

VICAR'S MESSAGE

Beloved brothers and sisters in Christ, Greetings of Lord Jesus.

We are once again entering into the arena of Great Lent and it is only natural to remember again the basic feasts that have always characterized the asceticism of Orthodox Christians. Among these feasts, prayer and fasting hold a central position.

When an Orthodox speaks of fasting, then prayer spontaneously comes to his mind. And when he speaks of prayer, fasting also automatically comes to his mind. These two means of communication with God are interrelated. This is why Christ, too, when His disciples tried, without success to free some unfortunate person from the evil spirits which tormented him, recommended this dual means of prayer and fasting as the most powerful weapon that man has against the devil, "This kind cannot be driven out except by prayer and fasting" (Mark 9: 29).

First of all, fasting is abstinence from food. By detaching us from earthly goods and realities, fasting has a liberating effect on us and makes us worthy of the life of the spirit, a life similar to that of angels. Second, fasting, as abstinence from bad habits and sin, is the mother of Christian virtues, the mother of sound and wholesome thinking; it allows us to establish the proper priority between the material and spiritual, giving priority to the spiritual.

Fasting is the advocate of repentance. Adam and Eve disobeyed God; they refused to fast from the forbidden fruit. They became slaves of their own desires. But now through fasting, through obedience to the rules of the Church regarding the use of spiritual and material goods, we may return to the life in Paradise, a life of communion with God. Thus, fasting is a means of salvation, this salvation being a life we live in accordance with the Divine will, in communion with God.

The Old Testament law specifically required prayer and fasting for only one occasion, which was the Day of Atonement. This custom became known as "the day of fasting" (Jeremiah 36:6) or "the Fast" (Acts 27:9). Moses fasted during the 40 days and 40 nights he was on Mount Sinai receiving the law from God (Exodus 34:28). King Jehoshaphat called for a fast in all Israel when they were about to be attacked by the Moabites and Ammonites (2 Chronicles 20:3). In response to Jonah's preaching, the men of Nineveh fasted and put on sackcloth (Jonah 3:5). Prayer and fasting was often done in times of distress or trouble. David fasted when he learned that Saul and Jonathan had been killed (2 Samuel 1:12). Nehemiah had a time of prayer and fasting upon learning that Jerusalem was still in ruins (Nehemiah 1:4). Darius, the king of Persia, fasted all night after he was forced to put Daniel in the den of lions (Daniel 6:18).

As we enter this Great Lent let us keep ourselves in control; our thoughts, our words and our action to enhance us to be Children of God. May God help us to be holy and lead a life pleasing to him especially in this Lenten season. May God Bless us all.

Yours in Christ,

Fr. Kurian John

22-01-2016

SCHEDULE OF HOLY QURBANA

DATE	DAY	TIME	VENUE
01-02-2016	MONDAY	6:30PM - 8:30PM	Parsonage
05-02-2016	FRIDAY	5:30AM - 7:30AM	St. Paul's Church
06-02-2016	SATURDAY	6:30PM - 8:00PM	St. Paul's Church
12-02-2016	FRIDAY	5:45AM - 9:00AM	St. Paul's Church
13-02-2016	SATURDAY	6:30PM - 8:00PM	St. Paul's Church
18-02-2016	THURSDAY	8:00PM - 9:30PM	St. Paul's Church
20-02-2016	SATURDAY	6:30PM - 8:00PM	St. Paul's Church
26-02-2016	FRIDAY	5:45AM - 9:00AM	St. Paul's Church
27-02-2016	SATURDAY	6:30PM - 8:00PM	St. Paul's Church

SPECIAL PRAYER

BIRTHDAY & WEDDING ANNIVERSARY	12th & 26th February 2016
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YOUTH MOVEMENT

DATE	TIME	PROG.	VENUE
02-02-2016	7:00PM - 8:30PM	Monthly Meeting	Parsonage
08-02-2016	7:00PM - 8:00PM	Camp Prayer	KCC, Mina Abdullah
WEDNESDAY	6:30PM - 7:15PM	Evening Prayer	Parsonage

MARTHA MARIYAM SAMAJAM

DATE	TIME	PROG.	VENUE
12-02-2016	3:00PM - 5:00PM	Monthly Meeting	Parsonage

M G O C S M

DATE	TIME	PROG.	VENUE
19-02-2016	9:00AM - 10:30AM	Monthly Meeting	Parsonage



**ST. THOMAS INDIAN ORTHODOX
SYRIAN CHURCH AHMADI**

SNEHA SANDESHAM



February - 2016

BIBLE VERSE

"Let us love one another, for love comes from God. Everyone who loves has been born of God." 1 John 4:7

THOUGHT FOR THE MONTH

Heaven is full of answers to prayers for which no one ever bothered to ask.

