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*“So we fasted and earnestly prayed that our
God would take care of us, and he heard our prayer.”*

Ezra 8:23

for members only



The days of Lent remind us of Moses and Elijah and Jesus, all of whom spent forty days in the wilderness. Lent means spring in Latin and it is the time that we prepare ourselves and our world for the coming of light. This is a time of preparation, leading up to the grand celebration of our Lord's resurrection at Easter. Lent leads to Easter, by way of the cross. As we approach Lent, we consider the ways in which we can prepare ourselves for the surprise and joy of Easter. Lent, has traditionally been a time of examination, repentance and discipline in the Church. The Holy Church calls on us to "observe a holy Lent: by self examination and repentance, by prayer, fasting, and self-denial; by reading and meditating on God's Holy Word." During the Great Lent we are reminded that, while fasting from food, we must fast from our passions - anger, gossip, jealousy - while intensifying our vigilance, our prayer lives, and our ministry to others, especially the least among us. Hence, fasting as a preparation is quite the opposite of the worldly preparations that all too often focus our celebration on ourselves, rather than on our Lord.

Abstaining from certain types of food is just a part of the fast, but not an end in itself. If we fast just by limiting food in-take, it is just a special diet and not a true fast. To fast is to work upon one's spiritual well-being. It is about reaching a spiritual goal, which should be a part of a wide spiritual effort. We can implement that by prayer, silence, meditation, an extra effort in being kind, charitable, merciful more virtuous person. While fasting bodily, let us also fast spiritually. The purpose of the Fast is to come to the realization of our true spiritual hunger, which is the longing for the Presence of God in our lives. God is the only entity we ever needed and he provides for the sustenance needed to sustain our spiritual and physical needs. The Fast is meant for us to be master and controller over the demands of the body and its passions, rather than the body to take control through its own impulses. Fasting is a spiritual tool to combat our own desires as well as to defeat the many temptations brought on by the evil one.

"Lent can be a time for reducing some of the chronic over-stimulation which is so much a part of modern living; a time when we protect ourselves a little more from the daily bombardment of images and stimuli, the pressures which keep us trapped on the surface." The classical Disciplines of the spiritual life call us to move beyond surface living into the depths. They invite us to explore the inner caverns of the spiritual realm. They urge us to be the answer to a hollow world.

Superficiality is the curse of our age. The doctrine of instant satisfaction is a primary spiritual problem. The desperate need today is not for a greater number of intelligent people, or gifted people, but for deep people. We must not be led to believe that the Disciplines are only for spiritual giants and hence beyond our reach, or only for contemplatives who devote all their time to prayer and meditation. Far from it God intends the Disciplines of the spiritual life to be for ordinary human beings: people who have jobs, who care for children. In fact, the Disciplines are best exercised in the midst of our relationships with our husband or wife, our brothers and sisters.

Lent is rooted in repentance, turning one's life around, putting off the old self and putting on of the new self, which is made real by the resurrection of Jesus. Thus Lent is about conversion. Our world is hungry for genuinely changed people. Leo Tolstoy observes, "Everybody thinks of changing humanity and nobody thinks of changing himself." Let us be.

Rev. Fr. Ninan Philip Panackamattam
Vicar & President



Ma`altho (Presentation of our Lord) (Feast Day: February 2)

This feast, celebrated on February 2, is known in the Orthodox Church as The Presentation of Christ in the Temple (Mayaltho in Syriac). Another name for the feast is The Meeting of our Lord. Roman Catholic and Protestant Christians call the feast, The Purification of the Holy Virgin. About 450 AD in Jerusalem, people began the custom of holding lighted candles during the Divine Liturgy of this feast day. Therefore, some churches in the West refer to this day as Candlemas.

Forty days after Jesus Christ's birth, Mary and Joseph, brought Christ to the Temple to make the customary offering for purification; a pair of turtledoves or two young pigeons. According to the Law of Moses (Leviticus. 12:2-8), a woman who gave birth to a child was forbidden to enter the Temple of God for forty days. There, the prophetess Anna and the aged Simeon met them. Simeon sensed the fulfillment of Isaiah's puzzling prophecies of a virginal birth (Isaiah 7:14), and received God Incarnate just as he was promised he would before his death. Then Simeon praised God singing a hymn now called the Nunc Dimittis: "Now let Your servant depart in peace, O Master" (Luke 2: 29-32). Also, in the Temple was Anna the Prophetess. She had been a widow for many years. Anna was about eighty-four years old and spent her time in the Temple worshiping, fasting, and praying. When she saw the Christ Child she praised God and spoke of him to all who were awaiting the Messiah. After Jesus was presented in the Temple, the family returned to Galilee to the town of Nazareth. The Bible tells us that Jesus grew and became strong, and was filled with wisdom. (Luke 2:22-40).

