



# OLPH VOICE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC MISSION OF GREATER WASHINGTON



## From the Pastor's Desk

Beloved OLPH family members,

**October 4th** is the feast of a great Saint – **St. Francis of Assisi**. Assisi is a charming town located in the Italian region of Umbria; This town is home to winding little streets, ancient buildings and of course, the Santa Maria degli Angeli, which is one of the largest Christian sanctuaries in the world. Part of this sanctuary is the original stone chapel, called the Porziuncola, where St. Francis lived and worked after founding the Franciscan Order. Outside the basilica is the Roselo, or Rose Garden, where a very special type of rose exists: one without any thorns! Legend has it that in this location, Saint Francis rolled naked amongst the thorn bushes, in order to combat doubt and temptation. It is then said that on contact with the Saint's body, thorn-less roses began to bloom, and they still do to this day! These special flowers can only be found in this particular rose garden, and are named Rosa Canina Assisiensis. I feel blessed to have visited this Rose Garden in Assisi in 2015, and I have shared two pictures of the Rose Garden from my visit.

**October 4th** is also commemorated as **Life Sunday** by the Syro-Malabar Diocese of Chicago. Please read the **circular from Bishop Mar Jacob Angadiath on page 9** in reference to this.

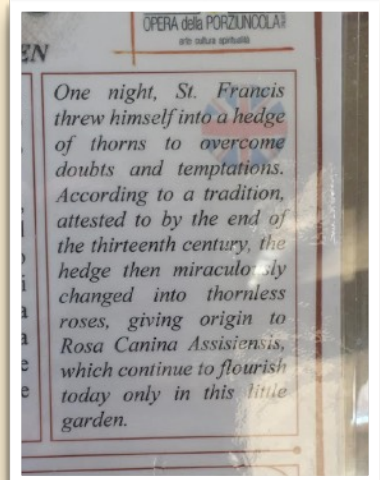
**October 7th** is the feast of **Our Lady of Rosary**. Please continue to join the Community Rosary every day of this month.

With love,

Royachan

**Rev. Fr. Roy Moolechalil**

**OLPH Mission Director**



# Weekly Holy Mass and Services

**DAILY MASS & SERVICES** are streamed LIVE  
Click inside this box to connect to our YouTube channel

**SUNDAY MASS** is streamed LIVE and open to the public at  
**Mother of God Community Gym**  
**20501 Goshen Rd, Gaithersburg, MD 20879.**

Day	Time	Worship Service	Readings
Saturday, October 3, 2020	9:30 AM	Adoration & Rosary	Reading 1: <b>2 Tim 4: 6-8</b> Gospel: <b>Mt 26: 6-13</b>
	10:00 AM	Holy Mass	
	10:45 AM	OLPH Novena	
Sunday, October 4, 2020	9:30 AM	Adoration & Rosary	Reading 1: <b>Deut 9:13-24</b> Reading 2: <b>Is 26:1-11</b>
	10:00 AM	Holy Mass in Malayalam	Reading 3: <b>Phil 4:4-9</b> Gospel: <b>Mt 15:21-28</b>
Monday to Friday	6:30 PM	Adoration & Rosary	<a href="#">Click here to see readings</a>
	7:00 PM	Holy Mass in Malayalam	

# WEEKDAY MASS READINGS

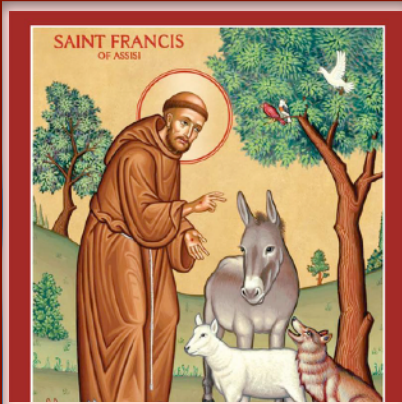
DATE	DAILY MASS READINGS
Monday, October 5, 2020	Reading I: <b>2 Tim 2: 8-13</b> Gospel: <b>Mt 6:18-29</b>
Tuesday, October 6, 2020	Reading I: <b>Rev 12:7-12</b> Gospel: <b>John 1: 43-51</b>
Wednesday, October 7, 2020	Reading I: <b>Heb 2: 1-4</b> Gospel: <b>Luke 20: 20-26</b>
Thursday, October 8, 2020	Reading I: <b>2 John 4-11</b> Gospel: <b>John 5: 39-47</b>
Friday, October 9, 2020	Reading I: <b>2 Tim 1:1-7</b> Gospel: <b>Luke 21:7-19</b>

