



OLPH VOICE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC CHURCH OF GREATER



From Our Vicar

Beloved OLPH Families,

During Lent two virtues we should practice are charity and compassion. Charity is a virtuous act of giving with a generous and cheerful heart. The manner in which one gives is important, encouraging individuals to contribute willingly and not out of obligation.

St. Paul says that God loves a cheerful giver and that those who sow generously will reap generously, not only in material blessings but also in spiritual abundance (2 Cor 9:6-10). The assurance of God's ability to bless abundantly echoes the idea that acts of Lenten charity not only benefit the recipients but also bring blessings to the giver.

Generosity also becomes a testimony to others, leading them to praise God for the generosity displayed. This web of charity, gratitude, and praise demonstrates the profound spiritual significance of Lenten acts of kindness.

Let us also practice compassion during this Lenten season. Compassion means to suffer another person's suffering. In an act of love for our neighbor, walk in another person's shoes and make an effort to find out what are their battles.

With Love,
Rijoachan

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 — 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

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

——— *Invite you to join* ———

International Exhibition
**THE EUCHARISTIC
MIRACLES
OF THE WORLD**

March 22nd, 23rd & 24th 2024



Designed and created by Blessed Carlo Acutis

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>

QURBANA on campus



UNIVERSITY OF
MARYLAND

When: Wednesday, March
6, 2024 @ 5:30PM

Address:
4141 Guilford Drive,
College Park, MD 20740

The Catholic Student Center is located at the end of Knox Road in College Park,
across the street from the University of Maryland's South Campus Commons
Building 7 and the Mowatt Lane Parking Garage.



DIOCESAN YOUTH APOSTOLATE
ST. THOMAS SYROMALABAR DIOCESE OF CHICAGO



CATHOLIC
STUDENT
CENTER
UNIVERSITY OF MARYLAND

HAPPY BIRTHDAY



NAMEYA SOJAN
MARCH 7TH

WITH LOVE FROM RIJO ACHAN, CCD
TEACHERS AND FRIENDS

Reflections on the Eucharist

“The tabernacle is like Mary’s womb wherein dwells the same Christ who reigns above, adored by angels, He who enters our bodies and souls.”

– St. Margaret Mary Alcoque



DAILY SCHEDULE

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

20533 Zion Road, Gaithersburg MD 20882

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
NO MASS ON MONDAY				
TUESDAY	March 5, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: Heb 12:14-17 One cannot see God, without attaining sanctification
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 11:33-41 Be enkindled
WEDNESDAY	March 6, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: Rev 3:1-6 Those who are with white garments will walk with me
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Mk 10:46-52 He threw the outer garment away and followed Jesus
THURSDAY	March 7, 2024	6:00 PM	WAY OF THE CROSS	1st Reading: 1 Thess 4:1-8 This is the will of God, your sanctification
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 5:12-16 Jesus heals the leper
FRIDAY	March 8, 2024	6:00 PM	WAY OF THE CROSS	1st Reading:Heb 10:1-10 We have been sanctified through Christ's sacrifice once for all.
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Jn 17:9-19 Christ sanctify himself, so that we also may be sanctified in truth.
SATURDAY	March 9, 2024	9:00 AM	WAY OF THE CROSS	1st Reading: Rev 3:14-22 Repent, behold, I knock at the door
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel: Lk 24:44-49 Repentance will be preached for the forgiveness of sins
		10:15 AM	OLPH NOVENA	
SUNDAY	March 10, 2024	9:00 AM	WAY OF THE CROSS	1st Reading: Gen 4:8-16 Cain's repentance
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: 1 Sam 24:1-8 The forgiving love
			CCD CLASS	3rd Reading: 1 Jn 1:5-10 Salvation when sins are confessed
		11:00 AM	HOLY MASS IN ENGLISH	Gospel: Jn 8:1-11 Salvation for the sinful woman

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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