



# OLPH VOICE

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



## From the Pastor's Desk

Beloved OLPH family members,

The Word became flesh and dwelt amongst us (John 1:14). Although we are well aware of the importance of the Word of God, we find it hard to sit and read the Bible on a daily basis. However, there is strength in unity, and that is why last year on January 1, 2020, we as a Church, took a commitment to read the entire Bible as a Community, offering it up as a prayer and sacrifice for the entire OLPH Community and for the success of our Church construction.

The Word of God tells us "You yourselves like living stones are being built up as a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ (1 Peter 2:5). Even as the pandemic raged across the world, many of our Community members remained committed to reading the Bible, and with perseverance completed this huge milestone in their lives. Reading the entire Bible is definitely a huge achievement, and it is even more commendable when the Community comes together and reads the Bible together.

The Word of God has a cleansing power and removes evil from our lives and homes. The Word of God also delivered us from many obstacles that hindered our lives. This was very evident as we started our Church construction, and we were able to dodge many obstacles. The Word of God kept the pandemic from hitting our Community. We were indeed so blessed during this year, and I thank God for His Word in our life.

As we complete this journey on Sunday, February 28<sup>th</sup>, 2021, I would like to congratulate each Community member who participated in the prayerful reading of the entire Bible.

With love,  
Royachan  
**Rev. Fr. Roy Moolachalil**  
**OLPH Mission Director**





# BLESSING OF THE CROSS

On Sunday,  
February 28th,  
**Rev. Fr. Mathew  
Punchayil** will  
celebrate Holy  
Mass, and bless  
the cross that will  
be installed on the  
exterior of our  
new Church.

**ALL ARE WELCOME  
TO JOIN US ON THIS  
JOYOUS OCCASION**







# *Conclusion of* **BIBLE** *Reading Journey*

## LIST OF PARTICIPANTS

Anila J. Mattathil

Boby Augustine

Briget Thomas

Gladis Kakkanattu

Liji Scaria

Mariat Mathew

Maxin Mathew

Nidav Sojan

Nisha Francis

Rashmi Roy

Saly Jijo

Shaji Josph

Suneetha Thomas

Teena Thomas

Tessie Alapatt

Reena Philip

**When: Sunday February 28, 2021**

**at 10:45 - 11:45 AM**

**Where: Mother of God Community  
Gym**

20501 Goshen Road, Gaithersburg, MD 20879

After Holy Mass, we will gather together and read from the **Book of Revelation**.

Listed here, are the parishioners who participated in this journey to read the entire Bible prayerfully as a Community.

All participants are required to bring their own Bible to this event on Sunday.

# ONLINE LENTEN RETREATS

St. Thomas Syro Malabar Catholic Diocese of Chicago



WITH  
**HIS EXCELLENCY  
MAR PRINCE PANENGADEN**

BISHOP OF ADILABAD, INDIA

**MARCH 12 - 14**

AND



**REV. FR. ROY PALATTY** CMI

**MARCH 26 - 28**

**UNITED IN PRAYER WITH THE DIOCESE  
FROM OUR HOME**

Links for the two retreats will be provided shortly



# LENTEN

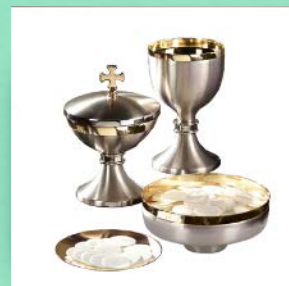
## *Sacrifices*

Let us make our Lenten sacrifices meaningful this year!

Fill your **PIGGY BANK** with money that you save from your Lenten Sacrifices. The money collected will be used for purchasing offerings of **BREAD, WINE, FLOWERS & CANDLES** at the **FIRST HOLY MASS** offered at our new Church.

