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PARISH BULLETIN

ST. THOMAS ORTHODOX CATHEDRAL - DUBAI



Sanct Petrus

Sanct Paulus

for members only

“സത്യം പറയുന്ന അധരം എന്നേക്കും നിലനിൽക്കും;
വ്യാജം പറയുന്ന നാവോ മാത്രമേനേതേക്കേയുള്ളൂ” (സഭ്യരൂപം 12:19)



Fr. Lany Chacko
Asst. Vicar

When You Fast...

Month of June is a month of fast and feast. Once again holy church is entering into the cycle of fast and feast. As we are approaching Apostle's Fast, once again church is preparing itself for the Lenten season; the season of prayer and fasting. Lent, is a church institution embodying an exalted idea, the idea of cleansing and disciplining both mind and body toward the end of making them more receptive to the Christ's idea. The Church imitates Christ. All that Christ has done the Church also does; He becomes its life. Christ's call to Matthew ("Follow me") was intended by Him to mean "Take my life for you." The Church has adopted this call as a scheme of its own. Fasting, in the life and works of Christ, ranks as the first response to the act of unction and of being filled with the Holy Spirit. It represents the first battle in which Christ did away with His adversary, the prince of this world. In His forty days' experience of absolute fasting, Christ laid down for us the basis of our dealings with our enemy—along with all his allurements and vain illusions. "This kind cannot be driven out by anything but prayer and fasting" (Mk. 9:29).

Fasting is more than abstaining from foods. St. John Chrysostom teaches that it is more important to fast from sin. For example, besides controlling what goes into our mouths, we must control what comes out of our mouths. Do our words please to God? Do we curse God or others? The other members of the body also need to fast: our eyes from seeing evil, our ears from hearing evil, our limbs from participating in anything that is not of God. Most important of all, we need to control our thoughts, for thoughts are the source of our actions, whether good or evil.

Every follower of Jesus who would keep Lent in the true Christian spirit follows the way of prayer and fasting that He taught His disciples. He revealed that prayer and fasting are the sure way to spiritual power, the way to keep the soul cleansed and purified that it may feel the presence of God. Jesus revealed that fasting, like prayer, is a matter between man and his Maker. He told His disciples that they were to make no show of their fasting. He said, "Appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which sees in secret, shall reward thee openly." He gave the same instruction concerning prayer.

Prayer and fasting, then, are matters of communion with God. They are transactions in mind. It is of no use to go through the outer form if the feeling of communion with God is not established. In abstinence from worldly things the mind must be filled with thoughts of God, else there is no spiritual value in

fasting. If we would “lose the bands of wickedness” we must learn to fast from all unworthy thought and feast on the good and the true. To observe Lent according to the spirit rather than the letter we must fast from criticism and condemnation and feast in brotherly love; fast from false beliefs in sickness and weakness and feast on the truth of God’s omnipresent, perfect life; fast from false beliefs in lack and limitation and feast on the truth of God’s bountiful good will. Ideas such as these form an excellent basis for our meditations that help establish permanent spiritual values in heart and mind.

“Each one of us must be concerned with improving his own life. We must learn to deny our selfish impulses and be obedient to impulses of brotherly love. When we withdraw our attention, interest, and support from the false and the unworthy, this is true fasting. When we give that same attention, interest, and support to the enduring good, we are feasting on the things of the Spirit, and this is true prayer. When we have truly fasted in the Christ way we have increased our ability to respond to God’s good will.

H.G. AUGEN MAR DIONYSIUS METROPOLITAN

H.G.Augen Mar Dionysius Metropolitan was born on July 1, 1955 as the son of Mr. Mathai Kurien and Mrs. Saramma Kurian from the famous Ranni Pakalomattom Thazhamon family at Mavelil Perangatu house.

After acquiring a post graduate degree, he proceeded for the Theological studies at Orthodox Theological Seminary, Kottayam and completed his B.D with the distinction of the Best Outgoing Student in 1979.

On August 30, 1980 he was ordained as a priest by H.H. Baselius Marthoma Mathews I, the Catholicos of the East. After his elevation as a Ramban in 1992, he was elevated as a Metropolitan on March 5, 2005 by H.H. Baselius Marthoma Mathews II.

Mar Dionysius was a great spiritual

leader and a raising sun of Malankara Orthodox Church. As the Metropolitan of Idukki Diocese, his spiritual and charitable mission work for the upliftment of the poor in his diocesan area was greatly appreciated by all. He proved his talents and leadership quality in all positions he held in the Organisations of Malankara Orthodox Church.

