



OLPH VOICE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC CHURCH OF GREATER



From Our Vicar

Beloved OLPH Families,

January 20th is the feast of St. Sebastian. Sebastian was born in Narbonne, and his life is a tale of unwavering faith and courage. Around 283 AD, he enlisted in the Roman army and became a significant figure in supporting fellow Christians facing persecution. Sebastian's impact extended to conversions and miraculous healings. During Emperor Maximian's persecution of Christians, Sebastian's faith was exposed, leading to a harsh punishment – execution by arrows. Miraculously, Sebastian survived and was discovered alive by a widow who nursed him back to health. Then, when he confronted the Emperor, denouncing the cruelty against Christians, he was beaten to death on the Emperor's orders.

In the Syro Malabar church, this saint is highly venerated. St. Sebastian's feast day is a significant event in Kerala. Devotees participate in processions, prayers, and special church services to honor and seek the saint's blessings. The festivities often include colorful decorations, parades, and communal gatherings, creating a sense of unity and spiritual connection within the community.

Syro Malabar Christians all over the world turn to him for aid during times of illness, adversity, and for protection against various challenges. The saint's reputation for curing diseases in historical accounts, makes him a popular figure among those seeking relief from ailments.

Sebastian's legacy in Christian history is one of courage, compassion, and ultimate sacrifice for his beliefs.

Let us intercede to St. Sebastian as we celebrate his feast day in our church on Sunday, January 21st.

With Love,
Rijoachan

St. Sebastian Feast Day



Sunday, January 21st



9:00 am Adoration

9:30 am Holy Mass in Malayalam

12:30 pm Lunch

YOUTH SEMINAR

01 · 06 · 2024



HAPPY
Birthday

ABIGAIL NETTIKADAN
JAN 21ST

FIONA THOMAS
JAN 22ND

WITH LOVE FROM RIJO
ACHAN, CCD TEACHERS
AND FRIENDS



Reflections on the Eucharist

*“The Eucharist
bathes the
tormented soul in
light and love”.*

St. Bernadette Soubirous



DAILY SCHEDULE

Our Lady of Perpetual Help Syro Malabar Catholic Church of Greater Washington

20533 Zion Road, Gaithersburg MD 20882

SATURDAY	January 20, 2024	9:00 AM	ADORATION & CONFESSION	1st Reading: Phil 2:5-11 God became man and took the form of a servant
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel: Mt 11:25-30 I am meek and humble of heart
		10:15 AM	ST. SEBASTIAN NOVENA	
SUNDAY	January 21, 2024	9:00 AM	ADORATION & CONFESSION	1st Reading: Deut 31:1-8 Joshua is chosen
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: Isa 41:8-16 I have chosen you
				3rd Reading: Phil 3:4-16 The attitude of the chosen one
		11:00 AM	CCD CLASS	Gospel: Mk 3:7-19 The call of the Apostles
NO MASS ON MONDAY				
TUESDAY	January 23, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: Jas 5:13-20 Confess your sins
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Jn 1:29-34 Lamb of God who takes away the sins
WEDNESDAY	January 24, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: 1 Pet 4:1-11 Love erases many sins
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 7:36-50 The one who loved much
THURSDAY	January 25, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: 3 Jn 1:1-8 The joy of the Apostle
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 15:1-10 Joy in Heaven about those who repent
FRIDAY	January 26, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: Rev 4:1-11 Symbols of the Evangelists
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 8:4-15 The seed that is the Word of God
SATURDAY	January 27, 2024	9:00 AM	ADORATION & ROSARY	1st Reading: Rom 10:5-13 Good news of salvation for all
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel: Mk 1:40-45 Jesus heals the leper
		10:15 AM	OLPH NOVENA	
SUNDAY	January 28, 2024	9:00 AM	ADORATION & ROSARY	1st Reading: Gen 29:1-14 Jacob beside the well of Laban
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: 2 Kgs 17: 24-28 The origin of the Samaritans
			CCD CLASS	3rd Reading: Heb 6:1-12 You have things that belong to salvation
		11:00 AM	HOLY MASS IN ENGLISH	Gospel: Jn 4:1-26 Jesus is the promised Messiah

Monthly Ward Meeting Schedule

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1st Friday of the month	Little Flower Ward
2nd Friday of the month	Holy Family Ward
3rd Friday of the month	Infant Jesus Ward
4th Friday of the month	St. Mary's Ward

Reminders:

- Ward meetings will start at 8pm
 - Rosary, prayer, readings (Malayalam and English)
 - Request for children's involvement (ex. talk about a saint)
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UPCOMING EVENTS

2024

21
J A N

CCD HALF YEARLY EXAM

12
F E B

ASH MONDAY

17
F E B

DEI VERBAM SEMIFINALS

25
F E B

PARISH DAY / CCD ANNUAL DAY

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