The Great Lent Schedule

The Great Lent begins on a Monday, exactly 48 days before Easter Sunday. As everyone knows, Easter Sunday is a moveable feast of the Church, which does not follow a fixed date. Therefore, the Great Lent too does not have a fixed date of commencement. As per the Syriac tradition, since the day begins in the evening, observation of lent should begin with the Lenten prayers of vespers (ramsho in Syriac) on the previous day (in this case, Sunday evening). The Great Lent lasts all of 48 days, including the Passion Week, and concludes with the Holy Qurbana on Easter Sunday on the 49th day. The day before the commencement of the Great Lent, which is a Sunday, is called Pethrutha. This is a festival observed by almost all Syrian Christians of Kerala, including the Syrian Catholics. The miracle at the wedding of Cana, remembered on the same day, provides a fitting context for the Pethrutha celebrations. The Great Lent combines both fasting (Malayalam: upavaasam) and dietary restrictions (Malayalam: nombu). Dietary restrictions, as understood here, refer to avoiding fish, meat, wine, eggs, and dairy products. According to the Hudoyo Canon (Chapter 5:1), fasting during the Great Lent is up to the ninth hour (approximately 3 p.m.) on week days, and till noon (12 p.m.) on Saturdays and Sundays. Nursing mothers, the sick, and the infirm have been exempted from these requirements. When in doubt, always check with your priest.

Starts with Shubhkono

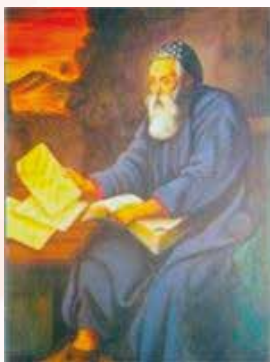
The beginning of the Great Lent is signalled by the Shubhkono service, held on the very first day (Monday). This is a service of preparation and forgiveness and is marked by forty prostrations and the kiss of peace. Each Sunday of the Great Lent is arranged to reflect on one of the miracles performed by Our Lord. On successive Sundays, the healing of the leper, the paralytic, the Canaanite woman, the cripple woman, and the blind man are remembered and reflected upon.



Passion Week begins on Palm Sunday. Passover falls on Thursday of the Passion Week, and Good Friday follows the next day. Holy Qurbana during the Great Lent is restricted to Saturdays and Sundays with the exception of mid-lent Wednesday, the annunciation to St Mary, 40th Day of Lent, and Passover. Services without Holy Qurbana during the Great Lent are Shubhkono and Vaade Dalmeeno (the Monday of Passion Week). Both are conducted by the celebrant from the chancel table. It should be noted that Holy Qurbana will be celebrated on March 25 (the annunciation to St Mary) even if that day happens to be Good Friday (like in 2016). The annunciation to St Mary is a fixed feast, and is always celebrated on March 25. Other days of note during the Great Lent are Catholicate Day (celebrated on the 36th day of the Great Lent, which is a Sunday), Saturday of Lazarus (the day before Palm Sunday) and Saturday of Good Tidings (day after Good Friday).

Prayers and Prostrations

Canonical prayers are said thrice a day (vespers, noon and matins) during the Great Lent. Great Lent prayers are marked by prostrations. This is done by kneeling down, touching the ground with the forehead, then standing up and making the sign of the cross. Noon prayers during the week days of the Great Lent are marked by forty prostrations. This is done in four sets of 10 prostrations. The first set is done to the accompanying chant of 'Kurielaison'. The second set is done to the accompanying chant of 'Lord have mercy upon us'. The third set is done to the accompanying chant of 'Lord be kind and have mercy upon us'. And the fourth and final set is done to the accompanying chant of 'Lord accept our entreaties, and have mercy upon us'. The 40 prostrations for the noon prayers are not required for Mid-Lent Wednesday and 40th day Friday. The 40 prostrations for noon prayers are not done during the Passion Week of the Great Lent as well. Also, the Hail Mary prayer is not recited and the kukilions are not chanted during the Passion Week. There will be no Kiss of Peace (Malayalam: kaikasthoori), benedictions (Malayalam: samadhanam) during the Holy Qurbana, or kissing of the celebrant's hand (Malayalam: kaimuthu) during Passion Week. Neither are the flapping fans (Malayalam/Syriac: marhawsa) used or the bells rung during Passion Week. The Kiss of Peace and kissing of the celebrant's hand are, however, restored on the Saturday of Good Tidings. Prostrations in general during prayers are not done on Sundays of the Great Lent, and after the Holy Qurbana on Mid-Lent Wednesday and Maundy Thursday (Passover). On other days (like Saturdays) during the Great Lent, those who have partaken the Holy Sacraments should not do prostrations until vespers on that day. We hope the above summary is helpful for all during the Great Lent.



St. Barsaumo (Feast Day: February 3)

St. Barsaumo was born in 380 AD in the village of Autan near Samosata (in Syriac: Shmeeshat) on the Euphrates. In his childhood he was once attacked and bitten by some dogs in his village, but he was not injured. His contemporaries interpreted the event as follows: In his life he will be attacked by many heretics, but he will defeat them and they cannot harm him. As a child St. Barsaumo went with his relatives to Samosata, for he wanted to go to the desert to live in solitude, having a monastic life. A holy hermit named Abrohom (+406) prevented him from doing this with the reason that he was still too young. After that, Abrohom became his spiritual father. St. Barsaumo joined other young people for six years as a monk and student of this holy hermit Abrohom.

