



OLPH VOICE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC CHURCH OF GREATER



From Our Vicar

Beloved OLPH Families,

Lent is a time to focus on Jesus' suffering and death, preparing for the joy of his Resurrection. The emphasis on suffering is because Jesus saved us through his own suffering on the cross, where love and pain met. The Church, as the Body of Christ, participates in this, and we might be called to suffer out of love, helping others just as different parts of a system support each other.

Traditionally, the Church advocates three key practices during Lent: prayer, fasting, and almsgiving. Far more than mere rituals, these actions are regarded as transformative elements that engage both the mind and body, addressing both the internal and external aspects of an individual's life. In adhering to these practices, we are encouraged to draw nearer to the Lord, recognizing Him as the central force guiding and giving purpose to our life.

With Love,
Rijoachan

THANK YOU!

Thomas Abraham
Jenson Jose
Rex Thomas
Suneetha Thomas
Justin Jose
Sany Joseph
Sojan Abraham
Tenny Sebastian
Roy Raphael
Sajit Mathew
Sandeep Antony
Bijesh Thomas
Liz Abraham
Nisha Francis
Liji Scaria
Saly Jijo
Melwin Mathew
Riya Roy
Anila Jeffy Mattathil
Annie Joseph
Jeffy George Mattathil

DEAR PARISH COUNCIL MEMBERS (2022-2024)

A HEARTFELT THANK YOU FOR YOUR DEDICATED
SERVICE TO OUR COMMUNITY. YOUR EFFORTS
MADE A MEANINGFUL DIFFERENCE.

ANNUAL SAFE ENVIRONMENT TRAINING

March 3:

- **9:30 – 10:30 am: Grades K - 2**
- **12:30 – 1:30 pm: Grades 6 – 8**

March 10:

- **9:30 – 10:30 am: Grades 3 – 5**
- **12:30 – 1:30 pm: Grades 9 – 12**

March 17:

- **11:00 – 12pm: Parents Awareness Session**

- Please make every effort to ensure your children attend their respective classes
- This year, parents of CCD children are requested to attend the awareness session on March 17th. This applies to all parents who do not have an active Protecting God's Children Training Certification.

For additional information, please contact Binoy Mathews.

LENTEN RETREAT SCHEDULE

You are invited to join us for the Lenten Retreat at OLPH church. Experience the love and mercy of Jesus through song, prayer, and reflection.

Friday, March 22

6:00 PM — Way of the Cross

6:30 PM — Holy Mass in Malayalam

7:00 to 9:00 PM — Retreat

Saturday, March 23

9:00 AM — Way of the Cross

9:30 AM — Holy Mass in Malayalam

10:00 AM — OLPH Novena

10:30 AM to 4:00 PM — Retreat

Sunday, March 24 (Palm Sunday)

9:00 AM — Blessing of Palms at Grotto

9:30 AM — Holy Mass in Malayalam

10:30 AM to 3:00 PM — Retreat

HOLY WEEK & EASTER SCHEDULE

March 28th — Holy Thursday (Pesaha)

6:00 PM — Way of the Cross

6:30 PM — Holy Mass in Malayalam

7:30 PM — Pesaha appam blessing

March 29th — Good Friday

3:00 PM — Way of the Cross

4:00 PM — Good Friday Service

March 30th — Holy Saturday

7:00 PM — Easter Vigil Service

March 31st — Easter Sunday

9:00 AM — Adoration and Rosary

9:30 AM — Holy mass in Malayalam

Love

MARIANS PRESENT

MOVIE NIGHT



SAT 09 MARCH 2024 | 5-9 PM

ALL ARE WELCOME

MOVIE: TBD

VENUE: OLPH CHURCH HALL

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

“The courage and strength that are in me are not of me, but of Him who lives in me – it is the Eucharist.”

– St. Faustina



DAILY SCHEDULE

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

20533 Zion Road, Gaithersburg MD 20882

SATURDAY	February 24, 2024	9:00 AM	WAY OF THE CROSS	1st Reading: 2 Cor 4:7-15 Suffer for Jesus
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel: Mt 10:16-25 Give witness to the Gospel
		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
NO MASS ON MONDAY				
TUESDAY	February 27, 2024	6:00 PM	WAY OF THE CROSS	1st Reading:2 Cor 9:1-5 Generous donation without pressure
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel:Mk 12:38-44 Widow’s coins
WEDNESDAY	February 28, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: 2 Cor 9:6-10 He who sows abundantly will also reap abundantly
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 6:32-38 Give, and it will be given to you
THURSDAY	February 29, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: Jas 2:10-17 Faith without action is dead
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel:Mt 7:21-28 Do the will of your Heavenly Father
FRIDAY	March 1, 2024	6:00 PM	WAY OF THE CROSS	1st Reading:2 Cor 9:11-15 Those who are made wealthy in order to be generous
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 12:29-34 Seek the Kingdom of God
SATURDAY	March 2, 2024	9:00 AM	WAY OF THE CROSS	1st Reading:2 Cor 6:14-7:1 Temple of God.
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel:Lk 8:42b-48 The bleeding women recovers.
		10:15 AM	OLPH NOVENA	
SUNDAY	March 3, 2024	9:00 AM	WAY OF THE CROSS	1st Reading:Gen 19:1-11 The sin of Sodom
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading:2 Sam 12:1-7, 13-17 The repentance of David
			CCD CLASS	3rd Reading:2 Tim 2:22-26 Call on the Lord with a holy heart
		11:00 AM	HOLY MASS IN ENGLISH	Gospel:Mt 5:27-32 Be holy

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

19

M A Y

PARISH AND CCD DAY

2

J U N E

SUNDAY CCD FINAL EXAM

Editorial Board

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Tessie Alapatt

Jenson Jose

Anila Mattathil

Sany Bobby

Bobby Augustine

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Mailing Address:

20533 Zion Road
Gaithersburg, MD 20882