



# OLPH VOICE

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



Beloved OLPH family members,

In the Syro Malabar rite, there are several fasts observed throughout the year. During the 5th week of Denha (Epiphany), or three weeks before Lent begins, we commemorate the **3-day Fast**, that begins this year on **Monday January 25th** and continues **through Wednesday, January 27th**. The Church observes this period of preparation in anticipation of the great fast of Lent, so that the faithful can gradually begin their ascetic exercises that will continue until Easter. These 3 days of fast are also known as the Rogation (or Supplication) of the Ninevites, as we recall how Prophet Jonah was in the belly of the whale for 3 days before preaching about repentance to the people of Nineveh, as well as the conversion and repentance of the Ninevites. Let us also observe the 3-day fast with devotion, and lift our hearts to the Lord in reparation for our sins.

On **January 29th** we commemorate the feast of **St. Stephen**, the first martyr of the Church.

With love,  
Royachan

**Rev. Fr. Roy Moolachalil**  
**OLPH Mission Director**

# SAINT SEBASTIAN FEAST DAY CELEBRATION



FEAST OF SAINT SEBASTIAN WILL BE CELEBRATED  
ON SUNDAY, JANUARY 24, 2021

after Holy Mass at 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
<b>SATURDAY, JANUARY 23, 2021</b>	9:30 AM	Adoration & Rosary	Reading 1: Phil 1:27-30 fight for faith Gospel: Mt 15:21-28 faith of Canaanite woman.
	10:00 AM	Holy Mass in Malayalam	
	10:45 AM	St Sebastian Novena	
<b>SUNDAY, JANUARY 24, 2021</b>  <b>St. Sebastian</b>  <b>feast day celebration</b>	9:30 AM	Holy Mass in Malayalam	Reading 1: Num 11:23-35 He reveals Israel's redemption Reading 2: Is 46:5-13 I am God, and there is none like me
	10:30 AM	Luthinya & Prayers	Reading 3: Heb 7:23-28 Christ holds His priesthood permanently Gospel: Jn 2:1-11 Jesus' glory is revealed at Cana.
<b>MONDAY - FRIDAY</b>	6:30 PM	Adoration & Rosary	<a href="#">Click here to see readings</a>
	7:00 PM	Holy Mass in Malayalam	

# Weekday Mass Readings

DATE	DAILY MASS READINGS
<b>MONDAY, JANUARY 25, 2021</b> <b>Three days Lent</b>	Reading 1: 1 Tim 2:1-7 Pray for all. Gospel: Mt 18:23-35 Forgive your brother from your heart
<b>TUESDAY, JANUARY 26, 2021</b> <b>Sts. Timothy &amp; Titus</b>	Reading 1: Rom 12:1-8 Be transformed by the renewal of your mind. Gospel: Lk 18:9-14 Pray with repentance
<b>WEDNESDAY, JANUARY 27, 2021</b> <b>Three days Lent</b>	Reading 1: Rom 9:19-29 God shows mercy. Gospel: Mt 6:1-4 God remunerates for the good deeds.
<b>THURSDAY, JANUARY 28, 2021</b> <b>St. Thomas Aquinas</b>	Reading 1: 2 Cor 5:11-14 Love of Christ inspires us. Gospel: Jn 1:35-42 Vocation of first disciples.
<b>FRIDAY, JANUARY 29, 2021</b> <b>St. Stephen</b>	Reading 1: Acts 7:54-60 The martyrdom of St. Stephen. Gospel: Mt 23:34-39 Bloodshed of the righteous for Christ