When he was still a child, St. Barsaumo made his first pilgrimage to Jerusalem barefoot and without provisions. There, he was persecuted by the pagans, as happened to all other Christians. After his return from Jerusalem, he settled on a barren hill on the border of Armenia. Since it snowed there often, he lived in great distress. The grace of God and his providence showed him a crevice where he could live. One day he saw an angel of God and a pillar of fire protecting his cave. Then, many people came to him and became his disciples.



When his disciples were sitting to have their meal, the saint interpreted the words of the Holy Scriptures and wept. St. Barsaumo saw in a vision that he would be taken ill and suffer severe pain. After he told this vision to his disciples, he became ill. He blessed one of his disciples, and sent him to Persia and Armenia to preach the faith there. When the passing of the saint approached, an angel of the Lord came to him and brought him the news: "After four days Christ will bring you to him. Give your last instructions!" Then he brought his monks together, and spoke four days and four nights without a break with them and blessed them each individually. During the night of February 1, 458 the saint lay down and glorified Christ. At that hour, a pillar of fire was seen, which came upon the head of the saint. Before the saint passed away, the earth trembled several times and was saddened by his decease. He was buried on the 3rd of February, in 458, in Syria.



St. Ephrem the Syrian (Feast Day: February 17)

Poet, teacher, orator and defender of the faith, and known by the Syrian Orthodox church as Doctor of the Holy Church declared as the Doctor of the universal Holy Church. Also in 1920 Pope Benedict XV; declared him the doctor of the church.

Ephrem Born c. 303/6 in Nisibis (Today Nusaybin, Turkey), Mesopotamia; died at Edessa (Urfa, Turkey) on June 9, 373; Most historians infer from the lines quoted above that Ephrem was born into a Christian family although not baptized until an adult age (eighteen old) at St. Mary in Amid-Diyarbakir, Turkey, (the trial or furnace), which was common at the time. Ephrem passed his entire life in his native Mesopotamia (Syria)

possibly in Nisibis where he spent most of his adult life. From the time of his childhood Ephrem was known for his quick temper and irascible character, and in his youth he often had fights, he acted thoughtlessly, and even doubted of God's Providence, until he finally recovered his senses from the Lord's doing, guiding him on the path of repentance and salvation. One time he was unjustly accused of the theft of a sheep and was thrown into prison. And there in a dream he heard a voice, calling him to repentance and rectifying his life. After this, he was acquitted of the charges and set free.

Within Ephrem there took place a deep repentance. He came was served under Saint James bishop of Nisibis. Among the hermits especially prominent was the noted ascetic, a preacher of Christianity and denouncer of the Arians, the bishop of the Nisibis Church, Saint James (Comm. 12 May). The Monk Ephrem became one of his disciples. Under the graced guidance of the holy hierarch, the Monk Ephrem attained to Christian meekness, humility, submission to the Will of God, and the strength without murmur to undergo various temptations. Saint James knew the high qualities of his student and he used them for the good of the Nisibis Church - he entrusted him to read sermons, to instruct children in the school, and he took Ephrem along with him to the First Ecumenical Council at Nicea (in the year 325). The Monk Ephrem was in obedience to Saint James until the bishop's death in 338.

St. Ephrem the Syrian, left us in Syriac hundreds of hymns and poems on the faith that inflamed and inspired the whole Church, and became so famous that his writings are publicly read in some churches after the Sacred Scriptures. Sozomen pretends that St. Ephrem wrote 3,000,000 verses, and gives the names of some of his disciples, some of whom remained orthodox, while others fell into heresy (Hist. Eccl., III, xvi). From the Syrian and Byzantine Churches the fame of Ephrem spread among all Christians. The Roman Martyrology-mentions him on February 1. In their menologies and synaxaria Greeks and Russians, Chaldeans, Copts, and Armenians honour the holy deacon of Edessa. The originality, imagery, and skill of his hymns captured the hearts of the Christians so well, that Ephrem is given credit for awakening the Church to the important of music and poetry in spreading and fortifying the faith.



