

OLPH VOICE

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

JUNE 1, 2025



MASS TIMES

[VIEW FULL MASS SCHEDULE](#)

Saturday

- 9:30 AM (MALAYALAM)

Sunday

- 9:30 AM (MALAYALAM)
- 11:00 AM (ENGLISH)

Tuesday & Wednesday

- 6:30 PM

Thursday & Friday

- 7:30 AM

ADORATION TIMES

Saturday & Sunday

- 9:00 AM

Tuesday & Wednesday

- 6:00 PM

Thursday & Friday

- 7:00 AM

Our Lady of Perpetual Help
20533 Zion Rd
Gaithersburg, MD 20882

Dear OLPH Families,

On Sunday June 8, we joyfully celebrate Pentecost, the glorious feast marking the descent of the Holy Spirit upon the Apostles and the birth of the Church. As we gather in worship and prayer, we echo the plea that has stirred the hearts of popes and saints through the ages: “Come, Holy Spirit.”

Over the last century, beginning with Pope Leo XIII in 1897, the Church has consistently prayed for a new outpouring of the Holy Spirit. From Leo XIII’s encyclical and global call to a novena to the Holy Spirit, to Pope John XXIII’s prayer for renewal at the Second Vatican Council, each generation has yearned for what Pope Saint Paul VI called “the miracle of Pentecost” in our own time.

Pope Benedict XVI reminded us that Pentecost is not just a past event, but a “reality ever alive,” and Pope Francis has urged us to be open to the untamed movement of the Holy Spirit in our lives.

This Pentecost, let us pray fervently for the same fire that transformed the early Church to transform us today – our families, our parish, our community. Let us be emboldened to witness with joy, compassion, and courage.

As we usher in the month of June, we also turn our hearts toward the Sacred Heart of Jesus. This month invites us to enter deeply into the boundless love of Christ — a heart that beats with mercy, sacrifice, and tenderness for all humanity.

The devotion to the Sacred Heart is a call to renewal: of trust, of love, of healing, and of mission. May we contemplate His heart pierced for us, and respond with hearts open to His grace. Consider sacred heart devotions such as First Friday Mass and Adoration in honor of the Sacred Heart and consecrating our homes and families to the Sacred Heart

Love

Fr. Rijo Cheerakathil



DAILY MASS SCHEDULE

OUR LADY OF PERPETUAL HELP SYRO MALABAR CATHOLIC CHURCH OF GREATER WASHINGTON
20533 ZION ROAD, GAITHERSBURG MD 20882

SATURDAY	May 31, 2025	9:00 AM	ADORATION & CONFESION	1st Reading: 1 Cor 7:32-35 Chance to serve the Lord.
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel: Mt 3:7-12 Produce the fruit of repentance.
		10:15 AM	NOVENA TO OUR LADY OF PERPETUAL HELP	
SUNDAY	June 1, 2025	9:00 AM	ADORATION & CONFESION	1st Reading: Is 6:1-13 Isaiah is sanctified and sent.
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: Acts 1:15-26 Matthias was enrolled with the eleven apostles.
			CCD	3rd Reading: Phil 2:1-11 Every tongue must confess that Jesus Christ is Lord.
11:00 AM	HOLY MASS IN ENGLISH	Gospel: Mk 16:14-20 Go into all the world and preach the Gospel.		
NO MASS ON MONDAY				
TUESDAY	June 3, 2025	6:00 PM	ADORATION & CONFESION	1st Reading: 1 Cor 8:8-13 Do not be a scandal to the weak.
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 12:13-21 The parable of the rich fool.
			NOVENA TO ST. ANTONY	
WEDNESDAY	June 4, 2025	6:00 PM	ADORATION & CONFESION	1st Reading: 1 Jn 4:12-21 God gives His spirit.
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Jn 17:1-5 Knowledge of Christ provides eternal life.
THURSDAY	June 5, 2025	7:00 AM	ADORATION & CONFESION	1st Reading: 1 Jn 1:1-3 Testimony to the word of life.
		7:30 AM	HOLY MASS IN MALAYALAM	Gospel: Lk 14:25-35 Cost of discipleship.
FRIDAY	June 6, 2025	7:00 AM	ADORATION & CONFESION	1st Reading: 1 Jn 2:22-25 Eternal life is the promise of Christ.
		7:30 AM	HOLY MASS IN MALAYALAM	Gospel: Mt 24:7-14 Those who endures to the end will be saved.
SATURDAY	June 7, 2025	9:00 AM	ADORATION & CONFESION	1st reading: 1 Cor 9:13-18 Woe to me if I do not proclaim the Gospel.
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel: Mt 18:23-35 Forgive without any limit.
		10:15 AM	NOVENA TO OUR LADY OF PERPETUAL HELP	
SUNDAY	June 8, 2025	9:00 AM	ADORATION & CONFESION	1st Reading: Ex 19:1-9 You are a holy people of God.
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: Acts 2:1-13 Holy Spirit comes down on the Apostles.
				3rd Reading: 1 Cor 12:1-11 Gifts of the Holy Spirit.
	NO CCD AND HOLY MASS IN ENGLISH	Gospel: Jn 16:5-15 The work of the Holy Spirit.		



Solemn Holy Communion

June 7th Saturday at 10 am

Hannah Jeffy Mattathil

Jeffy George Mattathil
Anila Jeffy Mattathil

Dan Deepu Jose

Deepu Jose
Deepa Deepu

Daniel Mathew Paul

Nikhil Babu Kalathooparampil
Jyoti Mani

Suzanne Mary Thachenkary

Renju Alex Thachenkary
Tisha Mary Varghese

Livio Naiju

Naiju Augustin
Jincy Naiju

Joseph Thekkanattu Thomas

Abraham Thekkanattu Thomas
Priya Mariam Thomas

In lieu of gifts please consider giving a donation to OLPH with memo remarks (communion)

UPCOMING EVENTS



J U N E

1

CCD FINAL EXAM

J U N E

7

SOLEMN HOLY COMMUNION & CONFIRMATION

J U N E

15

ST ANTONY FEAST & FATHERS DAY





HAPPY BIRTHDAY

MARY THERESE MATHEW
JUNE 4TH

WITH LOVE FROM RIJO ACHAN, CCD
TEACHERS AND FRIENDS



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CONTACT US

EMAIL: NEWSLETTER.OLPH@GMAIL.COM

MAILING ADDRESS:

20533 ZION ROAD
GAITHERSBURG, MD 20882