



OLPH VOICE

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



FROM THE PASTOR'S DESK

Beloved OLPH family members,

The **Queenship of Mary** is closely related to the dogma of the Assumption. Four years after the Assumption was declared dogma, Pope Pius XII gave Mary the title Queen of Heaven in his encyclical *Ad Caeli Reginam* (On Proclaiming the Queenship of Mary) and instituted her feast day under this title to take place each year on **August 22**. The doctrine of the Queenship of Mary is based in part from the scriptures, Revelation 12:1, "*And a great sign appeared in heaven: A woman clothed with the sun, and the moon under her feet, and on her head a crown of twelve stars*". Mary is wearing a crown of twelve stars, which is representative of the twelve tribes of Israel. Traditionally in Israel, it was the mother of the king who reigned as queen, and hence, Mary is Queen and Mother of the whole universe.

I am very happy to announce that Holy Mass in our church will re-open to the public on **August 16, 2020**. I look forward to seeing you all this Sunday. Please click on the link to read the [Policies and Procedures for Re-opening of Public Mass \(Page 5\)](#).

I wish all our OLPH families Happy Feast of the Assumption of our Blessed Mother and Happy Indian Independence Day!

With love,
Royachan

Rev. Fr. Roy Moolechalil
OLPH Mission Director



Weekly Holy Mass and Services

**TOUCH HERE to connect to OLPH YouTube channel.
LIVE streaming every day.**

Day	Time	Worship Service	Readings (Click on boxes below to read online)
Saturday, August 15, 2020 Feast of the Assumption of our Blessed Mother	9:30 AM	Adoration & Rosary	Reading 1: Exodus 15: 11-18
	10:00 AM	Holy Mass	Reading 2: Acts 1:6-14
	10:45 AM	OLPH Novena	Reading 3: Romans 16:17-27 Gospel: John 2:1-12
Sunday, August 16, 2020	9:30 AM	Adoration & Rosary	Reading 1: Lev 23:33-34
	10:00 AM	Holy Mass in Malayalam	Reading 2: Isa 28:14-22 Reading 3: 2 Cor 12:14-21 Gospel: Luke 16:19-31
Monday to Friday	6:30 PM	Adoration & Rosary	Read Online
	7:00 PM	Holy Mass	

Weekly Schedule

DATE	ROSARY LEADERS	DAILY BIBLE READINGS
Sunday, August 16, 2020	TBD	<u>Sirach 11-15</u>
Monday, August 17, 2020	Sandeep & Pinkle Family	<u>Sirach 16-20</u>
Tuesday, August 18, 2020	Deepu & Deepa Family	<u>Sirach 21-24</u>
Wednesday, August 19, 2020	Binoy & Liz Family	<u>Sirach 25-28</u>
Thursday, August 20, 2020	Sajeev & Pushpa Family	<u>Sirach 29-32</u>
Friday, August 21, 2020	Sajit & Ponnu Family	<u>Sirach 33-36</u>
Saturday, August 22, 2020	Roby & Selin Family	<u>Sirach 37-41</u>

