



OLPH VOICE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC CHURCH OF GREATER



From Our Vicar

Beloved OLPH Families,

Next week we begin our Lenten Retreat and we will also be celebrating Palm Sunday. On Palm Sunday we hear about how the Jewish people in Jerusalem spread cloaks and branches on the road before Jesus. The people were anticipating the arrival of David's Kingdom; they see Jesus linked to the glorious moment when the messiah would come to deliver them from the Roman oppression. But their idea of the Messiah was totally different than what Jesus' came to accomplish. Their disappointment is seen when the crowds shouted to Pilate for Jesus' death: "Crucify him! Crucify him!" The whole passion story reminds us that the type of authority of Jesus is different from that of a worldly power. Christ emptied himself and became the servant of all. We are called to connect Jesus' experience to our own experience today – we must empty ourselves of pride and ego and become humble like Jesus.

Let us intercede to St. Joseph during this month to help us become humble like he was and obedient just as Jesus was obedient to Joseph.

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





OUR LADY OF PERPETUAL HELP

OLPH YOUTH PRESENTS

Kids & Teens **REVIVAL** **CAMP**

"LET THE CHILDREN COME TO ME"

MATHEW 19:14

GRADES: PRE K - 12TH

March 23rd - 10:30 AM - 4:00 PM

March 24th - 10:30 AM - 3:00 PM

20533 Zion Rd, Gaithersburg, MD

PLEASE FILL OUT THE FORM

<https://forms.gle/7GMCsF2QD4Kjg4aT9>

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

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.

CHERUPUSHPA MISSION LEAGUE PRESENTS

EASTER EGG HUNT

MUSIC | GAMES | SNACKS

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



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>

HAPPY BIRTHDAY!

ALVIN KANAPPILLY
MARCH 21ST

WITH LOVE FROM RIJO ACHAN, CCD
TEACHERS AND FRIENDS

Reflections on the Eucharist

“The Eucharist is a fire that inflames us, that, like lions breathing fire, we may retire from the altar being made terrible to the devil.”

– Saint John Chrysostom



DAILY SCHEDULE

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

20533 Zion Road, Gaithersburg MD 20882

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 8:1-10 The 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
NO MASS ON MONDAY				
TUESDAY	March 19, 2024	6:00 PM	WAY OF THE CROSS	Col 1:24-29 Church, the mystical Body of Christ
		6:30 PM	HOLY MASS IN MALAYALAM	Jn 15:18-27 If they have persecuted me, they will persecute you
WEDNESDAY	March 20, 2024	6:00 PM	WAY OF THE CROSS	Rom 8:31-39 Who will separate me from the love of Christ?
		6:30 PM	HOLY MASS IN MALAYALAM	Mt 10:17-22 He who endures to the end will be saved
THURSDAY	March 21, 2024	6:00 PM	WAY OF THE CROSS	2 Tim 1:6-14 Endure the hardships for the sake of the Gospel
		6:30 PM	HOLY MASS IN MALAYALAM	Mk 10:32-34 The Third Prophecy: Suffering and Resurrection
FRIDAY	March 22, 2024	6:00 PM	WAY OF THE CROSS	Rom 5:12-17 Life through Jesus Christ
		6:30 PM	HOLY MASS IN MALAYALAM	Jn 11:32- 44 Jesus raises Lazarus
		7:00-9:00PM	RETREAT	
SATURDAY	March 23, 2024	9:00 AM	WAY OF THE CROSS	2 Cor 2:14-17 We are the fragrance of Christ
		9:30 AM	HOLY MASS IN MALAYALAM	Jn 12:1-11 Anointing at Bethany
		10:00 AM	OLPH NOVENA	
		10:30 AM-4:00 PM	RETREAT	
SUNDAY	March 24, 2024	9:00 AM	BLESSING OF PALMS AT GROTTO	Gn 49: 8-12 The sceptre shall not depart from Judah
		9:30 AM	HOLY MASS IN MALAYALAM	Zech 9:9-12 The king of peace is coming to Zion
		10:30 AM-3:00 PM	RETREAT	Rom 11:13-24 We grafted into the Olive tree, the Christ
				Mt 21:1-17 Jesus’ triumphal entry into Jerusalem and cleansing of the temple
			NO CCD CLASS AND MASS IN ENGLISH.	

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

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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 - Introduce your family in “Get to know an OLPH family”.

Mailing Address:

20533 Zion Road
Gaithersburg, MD 20882