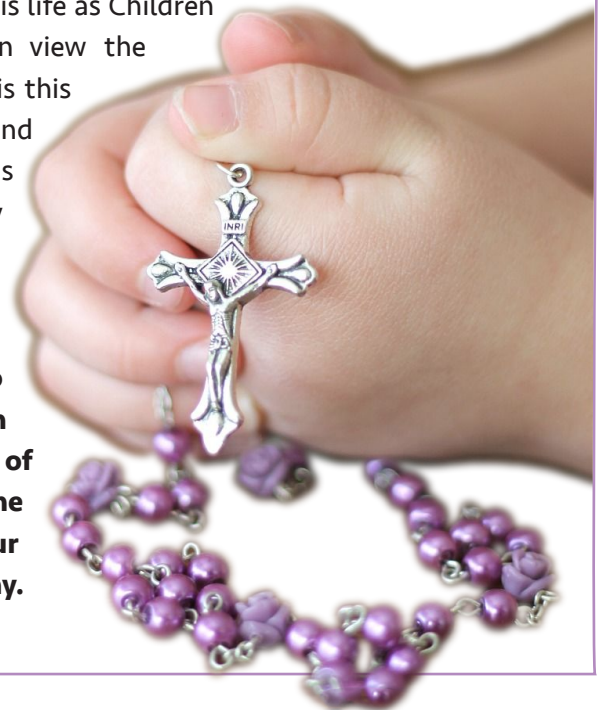
MONTHLY FOCUS & RATIONALE

FAMILY – CALLED TO NURTURE FAMILY VALUES AND RELATIONSHIPS

“Speak Lord, Your Servant is Listening”

– 1 Samuel 3:10

We are aware that our Faith is founded on our Baptism and as Church, that allows us to grow and to live this life as Children of God and to keep in view the Dream of the Father. It is this progression in Faith and growth in Grace that is nurtured in the family that gradually becomes the Love and experience of God. **We move from knowing God to understanding our own identity as creation of God, and thus the capability to discern our divinely inspired Destiny.**





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, 1, Jln Serindik, Ipoh Gdn., Ipoh

Tel. Nos.: (office – 05 5458220) (Fax: 05 5468495) **website:** omphip.org

ANNOUNCEMENTS:



OMPH QR code accepts donation from any banks & e-wallet.

The QR code is displayed on the Notice-

Board and around the church for your kind donation.

Every cent helps us maintain our building, our facilities and compound.

Your Parish contributions can be trf. to:- (Public Bank:) **"PARISH OF OUR MOTHER OF PERPETUAL HELP, IPOH GARDEN, IPOH"**

(Account number: 3096 86 4807)

OR, you can write a cheque made payable to : "PARISH OF OUR MOTHER OF PERPETUAL HELP, IPOH GARDEN, IPOH" and

hand to the parish office.

Thank you for your support.

(Parish priest)

STATIONS OF THE CROSS –

Friday, 28 March, 2025

at 7.30 pm (E) in church

at 7.15 p.m. (T) in the parish hall

No 8 p.m. Mass.

LENT

PENITENTIAL SERVICE

In preparation for Easter, penitential service will be held on

> **Tues. 1 April, 2025 at OMPH church @ 8 p.m.**

CONVERSION EXPERIENCE RETREAT (CER) FOR Clergy

The Clergy of the Diocese of Penang (all churches) will be participating in a Conversion Experience Retreat conducted by His Eminence, Cardinal William Goh and team from the Catholic Spirituality Centre (CSC) Singapore.

This Retreat will begin on **23 March evening to 28 March afternoon** at Stella Maris Retreat Centre, Penang. We pray for all the Priests & Deacons as they immerse in this experience of encounter and renewal with the Lord.

Take note: From Mon.24 till Fri 28 of March, 2025, there will be no Mass in OMPH, SMC, OLOL churches.