On June 6, 2007 on his way to Idukki for the distribution of study materials to the poor children, his sudden demise occurred in a tragic car accident near Kottayam. His mortal remains interred at Vallikkattu Dayara near Kottayam. Mar Dionysius lived and died serving the people. In his short span of lifetime, he could make an indelible impression in the hearts of the mass. And we can pay our loving tribute to the beloved Thirumeni.

Apostle	Meaning of Name	Narration	Death	Patronage
St. Andrew	Greek – Andreas, Meaning 'Manly', man	Brother of Apostle Peter and son of Jonas and lived in Capernaum. He was a fisherman by occupation.	Crucified on an X-shaped cross	Patron Saint of Russia, Scotland and Greece
St. Bartholomew / Nathanael	Greek – Bartholomaios meaning Son of Talmai	Son of Talmai, lived in Cana of Galilee. Apostle Philip introduced him to Jesus.	Flayed alive with knives	Founder of Armenian Church
St. James the Elder	Greek Iakobos – the English word for Jacob meaning Israel or he who supplants his brother	Son of Zebedee and brother of John the Apostle. He lived in Capernaum and Jerusalem as a fisherman.	First Apostle Martyred	Patron Saint of Spain
St. James the Younger		Son of Alphaeus and brother of Apostle Jude. He lived in Galilee.	Died as a martyr and his body was sawed into pieces.	Preached in Palestine and Egypt. First Bishop of Jerusalem.
St. John	Meaning – God is gracious	Son of Zebedee and brother of Apostle James.	Died of natural causes	
St. Jude/Thaddeus		Son of Alphaeus and brother of Apostle James the younger.	Killed with arrows	Preached Gospel in Edessa near Euphrates River.
St. Matthew	Greek – Matthaïos – meaning gift of Yahweh	Mathew or Levi was son of Alphaeus and lived in Capernaum. He was a publican or tax collector.	Martyred in Ethiopia	
St. Peter	Greek – Petros meaning Rock	Simon Peter was son of Jonas and brother of Apostle Andrew. A fisherman by profession and one of the most prominent of 12 disciples.	Crucified upside down on a cross	Founded Church in Antioch and Rome
St. Philip	Greek – Philippos, meaning Lover of horses	Philip was a fisherman came from Bethsaida	Died by hanging	Preached in Phrygia, Greece and Syria
St. Simon		One of the little known followers called Canaanite or Zelotes, lived in Galilee	Died as a martyr's death	
St. Thomas	Greek – Didymus- meaning twin	Lived in Galilee. He was one of Jesus Christ's 12 apostles, specially chosen to spread the gospel after the Lord's crucifixion and resurrection	Killed with a spear	Founded church in India
St. Matthias		Selected to replace Judas Iscariot.	Died as martyr	Preached gospel on the shores of Caspian and Cappadocia
Judas Iscariot		Son of Simon who lived in Kerioth of Judah. He betrayed Jesus.	Hung Himself	

St. John

John was the brother of James the Apostle and the son of Zebedee was known as the Beloved Disciple of Jesus Christ. He Wrote the Gospel of John, I John, II John, III John and Revelation. St. John was a man of action, ambitious and a man with an explosive temper and an intolerant heart.

John was the only one of the Twelve Apostles who did not forsake the Savior in the hour of His Passion. He stood faithfully at the foot of cross on Calvary when the Savior made him the guardian of His Mother.

St. John remained in Judea and the surrounding area of Asia Minor. The Roman authorities banished him to the Patmos Island. He was later freed and died a natural death in Ephesus after AD 98.

St. John is the patron saint of love, loyalty and friendships. St. John is called the Apostle of Charity, a virtue he had learned from his Divine Master, and which he constantly inculcated by word and example.

SUNDAY SCHOOL

June 03rd - Solo English & Malayalam competition

June 10th - Elocution competition

June 17th - Quiz competition after Sunday school classes 12:30 pm to 1:30pm

June 24th - Group song competition

ST. THOMAS ORTHODOX CHRISTIAN YOUTH MOVEMENT

REGULAR MEETING

June 15-18 OCYM UAE Zonal Programme

Main Speaker: Paul Manalil (Director, Kerala State Institute of Children's Literature)

Main Topic: ക്രൈസ്തവ സംസ്കാരം ഇന്നലെ ഇന്ന്

Divyabodhanam Class - Every Monday 8 pm to 9.30 pm (To increase general awareness of the Bible, Church History & Basic Beliefs of the Malankara Orthodox Sabha.)

