



# OLPH VOICE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC CHURCH OF GREATER



## From Our Vicar

Beloved OLPH Families,

On Ash Monday, some phrases you may hear include "Repent and believe in the Gospel." The term 'repent,' translated from metanoia, emphasizes a transformative shift or a change of heart, urging believers to center their lives around the Gospel. For Christians the person of Jesus Christ is central to the Good News of the Gospel. Jesus says that those who have seen him have seen God the Father, because in seeing Jesus we see God.

Pope Francis invites us to a renewed personal encounter with Jesus Christ,, "Now is the time to say to Jesus: Lord, I have let myself be deceived; in a thousand ways I have shunned your love, yet here I am once more, to renew my covenant with you. I need you. Save me once again, Lord, take me once more into your redeeming embrace (Evangelii Gaudium 3)

Let us take time and reflect: When have you experienced joy in the Lord? What is the renewed personal encounter with Jesus you are hoping for this Lent

With Love,  
Rijoachan



# Ash Monday

ASH MONDAY IS A DAY OF FASTING AND  
PRAYER THAT COMMEMORATES THE  
BEGINNING OF LENT

FEBRUARY 12, 2024

7:00PM- HOLY MASS IN MALAYALAM

DYA PRESENTS....

# SUMMIT 2024

June 27th - 30th

Baltimore

*"CHRIST OUR HOPE"*

## REGISTRATION DATES

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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>**





# OLPH CHOIR

# LUNCH OUTING





# Reflections on the Eucharist

*“Look upon the hour of adoration assigned to you as an hour in paradise. Go to your adoration as one would to heaven, to the divine banquet. You will then long for that hour and hail it with joy”.*

*– St. Peter Julian Eymard*



**HAPPY  
BIRTHDAY**



**GEORGIANA ISSAC  
FEB 15TH**

**WITH LOVE FROM RIJO ACHAN, CCD  
TEACHERS AND FRIENDS**

# DAILY SCHEDULE

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

20533 Zion Road, Gaithersburg MD 20882

SATURDAY	February 10, 2024	9:00 AM	ADORATION & CONFESSION	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 & CONFESSION	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
MONDAY	February 12, 2024	6:30 PM	WAY OF THE CROSS	1st Reading: Rom 12:1-8 Transformation through the renewal of mind
		7:00 PM	HOLY MASS IN MALAYALAM	Gospel: Mt 21:28-32 The son who repented and did the will of the father
TUESDAY	February 13, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: Acts 8:14-25 Divine gift is through repentance and prayer
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Mk 9:14-29 Importance of prayer and fasting
WEDNESDAY	February 14, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: Jas 4:1-10 Warning against worldliness
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Mt 18:1-10 Woe to him who gives scandals
THURSDAY	February 15, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: 1 Thess 2:17-3:5 You are our crown of hope, joy and praise
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 22:24-30 You are with me in my trials
FRIDAY	February 16, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: Jas 1:12-18 He who overcomes trials is given crown of life
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 22:39-46 Pray not to be tempted
SATURDAY	February 17, 2024	9:00 AM	WAY OF THE CROSS	1st Reading: 2 Cor 2:5-11 Forgiveness to the sinner
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel: Lk 15:11-24 The parable of the prodigal son
		10:15 AM	OLPH NOVENA	
SUNDAY	February 18, 2024	9:00 AM	WAY OF THE CROSS	1st Reading: Gen 13:1-13 One who gives up wealth and trusts in God
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: Sir 31:1-11 Use of wealth
			CCD CLASS	3rd Reading: 1 Tim 6:3-10 Greed is the root sin
		11:00 AM	HOLY MASS IN ENGLISH	Gospel: Lk 19:1-10 Repentance of Zacchaeus

# 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)
- .....





# UPCOMING EVENTS

## 2024

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**12**  
FEB

**ASH MONDAY**

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**17**  
FEB

**DEI VERBUM SEMIFINALS**

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**22**  
MAR

**3-DAY LENTEN RETREAT BEGINS**

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**28**  
MAR

**HOLY THURSDAY**

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**29**  
MAR

**GOOD FRIDAY**

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**31**  
MAR

**EASTER SUNDAY**

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**2**  
JUNE

**SUNDAY CCD FINAL EXAM**

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