



OLPH VOICE

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



From the Pastor's Desk

Beloved OLPH family members,

For the Syro Malabar Church, the Lenten season lasts for fifty days, and hence, we call this period "Anpathu Nombu" (50 days' fasting). **The Great Lent begins from the midnight of Pethurtha or the First Sunday of Lent (Sunday February 14, 2021).** The Syriac term "Pethurtha" means "returning" or "ceasing" which reminds us that this is a season for repentance and reconciliation.

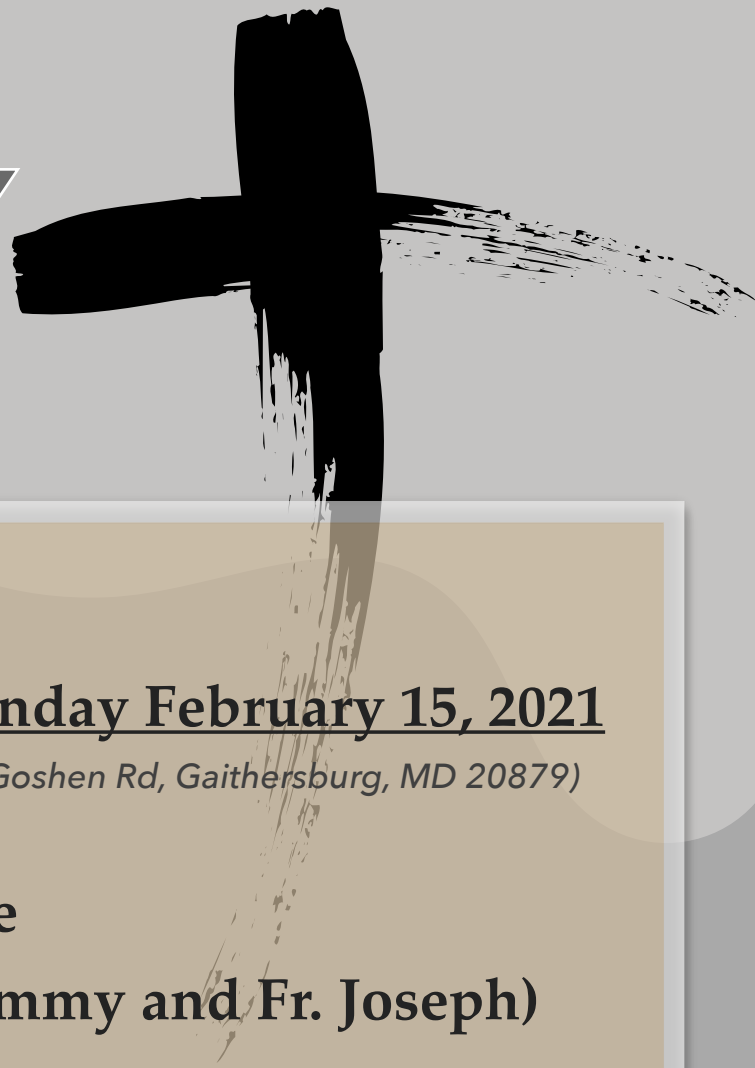
On Ash Monday, February 15, 2021, we observe the 'Blessing and Distribution of Ashes.' This day is set apart to remind us of our sinfulness and mortality and therefore, the need to repent and be partakers of God's salvific plan. The Lenten season calls our attention in a special way to the need for reconciliation with God and our neighbors. **Therefore, we will begin the service on Monday evening with Penitential service and the Sacrament of reconciliation (See Page 2 for more details).**

Let us go an extra mile this Lent. I urge all OLPH families to abstain from meat or fish during this time, fast at least one meal every Friday of Lent, take part in **Holy Mass and the Way of the Cross DAILY**, and finally, take part in various acts of charity.

With love,
Royachan

Rev. Fr. Roy Moolachalil
OLPH Mission Director

ASH MONDAY & LENT



Ash Monday Services - Monday February 15, 2021

(at Mother of God Community Gym; 20501 Goshen Rd, Gaithersburg, MD 20879)

6:00 PM - Penitential Service

6:15 PM - Confession (Fr. Simmy and Fr. Joseph)

7:15 PM - Holy Mass

This year due to the pandemic, the sign of the cross on foreheads with ash will be done using cotton swabs - **one cotton swab for each person** - to avoid direct physical contact.

Lenten Schedule - Daily Way of the Cross (starting Tuesday, February 16, 2021)



Conclusion of **BIBLE** *Reading Journey*



**HOLY HOUR & BIBLE READING
CONCLUSION**

When: Sunday February 28, 2021

10:45 - 11:45 AM

Where: Mother of God Community Gym
(20501 Goshen Rd, Gaithersburg, MD 20879)

