



OLPH VOICE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC CHURCH OF GREATER WASHINGTON



From Our Vicar

Beloved OLPH Families,

This week marks the beginning of Holy Week, leading up to the Holy Triduum: Holy Thursday (Pesaha or Passover), Good Friday, and Holy Saturday/Easter Sunday.

On Passover, Jesus instructs his disciples to prepare a Passover meal in Jerusalem. During this Last Supper, Jesus establishes the sacrament of the Eucharist, so that in every Holy Mass, we participate in the act by which divinity and humanity are reconciled, and we eat the sacrificed body and we drink the poured-out blood of the Lamb of God.

Jesus also washes the disciples' feet, centralizing the importance of loving one another. When we accept this commandment, we walk the path of joy and divine grace enters our life.

On Good Friday, Jesus willingly suffers on the cross, bearing the weight of human sin to reconcile humanity with God. His sacrificial death pleases the Father not for the agony it causes, but for the obedient offering of his body to remove sin from the world.

Finally, the Resurrection of Jesus demonstrates God's power over death and offers hope for something greater beyond this life. Without the Resurrection, Christianity would be a fairy tale, but with it, Jesus becomes the focal point of faith and our hope for eternal salvation in heaven.

To continue our spiritual growth beyond Lent, let's devote more time to the Eucharist, attend Mass more frequently and spend one hour every week in meditation and prayer before the Blessed Sacrament. The Eucharist is the heart of Christian discipleship.

With Love,
Rijoachan



WISHING ALL OLPH FAMILIES A

HAPPY EASTER

“The angel said to the women, 'Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said.'”

-Matthew 28:5-6

PALM SUNDAY

Blessing of Palms at 9:00 AM, Followed by
Holy Mass in Malayalam and Retreat

MAUNDY THURSDAY

Way of the Cross at 6:00 PM, Followed By Holy
Mass and Pesaha Appam Blessing



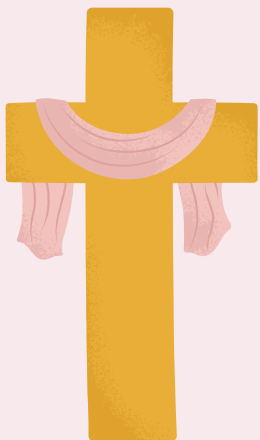
GOOD FRIDAY

Good Friday Service at 3:00 PM



EASTER

Easter Vigil Service Saturday at 6:30 PM





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

8:00 PM — Pesaha appam blessing

March 29th — Good Friday

3:00 PM — Good Friday Service

March 30th — Holy Saturday

6:30 PM — Easter Vigil Service

March 31st — Easter Sunday

8:30 AM — Holy mass in Malayalam

love

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>

Reflections on the Eucharist

*“I tasted you, and now
hunger and thirst for you:
you touched me, and I
have burned for your
peace.”*

– Saint Augustine



Catechism of the Catholic Church Study Group - Celebrating One Year Anniversary -



Happy
Birthday

JONATHAN ALAPATT
MARCH 27TH



WITH LOVE FROM RIJO ACHAN, CCD
TEACHERS AND FRIENDS

DAILY SCHEDULE

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

20533 Zion Road, Gaithersburg MD 20882

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	RETREAT	
SUNDAY	March 24, 2024	9:00 AM	BLESSING OF PALMS AT GROTTTO	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
			NO CCD CLASS AND MASS IN ENGLISH.	Mt 21:1-17 Jesus' triumphal entry into Jerusalem and cleansing of the temple
NO MASS ON MONDAY				
TUESDAY	March 26, 2024	6:00 PM	WAY OF THE CROSS	Heb 13:10-16 Jesus also suffered outside the city gate
		6:30 PM	HOLY MASS IN MALAYALAM	Lk 20:9-19 They threw him out of the vineyard and killed him
WEDNESDAY	March 27, 2024	6:00 PM	WAY OF THE CROSS	2 Cor 5:1-10 The earthly tent will be destroyed, but we have a heavenly dwelling
		6:30 PM	HOLY MASS IN MALAYALAM	Jn 12:20-36 The wheat must fall to the ground and decay
THURSDAY	March 28, 2024	6:00 PM	WAY OF THE CROSS	Ex 12:1-20 Israel observes the Passover
		6:30 PM	HOLY MASS IN MALAYALAM	Mal 1:10-14 Offer in every place a pure offering to my name
		8:00 PM	PESAHA APPAM BLESSING	1 Cor 11:23-29 Remembrance of the Lord's Supper
				Jn 13:1-14+ Mt 26: 26-30 Jesus washes the disciples' feet and the institution of the Eucharist
FRIDAY	March 29, 2024			Gen 22:1-19 Abraham prepares to sacrifice Isaac
		3:00 PM	GOOD FRIDAY SERVICE	Isa 52: 13-53:9 The suffering servant Rom 5: 6-16 Christ died for us, sinners
				Part I: Lk 22:63-23:12+ Mt 27:19+ Lk 23:13-23+Mt 27:24-25+ Lk 23:24-45+Mt 27:51-54+Jn 19:23-30; Part II: Jn 19: 31-42 The Passion of the Lord
SATURDAY	March 30, 2024			Isa 60: 1-7 Glory of the Lord has risen upon you
		6:30 PM	EASTER VIGIL SERVICE	1Sam 2: 1-10 My heart exults in the Lord Rom 5: 20-6:23 Dying and rising with Christ Mt 28: 1-6 The Resurrection of Jesus
				Rom 5: 20-6:23 Dying and rising with Christ
SUNDAY	March 31, 2024			Rom 5: 20-6:23 Dying and rising with Christ
		8:30 AM	HOLY MASS IN MALAYALAM	Mt 28: 1-6 The Resurrection of Jesus
			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)
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UPCOMING EVENTS

2024

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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- E-mail us (newsletter.olph@gmail.com)
 - Join the OLPH Voice mailing list.
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 - Introduce your family in “Get to know an OLPH family”.

Mailing Address:

20533 Zion Road
Gaithersburg, MD 20882