

# THE ART OF DE-STRESSING

Fr Charles Chin has great love for silent prayer. He uses it as the art of de-stressing to eradicate impurities and negativities from our mind. He has been invited to many parishes over weekends to guide parishioners, with a lot of positive results.

# **THE ART OF DE-STRESSING**

Come and experience the art of de-stressing course yourself.

Date & Time:

**22/4/23 (Sat) 9.00am – 5.30pm &  
23/4/23 (Sun) 1.00pm – 7.00pm**

Fee: FOC

Check the bulletin for more info.

# MICROSOFT 365 SOFTWARE FOR EDUCATION PURPOSES

We Care, We Love and We Share.

We would like to express our sincere gratitude to Microsoft for providing SMC with Microsoft 365 software (including Word, Excel & PowerPoint) **for life** under the Non- Profitable Organization category.

The provision of Microsoft 365 will enable the church to help those with financial constraints gain access to these useful programmes needed for their education and learning purposes.

Conditions for application for Microsoft 365 Online Account are as follows:-

- a) Open to **all families** in need (parishioners/non-parishioners)
- b) **ONLY one application** allowed per family
- c) Application is on “First come, first served” basis
- d) All applications will be processed; SMC reserves the right to approve or reject the application.

- e) All applications **must be made via SMC Office**. (All information provided will be kept strictly confidential.)
- f) Applications with **incomplete or false details** will be considered unsuccessful.
- g) SMC reserves the right to cancel any Microsoft 365 account that is found to be used for illegal activities.

For further information, please  
send Whatsapp text to:

- St. Michael's Church Office  
(011-26938369), or
- Jude Danny (012-5178764), or
- Helen Yeap (012-5176849), or
- Louise Wu (012-4127709) – for  
Chinese-speaking





# IN AID OF SIMEE CARE CENTRE (Home for the Aged)



## FAMILY DAY FOOD FAIR



Saturday 15<sup>th</sup> April 2023  
9.00am – 1.00 pm

*Come &  
Join us!*



Church of Our Mother of Perpetual Help  
1, Jalan Serindik, Ipoh Garden 31400 Ipoh



# AT OMPH CHURCH, IPOH





# ENVIRONMENTALLY FRIENDLY

- *We encourage you to bring food containers and recyclable bags to reduce single-use plastic.*

- *Promote an Eco-Friendly Environment*

*Thank You !*



Fr. Anthony Liew, Fr. Robin Andrews & Parish Staff wish you and your families a very joyous & Blessed Easter. May we experience Jesus's love throughout these Easter Triduum celebrations and through this build a closer relationship with God.

