

(From The Metropolitan's Pen Contd.)

reliance on 'quotation groups' for obtaining temporary gains. In this context, a fact, not to be forgotten, is the wide gap of difference between the majority and the minority. Those who support truth and justice cannot expect much material bounty whereas the majority gets it by means of falsehood and unlawful practices. If the majority wants, it can present 'evil' as an acceptable convenience. Goodness belongs only to the minority, ever and everywhere. Jesus Christ professed that the path to everlasting life is narrow and constricted and that very few would travel through it. It is profitable to travel with the majority whereas the minority may be isolated and persecuted. This may lead the people of conscience to a spell of confusion. A mundane reflection of that thought is seen in the Psalms: "Is it for nothing that I have kept myself pure and have not committed sin. O God, you have made me suffer all day long; every morning you have punished me"(Psalm 73:13,14). But there is a remedy and an answer to this at verses 17-24 of Psalm 73 itself: "Then I understood what will happen to the wicked. You will put them in slippery places and make them fall to destruction. They are instantly destroyed; they go down to a horrible end... You guide me with your instruction and at the end you will receive me with honour." May our companions be only the just and the righteous who have in their hearts the fear of God and the love of mankind. ■

### Holy Qurbana Timings

**Elamkulam Chapel** : Feb. 11 - 07.00 am, Feb. 18 - 10.00 am  
Feb. 25 - 07.00 am, Mar. 04 - 10.00 am  
**Cemetery Jn. Chapel:** Feb. 18 - 07.30 am, Mar. 04 - 07.30 am  
Every Saturday H. Qurbana at 6.45 am

### Special Days

**February**  
11 Sunday Sunday (Miracle of water getting changed to wine is recalled)  
12 Monday The Lent begins (50 days); 11 am: Service of Peace (Subukono)  
18 Sunday The healing of the Leper is recalled (Garbo Sunday)  
23 Friday 84<sup>th</sup> Memorial Service of the demise of St. Mar Dionisius of Vattasseril at Old Seminary.  
25 Sunday The healing of the Paralytic is recalled  
**March**  
4 Sunday Healing of Canaanite woman's daughter is recalled (Knaanaitho Sunday)

### Baptisms

**David M. George**, son of Mr. George M. George of Asset Homes, Thevara and Mrs. Tessa George received baptism on 05-01-2018.  
**Elizabeth (Zoey Elizabeth Ninan)**, daughter of Mr.Ninan Philip, Vadakkethalackal, Idachira and Mrs. Divya Mariam Ninan received baptism on 09-01-2018.  
**Jacob (Koshy Mathen Oommen)**, son of Mr. Mithun Oommen, Vaalakkuzhiyil, Ernakulam-North and Mrs. Sherin Paul received baptism on 13-01-2018.  
**Elizabeth(Mariya Elizabeth Varghese)**, daughter of Mr. Tiju Varghese Chacko, Kuttipparambil, Skyline Elysium Garden, Kaloor and Mrs. Ami Joy received baptism on 26-01-2018  
**Sarah (Miriam Sarah Sony)**, daughter of Mr. Soni Mathews, Thachedath, Pearl Vista, Vivek Nagar, Kadavanthra and Mrs. Jisha Soni received baptism on 28-01-2018.

*We pray for God's grace to the Baptised infants*

### ARDRATA RELIEF CENTER

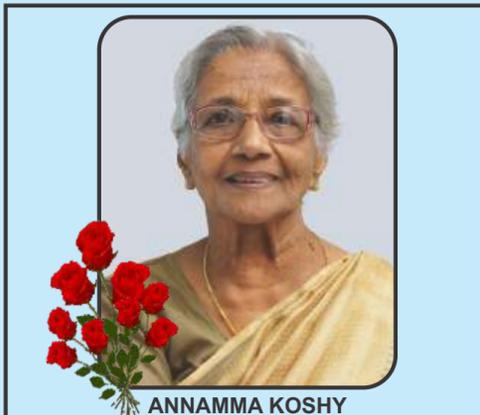


Medicines were distributed to cancer patients of General Hospital Ernakulam, in connection with the Republic Day. The Ardrata Relief Center volunteers and doctors of the hospital are seen in the photograph.

### Three day Lent

**U**nder the leadership of 'Sneha Sandesam', the Mobile Mission Wing of Malankara Orthodox Church, the three-day lent was observed from 21<sup>st</sup> January to 25<sup>th</sup> January in the Cathedral. There were sermons by Rev. Fr.Dr. Reji Geevarghese on Sunday, Rev. Fr. Mathai Zachariah on Monday, Rev. Fr. Dr. O Thomas on Tuesday and a meditation session by Rev. Fr. Joyce V. Joy on Wednesday. There was singing of hymns and intermediation prayers on all days except on Wednesday. The Lent was a great blessing for the members of the Cathedral.