Willingly I will sacrifice to You; I will praise Your name, Lord, for it is good, (Psalm 54:6)

START  
HERE



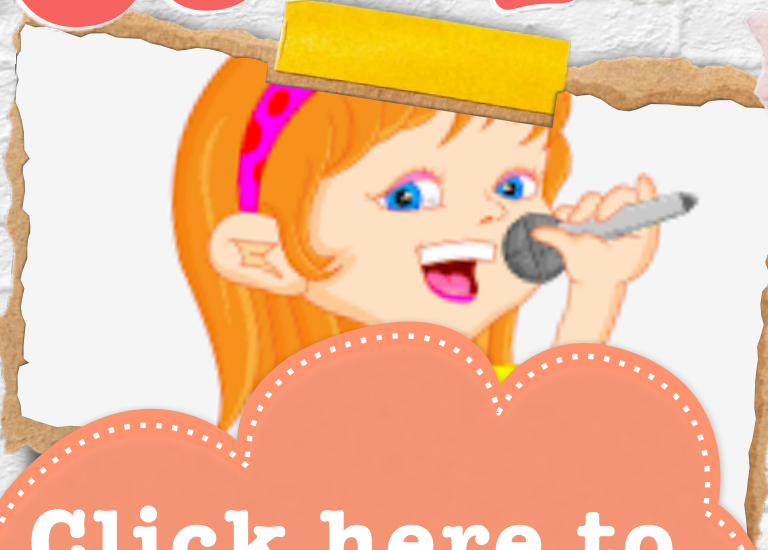
**FIRST HOLY MASS  
OFFERINGS AT THE  
NEW CHURCH**





# Annual CCD

# Competition



Details of the Annual  
CCD Competition 2021  
will be announced  
shortly. Registration is  
open for CCD and non-  
CCD/Adult  
participants

**Click here to  
register  
today**



# 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 27, 2021	9:25 AM	Way of the Cross in Malayalam	<b>Reading 1:</b> 1 Cor 5:9-13 Keep away from immorality <b>Gospel:</b> Mt 11:16-19 Unrepentant attitude
	10:00 AM	Holy Mass in Malayalam	
	10:45 AM	OLPH Novena	
Sunday, February 28, 2021	8:55 AM	Way of the Cross in Malayalam	<b>Reading 1:</b> Gen 7:6-24 Noah and family are saved <b>Reading 2:</b> Josh 5:13-6:5 Joshua is near Jericho. <b>Reading 3:</b> Rom 7:14-25 The fight against evil. <b>Gospel:</b> Mt 20:17-28 The first among you must be the servant of the all
	9:30 AM	Holy Mass in Malayalam	
Monday - Friday	6:25 PM	Way of the Cross in Malayalam	<a href="#">Click here to see readings</a>
	7:00 PM	Holy Mass in Malayalam	

# Weekday Mass Readings

DATE	DAILY MASS READINGS
<b>MONDAY, MARCH 1, 2021</b>	Reading 1: Rom 7:1-6 Serve in the novelty of the spirit. Gospel: Mk 12:28-34 Commandment of love.
<b>TUESDAY, MARCH 2, 2021</b>	Reading 1: 1 Cor 10:1-13 Those who stand may not fall. Gospel: Lk 21:29-36 Always be watchful.
<b>WEDNESDAY, MARCH 3, 2021</b>	Reading 1: 1 Pet 3:8-12 Do not repay evil for evil Gospel: Mt 5:43-48 Love your enemies.
<b>THURSDAY, MARCH 4, 2021</b>	Reading 1: Eph 6:1-9 Reward from the Lord according to the deed. Gospel: Mk 12:35-40 Jesus criticizes the scribes
<b>FRIDAY, MARCH 5, 2021</b>	Reading 1: Rom 8:1-6 Spiritual desires lead to life. Gospel: Mk 12:18-27 God the Lord of the living.