AUGUST 16



St. Stephen of Hungary

By : Jeslyn Joyal

AUGUST 17



St. Joan of the Cross

By : Nidhav Sojan

AUGUST 18



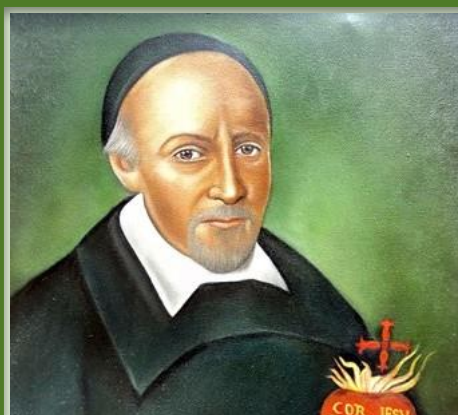
St. Helen

By : John Mannikoikal

**Touch Saint's image
to read about them**

SAINTS OF

AUGUST 19



St. John Eudes

By : Nikhil Justin

THIS WEEK

**Touch Saint's image
to read about them**

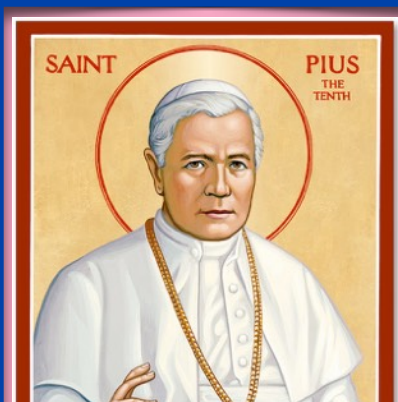
AUGUST 20



St. Bernard of Clairvaux

By : Pearl Joby

AUGUST 21



St. Pius X

By : Georgiana Issac

AUGUST 22



St. Andrew the Scot

By : Atul Thomas



Opening on
Aug 16, 2020

Policies and Procedures for Reopening of Public Mass

We are excited to announce that Our Lady of Perpetual Help Syro Malabar Catholic Mission of Greater Washington will have Holy Mass celebration reopened to the public again on **Sunday, August 16, 2020**. Holy Mass will be held in **Mother of God Community Gym** (20501 Goshen Road, Gaithersburg, MD 20879) and not in the chapel as before. Please note that it is not mandatory that you attend public Mass. All who desire to return to Mass and are comfortable doing so, can find details below regarding the resumption of Masses. Those who are immunocompromised, at-risk, or uncomfortable being around others are encouraged to stay home and join the Live Stream Mass on [OLPH Syro Malabar YouTube Channel](#). Please see [Page 2 for Mass Schedule](#).

Please stay home if you are feeling ill, have been in contact with someone known to have COVID-19, or have any of the following symptoms: Cough, Fever (including low grade fever), Shortness of Breath, Muscle aches, Sore throat, Unexplained loss of taste or smell, Diarrhea, Headache, Fatigue.

Church Capacity and Cleaning:

We want to invite as many people as possible while honoring the recommended social distancing guidelines. We will safely be able to accommodate all parishioners at each Mass. Mother of God Community Gym maintenance will clean and sanitize the gym, bathrooms, and other rooms used by us. They will set out chairs in groups of 1-4, about 6 feet apart. After services, we would not need to stack the chairs, as they will spray and stack chairs, wipe down high-touch areas, and clean the floors.

During the Mass:

- All must wear a mask.
- Keep six feet distance between each parishioner not from the same household.
- Mass books will not be distributed
- The choir will have minimal singers.
- No passing of baskets for the offertory collection.
- Baskets will be available in which to place envelopes and money.
- If you wish to set online giving, please go to <https://membership.faithdirect.net/MD437>

Holy Communion:

- Fr. Roy and ushers will give clear instructions for the Communion procession.
- When returning to your pew, be sure to keep physical distance from other communicants.
- The Precious Blood will not be distributed.
- Holy Communion will be given in the hand. Any person that is wearing gloves must remove them before processing. Keep your mask on until after receiving the Host.
- After receiving the host, step away from priest, pull down the mask and consume the Host.
Replace the mask immediately after consuming the Host.
- You are not required to receive the Eucharist if you are hesitant to receive at this time.

seminary testimonies

God has helped me in my life in many ways. In 6th grade, my Geography teacher told us we had an upcoming test to study for. She gave us all a paper to help us study for the test. During the week we were supposed to study and I completely forgot about the test and did not study. On the day of the test, I saw everybody with their study guide getting ready for the test. It struck me then, that there was a test and I didn't prepare for it. Before the teacher handed out the test paper, I prayed to God to help me do the test to the best I could because I was worried, I would get a bad grade. At the end of the test when the teacher collected the papers, I thanked God for helping me do my best. When I got the test results back, I was surprised that I got a full score and once more thanked the Lord. Whenever you are need for something, pray to God, and He will help you.

~ By Jaiden Puthenkalam
8th Grade

When I was 4, I developed swelling on my right knee. We went to the pediatrician and did several tests but couldn't find any problems. The swelling came back several times in a year and later it become permanent and started affecting my movements. So my pediatrician referred me to another doctor. I had to do a few MRIs. They figured out what was wrong. God led us to the best doctors, who told us about a procedure that would stop my pain and the swelling, and they fixed a date for the procedure then my parents and I started praying a lot. After that it was time to do the procedure. I went to Johns Hopkins hospital in Baltimore where they did the procedure. Everything went well. After three days the pain and swelling went away, and now I'm pain-free. Thank you Jesus.