വട്ടശ്ശേരിൽ തിരുമേനി “സഭാഭാസുരൻ”

(Feast Day: February 23)



വട്ടശ്ശേരിൽ ഗീവർഗീസ് മാർ ദിവന്നാസ്യോസ് മെത്രാപ്പോലീത്ത “വട്ടശ്ശേരിൽ തിരുമേനി” മലങ്കരസഭയുടെ ദുർഘട ഘട്ടങ്ങളിൽ അതിന്റെ ശക്തികേന്ദ്രമായിരുന്നു. “സഭാഭാസുരൻ” എന്ന അമ്പർത്ഥവും ശ്രദ്ധേയവുമായ ബഹുമതിക്ക് അർഹനായ തിരുമേനിയിൽ ദൈവത്തിലുള്ള ആഴമായ വിശ്വാസവും, അർപ്പണബോധവും, ദീർഘവീക്ഷണവും, സത്യത്തിനുണ്ടേ വിട്ടുവീഴ്ചയില്ലാതെ പടപൊരുതുവാനുള്ള സാമർത്ഥ്യവും വേണ്ടുവോളം ഉണ്ടായിരുന്നു. 1912 ലെ മലങ്കരസഭയുടെ കാതോലിക്കേറ്റ് സ്ഥാപനവും അതിലൂടെ നേടിയ സ്വാതന്ത്ര്യവും അദ്ദേഹത്തിന്റെ വലിയ നേട്ടങ്ങളാണ്.

മല്ലപ്പള്ളി പൗത്തിക്കുന്നേൽ തറവാടിന്റെ ശാഖയായ വട്ടശ്ശേരിൽ ഔസേപ്പിനും, കുറിച്ചിയിലെ കോലത്തുകളത്തിൽ പുന്നുസിന്റെ മകൾ ഏലിയാമ്മയ്ക്കും ജനിച്ച 9 മക്കളിൽ (1858 ഒക്ടോബർ 31) ഏറ്റവും ഇളയവനായിരുന്ന വർഗീസ്

ആണ് പിൻക്കാലത്ത് വട്ടശ്ശേരിൽ മാർ ദിവന്നാസ്യോസ് മെത്രാപ്പോലീത്തയായി അറിയപ്പെട്ടത്. ഹൈസ്കൂൾ വിദ്യാഭ്യാസകാലത്ത് 18 വയസ്സു മാത്രമുള്ളപ്പോൾ പത്രോസ് പാത്രിയർക്കീസിൽ നിന്നും ശെമ്മാശുപ്പട്ടം സ്വീകരിച്ചു. തുടർന്ന് നാലു വർഷം പഴയ സെമിനാരിയിൽ വൈദികപഠനം നടത്തിയ വറുഗീസ് ശെമ്മാശൻ, ഗീവർഗീസ് മാർ ഗ്രീഗോറിയോസിൽ (പ. പരുമല തിരുമേനി) നിന്നും വൈദിക പട്ടം സ്വീകരിക്കുകയും അടുത്തവർഷം വൈദിക മല്പാനായി നിയോഗിക്കപ്പെടുകയും ഉണ്ടായി. പുലിക്കോട്ടിൽ തിരുമേനിയുടെ പല പുരോഗമന സംരഭങ്ങളുടെയും ശക്തിന്ദ്രോതസ്സ് വട്ടശ്ശേരിൽ മല്പാനായിരുന്നു. 1897-ൽ സാമൂഹ്യ സമ്മേളനം ആരംഭിക്കുന്നതിനും അത് മഹാജനസഭയായി വളരുന്നതും അബ്ദുള്ള പാത്രിയർക്കീസിന്റെ അധികാരമന്തരത്തിന് തടയിടാൻ പുലിക്കോട്ടിൽ തിരുമേനി ശ്രമിച്ചപ്പോൾ അദ്ദേഹത്തിനുവേണ്ട പിന്തുണ നൽകാൻ മഹാജനസഭയ്ക്കുകഴിഞ്ഞതും, മലങ്കരസഭ സ്വതന്ത്രമായി വളരാനും പുരോഗമിക്കാനും കാതോലിക്ക സിംഹാസനം കൂടിയേ തീരു എന്ന് കരുതി പ്രവർത്തനം ആരംഭിച്ചതും ഈ കാലയളവിലാണ്.

മലങ്കരസഭയുടെ ആദ്ധ്യാത്മിക പരമാധികാരം കൈകാര്യം ചെയ്തുകൊണ്ടിരുന്ന പാത്രിയർക്കീസ് നടത്തിയ കൈകടത്തലിന്റെ തികതാനുഭവം വേണ്ടുവോളം രൂപിച്ചറിഞ്ഞ പുലിക്കോട്ടിൽ തിരുമേനി ശക്തനും ഭക്തനുമായ ഒരു പിൻഗാമിയെ വട്ടശ്ശേരിൽ തിരുമേനിയിൽ കണ്ടെത്തിയത് മലങ്കരസഭയുടെ ഭാഗ്യം. കാതോലിക്കാ സിംഹാസനത്തെ അംഗീ



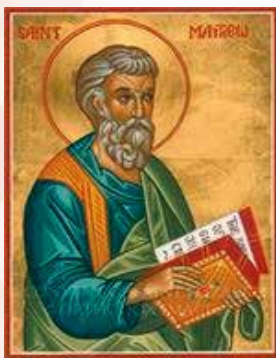
കരിക്കാതിരുന്ന പാത്രീയർക്കീസ് മലങ്കര സഭയിൽ തന്റെ അധികാരങ്ങൾ ഭദ്രമാക്കുവാൻ മെത്രാന്മാരിൽ നിന്നും ഉടമ്പടി വാങ്ങിയപ്പോൾ സ്വന്തം സഭയുടെ സ്വാതന്ത്ര്യം ജീവൻ പോയാലും നഷ്ടപ്പെടുത്തുകയില്ലെന്ന് പ്രതിജ്ഞ എടുത്ത ആളാണ് വട്ടശ്ശേരിൽ ഗീവർഗീസ് മാർദ്ദിവന്നാസ്യോസ് തിരുമേനി.