# Weekly Schedule

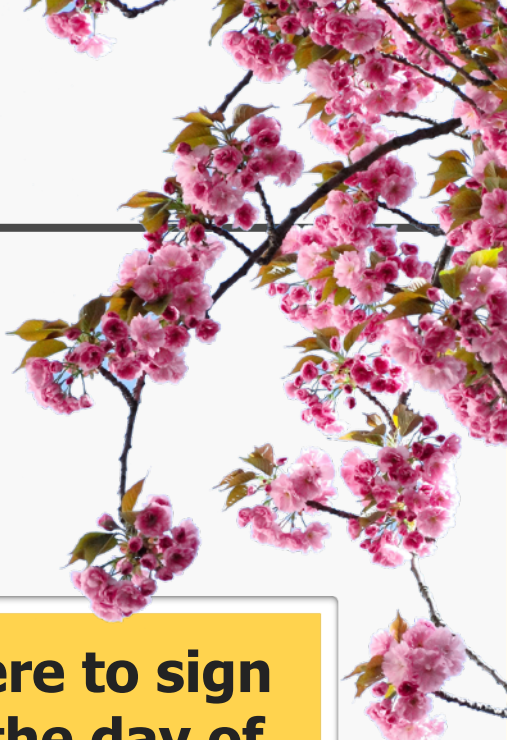
DATE	ROSARY LEADERS	DAILY BIBLE READINGS
Sunday, January 24, 2021	No Rosary	1 Timothy 1-6
Monday, January 25, 2021	Babu & Jasmine Family	2 Timothy 1-4
Tuesday, January 26, 2021	Augustine & Gladis Family	Titus 1-3 & Philemon 1
Wednesday, January 27, 2021	Thomas & Briget Family	Hebrews 1-6
Thursday, January 28, 2021	Noble & Annie Family	Hebrews 7-10
Friday, January 29, 2021	Bijesh & Ashy Family	Hebrews 11-13
Saturday, January 30, 2021	Shaji & Nisha Family	James 1-5



# January 25 - 29

Schedule of prayer & fasting for success of the Church construction

Day	Family
Monday	Cherian and Shanta
Tuesday	Anthony and Sheena
Wednesday	Roy and Rashmi
Thursday	Roby and Selin
Friday	Augustine and Gladis



**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





# BIBLE

## *Reading*



On January 1, 2020, the OLPH community set out on a journey to read the entire Bible on a daily basis.

As we end that journey, we will gather together to read the final THREE chapters of the Book of Revelation.

**When:** Sunday February 28, 2021 at 9:30 am

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

If you have participated, please give your names to:

Rashmi Roy or Teena (Mini) Thomas



# CHURCH CONSTRUCTION UPDATES





# CHURCH CONSTRUCTION UPDATES



# Obituary



## *Theresa Benedict*

Theresa Benedict, mother of Mini Palliparambil, passed away on January 22, 2021. She was a retired teacher at Our Lady's Convent, Thoppumpady, Kochi

Children: Mini Palliparambil (w/o Late Shaju Palliparambil, Maryland), Jerry & Shermy (Kochi), Sajeev & Landcy (Thrikkakara), Jose & Sherin (Kuwait)  
Grandchildren: Sneha, Sreya, Ben, Len and Brian

## *Condolences & Prayers*





# Puzzle Answers

Contributed by:

Thomas Abraham

1. Jason works every third day at a department store as a part-time sales clerk. Alicia also works there, but only on Saturdays. The store stays open seven days a week. This week, Jason worked on Monday, October 1. On what date will the two be working together?"

☒ Saturday October 13th

2. A boy is looking at a photo: "Brothers and sisters have I none, but this man's son is my father's son." Who is the person in the photo?

☒ The boy's father

3. A married woman who has only one child looks at a photo of a man and thinks, "This man's son is my sister's nephew." What relation does the woman have to the man in the photo?

☒ Wife

4. I am a number between 1 and 5. First, add me to the next number above me. Next, multiply the result by me and add me again. Finally, add the digits in the result, and you will get a number that is twice me. What number am I?

☒ Three



## GET TO KNOW AN OLPH FAMILY

Sandeep was born and raised in Bangalore, but his parents are originally from Thrissur, Kerala. He is an IT professional, and moved to the US in 2007. He lived in Pennsylvania before moving to Maryland in 2009. Pinkle was born and raised in Coorg, Karnataka. Her great grandfather migrated to Coorg from Muvattupuzha, Kerala in 1949, but her uncles, aunts and other extended family live in Muvattupuzha. Pinkle moved to the US in 2005, and has been in Maryland since then. They have 2 daughters, Sophia, who is in 3rd grade, and Sarah, in 2nd grade.

Something you love about the OLPH community:

★ A small friendly community that is strong in faith.

Favorite Bible verse or phrase:

★ My grace is sufficient for you, for my power is made perfect in weakness.  
2 Corinthians 12:9

Favorite family vacation spot:

★ We love exploring new places and making memories.

Favorite family activity:

★ movie nights, playing board games.

## Sandeep & Pinkle Alapatt

★ Sophia

★ Sarah



Sandeep, Pinkle and family are active OLPH Church members. Sandeep is a member of the Knights of Columbus and OLPH Church building committee. Pinkle is a CCD teacher and a member of the Marian Sangham.

# Editorial Board



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Venassa Jijo

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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](#)**

### **Mailing Address:**

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### **Church Building Site (under construction):**

20533 Zion Road  
Gaithersburg, MD 20882