As a result of Adam and Eve's disobedience they **lost the gift of Eternal Life** with God, and so did the rest of humanity. The Catechism tells us that **Death was not God's plan**, but was an immediate consequence of Original Sin (CCC 1006-1009). However, is this how it really happened? Science clearly shows us man evolved, and many Scientists will argue against Creationism, supporting Evolutionism. While this topic is very vast and beyond the scope of this Lenten reflection, being a Scientist, my simple and humble opinion is that creation and evolution is GOD'S PLAN, i.e., God, in His unfathomable mercy and wisdom creates, and allows for evolution to take its course. And hence, whether or not Adam and Eve ate the forbidden fruit and brought sin into the world, should NOT be our focus. Our focus should be that we lost Eternal life with God because of sin. And now, the real question is whether our fate is to suffer this exile because of our sins until we die? And what happens then? Do we get Paradise and Eternal life? And the answer is yet again...GOD'S MERCY! Without God's mercy we would indeed suffer through this exile, and it is only through His mercy we can get Eternal life again. From the very beginning, God knew that human beings would fall into sin. And therefore, He already had a plan for their salvation even before He created the world – and that plan was JESUS.

God promises Jesus in Genesis! When God cursed the serpent. He said "HE shall bruise your head and you shall bruise HIS heel" (Gen 3:15). That was God telling the serpent that His only Son Jesus will crush the head of Satan by dying on the cross. And what does "you shall BRUISE HIS HEEL" mean? This has many interpretations, but I would like to share one interpretation which touched me. This refers to the last few hours of Jesus hanging on the cross. Those hours were the most agonizing, because death is not instantaneous for a person who is crucified, but very slow and painful. While hanging on the cross, the crucified person finds it extremely difficult to breathe, because the lungs are crushed by the body's weight hanging down. As a result, the body's survival reflex is to use the HEEL to pick up the body and gasp for air. Through those last hours, Jesus must have used his heel (scraping it on the wood) a thousand times to get air and speak His last words. Thus, Satan was able to bruise Jesus' heels, but at the end, the cross of Jesus brought victory over sin, and that same bruised heel of Jesus crushed the serpent's head, fulfilling God's promise.

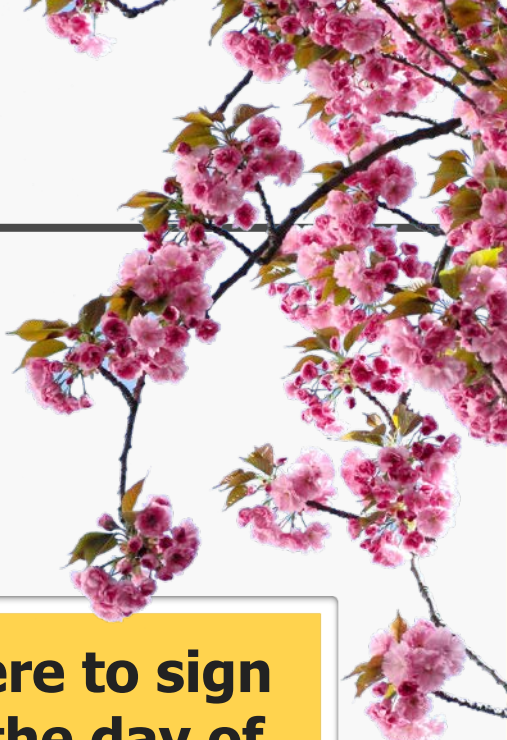
And God introduces another person into his story of salvation – MARY! He tells the serpent, "I will put enmity between you and THE WOMAN and between your seed and her seed" (Gen 3:15). We see this promise fulfilled in Mary, and her son Jesus. **For this reason, Jesus and Mary are referred to as the New Adam and the New Eve.**

Are we "poor banished children of Eve" without hope because of our sins? NO! not at all! The Catechism tells us "But why did God not prevent the first man from sinning? St. Leo the Great responds, "Christ's inexpressible grace gave us blessings better than those the demon's envy had taken away." And St. Thomas Aquinas wrote, "There is nothing to prevent human nature being raised up to something greater, even after sin; **God permits evil, in order to draw forth some greater good.** Thus St. Paul says, 'Where sin increased, grace abounded all the more'; and the words sung during Latin rite Easter vigil, 'O truly necessary sin of Adam, O happy fault... which gained for us so great a Redeemer!'" (CCC 412).

