



# OLPH VOICE

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



## From the Pastor's Desk

Beloved OLPH family members,

On August 22, we commemorate the **beheading of St. John the Baptist**. Scripture tells us that many people followed John, perhaps in anticipation that he was the Messiah. However, John never allowed himself the false honor for his own glory. He knew his calling was one of preparation. When the time came, he led his disciples to Jesus. Jesus, on the other hand, honored John the Baptist and likened him to Elijah saying, *"I tell you that Elijah has already come, and they didn't know him. But they did to him whatever they wanted"* (Matthew 17:12). We also know that Jesus mourned when he heard the news of John's death, *"When Jesus heard about John, he withdrew in a boat to a deserted place by himself"* (Matthew 14:13). Let us pray for the humility of John the Baptist and the courage to speak the truth just as he did.

Last Sunday we had the first Public mass after several months. It was a safe environment for all, as everyone followed protocols that were in place for this gathering. I hope to see many more people joining us on Sunday (but please use your discretion).

I encourage all the youth going to College to attend the "College Kickoff" organized by the Diocesan Youth Apostolate on August 26<sup>th</sup>. Please [click here to see the "College Kickoff" flyer in this newsletter](#) for further details.

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 22, 2020	9:30 AM	Adoration & Rosary	Reading 1: 2 Thess 2:1-4 Gospel: Mark 13:3-13
	10:00 AM	Holy Mass	
	10:45 AM	OLPH Novena	
Sunday, August 23, 2020	9:30 AM	Adoration & Rosary	Reading 1: Lev 19:1-4 Reading 2: Isaiah 29:19-24
	10:00 AM	Holy Mass in Malayalam	Reading 3: 1 Thess 2:1-12 Gospel: Luke 17:11-19
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 23, 2020	Roy & Rashmi Family	<a href="#"><u>Sirach 42-48</u></a>
Monday, August 24, 2020	Renju & Tisha Family	<a href="#"><u>Sirach 49-51</u></a>
Tuesday, August 25, 2020	Thomas & Suneetha Family	<a href="#"><u>Isaiah 1-4</u></a>
Wednesday, August 26, 2020	Antony & Sheena Family	<a href="#"><u>Isaiah 5-8</u></a>
Thursday, August 27, 2020	Jijo & Saly Family	<a href="#"><u>Isaiah 9-12</u></a>
Friday, August 28, 2020	Reji & Liji Family	<a href="#"><u>Isaiah 13-17</u></a>
Saturday, August 29, 2020	Jeffy & Anila Family	<a href="#"><u>Isaiah 18-22</u></a>