ഏതു കടുത്ത പ്രതിസന്ധിഘട്ടത്തിലും തളരാതെ ഉറച്ചുനിന്ന തിരുമേനി വിതുവിപ്പോയത് തന്റെ അംഗരക്ഷകരിൽ പ്രധാനിയായ പാപ്പിയെ (ആനപ്പാപ്പി വർക്കി വർഗീസ് ആശാൻ) എതിർകക്ഷികൾ തല തല്ലിത്തകർത്തു എന്ന ദാരുണവാർത്ത കേട്ടപ്പോൾ മാത്രമാണ്. അബ്ദുള്ള പാത്രീയർക്കീസ് മുടക്കിയപ്പോൾ ആ മുടക്ക് സ്വർണ്ണമാലപോലെ തിരുമേനി

അണിഞ്ഞു. വട്ടിപ്പണക്കേസിൽ വീരരാഘവ അയ്യങ്കാരുടെ വിധി വന്നപ്പോൾ ബുദ്ധിയുപയോഗിച്ച് ആ പരാജയത്തെ മറികടന്നു.

ഏലിയാസ് പാത്രീയർക്കീസ് തന്ത്രപുർവ്വം കുറുപ്പംപടി പള്ളിയിലേക്കു ക്ഷണിച്ചുവരുത്തി കുട്ടിലാക്കാൻ ശ്രമിച്ചപ്പോൾ മലയാളിയുടെ ബുദ്ധിപാടവം കാട്ടിക്കൊടുത്ത് ഇളിഭ്യനാക്കി. അങ്ങനെ എന്തെല്ലാം സംഭവങ്ങൾ.

വട്ടശ്ശേരിൽതിരുമേനി പൊതുവെ വലിയ ഗൗരവ പ്രകൃതിക്കാരനാണെന്നാണ് വിശ്വാസം. എന്നാൽ ഫലിതം ആസ്വാദിക്കാനും നർമ്മസംഭാഷണത്തിനും തിരുമേനി നിപുണനായിരുന്നു. 1934 ഫെബ്രുവരി 23 ന് തിരുമേനി കാലം ചെയ്തു. ●



St. Matthew The Evangelist (Feast Day: February 24)

Matthew was born in First Century Judea. He was a Galilean and the son of Alpheus. During the Roman occupation, Matthew collected taxes from the Hebrew people for Herod Antipas. His Tax Office was located in Capharnaum. Jews who became rich in such a fashion, were despised and considered outcasts. However, as a tax collector he would have been literate in Aramaic (but probably not Greek or Latin).

It was in this setting, near what is today Almagor, that Jesus called Matthew to be one of the Twelve Disciples. After his call, Matthew invited the Lord home for a feast. On seeing this, the Scribes and the Pharisees criticized Jesus for eating with tax collectors and sinners. This prompted

Jesus to answer, "I came not to call the righteous, but sinners" Matthew's ministry in the New Testament is likewise complex. When Matthew is mentioned he usually paired him with Thomas. As a disciple, he followed Christ, and was one of the witnesses of the Resurrection and the Ascension. Afterwards, Matthew along with Mary, James and other close followers of the Lord, withdrew to the Upper Chamber, in Jerusalem. At about this time James succeeded his brother Jesus of Nazareth as the leader of this small Jewish sect.

A PRAYER FOR LENT

The Prayer of Saint Ephraim the Syrian is traditionally said many times throughout each day during Great Lent, in addition to our daily prayers.

O Lord and Master of my life, take from me the spirit of sloth, faintheartedness, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience and love to your servant.

Yes, O Lord and King, grant me to see my own sin and not to judge my brother, for You are blessed from all ages to all ages. Amen. (+)



സുവർണ്ണ ജൂബിലി നിറവിൽ ദുബായ് സെന്റ് തോമസ് ഓർത്തഡോക്സ് കത്തീഡ്രൽ

About Bishop Pathrose Mar Osthatheos



He started the organization called "Servants of the Cross" (Sleeba Dasa Samootham), a missionary society in 1924 to uplift the life of harijans and converted them to christianity. He was well educated with a B.A. & B.T. degrees and was teaching in a school before becoming a priest. He dedicated his whole life for social service and helping the poor. He was a very simple person and very pious.

He became a priest in 1926 at chempil church. He was ordained as Bishop Pathrose Mar Osthatheos on May 15th 1953 at M.D.Seminary and assigned to Malabar Diocese. He lived in Carmel church out house, and worked for the poor and harijans. He refused to have a car. He walked a lot and took regular buses & trains to travel around. He used to talk to people on the road about christ. He was burried in Carmel Dayara, Kandanad in 1968.