# Weekly Schedule

DATE	ROSARY LEADERS	DAILY BIBLE READINGS
Sunday, October 4, 2020	Thomas & Briget Family	Baruch 5, 6
Monday, October 5, 2020	Augustine & Gladis Family	Ezekiel 1, 2
Tuesday, October 6, 2020	Babu & Jasmine Family	Ezekiel 3, 4
Wednesday, October 7, 2020	Bijesh & Ashy Family	Ezekiel 5, 6
Thursday, October 8, 2020	Shaji & Nisha Family	Ezekiel 7, 8
Friday, October 9, 2020	Noble & Annie Family	Ezekiel 9, 10
Saturday, October 10, 2020	Rani Kariyil Family	Ezekiel 11, 12



OCTOBER 4



**St. Francis of Assisi**

OCTOBER 5



**St. Faustina**

OCTOBER 6



**St. Faith**

**Touch Saint's image  
to read about them**

## **SAINTS OF**

OCTOBER 7



**St. Libaire the Great**

## **THIS WEEK**

**Touch Saint's image  
to read about them**

OCTOBER 8



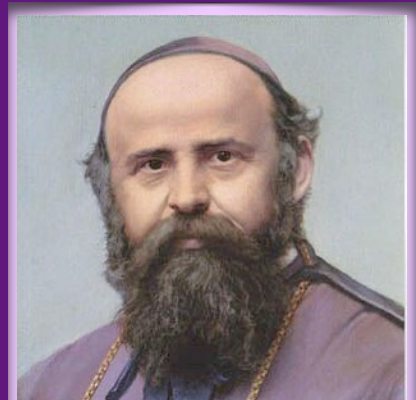
**St. Simeon Senex**

OCTOBER 9



**St. John H. Newman**

OCTOBER 10



**St. Daniel Comboni**

# How to improve our personal prayer life

~ By Alisha Justin  
(6th Grade)



How do you prepare for praying? There are many ways to prepare. One thing to do before you pray is to have a quiet mind and focus on giving all worries and concerns to God. You also have to think about everything that you have and everyone that loves you including God. You should also ask God to be with you while you pray. That is the first step to having a good rosary prayer.

For many people it's hard to focus on praying. You might start off praying then start thinking about work or what to cook for dinner. To minimize distraction during prayer, you can split up your prayer time from one 20-30 min period into a few 10 minute prayers. For example, waking up and praying for 10 minutes and during lunch continue praying for another 10 minutes and before you sleep finish praying. Praying is a meditation and there are many ways to pray.

One way to pray is to stay focused on the mystery that you are praying for then pray about your intentions afterwards. Another way to pray is to include yourself into the mystery. You can act as someone in the mystery and see it from their point of view. You can put yourself in the mystery and see what's happening so you understand it better. Yet another way you can pray is by listening to God while saying the mysteries. For example you can write down messages you feel like you're getting. You can even ask God to guide you. Finally, you can use each mystery for each intention you have. These are only some of the few ways you can pray.

There are many ways that you can bring prayer into your everyday life. Some examples are keeping a rosary with you in your bag or pocket, saying the rosary when waiting in line for things, saying it when you are doing everyday things. For example cooking, working out and even eating. The last thing is that if you are sad or angry you can pray so all your worries or sadness goes away.



