



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 6th, the Church commemorates the **Transfiguration of our Lord** on Mount Tabor. In the Old Testament, both Moses and Elijah had “one to one” encounters with God. Both hid in the cleft of the rock till the glorious presence of God passed by. However, it was on Mount Tabor, during the Transfiguration that they beheld the unveiled face of God (CCC 2583). Just as the prophets drew inner strength from the passing presence of God during their earthly encounters, let us also draw strength from the presence of Jesus during Holy Mass and adoration, to accomplish our daily tasks and mission on earth.

August 4th is the feast of St. John Mary Vianney, the patron saint of all priests. Please keep all priests, deacons and seminarians in your prayers.

The Syro Malabar church observes several fasting periods during the Liturgical year, and one of them, the 15-day fasting, begins on Saturday, August 1st and ends on August 15th, the Feast of the Assumption of Our Lady.

With love,
Royachan

Rev. Fr. Roy Moolechalil
OLPH Mission Director

Weekly Holy Mass & Services

TOUCH HERE to connect to OLPH YouTube channel.
Holy Mass & Services are streamed LIVE every day.

| Day | Time | Worship Service | Readings (Click on boxes below to read online) |
|--------------------------|----------|--------------------|---|
| Saturday, August 1, 2020 | 9:30 AM | Adoration & Rosary | Reading 1: James 2: 1-8 Gospel: Luke 14:15-24 |
| | 10:00 AM | Holy Mass | |
| | 10:45 AM | OLPH Novena | |
| Sunday, August 2, 2020 | 9:30 AM | Adoration & Rosary | Reading 1: Deut 5:6-16 Reading 2: Luke 5:1-7 |
| | 10:00 AM | Holy Mass | Reading 3: 2 Cor 7:1-11 Gospel: John 9:1-12 |
| 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 2, 2020 | Tessie Alapatt Family | <u>Proverbs 22-23</u> |
| Monday, August 3, 2020 | Jithu & Shellin Family | <u>Proverbs 24 - 26</u> |
| Tuesday, August 4, 2020 | Tenny & Annu Family | <u>Proverbs 27-29</u> |
| Wednesday, August 5, 2020 | Jeril & Jemi Family | <u>Proverbs 30-31</u> |
| Thursday, August 6, 2020 | Jenson & Linta Family | <u>Ecclesiastes 1 - 4</u> |
| Friday, August 7, 2020 | Biju & Rani Family | <u>Ecclesiastes 5 - 8</u> |
| Saturday, August 8, 2020 | James & Alphonsa Family | <u>Ecclesiastes 9-12</u> |

AUGUST 2



St. Eusebius of Vercelli

By : Pearl Joby

AUGUST 3



St. Lydia Purpuraria

By : Alisha Justin

AUGUST 4



St. John Maria Vianney

By : Jeff Joyal

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

SAINTS OF

AUGUST 5



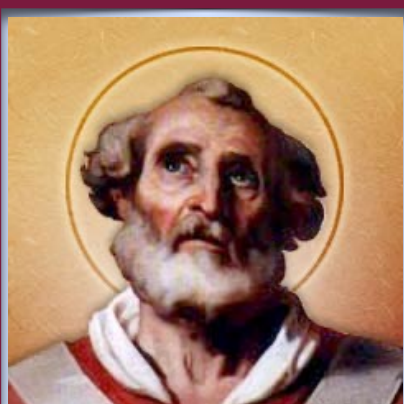
St. Addal

By : Jaiden Puthenkalam

THIS WEEK

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AUGUST 6



St. Hormisdas Pope

By : Elizabeth Issac

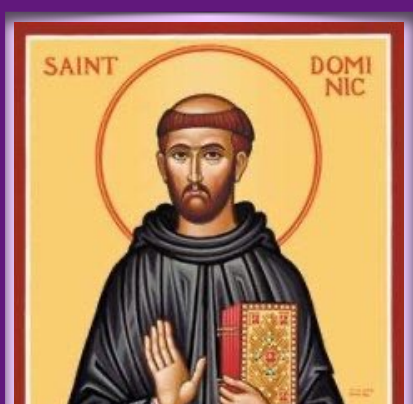
AUGUST 7



St. Cajetan

By : Maxin Mathew

AUGUST 8



St. Dominic

By : Rona Roy

Opening
Soon!

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:

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. The gathering place is sanitized and decontaminated before and after each mass.

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.

Getting closer to God during Quarantine

- By Isabelle Thomas
10th Grade



As Christians, we want to maintain a strong relationship with God. However, with the pandemic going around, we are quarantined at home and not able to attend Mass in person.

A question we might have thought of is, “how can we grow in our faith when we cannot go to Church?” Turns out that this difficult period of time can actually help us get even closer to God. Here are three ways we can grow spiritually over quarantine.

1. **Read and Reflect on the Bible-** Now that we are spending plenty of time at home, we can easily make time in our schedules to read the Bible. Remember to reflect on what you read and act on it. You can even set up FaceTime or Zoom calls with family and friends for an online Bible study where you pray and reflect on the Bible together.
2. **Watch Church Live Streams-** Being quarantined at home is not an excuse to not participate in live streamed Church. There are online Masses and prayers daily, so try to find time in your day to watch them. It is a great privilege to be able to attend Mass from the comfort of our homes, so we should take advantage of that.
3. **Pray for Those Affected-** Sadly, millions of people have been affected by the coronavirus. Whether the cases are mild or severe, we should always offer up our prayers daily to those who have gotten sick. We must also pray for the essential workers and hospital staff who are risking their lives everyday to help our lives get back to normal.