~ By Joseph Jeffy Mattathil
6th Grade

THE PROS AND CONS OF ONLINE LEARNING

~ By Anjali Justin
UMD College Sophomore



A few months into 2020, students were sent home from school due to the spread of COVID-19. Schools all over the world were forced to switch from in-person learning to online learning. To some students, online learning became more beneficial than in-person whereas to others, it is a hindrance to their learning.

One of the major benefits of online schooling is the elimination of any commute. Students can attend all their classes and complete their work in the comfort of their own home. Based on the level of education, and depending on the class, for some students the coursework became easier to complete and do better on. For many, exams became open note as teachers could no longer ensure that students were not using any other resources, allowing students to get better grades.

Unfortunately, there are numerous cons to online schooling. Many students are unable to gain internet access or don't have a device at home to attend classes. This can become a major obstacle. Although some schools provide students with the technology needed to attend school, this is not available everywhere. Another issue for students is the distraction associated with attending classes at home. At home, the distractions are endless. This includes noise from other members in the household or pets, or easy access to cell phones and other distractive devices at home. Being required to attend classes at home also prevents or makes it more difficult for students to interact with their peers and complete any kind of group work. The ability to use additional resources on exams and assessments also likely results in students often not completely understanding the material and rather relying on other resources.

Ultimately most students would most benefit in-person learning as the benefits greatly outweigh the costs of online learning. Despite this, schools are working to make the online learning experience more effective and students are adapting to the needs of online learning to adjust to the current situation.



Artists' Corner



**Pencil drawing of the
Holy Mother of God**

(by Anjali)

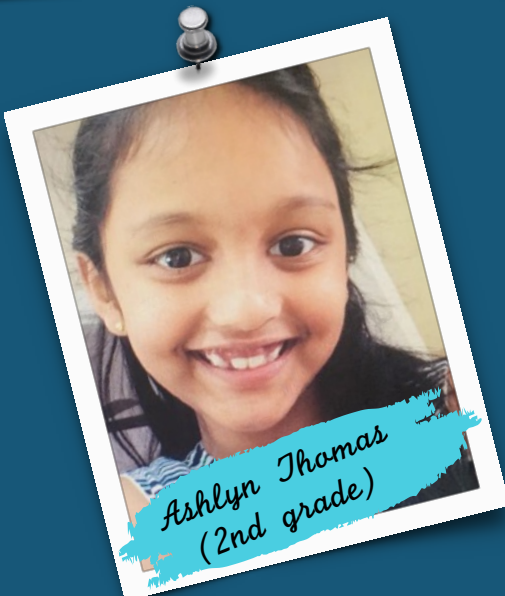


**Anjali Thomas
(8th grade)**



Pistachio shell art

(assisted by her sister, Ashlyn)



**Ashlyn Thomas
(2nd grade)**

GUESS WHAT...?

Jesus wants to send you a message. Guess the Saint's names (1-7 below) and use the first letter of their name to unravel the mystery Bible passage. Answers in next week's issue.

_____ : _____
(1) (2) (3) (4) (5) (6) (7) (8) (9)

1. This Saint cried and prayed for her sinful son's conversion, and her son ultimately became the Bishop of Hippo and a great Saint.
2. This Saint was found one day in an ecstasy embracing the Baby Jesus (his statue is always seen holding baby Jesus).
3. This Saint is known as the "Little Flower".
4. This Saint is known as the Catholic Church's greatest theologians and philosophers and wrote the book "*Summa Theologica*".
5. Around 320 AD, this Saint was responsible for unearthing all the Holy places in Israel, as well as the Cross of Jesus.
6. This Saint exclaimed "Blessed are you among women" when she saw her cousin Mary.
7. This Saint lived in the Abbott monastery as a hermit and is known to have domesticated a wild wolf.

The following two simple math questions are for the Chapter and Verse:

8. (a dozen) - 1 = ?
9. (a quarter of a century) + 3 = ?