More Informations Contact: Moncy Cherian 050-1690102

OCYM Job Cell - Highly active Job Cell that matches job seekers with employers from a wide range of sectors.

Library - Library opens every Friday after the holy mass. More than 10,000 collection of books in various topics. Especially the books available for children. Library membership will be available for all the church members.

Contact Rajoy M. Rajan 052-7714024

Email : ocymdubai@gmail.com Website: www.stthomasocymdubai.org

Job Cell : jobcellocymdubai@gmail.com

MOMS

Regular meetings

MGOCSM

Regular meetings

മെറിറ്റ അവാർഡ് 2016

രേപേക്ഷകൾ ഒഴിഞ്ഞുപോയി.

സെന്റ് തോമസ് ഓർത്തഡോക്സ് കത്തീഡ്രൽ യുവജന പ്രസ്ഥാനത്തിന്റെ നേതൃത്വത്തിൽ 10-ാം ക്ലാസ്സിലും 12-ാം ക്ലാസ്സിലും യു.എ.ഇ-യിൽ പഠിച്ച് ഉന്നത വിജയം കരസ്ഥമാക്കിയ ഇടവകാംഗങ്ങളായ വിദ്യാർത്ഥികൾക്കു മെറിറ്റ അവാർഡ് നൽകുന്നു. ഇതിനോടൊപ്പം, 10-ാം ക്ലാസ്സിൽ മലയാള ഭാഷയ്ക്ക് ഉന്നത മാർക്ക് നേടിയ വിദ്യാർത്ഥികൾക്കു ശ്രേഷ്ഠ മാതൃഭാഷ പുരസ്കാരവും നൽകുന്നു. സ്കൂൾ പ്രിൻസിപ്പൽ സാക്ഷ്യപ്പെടുത്തിയ മാർക്ക് ലിസ്റ്റ് 2016 ജൂൺ മാസം 18-ാം തീയതിക്കു മുമ്പായി യുവജന പ്രസ്ഥാനം സെക്രട്ടറിയെ ഏൽപ്പിക്കേണ്ടതാണ്.

വിശിഷ്ടർക്കു രേഖീകരണങ്ങൾ...

സെന്റ് തോമസ് ഓർത്തഡോക്സ് കത്തീഡ്രൽ യുവജനപ്രസ്ഥാനം, ദുബായ് - യു.എ.ഇ

സെന്റ് തോമസ് ഓർത്തഡോക്സ് കത്തീഡ്രൽ ക്രൈസ്തവ യുവജനപ്രസ്ഥാനം, ദുബായ് - യു.എ.ഇ.

അഭിവന്ദ്യ ജോൺ മാർ പിലക്സനോസ് തിരുമേനിയുടെ പാവനസ്മരണയ്ക്കായി

മെരിറ്റ് വെർച്വുപറത്തേഴ്
2016

(സുറിയാനി, മലയാളം ആരാധനാതീരുമേനികൾക്കായി)

ഒന്നാം രണ്ടാം സ്ഥാനം നേടുന്ന ടീമുകൾക്ക് പ്രോഫിറ്റും ക്യാഷ് അവാർഡും

03 ജൂൺ 2016 (വെള്ളിയാഴ്ച) ഉച്ചയ്ക്ക് 1:30 മുതൽ വൈകിട്ട് 4:30 വരെ



Kids CORNER

Bible Quiz

1. Who were the first apostles called to follow Jesus?
 - Peter & Paul
 - Peter & Andrew
 - Thomas & Mathew
 - John & James

2. What is John the baptizer's father's name?
 - Zacharias
 - Nathanael
 - Jeremiah
 - Elijah

3. Which wood has been used by Noah to build the ark?
 - Oak
 - Cedar
 - Gopher
 - Acacia

4. Who went with Paul on his first missionary journey?
 - John
 - Barnabas
 - Jude
 - Nicodemus

5. Who recognized Jesus as the Messiah when he was presented at Temple as a baby?
 - Simeon
 - David
 - Elijah
 - Samuel



ഇതര
ഓർത്തഡോക്സ്
സഭകളിലൂടെ

The Syriac Orthodox Church
of Antioch



It was in Antioch (AD 37) that the disciples of Jesus were first met and called Christians according to the church tradition. St. Peter served as the 1st Bishop of the Syriac Orthodox Church of Antioch.

The Syriac Orthodox church believes in the Trinity that is one God, subsisting in three separate persons called Father, the Son and the Holy Spirit.