PARISH ACTIVITIES & MEETINGS: (March 2025)

- * 23/3/2025 – 10.00 a.m. – Perak Legion of Mary (Parish hall + Cafeteria)
- * 24/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)
- * 25/3/2025 – 7.30 p.m. – Lay Spirituality in Mission (St.Mk.Rm.)
- * 25/3/2025 - 8.00 p.m. – Legion of Mary (St.Mt. Rm.)
- * 25/3/2025 - 8.00 p.m. – Tamil Charismatic (church)
- * 26/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)
- * 26/3/2025 – 8.00 p.m. – Tamil Choir practise (St.Paul Rm.)
- * 27/3/2025 – 7.30 p.m. - RCIA (E) (St.Mk.Rm.)
- 8.00 p.m - RCIA (T) (St.Paul Rm.)
- 8.00 p.m - RCIA (BM) (Wallace Rm.)
- * 27/3/2025 - 6.00 p.m. – Ablaze (ven Francis Xavier Rm.)
- * 28/3/2025 - 8.00 p.m. – RCIA (C) (ven Francis Xavier Rm.)
- * 31/3/2025 - 8.00 p.m. - Lay Spirituality for Senior Citizen (St.Mk.Rm.)

BIBLE REFLECTION & HOME-GATHERING:

- * 19//2025 – 8.00 p.m. – BEC St.Peter (C) – (Cafeteria)

MARCH, APRIL, MAY COFFEE MORNINGS:

- 23/3/2025 – Caritas OMPH.
- 30/3/2025 –Hospitality Ministers (T)
- 6/4/2025 - CGS.
- 13/4/2025 – no coffee morning. (Palm Sun.)
- 20/4/2025 - Youth
- 27/4/2025 – RCIA - 4/5/2025 - CCR
- 11/5/2025 - RECHOSO - 18/5/2025 – BEC St.Gerard (T)
- 25/5/2025 – BEC St.Philip (T)

ECOLOGICAL PARISH

We have just signed the protocols to become an Ecological Parish. This would mean that we have to refrain from using plastics, polystyrene/styrofoam containers, plates, cups etc. plastic spoons, forks, straws, wrapping incl. waxed paper, paper towels, paper cups and plates etc. in our cafeteria among other requirements. Let us work together as the earth is our home.

ETERNAL HAPPINESS:

+ Susumairy a/p N. Lohanathan departed on 17 March, 2025.



Every 2nd Friday of the month
at 8.00 p.m. in St. Mark's room.
 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.
DURING THE SEASON OF LENT, there will be no Area Coordinators meeting.

EVENING FOR THE ENGAGED 2025

Please see your Parish Priest for registration.

EE143	16-18 May 2025
EE144	8-10 Aug 2025
EE145	7-9 Nov 2025

Couples planning to get married in the year 2025, please take note of the EE Weekends held in **english** during the year.

You are requested to register six (6) weeks before the weekend For **Tamil marriage preparation course 2025** –

Dormitory	May 24/25
St. Anne,	Aug 23 & 24/
Bukit	Nov 15 & 16
Mertajam.	(Closing date on:
Church of	1st day of each month)
St. Anthony,	
Nibong Tebal.	

Please see your Parish Priest for registration.

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 Baptism will be on 20 April, 2025.

MARRIAGE:

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

OMPH Catholic Charismatic Renewal Group

Please take note CCR ministry will be taking a break during the Season of Lent. The resume date of the weekly prayer meetings will be announced later.

OKU PARKING BAY

Kindly observe that OKU parking bay is for **DRIVERS WHO ARE OKU** and not for OKU passengers. Please park your car in the proper parking lot to avoid inconvenience.

LENTEN 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 powder, noodles, tin biscuits.

RITE OF PRESENTATION OF THE CREED & RITE OF THE 2ND SCRUTINY

– (4th week of Lent) –
 On **Sat. 29 March, 2025** during the 5.45p.m. Mass, our "Elect" will be officially presented with the Nicene Creed & will continue on the purification process, will celebrate the Rite of the Second Scrutiny focusing on purifying their spiritual blindness.

MALAYSIAN CATHOLIC YOUTH DAY (MCYD)

Nine young people will represent OMPH church at the MCYD in Kota Kinabalu, Sabah from
31 March – 6 April, 2025.
 We pray that the Holy Spirit will guide and inspire their journey in continuing the mission of Christ.