Last week's answer: SEEK FIRST THE KINGDOM OF GOD (Matthew 6:33)

TRI-COLORED COOKIES

If you're in the mood to bake this weekend, here is a great recipe. The layers of this tri-colored cookie are colored saffron, white and green (to give it an Indian Independence Day festive look), but they can be just about any color of your choice. Originally known as Italian rainbow cookies, it is more like a thin sponge cake in which the layers are made with almond paste and an apricot preserve filling, and topped off with dark chocolate ganache. Happy baking!!



INGREDIENTS

- 2.5 sticks of unsalted butter, softened at room temperature
- 8 oz. of almond paste
- 1 cup of granulated sugar
- 2 cups of all-purpose flour
- 1/2 tsp of salt
- 4 eggs, separated into whites and yolk
- 14 oz. jar of apricot jam/preserves
- 1 lb of bittersweet chocolate
- 1 tbsp of vegetable oil or heavy cream
- 2-3 different food colors

DIRECTIONS

1. Preheat the oven to 350 degrees. Line and grease 3 baking sheets (full or half) or cake pans
2. Break up the almond paste into large chunks, place them in a bowl and set aside.
3. In a bowl (using stand mixer or electric mixer), add sugar and almond paste and mix on medium speed till the mixture resembles coarse sand.
4. Meanwhile, in a large bowl, using an electric whisk, whisk the egg whites to stiff peaks and set aside.
5. Add the butter and mix for 2 minutes, add the egg yolks and mix just long enough to combine.
6. Add the flour and salt, mix until they are incorporated. Then, fold in the egg whites by hand.
7. Separate batter into 3 equal portions into 3 bowls. Add food coloring of your choice to the 3 portions.
8. Mix until you achieve the intense color you're looking for and smear each in the prepared baking sheets.
9. Bake them for 8 to 10 minutes or until fully cooked through and allow them to cool completely.
10. Smear half of the apricot jam evenly and layer one on top of the other.
11. Wrap the whole thing in plastic wrap, pop it in the fridge to set for either 4 hours or overnight with some kind of weight on top of it.
12. Melt the bittersweet chocolate morsels in a saucepan over small to medium heat, stirring frequently.
13. Once fully melted, stir in the vegetable oil or cream and smear the ganache all over the surface of the cookie.
14. Let it cool and set. Slice into squares using a serrated knife and serve.

GET TO KNOW AN OLPH FAMILY

Boby is from Kakkanad and Sany is from Kothamangalam. Boby has a B.Tech. in Computer Science from the University of Madras. He was working in Maldives and at Microland, Bangalore before moving to the US in 1999. He is currently working as an IT Program Manager with the Office of the Chief Technology Officer, DC Government.

Sany has a Masters in Computer Applications from the University of Madras. She was working in the Computer Science Department at the Govt. Model Engineering College as a Lecturer prior to moving to the US in 2000. She is currently working as a Senior Scientist (Information Systems) with AstraZeneca BioPharmaceutical Company. They lived in Philadelphia before moving to Maryland in 2003.

Their son, Kevin is in his senior year, pursuing his Bachelor's degree at the University of Maryland majoring in Computer Science, with specialization in Cybersecurity, and is minoring in Business Analytics. Their daughter, Karen is a rising junior at Northwest High School.

Something you love about the OLPH community:

- OLPH Community is our extended family

Favorite Bible verse:

- "If God is for us, who can be against us?"
Romans 8:31
- "The Lord is my shepherd, I shall not want"
Psalms 23:1

Favorite family vacation spot:

- Outer Banks, NC

Favorite family activity:

- Carroms, Card games, Watching movies

Boby Augustine
& Sany

Parekkunnel
Pottammal

---★ Kevin

---★ Karen



Boby, Sany, and family are very active members of OLPH church. Boby is the OLPH church Sacristan, Building Committee member, and OLPH Voice Editorial Board member. Sany is a Sunday School teacher and a member of the Marian Sangam. Kevin is the youth representative in the Parish Council, OLPH Youth Leader, Altar Server, and DYA representative. Karen is a member of the youth choir

Editorial Board



Rev. Fr. Roy Moolechalil

Tessie Alapatt

Manoj Mathew

Thomas Abraham

Bino Mathews

Rashmi Roy

Biju Issac

Shellin Jose

Boby Augustine

Pooja Muttath

Dignamartha Kakkanattu

Venassa Jijo

Riya Roy

Rona Roy



Share your thoughts

E-mail: newsletter.olph@gmail.com