തുണ (ഫെബ്രുവരി 2)

ദളിതർക്കും പാർശ്വവൽക്കരിക്കപ്പെട്ടവർക്കുമിടയിൽ പ്രവർത്തിച്ച മലങ്കര ഗാന്ധി എന്നറിയപ്പെടുന്ന പുണ്യശ്ലോകനായ പത്രോസ് മാർ സെന്താത്തിയോസ് തിരുമേനിയുടെ അനുസ്മരണാർത്ഥം ഇടവകയുടെ സുവർണ്ണ ജൂബിലി ആഘോഷങ്ങളോടനുബന്ധിച്ചു ഫെബ്രുവരി 2 ന് കണ്ടനാട് കർമ്മേൽ ദയറയിൽ വെച്ച് ആലബഹീനരായ 50 പേർക്ക് ഈ വർഷം ഏർപ്പെടുന്ന പെൻഷൻ പദ്ധതിയുടെ ഉദ്ഘാടനം പരിശുദ്ധ ബസേലിയോസ് മാർത്തോമാ പൗലോസ് ദിതീയൻ കാതോലിക്ക ബാവായാ നിർവഹിക്കും. ചടങ്ങിൽ സ്റ്റീബാദാസ സമൂഹത്തിൽ മികച്ച പ്രവർത്തനം കാഴ്ചവയ്ക്കുന്ന സഹകാരികളെ ആദരിക്കുന്നു.



സമർപ്പണം

ഫെബ്രുവരി 23 ന് രാവിലെ 11 മണി മുതൽ മലങ്കര സഭാ ഭാസുരൻ പരിശുദ്ധ വട്ടശ്ശേരിൽ തിരുമേനിയുടെ തിരുസന്നിധിയിൽ ഇടവകയെ സമർപ്പിച്ചു പ്രാർത്ഥിക്കുന്നു. തുടർന്ന് അനുസ്മരണ സമ്മേളനവും നേർച്ചയും നടത്തപ്പെടുന്നു.



വിശ്വാസപൊരുൾ

റവ. ഫാ. ഡോ. ബിജേഷ് ഫിലിപ്പ്

പാരീഷ് മിഷൻ പദ്ധതിയുടെ ഭാഗമായി സത്യവിശ്വാസ പാതയിലേക്ക് വ്യക്തിജീവിതങ്ങളെ രൂപപ്പെടുത്തുന്ന പഠന പദ്ധതിയുടെ ആദ്യഘട്ടത്തിന് വൈദികഗണത്തിന്റെ ഗുരുഭൃതൻ റവ. ഫാ. ഡോ. ബിജേഷ് ഫിലിപ്പ് നേതൃത്വം നൽകും. മലങ്കര ഓർത്തഡോക്സ് സഭാ വിശ്വാസത്തിന്റെയും പാരമ്പര്യത്തിന്റെയും മർമ്മങ്ങൾ പൊരുൾ തിരിക്കുന്ന പഠന ക്ലാസുകൾ ഫെബ്രുവരി 28, മാർച്ച് 1, 3 തീയതി കളിൽ വൈകുന്നേരം 7.30 മുതൽ 9.30 വരെ. (അപ്പോ. പ്രവർത്തികൾ. 8:30-31 ഫിലിപ്പോസ് ഓടിച്ചെല്ലുമ്പോൾ യേശുപ്രവാചകന്റെ പുസ്തകം വായിക്കുന്നതു കേട്ടു, നീ വായിക്കുന്നതു ഗ്രഹിക്കുന്നുവോ എന്നു ചോദിച്ചുതിന്നു, ഒരുത്തൻ പൊരുൾ തിരിച്ചുതരാത്താൽ എങ്ങനെ ഗ്രഹിക്കും എന്നു അവൻ പറഞ്ഞു).

പങ്കെടുക്കൂ ഭരതീയ ജീവിത പുരോഗതി പ്രാപിക്കൂ.



സ്റ്റീബാദാസ സമൂഹത്തിൽ ഇടവക നടത്തിയ മുൻകാല പ്രവർത്തനങ്ങൾ

- 1980 - പത്രോസ് മാർ സെന്താത്തിയോസ് തിരുമേനിയുടെ നാമത്തിൽ വ്യഭാമന്ദിരം പണി കഴിപ്പിച്ചു.
- 2000 - സഞ്ചാര മിഷിനറി പ്രവർത്തനത്തിന് വാഹനം നൽകപ്പെട്ടു.
- 2009 - നിർദ്ധാരായ 13 പെൺകുട്ടികളുടെ വിവാഹം നടത്തപ്പെട്ടു.