# Life Sunday

## October 4, 2020

*Theme: Perfect love casts out fear*

**The primary purpose of this day is to foster individual conscience in families, in the church and civil society - a recognition of the meaning and value of human life of every stage and in every condition**





# LIFE SUNDAY

OCT 4 | 2020

## Suggested Activities

- Adoration and Intercession
- 40 hour Adoration starting previous Friday evening ending Sunday morning.
- Rosary for life, procession to grotto if possible
- Show pro-life video and short movies like Tree of life.
- Poster exhibition, PowerPoint presentation,
- Debates and discussion on Life issues
- Decorating Holy Families picture in families
- Decorating Church and homes with Bible verses on value of Life
- Doing a Divine Mercy Chaplet immediately after/before Mass on Life Sunday
- Circulating leaflets or CDs or other prolife materials during Sunday.
- Having thematic presentations to build the culture of life: value of unborn life, contraception, NFP, need for more children, respecting and taking care of elders.
- Circulating our lady's or Holy family's statue during Ward prayers in family units.
- Organizing a group study on Humanae Vitae and Evangelium Vitae.
- Appreciate large families.
- Youth group and families could go visit abortion clinic and get involved in the activities of local pro-life groups
- Distribution of pro-life books like "Unplanned", "The Hand of God" etc.
- Raise money for local women's center; Bake sale with the involvement of parish youth
- Poster exhibition on pro-life.
- Introduce Prolife Saints:
  - Our Lady of Guadalupe - Patroness of the unborn
  - St. Gianna Molla - Patroness of the unborn
  - St. Elizabeth - Patroness of Pregnant women
  - St. Maximilian Kolbe - Patron of the Pro-life Movement
  - St. Joseph - Patron of Expectant Mothers
  - St. Gerard Majella - Patron of the Pro- life Movement
  - Blessed Miguel Pro - Patron of Catholic Pro-Life Action
  - St. Faustina - Patron for women in distress







## St. Thomas SyroMalabar Catholic Diocese of Chicago

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Circular Letter #32/2020

September 18, 2020

By the grace of God, Mar Jacob Angadiath, Bishop of St. Thomas Syro-Malabar Catholic Diocese of Chicago, send this greeting and message to all the priests of the Syro-Malabar Church.

Glory to God in the highest! Amen.

My Dear and Reverend Fathers, Reverend Sisters and beloved brothers and sisters in the Lord,

I have great joy to announce, this year's Life Sunday which is celebrated on October 4th, 2020. The theme for this year is "Perfect love casts out fear."

Pope Francis wrote during this time of the global pandemic, "in some ways, the current pandemic has led us to rediscover simpler and sustainable lifestyles. The crisis, in a sense, has given us a chance to develop new ways of living." We are facing the reality of losing everything that we value and our supports that offer security, direction, and comfort are being removed. What we are left with is the stark reality that we do not know what will happen, we are not in control of situations, and that we are afraid. We are told to isolate ourselves and close our doors to one another in order to protect ourselves and our loved ones. "This reminds us that we have forgotten and neglected some of the important things in life and makes us reflect on what is truly important and necessary and what is less important or only apparently so."

In the midst of this crisis our traditional earthly resources which we were relying on for our security have become inoperable. Even if we have great influence and means to obtain the best medical facilities, there is no assurance that our earthly life could be preserved. The pandemic has no partiality towards young or old, rich or poor, healthy or unhealthy, famous or infamous, nationality or color. Humanity has become helpless before this unseen enemy.

Here arises the question in our hearts "where is God in the midst of our suffering?". We do not have any definite answers to the meaning of suffering. But, we worship a God-man who died for us on the cross. He has won the victory on the cross for our sins and our sicknesses. "By his wounds, you have been healed." "For you were straying like sheep but have now returned to the Shepherd and Guardian of your souls." (1 Peter 2:24) The victory of Jesus was not by conquering the earthly kingdoms but over sin and death. His suffering and death have reconciled humanity to God the Father and made us partakers of eternal life. Our God is not far from us in the midst of this suffering but, He suffers with us and strengthens us.