# March 1 - 5

Prayer & fasting for success of the Church construction

Day	Family
Monday	Justin & Asha
Tuesday	Sherry & Hilda
Wednesday	Bijesh & Ashy
Thursday	Mathew & Beena
Friday	Jose, Sally, Joyce & Divia



**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





*Congratulations  
& God bless  
the newly-wed  
couples!*



*Anjo Sam & Annie Amala*



*Joyce & Divia*

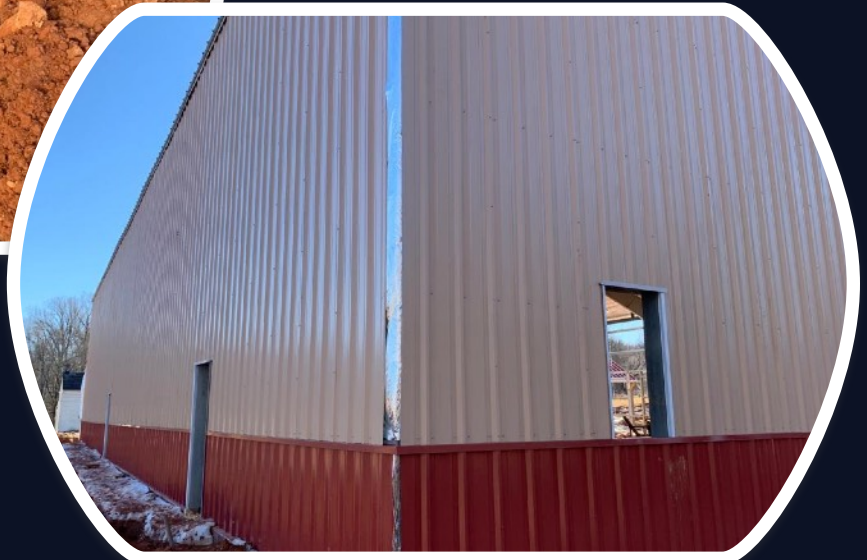


*Rinosh & Tabitta*

*May he give you the desire of  
your heart and make all your  
plans succeed, Psalm 20:4*



# CHURCH CONSTRUCTION UPDATES





# CHURCH CONSTRUCTION UPDATES





## GET TO KNOW AN OLPH FAMILY

Tenny is from Kalady, Kerala, and graduated with a Bachelor's degree in Engineering from Thrissur Engineering College, and a Masters degree from UMUC. He is currently working as a Product Manager at OpenText. Annu is from Ernakulam, but her family is originally from Kanjirappilly in Kerala. She graduated with a Masters degree from the University of Calicut and is currently working as a consultant at NIST.

They were in Mangalore before moving to the US in 2005, and lived in different parts of the country before calling Maryland home in 2013.

They have 2 daughters, Catherine, who is a High School Freshman, and Christine, who is in 1<sup>st</sup> Grade.

Something you love about the OLPH community:

- ★ The kinship and the camaraderie makes it feel like an extended family and the community has immensely helped the kids to grow in faith

Favorite Bible verse or phrase:

- ★ To everything there is a season, and a time to every purpose under the heaven: ·A time to be born, and a time to die; ...A time to love, and a time to hate; a time of war, and a time of peace. Ecclesiastes 3:1-8

Favorite family vacation spot:

- ★ KeyWest, Florida & God's Own Country

Favorite family activity:

- ★ Exploring local trails, creeks, lakes, and more...

# Tenny & Annu Ponthempilly

★ Catherine  
★ Christine



Tenny, Annu and family are very active OLPH Church members. Tenny is member of the Audit Team. Annu is a CCD teacher, member of the OLPH Choir and Marian Sangham. Catherine is a member of the OLPH Choir as well.



# Editorial Board

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## Share your thoughts

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

**[Click here to see past issues of OLPH Voice](#)**

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