The church faces many crucial situations in its ancient history. As a result, the office of Patriarch had shifted several times over the centuries.

The Syriac Orthodox church is headed by the Patriarch Ignatius Aphrem II from March 31, 2014 onwards. He also presides over the Holy Synod, the assembly of all Bishops.

Book Review

INTERPERSONAL RELATIONS

Ten suggestions for getting along better with people:

1. Guard your tongue. Say less than you think.
2. Make promises sparingly. Keep them faithfully.
3. Never let an opportunity pass to say a kind word.
4. Be interested in others, their pursuits, work, families.
5. Be cheerful. Don't dwell on minor aches and disappointments.
6. Keep an open mind. Discuss but don't argue. Disagree without being disagreeable.
7. Discourage gossip. It's destructive.
8. Be careful of others' feeling.
9. Pay no attention to ill-natured remarks about you. Live so that nobody will believe them.
10. Don't be anxious about getting credit. Just do your best and be patient.

Bits & Pieces

“The real man smiles in troubles, gathers strength from distress, and grows brave by reflection”.
Thomas Paine



കുതിപ്പ് 2016

ST. THOMAS ORTHODOX CATHEDRAL, DUBAI

ദുബായ് സെന്റ് തോമസ് ഓർത്തഡോക്സ് കത്തീഡ്രൽ ഇടവകയുടെ ഈ വർഷത്തെ ജീവകാരുണ്യ പ്രവർത്തനങ്ങൾ



50 HEART PATIENTS
(Treatment including Heart Surgery)

50 ഹൃദയാഘാതങ്ങൾക്ക് ശസ്ത്രക്രിയ ഉൾപ്പെടെയുള്ള ചികിത്സ സൗജന്യമായി ലഭ്യമാക്കുന്നു. ഒരു ഓപ്പറേഷൻ ശോശി ഒരു ലക്ഷം രൂപ ചെലവ് പ്രതീക്ഷിക്കുന്നു.



50 KIDNEY PATIENTS
(Free Dialysis for 1 year)

ഡയാലിസിസ് ആവശ്യമായ 50 ഓപ്പറേഷൻ അടുത്ത ഒരു വർഷത്തേക്ക് ഡയാലിസിസ് പൂർണ്ണമായും സൗജന്യമായി ലഭ്യമാക്കുന്നു.



50 CANCER PATIENTS
(₹ 5000/- month to each cancer patient for 1 year)

കുടുംബശ്രീയിൽ വിധേയമായ 50 കാൻസർ ഓപ്പറേഷൻ പ്രതിമാസം 5000 രൂപ വീതം തുടർ ചികിത്സയ്ക്കായി നൽകുന്നു.

PRAY,
PARTICIPATE &
PROMOTE

കൂടുതൽ വിവരങ്ങൾ ലഭ്യമാണെങ്കിൽ സാമ്പത്തികമായി പിന്തുണയ്ക്കുന്ന സമയങ്ങളിൽ 3 മോഡലുകളിൽ നമ്മുടെ പൂർണ്ണമായ ചെലവിൽ നിർമ്മിച്ച് നൽകുവാൻ ആഗ്രഹിക്കുന്നു. നമ്മുടെ സമൂഹത്തിലെ അർഹരായ പാവപ്പെട്ട ഓപ്പറേഷൻ ഇടവകാശങ്ങളുടെ ആത്മാർത്ഥമായ സംരക്ഷണം പ്രതീക്ഷിക്കുന്നു.

Tel: 04 - 3371 122, Email: info@stthomascathedraldubai.com, Website: www.stthomascathedraldubai.com

HOLY SERVICES, PRAYERS & MEETINGS

Fridays	: 06.30 am - 07.15 am	Night Prayer, Morning Prayer
	: 08.15 am - 10.30 am	Holy Qurbana
Fridays	: 06.45 pm - 07.15 pm	Evening Prayer
	: 07.15 pm - 09.00 pm	Holy Qurbana
Sundays	: 07.10 pm - 07.45 pm	Evening Prayer
	: 07.45 pm - 09.30 pm	Holy Qurbana
Wednesdays	: 07.30 pm - 08.30 pm	Evening Prayer & Intercessory Prayer for St. Mary
Saturday, Monday, Tuesday	: 07.00 pm - 07.30 pm	Evening Prayer
Thursdays	: 07.00 pm - 09.15 pm	Holy Confession, Evening Prayer
		Intercessory prayer to St. Thomas
		Church Prayer Meeting & Choir Practice
Retreat	: 09.00 am - 12.30 pm	Every Month Second Wednesdays

