



OLPH VOICE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC CHURCH OF GREATER



From Our Vicar

Beloved OLPH Families,

During Lent, the Church suggests three things: praying, fasting, and charity. These aren't meant to be very complicated—everyone can do them in some way. They're just ways to make the most of this sacred time.

When it comes to praying, you can do different things like spending time with the Eucharist, going to Mass every day, reading reflections about Jesus' passion and death, or just taking five minutes a day to pray alone in silence.

Fasting is not just about following strict rules from the Church. It's about giving up something that takes up too much of your time or energy—like excessive screen time. The idea is to feel a deeper desire for God and for giving up something that is standing between you and God. In other words to give up something worldly that you tend to get attracted towards, instead of being attracted towards spiritual matters.

Lastly, charity and being generous during Lent is about dying to oneself and helping others and thinking of someone else other than yourself. This could mean helping the poor, spending time with someone who needs it, visiting the sick, having compassion on people, increasing your monthly offering to Church, or supporting Catholic ministries to bring more people closer to the Catholic faith.

With Love,
Rijoachan



OLPH

Syro Malabar Church

Lenten Retreat

MARCH 22 - 24 , 2024

FRI MAR 22 : 6PM - 9 PM

SAT MAR 23 : 9AM - 4 PM

SUN MAR 24 : 9AM - 3 PM

Location

Our Lady of Perpetual Help

20533 Zion Rd.,

Gaithersburg, MD 20882



Led By :

Rev. Fr. Santhosh Adhikarathil



2024-2025

OLPH Parish Council

Trustee

Jenson Jose
Manoj Mathew

Accountant:

Saly Jijo

Secretaries:

Binoy Mathews
Tessie Alapatt

Internal Auditors:

Jeffy Mattathil
Anson Antony

Entertainment

Committee:

Joby Sebastian
Prannoy Anto Joseph

Liturgical Committee:

Sheena Kanapilly
Briget Thomas

OLPH Road Cleaning:

Melwin Mathew

Pastoral Council:

Biju Isaac

Food Committee:

James Joseph
Pushpa Bob
Biju Isaac

ECKC Representative:

Jeffy Mattathil

Website and IT:

Melwin Mathew
Joby Sebastian

Youth Committee:

Melwin Mathew
Riya Roy

CCD Principal

Liji Scaria

SUNDAY MARCH 10

REMINDER



THE CLOCKS
spring forward

Congratulations

FINALISTS OF THE DEI VERBUM 2024 QUIZ

- THOMAS ANTONY
- JONATHAN ALAPATT
- NIDAV SOJAN
- MAXIN MATHEW



BEST WISHES!!

Final quiz will be conducted on *Saturday, May 11th,
2024 from 2:00 pm CST to 3:00 pm CST*



MARIANS PRESENT



**Saint
patrick's
Movie Night**

SATURDAY, MARCH 9TH

5:30 PM

OLPH CHURCH

All are welcome!

CHERUPUSHPA MISSION LEAGUE PRESENTS

EASTER EGG HUNT

MUSIC | GAMES | SNACKS

Sunday, March 24th
1:30 pm || OLPH Church Yard



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 — 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!

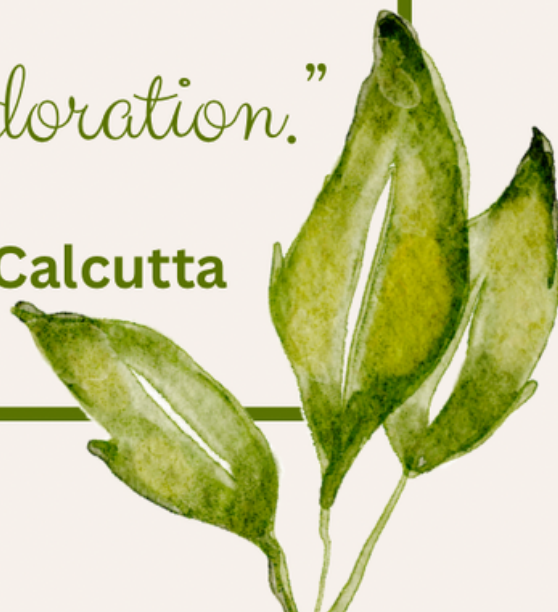


<https://syrosummit24.com>

Reflections on the Eucharist

“Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration.”

-St. Teresa of Calcutta



DAILY SCHEDULE

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

20533 Zion Road, Gaithersburg MD 20882

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	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	Gen 4:8-16 Cain’s repentance
		9:30 AM	HOLY MASS IN MALAYALAM	1 Sam 24:1-8 The forgiving love
			CCD CLASS	1 Jn 1:5-10 Salvation when sins are confessed
		11:00 AM	HOLY MASS IN ENGLISH	Jn 8:1-11 Salvation for the sinful woman
NO MASS ON MONDAY				
TUESDAY	March 12, 2024	6:00 PM	WAY OF THE CROSS	1 Pet 3:8-12 Do not repay evil for evil, but repay with a blessing
		6:30 PM	HOLY MASS IN MALAYALAM	Mt 5:38-48 Love your enemies
WEDNESDAY	March 13, 2024	6:00 PM	WAY OF THE CROSS	1 Thess 5:12-18 Community life
		6:30 PM	HOLY MASS IN MALAYALAM	Mt 18:15-20 Fraternal responsibility
THURSDAY	March 14, 2024	6:00 PM	WAY OF THE CROSS	1 Cor 13:1-8,13 Love forgives
		6:30 PM	HOLY MASS IN MALAYALAM	Mt 18:21-35 Forgive your brothers wholeheartedly
FRIDAY	March 15, 2024	6:00 PM	WAY OF THE CROSS	Heb 9:23-28 Christ’s sacrifice takes away sin
		6:30 PM	HOLY MASS IN MALAYALAM	Mt 20:20-28 Jesus gave his life a ransom for many
SATURDAY	March 16, 2024	9:00 AM	WAY OF THE CROSS	1 Cor 2:1-8 They would not have crucified the Lord of glory
		9:30 AM	HOLY MASS IN MALAYALAM	Mt 17:1-9 Transfiguration of Jesus
		10:15 AM	OLPH NOVENA	
SUNDAY	March 17, 2024	9:00 AM	WAY OF THE CROSS	Deut 8:1-10The Lord disciplines you through suffering
		9:30 AM	HOLY MASS IN MALAYALAM	2 Macc 6:18-31 Endurance for the faith
			CCD CLASS	1 Pet 4:12-19 Rejoice as you are sharing Christ’s suffering
		11:00 AM	HOLY MASS IN ENGLISH	Mk 8:31–9:1 Salvific aspect of suffering

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

9
M A R

ST PATRICK MOVIE NIGHT

17
M A R

SAFE ENVIRONMENT TRAINING FOR PARENTS

22
M A R

3 DAY EUCHARISTIC MIRACLES EXHIBITION

22
M A R

3 DAY LENTEN RETREAT BEGINS

24
M A R

EASTER EGG HUNT

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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Mailing Address:

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