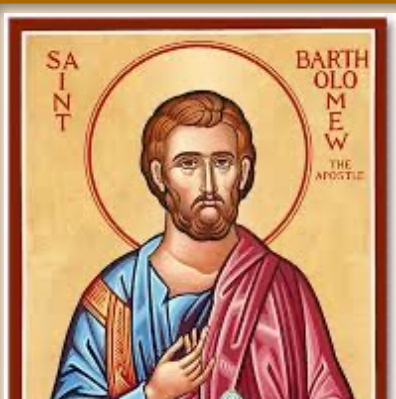
AUGUST 23



**St. Rose of Lima**

By : Jaiden Puthenkalam

AUGUST 24



**St. Bartholomew**

By : Abigail Nettikadan

AUGUST 25



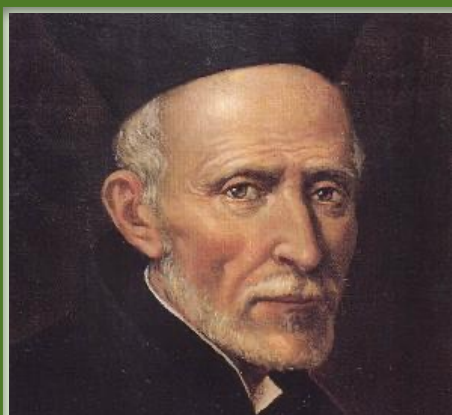
**St. Louise of France**

By : Joseph Mattathil

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

**SAINTS OF**

AUGUST 26



**St. Joseph Calasanz**

By : Elizabeth Issac

**THIS WEEK**

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

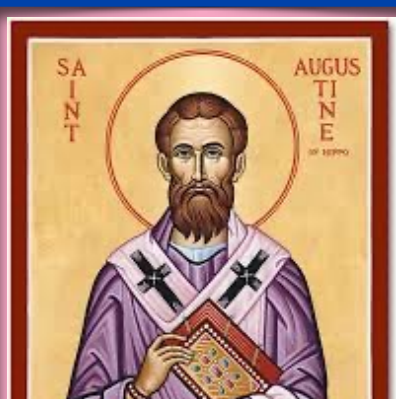
AUGUST 27



**St. Monica**

By : Dhanya Jose

AUGUST 28



**St. Augustine of Hippo**

By : Alisha Justin

AUGUST 29



**St. Sabina**

By : Jonathan Alapatt



# The Virtue of Humility

~ By Catherine Tenny  
9th Grade



God's word is seed. What an amazing harvest you can have in your life by receiving God's word! However, this depends on how we receive God's word. To make it phenomenal, we should receive the words with meekness as James said. The theme of his book in the Bible is how to have a living faith. The faith that actually works and produces good things in our lives and the lives of other people. True faith manifests righteous living and Godly behavior.

By now you would have guessed that this article is about the 10<sup>th</sup> divine directive in the Epistle of James – “Humble yourselves before the Lord and he will exalt you.” We all know that “humble” means to make low, or bring low. We make ourselves low when we see the greatness and majesty of God. A humble person lives his life knowing that God watches everything he does. He lives in the eye of God. We can humble ourselves in the sight of the Lord only when we acknowledge our sinfulness, unworthiness and implore the grace and mercy of God in Christ as did Abraham, Jacob, Job, Isaiah and Paul. They walked humbly with God, acknowledging they can do nothing without him; owning their dependence on his grace.

Humility is the surefire cure for carnality. We will find ourselves in a new sphere of spirituality through humility. Let nothing be done through selfish ambition or conceit, but in lowliness of mind, let each of us esteem others better than ourselves.

God will raise us to the summit of spiritual prosperity, when we recognize that everything we have, we have because of his grace. God will lift us as he lifts up the meek and exalts those that humble themselves. He will exalt you from the condition of a broken-hearted penitent, to that of a forgiven child; will wipe away your tears, remove the sadness of your heart, fill you with joy, and clothe you with the garments of salvation.

Pride is our biggest spiritual problem. We carry pride of face, talent and race. If we do not humble ourselves, God cannot help us. The tree, to grow upwards, must strike its roots deep downwards; so man, to be exalted, must have his mind deep-rooted in humility. I thought that because I go to church every Sunday, I will get a ticket to heaven, but it's not as easy as I imagined. Remember to not only support your own interests, but also the interests of others.

# What is that huge Catechism book all about?

~ By Tessie Alapatt

I am sure a majority of us have this book in our homes stacked away on some shelf gathering dust. The size of the book itself is quite intimidating, let alone the contents. That was the case for me as well, until a few months back, when the Covid-19 pandemic hit, and life, as we knew it, came to a standstill. With nowhere to go, which freed up my weekends, I decided to give this book another shot. Yes indeed, it took a pandemic to bond with the book called the **Catechism of the Catholic Church**!

Well, the long and short of it is that we all think...Catechism? Really?? Isn't this something we learnt in pre-communion classes and in Sunday School? So, what more is there to learn? But the reality is that we barely know 10%, or even less of what the teachings of the Catholic Church really are. The following sections will give you a little background on how and why this book called the **Catechism of the Catholic Church** was conceived and written. I will also write about my experience and perspective on how to read this book.

## History of CCC:

It all began in 1962 when Pope John 23<sup>rd</sup> convened the Second Ecumenical Vatican Council. The first Vatican Council (VC) was held about a century ago, and therefore, the decision to hold a second VC was a bold, yet much needed step for the Catholic Church. The 2<sup>nd</sup> VC was called to update the presentation of faith and to spiritually strengthen the lives of all the faithful in the modern world. The Council met from 1962 through 1965 and, although Pope John 23<sup>rd</sup> died in the summer of 1963, the 2<sup>nd</sup> VC continued in full swing under the newly elected Pope Paul VI.