തന്റെ ജീവിതം ഭാരതത്തിലെ നിർദ്ധനരായ ജനങ്ങൾക്കിടയിൽ പ്രവർത്തിച്ച് സ്വർഗ്ഗീയ സന്നിധിയിലേക്ക് എടുക്കപ്പെട്ട പത്രോസ് മാർ സെന്താത്തിയോസ് തിരുമേനിയുടെ ചരമ സുവർണ്ണജൂബിലിക്ക് ഇടവകയുടെ പ്രാർത്ഥനകൾ.



1 Corinthians 10:31: "So whether you eat or drink or whatever you do, do it all for the glory of God."

Whatever we do must glorify the name of God. These days before the 'Great Lent' is for us to prepare ourself physically and mentally to defeat the temporal desires and enlighten the Holy Spirit in us. St. Thomas OCYM, Dubai organise 'Pethratha Food Fest' every year with this good intention. Let us prepare ourself for walking towards the Great Lent.

We humbly invite you to 'PETHRATHA FOOD FEST 2018' on coming Friday (2nd February, 2018) after the Holy Communion. OCYM arranging variety of food items of Kerala Cuisine prepared by our members.

Republic Day Flag Hoisting on 26th January at St. Thomas Orthodox Cathedral





TRIVIA

THE GOALS OF LENT ARE TO:

1. Remember what the Lord did for us.
2. Repent, or re-orient ourselves to the Lord by adding/changing at least one habit.
3. Retraining ourselves to follow our goals and changes.
4. Retaining and maintaining what we've learned long after Lent ends.
5. Lent is not a period of deprivation but rather a period of growth, with the rest of the year being maintenance of that growth.

THE SHORTEST BOOK OF THE BIBLE IS 3 JOHN

You can read this book in about one minute. The book right before it, 2 John, is the second-shortest book of the Bible.

THE BIBLE WAS WRITTEN ON THREE CONTINENTS

Most was written in what is modern-day Israel (Asia). But some passages of Jeremiah were written in Egypt (Africa) and several New Testament epistles were written from cities in Europe.

- *The word "bible" is from the Greek ta biblia, which means "the scrolls" or "the books." The word is derived from the ancient city of Byblos, which was the official supplier of paper products to the ancient world.*

China is not only the largest producer of textiles and manufactured goods in the world; the country is also the largest producer of Bibles.

Esther is the only book in the Bible that does not contain the word "God."

NEW MEMBERS JOINED IN JANUARY 2018

NAME	Cardex #	Area	Contact
Abey Mammen	A-444	Al Nadha - Dubai	056 7847458
Abey M Varghese	A-445	Naif Road - Deira	050 3161550
Abi Abraham	A-446	Muhaisana - Lulu Village	050 5753847
Bobby Joy	B-408	Al Quoz - Jebel Ali	050 1761103
Blessen Rajan	B-409	Al Quoz - Jebel Ali	055 8948679
Ginu Kodomumuriyil Mathew	G-303	Sharjah - Al Nadha	050 6981789
George V. Cherian	G-304	Al Quasis	055 8321881
Jacob Thomas	J-757	Al Nadha - Dubai	055 7792925
Joy Baby	J-758	Karama	050 7987737
Mariamamma Eapen	M-420	Muhaisana - Lulu Village	056 1798523



ST. THOMAS ORTHODOX CHRISTIAN YOUTH MOVEMENT

02/02/2018 at 10.30 am Pethrutha Food Fest, 2018

09/02/2018 at 10.30 am Regular Meeting in OCYM Hall

16/02/2018 at 10.30 am Regular Meeting in OCYM Hall

23/02/2018 at 10.30 am Regular Meeting in OCYM Hall

Contact: 050 6856531, E-mail: ocymdubai@gmail.com, Website: www.stthomasocymdubai.org

JOB CELL

Active job seekers and job providers forum. Providing orientation for job seekers. Ensuring appropriate candidates for job providers.

Contact: 050 9385982, E-mail: jobcellocymdubai@gmail.com

ENTE MALAYALAM (MALAYALAM CLASS)

Malayalam Education Forum enabling interested adults and children to learn basics of Malayalam Language. Classes on every Saturday 4.30 pm to 6.30 pm.

Contact: 050 9385982, E-mail: ocymdubai@gmail.com

LIBRARY

Library opens every Friday after the Holy Qurbana. Collection of more than 10,000 of books including children's books.

Contact: 052 8395577, E-mail: ocymdxblibrary@gmail.com

DIVYABODHANAM

Classes for Bible Study, Church History, Fundamentals of Malankara Orthodox Church.

Every Monday 8 pm to 9.30 pm.

Contact: 055 3525278, E-mail: ocymdubai@gmail.com

HOLY SERVICES, PRAYERS & MEETINGS

Fridays	: 06.30 am - 08.15 am	Night Prayer, Morning Prayer
	: 08.15 am - 10.00 am	Holy Qurbana
Fridays	: 06.30 pm - 07.00 pm	Evening Prayer
	: 07.00 pm - 09.00 pm	Holy Qurbana
Sundays	: 07.00 pm - 07.30 pm	Evening Prayer
	: 07.30 pm - 09.15 pm	Holy Qurbana
Tuesdays	: 05.15 am - 05.45 am	Morning Prayer
	: 05.45 am - 07.00 am	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 Confesion, Evening Prayer
		Intercessory prayer to St. Thomas
		Church Prayer Meeting & Choir Practice
Fasting Prayer	: 09.00 am - 12.30 pm	Every Month Second Wednesdays

Note: During the Lent Period the Holy Qurbana will be on Sunday Morning Instead of Tuesday.

