



OLPH VOICE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC CHURCH OF GREATER



From Our Vicar

Beloved OLPH Families,

As we stand on the threshold of the sacred season of Lent, let us come together to prepare our hearts for a meaningful journey of spiritual growth. The week before Lent begins is a great time for reflection and readiness. Set aside moments this week for quiet prayer and contemplation. Reflect on the significance of Lent, considering the areas in your life where you seek growth and deeper connection with your faith. Consider participating in the sacrament of reconciliation. This cleansing experience allows us to enter Lent with a renewed spirit and a sense of forgiveness. Finally, make a plan for your personal devotional practices for the upcoming season. Whether it's daily scripture reading, a specific prayer routine, or acts of kindness, having a plan will enrich your Lenten experience.

With Love,
Rijoachan

Reflections on the Eucharist

*"In this world I cannot see
the Most High Son of God
with my own eyes, except for
His Most Holy Body and
Blood."*

- St. Francis of Assisi



DYA PRESENTS....

SUMMIT 2024

June 27th - 30th

Baltimore

"CHRIST OUR HOPE"

REGISTRATION DATES

Early Bird (\$350)	Jan 5-17
Regular (\$400)	Jan 18- Apr 5
Late (\$450)	Apr 6- May 22

- Praise and worship
- Keynotes speakers
- Performances
- Networking
- Adoration
- Qurbana
- Single Mingle
- and MORE!

REGISTER TODAY!



Scan QR code
to register!



<https://syrosummit24.com>

DAILY SCHEDULE

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

20533 Zion Road, Gaithersburg MD 20882

SATURDAY	February 3, 2024	9:00 AM	ADORATION & CONFESSION	1st Reading: Eph 4:25-32 Forgive each other
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel: Mt 6:5-15 Forgive your brother
		10:15 AM	OLPH NOVENA	
SUNDAY	February 4, 2024	9:00 AM	ADORATION & CONFESSION	1st Reading: Lev 4:13-21 Forgiveness through sacrifice
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: Dan 9:1-9 Forgiveness belongs to God
			CCD CLASS	3rd Reading: Col 1:12-19 Salvation and forgiveness through the son
		11:00 AM	HOLY MASS IN ENGLISH	Gospel: Mk 2:1-12 Christ, the Son of Man has authority to forgive sins
NO MASS ON MONDAY				
TUESDAY	February 6, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: Acts 5:12-20 Miracles and signs through the Apostles
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Mt 12:9-14 It is lawful to do good on the Sabbath
WEDNESDAY	February 7, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: Gal 3:7-14 No one is justified through the law
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Jn 5:1-18 Jesus heals on the Sabbath
THURSDAY	February 8, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: Rom 2:25-29 Importance of interiority.
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Mt 12:15-21 God’s chosen servant, who brings justice to victory
FRIDAY	February 9, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: Rev 20:11-15 The dead are judged
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Jn 5:19-29 Those who have done good will come out to the resurrection of life
SATURDAY	February 10, 2024	9:00 AM	ADORATION & ROSARY	1st Reading: Rom 13:8-14 Love is the fulfillment of law
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel: Lk 10:25-37 Love of God and love of neighbour
		10:15 AM	OLPH NOVENA	
SUNDAY	February 11, 2024	9:00 AM	ADORATION & ROSARY	1st Reading: Ex 24:12-18 Moses was on Mount Sinai for forty days
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: Sir 2:1-11 Trust in the Lord and face temptations
			CCD CLASS	3rd Reading: Heb 2:10-18 One who is able to help those who are tempted
		11:00 AM	HOLY MASS IN ENGLISH	Gospel: Lk 4:1-13 Jesus’ forty days fast

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

12
FEB

ASH MONDAY

17
FEB

DEI VERBAM SEMIFINALS

22
MAR

3-DAY LENTEN RETREAT BEGINS

28
MAR

HOLY THURSDAY

29
MAR

GOOD FRIDAY

31
MAR

EASTER SUNDAY

2
JUNE

SUNDAY CCD FINAL EXAM

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