This crisis represents an alarm that leads to a reflection on where we sink the deepest roots that support all of us in a storm. God asks each one of us "where your treasure is?" (Matthew 6:21). It is an opportunity for us to reflect on the shortness of human life and the helplessness of human beings. We are pilgrims in this world for a short period of time. The hope of heaven is the greatest expectation of our faith. We do not set our hope in this world, "if for this life only we have hoped in Christ, we are of all men most to be pitied." (1 Cor. 15:19).

During the 3rd-century Plague of Cyprian (famous for killing upwards of 5,000 people a day in Rome), Christians were reported running toward sufferers, eager to nurse them whatever the cost. St. Dionysius wrote of the Christians at that time, "Heedless of danger, they took charge of the sick, attending to their every need and ministering to them in Christ, and with them departed this life serenely happy; for they were infected by others with the disease, drawing on themselves the sickness of their neighbors and cheerfully accepting their pains." As coronavirus spreads around the globe, leaving many sick and much more frightened, we would do well to ask the intercession of those who fought plagues and epidemics and won halos in the process. As Christians, we do not run away from our seen or unseen enemies, but we conquer them with love. As St John writes to us "There is no fear in love. But perfect love casts out fear." (1 John 4:18).

While we worry about those who have lost work, we should recognize and express our gratitude to courageous workers who are providing essential care and services at the risk of their own health: doctors, nurses and medical staff, first responders, workers in groceries and pharmacies, sanitation workers, and others who help the rest of us survive this crisis. Pope Francis calls these people "the saints next door."

Social distancing is a valid tool against this virus but we must not close our hearts to Christ, His Body, the Church, and stretch our hands to our needy brothers and sisters. In this moment of fear, let us as a diocese, open our hearts to Christ and invite Him into the fear and unknown. We will receive a new and lived experience of communion with Christ and with one another that cannot be taken away.

I request every Parish and Mission to actively use this opportunity of Life Sunday celebration to promote a culture of life in their community and convey the Gospel of life to others. This may be the greatest occasion to recognize people who have embraced a culture of life in the community. The elderly parents, pregnant women, newborn babies, parents with more children, the dignity of children with special needs be recognized and affirmed, along with the other Life Sunday initiatives.

Let us rally together for those who are denied the dignity of life and Intercession of Mother Mary and God's grace may inspire all your efforts and bless you today and every day of your life.

May the Lord bless us,

Yours sincerely in the Lord

+ *Mar Jacob Angadiath*

Mar Jacob Angadiath  
Bishop



# Life Sunday Bishop's Circular

## GET TO KNOW AN OLPH FAMILY

Cherian is from Kutticad, Kerala and Shanta is originally from Trivandrum, Kerala but born and raised in Calcutta. Cherian moved to Calcutta and earned a college degree (B.Com.) from City College, Calcutta. He then worked at a Pharmaceutical research company, Centre for Market Research. Shanta earned a degree in Psychology from Loreto College, Calcutta and then worked in Indo-Burma Petroleum (IBP). They moved to Maryland, USA on March 19, 1991. Cherian is currently working as an Asst. Manager at MVA in Maryland, where he has been employed for the past 25 years. Shanta worked at Union Labor Life insurance for 10 years as an underwriting consultant, then at Aetna and Coventry before retiring.

They have a son, Ravi who is a Pilot, and works in Texas. Ravi's wife Lisa is a Physician Assistant.

Something you love about the OLPH community:

- It's a beautiful community. The people in the community are very loving, caring and very spiritual. The youth in the community are very vibrant and active in Church activities.

Favorite Bible verse:

- Psalm 91

Favorite family vacation spot:

- Trivandrum, Kerala and Boston, MA

Favorite family activity:

- Thanksgiving family get-togethers

# Cherian & Shanta Pereppaden

☆ Ravi



Cherian, Shanta and Ravi are very active OLPH Church members. Their family has been part of the OLPH Church since its beginning. Cherian is the Choir Master of the OLPH Church. Both Cherian and Shanta have been past members of the Parish Council and have been Holy Family Ward Representatives. Cherian also belongs to the OLPH Knights of Columbus group.

# Editorial Board



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## Share your thoughts

E-mail: [newsletter.olph@gmail.com](mailto:newsletter.olph@gmail.com)