Holy Mass & Services

FOR LIVE STREAMING OF DAILY MASS CLICK HERE

SUNDAY MASS is also open to the public at

Mother of God Community Gym

20501 Goshen Rd, Gaithersburg, MD 20879.



DAY	TIME	WORSHIP SERVICE	READINGS
Saturday, February 13, 2021	9:30 AM	Adoration & Rosary	Reading 1: 1 Cor 15:50-57 The dead will be raised imperishable Gospel: Mt 23:1-12 Who exalt themselves will be humbled.
	10:00 AM	Holy Mass in Malayalam	
	10:45 AM	OLPH Novena	
Sunday, February 14, 2021	9:30 AM	Holy Mass in Malayalam	Reading 1: Ex 34:27-35 The fasting of Moses Reading 2: Is 58:1-10 The spirit of the true fasting. Reading 3: Eph 4:17-24 Put away your old self and clothe yourselves with a new self Gospel: Mt 4:1-11 Jesus overcomes temptation through fasting
Tuesday - Friday	6:25 PM	Way of the Cross in Malayalam	Click here to see readings
	7:00 PM	Holy Mass in Malayalam	

**WAY OF THE CROSS: EVERY DAY OF LENT
STARTING TUESDAY FEBRUARY 16, 2021**

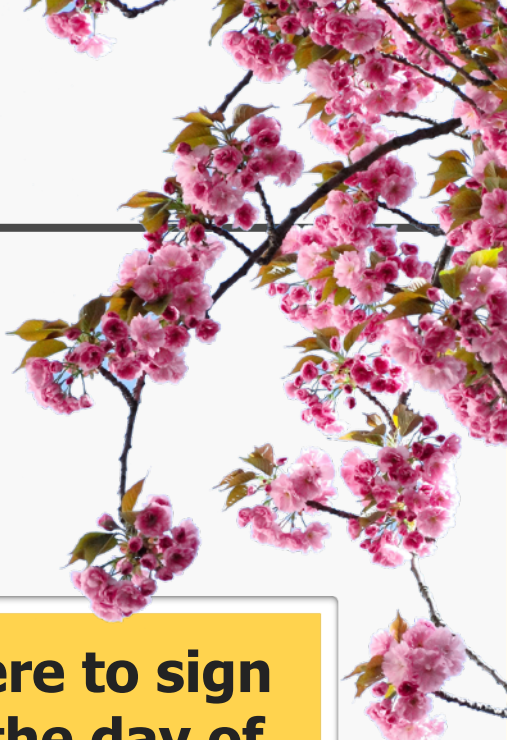
Weekday Mass Readings

DATE	DAILY MASS READINGS
MONDAY, FEBRUARY 15, 2021	Reading 1: Rom 1:16-25 The sin of man and its consequence. Gospel: Mt 5:17-26 Reconciliation with brothers and sisters.
TUESDAY, FEBRUARY 16, 2021	Reading 1: Rom 2:1-6 Do not judge others. Gospel: Mt 5:38-42 Love generously.
WEDNESDAY, FEBRUARY 17, 2021	Reading 1: Rom 2:12-24 Salvation is not through the law. Gospel: Mt 6:5-8 Power of the secret prayer.
THURSDAY, FEBRUARY 18, 2021	Reading 1: Rom 3:9-20 All are sinners. Gospel: Mt 6:25-34 Depend on the divine providence.
FRIDAY, FEBRUARY 19, 2021	Reading 1: Rom 4:13-25 Faith of Abraham. Gospel: Mt 7:1-6 Do not judge.

February 15 - 19

Prayer & fasting for success of the Church construction

Day	Family
Monday	Tessie Alapatt and Family
Tuesday	Thresia Wiggins
Wednesday	Rex and Mini
Thursday	Boby and Sany
Friday	Thomas Abraham and Briget



Click here to sign up for the day of Fasting & Prayer

The following are suggestions for each family on their the day of prayer and fasting for the success of our Church construction:

- Participate in Holy Mass (or Online Mass)
- Fast at least one full meal if possible
- Pray the Rosary (if possible full Rosary - Glorious, Joyful, Sorrowful and Luminous)
- 1 Divine Mercy chaplet
- Pray the "Apostles' Creed" 33 times
- Pray the "Flying Novena" (Memorare) 9 times
- Confession whenever possible



CHURCH CONSTRUCTION UPDATES



CHURCH CONSTRUCTION UPDATES





FOR GOD

SO LOVED THE WORLD,

THAT HE GAVE

HIS ONLY

BEGOTTEN

SON

THAT WHOEVER

BELIEVES IN HIM

SHALL NOT PERISH, BUT

HAVE ETERNAL LIFE

JOHN 3:16

GET TO KNOW AN OLPH FAMILY

Joyce and Divia are from Idukki, Kerala. Joyce moved to the US in 2008 and has been in Maryland since then. He currently works at Marriott International as IT Manager. Divia worked as a nurse in Saudi Arabia before moving to the US in 2020.

Something you love about the OLPH community:

- ★ OLPH community is filled with people who are friendly and care about each other.

Favorite Bible verse or phrase:

- ★ "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand" Isaiah 41:1

Favorite family vacation spot:

- ★ Florida and Tennessee - Great Smoky Mountains National Park.

Favorite family activity:

- ★ Spending time together, watching movies, traveling and playing cards.

Joyce & Divia Elamthuruthil



Joyce and Divia got married on January 23, 2021. The OLPH Community wishes them the very best and God's many blessings as they start a new journey together.



Editorial Board

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Share your thoughts

E-mail: newsletter.olph@gmail.com

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Mailing Address:

Rev. Fr. Roy Moolachalil
2900 Olney Sandy Spring Road
Olney, MD 20832

Church Building Site (under construction):

20533 Zion Road
Gaithersburg, MD 20882