



# OLPH VOICE

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



## From Our Vicar

Beloved OLPH Families,

This week we shall reflect on 3 more fruits of the Holy Spirit: PATIENCE, KINDNESS AND GOODNESS

The fruit of patience helps us to stick to our plan and endeavors, so that we can persevere without losing hope. We should pray to never lose our temper or become irritable, or to speak impulsively or in anger. We should pray for the patience to be calm when things are moving slower than what we prefer, or when we don't get immediate success. We need to remember that everything worth doing is challenging, but the struggle and effort are worthwhile and we will reap the fruits of our effort in due time.

The fruit of kindness helps us understand the need of others and always be willing to lend a hand, and ready to share everything we have, even if it's not much. Through this fruit we get the strength to speak kind words and think the best of others and be more willing to forgive than to condemn. We should be as kind to others as we would want them to be to us.

The fruit of goodness helps us to be a role model in everything we do and say, and to avoid actions that could lead others astray. We should keep our words and actions honest, pure, and sincere. We should also keep our thoughts clean and honest, and guard us from pride and self-conceit.

Let us pray ardently for these fruits and pray to the Holy Spirit for strength when we fail and pray for the grace to overcome our human weaknesses.

With Love,  
Rijoachan

# Families of the Week

Beena Suresh & Merryll Suresh Kallungal

Henry & Saumya Poduthas

Jacob T & Jaisey Kallarackal

Jacob V & Rosamma Kallarackal

Jeffy George & Anila Mattathil





# STEUBENVILLE CONFERENCE

FOR HIGH SCHOOLERS

JULY 19-21 | Steubenville, OH  
Main Campus 4

**For more info:**

Jomy and Jeslyn Methipara  
847-989-8233 or 678-428-8692  
(St. Jude, Northern Virginia)

**Register:**

<https://app.donor.net/work/jesusyouth/c/MDAwMDU4>

*Please indicate in the "Add Note" section which parish/mission you are joining from, i.e. St. Alphonsa Baltimore or St. Alphonsa Richmond or St. Jude NOVA or OLPH - Gaithersburg..*

DYA PRESENTS....

# SUMMIT 2024

June 27th - 30th

Baltimore

**"CHRIST OUR HOPE"**

## REGISTRATION DATES

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Early Bird (\$350)	Jan 5-17
Regular (\$400)	Jan 18- Apr 5
Late (\$450)	Apr 6- May 22

- Praise and worship
- Keynotes speakers
- Performances
- Networking
- Adoration
- Qurbana
- Single Mingle
- and MORE!

## REGISTER TODAY!



Scan QR code  
to register!



<https://syrosummit24.com>

# Reflections on the Eucharist

*“Unless you eat the  
flesh of the Son of  
Man and drink his  
blood, you do not have  
life within you”.*

**– Gospel of John 6:53**



# DAILY SCHEDULE

## Our Lady of Perpetual Help Syro Malabar Catholic Church of Greater Washington

20533 Zion Road, Gaithersburg MD 20882

SATURDAY	April 27, 2024	9:00AM	ADORATION & CONFESSION	1st Reading: Rom 11:25-32 God does not withdraw His gifts and vocation
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel : Mt 18:10-14 The one who came to save the ruined
		10:15 AM	OLPH NOVENA	
SUNDAY	April 28, 2024	9:00 AM	ADORATION & CONFESSION	1st Reading : Ex 4:27-31 Aaron comes to Moses' aid
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: Tob 5:1-10 Companion of Tobias
			CCD CLASS	3rd Reading: Acts 12:24-13:3 Saul, Barnabas and Mark
11:00 AM	HOLY MASS IN ENGLISH	Gospel : Lk 10:1-12 The seventy disciples are sent in pairs		
<b>NO MASS ON MONDAY</b>				
TUESDAY	April 30, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: Phil 2:19-30 Those who do missionary work with Paul
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel: Lk 8:1-8 Women who followed Jesus
WEDNESDAY	May 1, 2024	6:00 PM	ADORATION & CONFESSION	1st Reading: Col 3:14-17 Do everything in the name of the Lord
		6:30 PM	HOLY MASS IN MALAYALAM	Gospel : Mt 13:53-58 Jesus, son of a carpenter
THURSDAY	May 2, 2024	7:00 AM	ADORATION & CONFESSION	1st Reading: 2 Cor 4: 5-14 Treasure in clay jars
		7:30 AM	HOLY MASS IN MALAYALAM	Gospel : Mt 10:23-28 The persecuted in the name of Christ
FRIDAY	May 3, 2024	7:00 AM	ADORATION & CONFESSION	1st Reading: 1 Cor 9: 16-23 To preach the good news is the duty of a Christian
		7:30 AM	HOLY MASS IN MALAYALAM	Gospel : Jn 14:1-6 Jesus is the way, the truth and the life
SATURDAY	May 4, 2024	9:00AM	ADORATION & CONFESSION	1st Reading: Rom 11:11-16 Salvation has come to the peoples
		9:30 AM	HOLY MASS IN MALAYALAM	Gospel : Lk 7:1-10 Peoples come into the faith
		10:15 AM	OLPH NOVENA	
SUNDAY	May 5, 2024	9:00 AM	ADORATION & CONFESSION	1st Reading : Gen 9:8-17 The covenant with Noah
		9:30 AM	HOLY MASS IN MALAYALAM	2nd Reading: 2 Kgs 2:1-15 Elijah is taken to Heaven
			CCD CLASS	3rd Reading: Rom 8:1-11 Resurrection of the body
11:00 AM	HOLY MASS IN ENGLISH	Gospel : Jn 5:19-29 He who believes will be resurrected		

# Monthly Ward Meeting Schedule

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1st Friday of the month	Little Flower Ward
2nd Friday of the month	Holy Family Ward
3rd Friday of the month	Infant Jesus Ward
4th Friday of the month	St. Mary's Ward

## Reminders:

- Ward meetings will start at 8pm
  - Rosary, prayer, readings (Malayalam and English)
  - Request for children's involvement (ex. talk about a saint)
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**19**  
MAY

**PARISH AND CCD DAY**

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**19**  
MAY

**CCD GRADUATION DAY**

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**2**  
JUNE

**SUNDAY CCD FINAL EXAM**

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# HAPPY BIRTHDAY!



**MATTHEW MATTATHIL**  
**MAY 2ND**

**WITH LOVE FROM RIJO ACHAN, CCD  
TEACHERS AND FRIENDS**

# Editorial Board



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