



OLPH VOICE

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



From Our Vicar

Beloved OLPH Families,

As Pentecost approaches, let us reflect on the fruits of the Holy Spirit. In his letter to the Galatians, Paul enumerates the fruits of the Holy Spirit, the concrete results of living the life of the Trinity. These include love, joy, peace, patience, kindness, goodness gentleness, faithfulness and self-control. You will know if a person is living "in Christ," or "in the Holy Spirit" by the fruits they bear.

This week we will reflect on LOVE, JOY and PEACE.

The fruit of LOVE is to love God and love others so much that we will no longer be selfish and self-centered, but will always try to find the way to happiness in doing things for others.

The fruit of JOY is to be happy and cheerful and always smile even when things go wrong. Joy is different from worldly happiness because it has a divine element in it. A good sense of humor is key to being holy. We should always look at the bright side of things and even when things are at their worst, we should not grumble, complain, or be a pessimist but instead we should find a way to be grateful.

The fruit of PEACE is to be calm and not worry all the time, but take things one day at a time. We should not be nervous but keep our cool when we face a challenging task. We should not lose our temper, no matter how annoying things or people may be. Keep calm and steady, so that we will be a pillar of strength to others.

This week pray to the Holy Spirit for these three fruits and let's make an extra effort to have Love, Joy and Peace in our hearts in our daily actions.

With Love,
Rijoachan

The background is a dark teal color. In the top left corner, there are three balloons: one gold and two blue. In the top right corner, there are several stylized fireworks in gold and blue. The text '200th' is written in a large, white, serif font, with the 'th' being smaller and positioned to the right of the '00'.

200th

ISSUE OF OLPH VOICE NEWSLETTER

A big thanks to the
editorial board team!

Families of the Week

- Antony & Sheena
- Bobby Sebastian & Saji
- Cherain C & Shanta

Pereppadan

- Davis Paulose & Leela
Chalissery

- Isaac Mathew & Thelma



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!

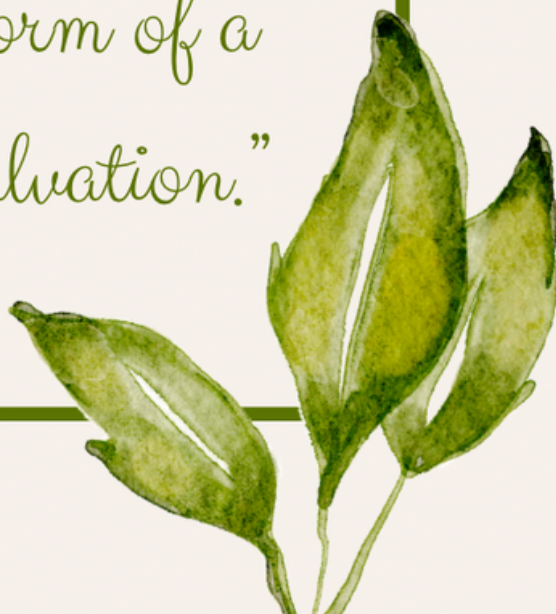


<https://syrosummit24.com>

Reflections on the Eucharist

“O sublime humility! O humble sublimity! That the Lord of the whole universe, God and the Son of God, should humble himself like this and hide under the form of a little bread, for our salvation.”

– St Francis of Assisi



DAILY SCHEDULE

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

20533 Zion Road, Gaithersburg MD 20882

SATURDAY	April 20, 2024	9:00AM	ADORATION & CONFESSION	1st Reading: Rev 3:15-22 I come to the one who hears my voice and opens the door
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel : Jn 10:14-16 My sheep hear my voice
		10:15 AM	OLPH NOVENA	
SUNDAY	April 21, 2024	9:00 AM	ADORATION & CONFESSION	1st Reading : Josh 1:1-9 The Lord is with you
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: 2 Chr 15:1-7 If we are close to the Lord, the Lord is with us
			CCD CLASS	3rd Reading: 2 Cor 13:5-10 Jesus Christ is within you
11:00 AM	HOLY MASS IN ENGLISH	Gospel : Mt 28:16-20 I will be with you till the end of the world		
NO MASS ON MONDAY				
TUESDAY	April 23, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: 1 Cor 3:18-23 You belong to Christ
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Mk 3:13-19 The call to be with Christ
WEDNESDAY	April 24, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: 2 Cor 12: 1-10 Be content with hardships and persecutions for the sake of Christ
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel : Mt 10: 37-42 Those who lose their life for Christ's sake will find it
THURSDAY	April 25, 2024	7:00 AM	ADORATION & CONFESSION	1st Reading: 2 Tim 4:6-18 Mark helps Paul in his mission
		7:30 AM	HOLY MASS IN MALAYALAM	Gospel : Mk 16:15-20 Proclaim the good news to the whole creation
FRIDAY	April 26, 2024	7:00 AM	ADORATION & CONFESSION	1st Reading: 2 Cor 5:14-20 He who lives in Christ is a new creation
		7:30 AM	HOLY MASS IN MALAYALAM	Gospel : Jn 3:1-12 Be born of water and spirit
SATURDAY	April 27, 2024	9:00AM	ADORATION & CONFESSION	1st Reading: Rom 11:25-32 God does not withdraw His gifts and vocation
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel : Mt 18:10-14 The one who came to save the ruined
		10:15 AM	OLPH NOVENA	
SUNDAY	April 28, 2024	9:00 AM	ADORATION & CONFESSION	1st Reading : Ex 4:27-31 Aaron comes to Moses' aid
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: Tob 5:1-10, Companion of Tobias
			CCD CLASS	3rd Reading: Acts 12:24-13:3 Saul, Barnabas and Mark
11:00 AM	HOLY MASS IN ENGLISH	Gospel : Lk 10:1-12 The seventy disciples are sent in pairs		

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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19
MAY

PARISH AND CCD DAY

2
JUNE

SUNDAY CCD FINAL EXAM

Editorial Board



Rev. Fr. Rijo Cheerakathil

Boby Augustine

Tessie Alapatt

Justin Jose

Jenson Jose

Joby Sebastian

Manoj Mathew

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

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