KURSUS PRA-PERKAHWINAN DALAM BM

(Tarikh) **26-27 April, 2025.**
 (Tempat) Auditorium, Minor Basilika St. Anne Bukit Mertajam
 Untuk pertanyaan dan maklumat lanjut sila hubungi:
 Sr. Lucynia (010 7966882)
 Sr. Florence (012 8484158)
 Byron (013 5950232)
 Tarikh tutup penyertaan: 20/4/2025.

RACHEL'S VINEYARD welcome

ANY PERSON man or woman who is struggling with emotional and spiritual pain of an abortion.
 A 3-day/2night stay-in scriptural based retreat will be held in Penang on 27-29 June 2025 (Friday to Sunday).
Closing date for registration:
 20 May 2025.

This retreat is specially designed to help participants experience the mercy, compassion, love and healing grace of God. It is a time of grace.
 Please contact Mary at 016-4190538 or email at: rachelsvinyard.my@gmail.com for more information.
 All communication will be strictly confidential.

SCHEDULE: For MASS, DEVOTIONS and PRAYER MEETINGS.

(23 March 2025) (Mass at 8.00 a.m. if it is a PUBLIC HOLIDAY)

(All in *English* unless stated otherwise.)

SUN.23 THIRD SUNDAY OF LENT

8.00 a.m Mass (E)

10.00 a.m. Mass (T)

11.30 a.m Mass (C)

MON.24 3rd Week of Lent (Wk 3)

No 7.00 a.m Mass

TUES.25 ANNUNCIATION OF THE LORD

No 7.00 a.m Mass

8.00 p.m. Tamil Charismatic

WED.26 3rd Week of Lent (Wk 3)

No 7.00 a.m Mass.

THURS.27 3rd Week of Lent (Wk 3)

No 7.00 a.m. Mass

FRI.28 3rd Week of Lent (Wk 3)

No 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)

No 8.00 p.m. Mass.

SAT.29 3rd Week of Lent (Wk 3) /B.V.M

7.30a.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.

SUN.30 FOURTH SUNDAY OF LENT

8.00 a.m Mass (E)

10.00 a.m. Mass (T)

11.30 a.m Mass (C)

ST.MARY'S CHAPEL, KG. TERSUSUN.

* **Sun. 23/3/2025** - 8.00 a.m. Mass in Tamil.

2nd COLLECTION: 23/3/2025 – For parish maintenance.

DAILY SCRIPTURE READINGS

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

SUNDAY 23	(23 March – 30 March, 2025) (a) Ex 3: 1-8, 13-15. (Ps 102: 1-4, 6-8,11) (b) 1 Cor 10: 1-6, 10-12 (c) Lk 13: 1-9
MONDAY 24	(a) 2 Kgs 5: 1-15. (Ps 41: 2-3, 42: 3-4) (b) Lk 4: 24-30
TUESDAY 25	(a) Is 7: 10-14, 8:10. (Ps 39: 7-11) (b) Herb 10: 4-10 (c) Lk 1: 26-38
WEDNESDAY 26	(a) Deut 4: 1, 5-9. (Ps 147: 12-13, 15-16, 19-20) (b) Mt 5: 17-19
THURSDAY 27	(a) Jer 7: 23-28. (Ps 94: 1-2, 6-9) (b) Lk 11: 14-23
FRIDAY 28	(a) Hos 14: 2-10. (Ps 80: 6-11, 14,17) (b) Mk 12: 28-34
SATURDAY 29	(a) Hos 5: 15 – 6: 6. (Ps 50: 3-4, 18-21) (b) Lk 18: 9-14
SUNDAY 30	(30 March – 6 April, 2025) (a) Josh 5: 9-12. (Ps 33: 2-7 (Year C) (b) 2 Cor 5: 17-21 (c) Lk 15: 1-3, 11-32 or (a) 1 Sam 16: 1, 6-7, 10-13. (Ps 22: 1-6) (Year A) (b) Eph 5: 8-14 (c) Jn 9: 1-41 (or 9: 1, 6-9, 13-17, 34-38)