AREA PRAYER MEETING SCHEDULE FOR THE MONTH OF FEBRUARY 2018

DAY & DATE	WEEK	AREA	NAME	CARDEX	ADDRESS
03/02/2018 SATURDAY	FIRST	PORT SAEED/ HOR AL ANZ	MR. JIJI JOHN	J328	APT# 510, DAR AL BUTEEN 1, NEAR FAMILY SUPER MARKET, NEXT TO BROADWAY HOTEL, (BEHIND - JODD HOTEL) MOB. 056 6560443, TEL. 04 2555845
03/02/2018 SATURDAY	FIRST	AL SHAAB	MR. SONY THANKACHAN	S534	FLAT # 207, DAR AL MAHA BLDG. ABUHAIL, BEHIND MAX, MOB. 050 4218392
05/02/2018 MONDAY	FIRST	AL QUSAIS	MR. SARJU MATHEW	S259	CHURCH HALL, MOB. 050 6000947
10/02/2018 SATURDAY	SECOND	JEBEL ALI / AL QUOZ	MR. LEO THOMAS	L28	FLAT #1805, EXECUTIVE TOWERS -M BUSINESS BAY, MOB. 056 6828456
10/02/2018 SATURDAY	SECOND	BUR DUBAI	MR. JAMES SAMUEL	J471	FLAT # 101, ZAYED BLDG BEHIND PALM BEACH HOTEL, BUR DUBAI MOB. 050 5183750, TEL. 04 3594631
12/02/2018 MONDAY	SECOND	AL NADHA - DUBAI	MR. SIBIL MATHEW THOMAS	S567	FLAT# 707-A, AL SHAMSI BLDG., OPP: NMC, ABOVE MEGA MART, AL NADHA 1 - DUBAI MOB. 050 4586167
12/02/2018 MONDAY	SECOND	KARAMA	MR. EAPEN MR. EMIL EAPEN JOHN	J66 E48	CHURCH HALL MOB. 050 5989233
17/02/2018 SATURDAY	THIRD	SHARJAH / OTHER EMIRATES	MR. SHIBU KURIAN	S332	CHURCH HALL MOB. 050 4248232
17/02/2018 SATURDAY	THIRD	NAIF ROAD, FRIGE MURAR	MR. KURIAN .K	K115	FLAT # 315, NAIF BAZAR BLDG., NAIF BAZAR CENTRE, DEIRA, MOB. 056 2044647
19/02/2018 MONDAY	THIRD	MUHAISANA / RASHIDIYA	MR. MIJU OOMMEN DAVID		FLAT#324, B. BLOCK, OASIS NORTH NEAR ST. MARY'S SCHOOL, MUHAISANA 4 MOB. 050 6761742
19/02/2018 MONDAY	THIRD	AL QUSAIS	MR. VARGHESE CHERIAN	V172	FLAT # 209, AL FATTAN BLDG, NEAR DUBAI GRAND HOTEL
24/02/2018 SATURDAY	FOURTH	SATWA	MR. JOMON VARKEY THOMAS	J737	FLAT # 319, AL BADA BLDG, SATWA MOB. 050 5856978
24/02/2018 SATURDAY	FOURTH	AL NADHA - SHARJAH	MR. JACOB VARGHESE & MR. JAMES JOHN	J366 J435	CHURCH HALL MOB. 055 8846508 / 055 2017773
26/02/2018 MONDAY	FOURTH	MUHAISANA / LULU VILLAGE	MR. BINU THOMAS	B159	CHURCH HALL MOB. 050 6535651
26/02/2018 MONDAY	FOURTH	KARAMA	MR. ROBINSON PANICKAR	R050	FLAT# 1101, AL BADAR MINI MART BLDG NEXT TO DUNES HOTEL APARTMENT OPPOSITE GEMS WINCHESTER SCHOOL OUD METHA, MOB. 055 9562630, TEL. 04 3573363

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

CHURCH OFFICE BEARERS - 2018

Rev. Fr. Ninan Philip	Vicar & President	058 2647826	frnpp7@yahoo.co.in
Rev. Fr. Saju Thomas	Asst. Vicar	050 3134117	frsajuthomas@gmail.com
Cherian C Thomas (Santhosh)	Hon. Trustee	050 6448863	cherianthomas.c@gmail.com
Babu Varghese (Sabu)	Hon. Secretary	050 4599240	jenera2002@gmail.com
Joseph Iype	Hon. Jt. Trustee	050 6578126	josephiype@gmail.com
Babu Manathra Kuruvilla	Hon. Jt. Secretary	050 7787152	bmanathra@yahoo.com