



OLPH VOICE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC CHURCH OF GREATER



From Our Vicar

Beloved OLPH Families,

Lent might seem like a chance for self-improvement, but instead of turning inward, let's shift our focus to Jesus. By seeking a fresh connection with him, we acknowledge that he is the one who rescues us from our struggles. It's his compassionate attention that sparks change and transforms us.

In the Gospel, people question Jesus about why his disciples don't fast. He explains that, like wedding guests, they won't fast while he, the Bridegroom, is with them. However, he foretells a time when he'll be taken away, and then they will fast.

Fasting is about our hunger for God, the most profound hunger within us. It's a means to connect with that hunger, allowing it to guide us toward God. Fasting disciplines the desires of the flesh by not immediately satisfying them, and by allowing our deepest desires, especially for God, to surface. Fasting helps us recognize our hunger for God that might otherwise go unnoticed.

Make a Lenten resolution to fast or abstain during Lent so that we may focus more on God than on the needs of the flesh.

With Love,
Rijoachan



Marian Meeting



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>

Reflections on the Eucharist

*“Recognize in this bread
what hung on the cross,
and in this chalice what
flowed from His side”.*

– St. Augustine



DAILY SCHEDULE

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

20533 Zion Road, Gaithersburg MD 20882

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
NO MASS ON MONDAY				
TUESDAY	February 20, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: Jas 5:1-6 Warning against the rich
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 18:18-30 Wealth and discipleship
WEDNESDAY	February 21, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: 1 Tim 6:17-21 The foolish greed for money
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 12:13-21 The pseudo security of the rich
THURSDAY	February 22, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: Rom 8:1-6 Keep your mind on the Spirit
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Mt 6:19-24 Your heart will be there where the treasure is
FRIDAY	February 23, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: Jas 1:9-11, 4:13-16 The poor and the rich
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 14:7-14 Use of status and wealth
SATURDAY	February 24, 2024	9:00 AM	WAY OF THE CROSS	1st Reading: Phil 3:4-11 He counted as loss everything for the sake of Christ
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel: Lk 5:1-11 Give up everything and follow Christ
		10:15 AM	OLPH NOVENA	
SUNDAY	February 25, 2024	9:00 AM	WAY OF THE CROSS	1st Reading: Deut 15:7-15 Donate generously
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: Tob 12:6-15 Fasting, Charity, Prayer, Justice
			CCD CLASS	3rd Reading: 2 Cor 8:9-15 Almsgiving as possible
		11:00 AM	HOLY MASS IN ENGLISH	Gospel: Mt 6:1-8, 16-18 Fasting, Charity, Prayer

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

22

M A R

3-DAY LENTEN RETREAT BEGINS

24

M A R

PALM SUNDAY

28

M A R

HOLY THURSDAY

29

M A R

GOOD FRIDAY

31

M A R

EASTER SUNDAY

2

J U N E

SUNDAY CCD FINAL EXAM

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