



# OLPH VOICE

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



## From our Vicar

Beloved OLPH family members,

This year the Syro Malabar Church observes the traditional **Three Day Fast from Monday February 7<sup>th</sup> through Wednesday February 9<sup>th</sup>**. While traditionally this fast commemorates the three days that Prophet Jonah spent in the belly of the whale, this fast is also meant to prepare us for the approaching 40 days of Lent.

The book of Jonah tells us how the voice of the Lord came to Jonah saying: "Go at once to Nineveh, that great city, and cry out against it; for their wickedness has come up before me." (Jonah 1:1) But Jonah fled from the mission that God gave him. As a result, he was swallowed by a whale where he remained for three days. Spending three days in the depths changed his attitude towards Nineveh. We also see something mystical; Jonah's descent into the water - his baptism - was, in fact, a passing through death and resurrection on behalf of Nineveh.

In the gospel of St Luke Jesus says: "For as Jonah became a sign to the men of Nineveh, so will the Son of man be to this generation" (Lk 11:30). When Jonah went and preached to the people of Nineveh the king took heed of the warning, rose from his throne, took off his royal clothes, put on sackcloth, commanded all the people to do the same and declared a fast. God had mercy on them and forgave their sins.

With love,  
Royachan



# DAILY SCHEDULE



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

20533 Zion Road, Gaithersburg, MD 20882

SUNDAY	February 6, 2022	9:00 AM	ADORATION & CONFESSION	1st Reading: Lev 4:13-21 Forgiveness through sacrifice
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: Dan 9:1-9 Forgiveness belongs to God
				3rd Reading: Col 1:12-19 Salvation and forgiveness through the Son
				Gospel: Mk 2:1-12 Messiah who forgives sins
NO MASS FROM MONDAY THROUGH SATURDAY UNTIL FEBRUARY 26, 2022				
SUNDAY	February 13, 2022	9:00 AM	ADORATION & CONFESSION	1st Reading: Ex 16:13-21 God gives Manna
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: 1 Kgs 19:1-8 God gives bread to Elijah
				3rd Reading: 1 Cor 10:14-21 There is only one bread
				Gospel: Jn 6:47-59 Jesus is the bread of life

# Editorial Board



Rev. Fr. Roy Moolachalil

Tessie Alapatt

Thomas Abraham

Jenson Jose

Suneetha Thomas

Rashmi Roy

Anila Mattathil

Sany Bobby

Boby Augustine

Justin Jose

Sandeep Alapatt

Annie Joseph

Dignamartha Kakkanattu


Venassa Jijo

Riya Roy

Rona Roy

---

## Click on the links below:

- E-mail us ([newsletter.olph@gmail.com](mailto:newsletter.olph@gmail.com))
  - Join the OLPH Voice mailing list.
  - See past issues of OLPH Voice newsletter.
  - Introduce your family in “Get to know an OLPH family”.
- 

### **Mailing Address:**

20533 Zion Road

Gaithersburg, MD 20882