COTTAGE PRAYER (Time 5:30PM to 7:00PM)

Prayer Group	Date	Name	Address
St. Thomas (Mangaf Block-4 South)	12/02/2016	Mr. Sajan Daniel Easow (Mem # 130)	Mangaf, Block - 4, Street - 27, Bldg. - 150, Floor - Gr Fl., Flat - 21, Mob.: 66636794.
	26/02/2016	Will be announced later	
St. Pauls (Mangaf Block-4 North)	05/02/2016	Prayer meeting not scheduled due to Parish Day	
	19/02/2016	Mr. Geevarughese George (Mem # 407)	Mangaf, Block - 4, Street - 20, Bldg. - 73, Floor - 1, Flat - 3, Mob.: 99239344.
St. Mary's (Fahaheel, Ahmadi & Mangaf Block-3)	12/02/2016	Mr. Reji George Daniel (Mem # 446)	Fahaheel, Block - 8, Street - 43, Bldg. - 26, Floor - 5, Flat - 17, Mob.: 97991375.
	26/02/2016	Mr. Bency Thomas (Mem # New)	Mangaf, Block - 3, Street - 23, Bldg. - 39, Floor - 1, Flat - 3, Mob.:66168511.
St. Gregorius (Mehboulah & AbuHalifa Blk-2 North)	05/02/2016	Prayer meeting not scheduled due to Parish Day	
	19/02/2016	Mr. Biju Varghese (Mem # 786)	Maboulah, Block - 3, Street - 320, Floor - 6, Flat-16, Mob.:50107066.
St. Dionysius (AbuHalifa Blk-1 & Blk-2 South)	12/02/2016	Mr. Abilash Mathew (Mem # 673)	AbuHaleefa, Block - 2, Bldg. - 9, Floor - 3, Flat - 11, Mob.:66163566.
	26/02/2016	Will be announced later	
St. George (Salmiya & Abbassia)	12/02/2016 7:00PM - 8:30PM	Mr. Sony Samuel (Mem # 235)	Farwaniya, Block-1, Street - 70, Bldg.-10, Floor-2, Flat - 10, Mob.:66412725 / 24724875.

OFFICE BEARERS

Trustee	Mr. Roy Varghese	Mob: 51507010
Secretary	Mr. Shiju Symon	Mob: 6004 4809
Transport Coord.	Mr. Arun Thomas	Mob: 6705 2617
Newsletter Coord.	Mr. Roy M. Joy	Mob: 6501 6875

VICAR'S CONTACT

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NEW MEMBERS

M#	Name	Place	Mob. No.
807	Manu T. Mathew	Kuttemperoor	65514171
808	Lalgy Mathew K.	Chengannur	69302127
809	Manu K. Mathew	Mallappally	60918700
810	Ajo Joshua	Konny	69682809
811	Rajan M. Varghese	Thiruvalla	99291473
812	Shibu Varghese	Kottarakkara	97131267
813	Jobi Thomas	Kulanada	65176684
814	Rethish R. Issac	Omaloor	99937436
815	Bibin Thomas Varghese	Enathu	97912522
816	Jaimon Thomas	Alappuzha	60620079
817	Sheji P. Varghese	Kundara	97829375
818	Salvin C. Philip	Amayannoor	67648146

CHURCH CALENDAR

02-02-2016	Entry of Jesus to the Temple
	Commemoration of H. G. Pathros Mar Osthathios Metropolitan
07-02-2016	Sunday of Cana
08-02-2016	Great Lent Starts
14-02-2016	Garbo (Leper)
21-02-2016	M'Shario (Paralytic)
24-02-2016	Feast of St. Mathew the Evangelist
28-02-2016	Knanaitho (Canaanite Woman)
	Feast of St. Gevarghese Mar Dionysius Vattasseril

PARISH ANNOUNCEMENTS

05-02-2015	Parish Day at Al-Sahil Sports Club, AbuHaleefa (@4:30PM)
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