JUNE Highlights

- 06.06.2016 : 91st Memorial of Yuakim Mar Ivanios Metropolitan
- : 9th Memorial of Augen Mar Dionysius Metropolitan
- 11.06.2016 : Commemoration of St. Bartholomew the Apostle
- : 127th memorial of Shemavon Mar Athanasius
- : 89th Memorial of Geevarghese Mar Severios Metropolitan
- 29.06.2016 : Feast of St. Peter & St. Paul
- 30.06.2016 : Feast of the Twelve Apostles

AREA PRAYER MEETING SCHEDULE FOR THE MONTH OF JUNE - 2016

DAY & DATE	WEEK	AREA	NAME	CARDEX	ADDRESS
04-06-2016 SATURDAY	FIRST	HOR AL ANZ / PORT SAYED	M.P. Philip	P-061	Church Tel: 055 - 8201108
04-06-2016 SATURDAY	FIRST	AL SHAAB	Babu Kurian Puliyeril	B-033	Flat No C 107, NMC Hospital Bldg., OPP. Abu Hail Metro Station. Tel : 050 - 6987076
06-06-2016 MONDAY	FIRST	KARAMA	Thomas Philip Moni Philip	T-172 M-120	Church Tel: 050-7941036, Tel: 050-4542268
11-06-2016 SATURDAY	SECOND	JEBEL ALI/AL QUOZ	Anil Abraham Varghese	A-318	Flat No. 306, Bldg No. B-16, Dunes Village, D.I.P. 2 Jebel Ali, Tel: 052 8544229
11-06-2016 SATURDAY	SECOND	BUR DUBAI	Saji Polachira Varkey	S-622	Flat No. 201, Rado Building, Rolla Street, Bur Dubai, Tel: 050-3679939
18-06-2016 SATURDAY	THIRD	NAIF/YOUSUF BAKER / FRIJ MURAR	Varghese K.T.	V-241	Flat No. 205, B3. Near Belhoul Hospital Al Baraha, Deira Tel: 055-6029889
18-06-2016 SATURDAY	THIRD	SHARJAH / OTHER EMIRATES	Madhu N. Philips	M-210	Flat No. 1106, Lubna pharmacy building Al Nabba Area, Sharjah Tel: 050-7642748, Res.: 06-5629151
20-06-2016 MONDAY	THIRD	RASHIDYA / LULU VILLAGE	Biju Abraham	B-280	G-19, Block B, Wasal R-446, Lulu Village Tel: 055-9998123
21-06-2016 TUESDAY	THIRD	MUHAISINA LULU VILLAGE	Gigy Oommen	G-227	Al Zarooni Villa , Villa No. 6C, Near Uptown, Mirdi Mob: 050-4522072, Res: 04-2363598
25-06-2016 SATURDAY	FOURTH	SHARJAH-AL NAHDA	Mathew K. Joseph	M-236	Flat No. 1205, Sahara Plaza, Block C, Al Nahda Sharjah, Tel: 050-5841965
25-06-2016 SATURDAY	FOURTH	SATWA	Varkey K. Cheriyan	V-150	Flat No. B105, First floor , Khalifa bin dhain Bldg. Opp. Capitol Hotel, Al Mina Road, Satwa Tel: 050-7485761
27-06-2016 MONDAY	FOURTH	KARAMA	Thomas T. Varghese	T-209	Flat No.2, Block 287, Development Board Bldg. Next to Sangeetha Restaurant, Near Lulu Supermarket Tel: 050-4466862

SONAPUR PRAYER MEETING - EVERY FRIDAY EVENING AT EVERHOT CAMP@17 : 00 - 19 : 00 HRS

CHURCH OFFICE BEARERS - 2016

Rev. Fr. Shaji Mathews	<i>Vicar & President</i>	052 8711031	frshajimathews@yahoo.co.in
Rev. Fr. Lany Chacko	<i>Asst. Vicar</i>	050 8379905	frlanychacko@gmail.com
Johnson D.Y.	Hon. Trustee	050 6540115	johnsondy4@gmail.com
Babuji George	Hon. Secretary	055 6123959	bajigeorge@hotmail.com
Shaji Punchakonam	Hon. Jt. Trustee	055 7294045	shaji.punchakonam@gmail.com
Cherian K.K.	Hon. Jt. Secretary	050 1736864	cheriandxb@gmail.com