In conclusion, we should live our lives with prayer, especially during this pandemic, so that we can grow spiritually and get closer to God.



Take a walk through the garden of Thomas & Briget

Thomas and Briget love to garden and have been avid gardeners even before they moved to the US. After moving to the US, they chose to buy a home with a big backyard, where they can continue to garden.

Early in Spring, they grow young saplings indoors and transfer them outdoors, once the weather gets warmer. They never use fertilizers for their vegetables and use a mixture of potting soil and compost, which makes their vegetables very organic. They have a large variety of house plants as well, including orchids and cacti.

Gardening is very therapeutic for them and gives them pleasure to see the plants grow, which are like their babies. It is a rewarding and fulfilling experience, they say.

Once the vegetables have harvested they share the first fruits of their labor with the Church as thanksgiving, and they also share with neighbors and friends. God bless their garden with a bountiful harvest!



Grapes



Winter melon



Tapioca



Pavakka



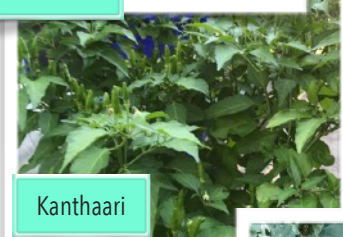
Mango



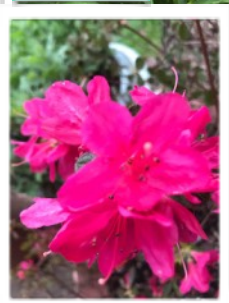
Tomatoes



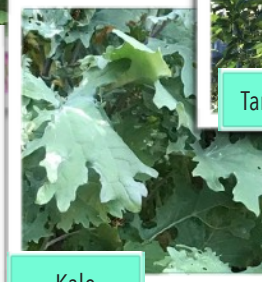
Cucumber



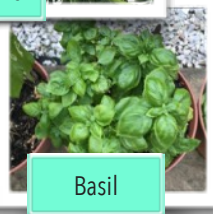
Kanthaari



Kale



Tangerine



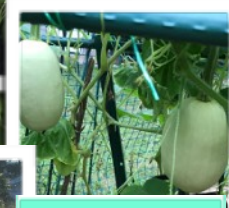
Basil



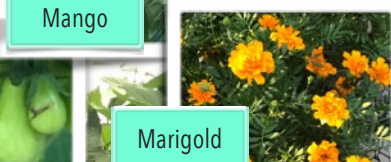
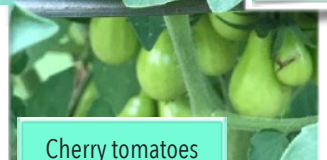
Plantain



Spaghetti squash



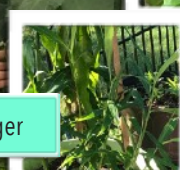
Cherry tomatoes



Marigold



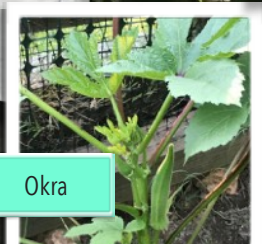
Coffee



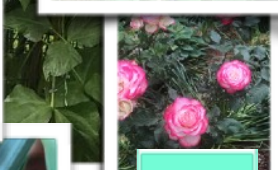
Ginger



Snake gourd



Okra



Roses



Pineapple



Green & Purple Beans

GUESS WHAT...?



M _____

(Questions 1 - 5)

(Questions 6 - 10)

Do you know where this historic church is located?

Here's what you need to do: Guess the name of the biblical person from the description below. Next, take the first letter of each name and fill in the blanks above to reveal the location of the church. As an example, the first letter has been solved from the first question below.

1. She was chosen by God to conceive and give birth to our Lord Jesus. **Answer:** Mary
2. He was the son of Ruth and Boaz, father of Jesse, and grandfather of David.
3. David ordered this man to be put in the front lines of battle, so he would be killed.
4. This king of Babylon had his dream interpreted by Daniel.
5. St. Paul's letter to this young man, encourages him to be strong even if people despise him for his young age.
6. This disciple exclaimed "My Lord and my God!"
7. This person was sent to restore eyesight to Saul (who later became Paul).
8. This man was introduced to Jesus by Philip, and is also known as Nathaniel.
9. He is the fourth of the 12 minor prophets.
10. She was Isaac's wife and bore twins.

(Answers in next week's issue)

GET TO KNOW AN OLPH FAMILY

Alexander is from Kadathurthy, and Jessy is from Kallara, Kottayam in Kerala. Alexander moved to the US in 1982 after 10th grade. Jessy worked in Delhi (Escort Heart Institute) and Saudi Arabia Ministry of Health before moving to the US in 1998. Alexander is currently working as Asst. Manager at CVS Pharmacy in Montgomery Village, while Jessy works at the retirement community, Ingleside at King Farm in Rockville.

They have two children, Alex who is in college and Alana who is a rising High School senior.

Something you love about the OLPH community:

- Kerala culture and traditions.

Favorite family vacation spot:

- Bahamas Cruise

Favorite family activity:

- Family gatherings

Alexander & Jessy Kurishumoottil

☆ Alex

☆ Alana



Favorite Bible verse:

- We know that in everything God works for the good of those who love him. These are the people God chose, because that was his plan.
Romans 8: 28
- If God is for us, no one can stand against us. And God is with us.
Romans 8: 31

Editorial Board



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