Thirty years after the 2<sup>nd</sup> VC ended, Pope John Paul II, brought to fruition, the proceedings of the Council in the form of a book called the **Catechism of the Catholic Church (CCC)**. Pope JP II, was a Cardinal during the 2<sup>nd</sup> VC, and actively participated and collaborated in the development of the Council. The Pope writes that the 2<sup>nd</sup> VC has always been his reference point for every pastoral action during his Pontificate years. In this spirit, in 1986, Pope JP II, after holding a Synod of Bishops, entrusted a commission of 12 Cardinals chaired by Cardinal Ratzinger (future Pope Benedict 16<sup>th</sup>), with the task of preparing a draft of the Catechism as requested by the Synod Fathers. An editorial committee of seven diocesan Bishops, experts on theology and catechesis, assisted in this commission. After six years of intense work done in a spirit of complete openness and fervent zeal, the **Catechism of the Catholic Church** was published in 1992.

## Contents of the CCC:

The CCC contains four parts that are linked to each other: 1) the Christian mystery of Faith 2) Liturgical actions of Faith 3) Living the faith through life in Christ and 4) Basis of our faith through Christian Prayer, with "Our Father" being the epitome of our prayer life.

## How to read the CCC (my perspective):

When I sat to read the CCC for the first time, I started to read, like most of us do, from the beginning – which generally would be the logical thing to do. However, halfway into Part 1, I was very overwhelmed by its contents and it was hard for me to process everything. I put the book away into a far corner of my library – out of sight, out of mind! But in the next few years, the desire to give this book another chance kept resurfacing, especially after hearing a homily, in which the priest talked about Part 4 of the CCC – Christian Prayer. That made me open the CCC again and I began to read the section about Christian Prayer. This, in my opinion, is a great place to begin reading the CCC. One particular segment that caught my eye, is something we all can relate to, called the "Battle of Prayer" (CCC 2725). This was an eye-opening section, as I read about the dryness and distractions we all feel in our prayer life. I would encourage everyone to read this part of the CCC, and from there, you can go backwards. The four parts of the CCC are related to each other, and there is no rule against reading the book backwards!



DIOCESAN YOUTH APOSTOLATE  
ST. THOMAS SYROMALABAR DIOCESE OF CHICAGO

# College Kickoff

**Wednesday Aug 26th**

5:30pm PST/ 7:30pm CST/ 8:30pm EST

**Zoom Meeting ID:** 851 5425 9083

**Passcode:** 648559

**Q&A form:** [www.bit.ly/325EbVT](http://www.bit.ly/325EbVT)

**Links can be found in our insta bio @syromalabarusa**

Join us for an evening of testimonies with  
Fr. Thomas Pulickal and others!

# GUESS WHAT...?

**Guess which phrases are from the Bible and which are not.**

1. For we live by faith, not by sight.
2. God helps those who help themselves
3. Cast all your anxieties on him, because he cares for you.
4. Charity begins at home
5. Be on guard. Stand firm in the faith. Be courageous. Be strong.
6. Pride comes before the fall
7. A friend is always loyal, and a brother is born to help in time of need.
8. Money is the root of all evil
9. All things work together for good
10. A fool and his money are soon parted
11. There is no fear in love
12. Our faith can move mountains

Last week's answer: MATTHEW 11:28 (Come to me, all you who are weary and burdened, and I will give you rest).



## GET TO KNOW AN OLPH FAMILY

Antony and Sheena are from Ernakulam, Kerala. Antony came to the US in 2000 and Sheena came in 2003.

Their son, Alvin is in 8th grade and daughter, Anna is in 2nd grade.

Something you love about the OLPH community:

- Unity and being part of OLPH family

Favorite Bible verse:

- Ask and you shall receive, Seek and you shall find, Knock and it will be opened to you. Matthew 7:7

Favorite family activity:

- Watching movies

# Antony & Sheena Kanapilly

---☆ Alvin

---☆ Anna



# Editorial Board



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## Share your thoughts

E-mail: [newsletter.olph@gmail.com](mailto:newsletter.olph@gmail.com)