### Condolences



**ANNAMMA KOSHY Kallottu**  
**Annamma Koshy** (90), Kallottu, Padamukal Kakkannad, passed away on 06-01-2018 and was buried in the Elamkulam Cemetery of the Cathedral on the same day. The funeral service was led by His Grace Yuhanon Mar Polycarpus, Metropolitan



**Dr. K.M. Oommen**, Kaleekkal, Perandur Road, Kaloor passed away on 24-01-2018 and was buried in the Chittoor Road Cemetery on 25-01-2018



**Annamma Koshy** (90),Kallottu, Padamukal, Kakkannad passed away on 06-01-2018 and was buried in Elamkulam Cemetery.

*Our respectful condolences*

### Prayer Meetings

**St. George Unit (Kaloor Area)**  
04-02-2018 - 4 pm  
**Dr. Benny Mathew C.I.**  
Cheeran House, Spices Street,  
Near Lisie Hospital, Kochi  
Ph: 2401829, Mob: 9961246733

**St. Marys Unit (Central Area)**  
11-02-2018 - 4 pm  
**Dr. Thomas P.C.**  
Padinjare Thalakkal, Perumanoor  
Thevara  
Ph: 2665712, Mob: 9847081871

**JAIN METAL ARCADE**  
Old Railway Station Road, Combara, Near High Court  
Ernakulam, Cochin-18  
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### Martha Mariam Vanitha Samajam

**O**ur Members secured the third prize in the competitions held at the level of Southern Region.Prize Winners:

**Elocution: (on Vattasseril Thirumeni):**

Molly Koshy - super senior -1st  
Jasmine Aby Mathew - senior-1st

**Elocution:**

Molly Koshy - super senior -1st

**Song Solo:**

Eslly Job --super senior -1st

**Locating Biblical verses:**

Susan John - super senior -2nd

*The Feast And Festival Of St. Mary, Mother Of God And Parish Day Celebrations. From Page 3*

Prasthaanam and Prayer Meetings were presented at the meeting. Prizes were given to winners of various competitions. Skits, Songs and Fancy dress competition added colour to the celebrations. At the meeting, Vicar Rev. Fr. Jiju Varghese rendered the welcome address and Asst. Vicar Rev. Fr. Paul George proposed a vote of thanks. Asst. Vicars Rev. Fr. Biju Aby Mathews and Rev. Fr. Simon were also present at the function. The presence of Rev. Fr. O.V. Elias, a member of the Parish and a most revered priest, was a blessing. ■



# PARISH News

MONTHLY NEWS BULLETIN OF ST. MARY'S ORTHODOX CATHEDRAL, ERNAKULAM

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### EDITORIAL

#### DO WE HAVE TO FEAR ENEMIES?

**"Y**ou prepare a banquet for me where all my enemies can see me; you anoint my head with oil (as an honoured guest)" Psalm 23:5.  
Even the best among the faithful, who lead their lives in fear of God and in good conscience, may have enemies. When we read the Bible, we often notice that even good and faithful people were surrounded by Satan's agents. Their work was to tempt the good children of God into errors. Satan dared to challenge and tempt even Jesus himself! The companions of Satan are always active in our midst. They may be engaged in their mission at various levels even within the Church. But the faithful who lead a righteous life do not have to fear the enemies who are Satan's agents. God does not annihilate the enemies of the righteous. As the Psalmist proclaims, God arranges a banquet for the faithful and honour them while their enemies watch. God does not destroy either the enemies or the Satan that works within them but He honours the faithful in their sight.

For some people, enemies give a kind of inspiration to undertake better missions. They do not attempt to destroy the Satan-propelled enemies but to triumph over them. They expect from God the liberation from the clutches of those enemies and the courage to confront them. The faithful must anticipate the temptations of the 'Evil One' through Satan's agents on the earth. The only remedy is in the Lord's Prayer: 'Deliver us from the Evil One'. Punishment is in God's domain and man, a weakling, must not attempt it. Christian life is not free from the enemies deputed by Satan. It is essentially a life lived with God Himself and such a life is endowed with the courage to triumph over the enemies. What the faithful must seek through their prayers is to gain the courage to meet the enemies and continue their good work as an uninterrupted mission. ■

### FROM THE METROPOLITAN'S PEN

#### BE WATCHFUL OF COMPANY

Dr. Yakob Mar Irenaios Metropolitan

*"Keep company with the wise and you will become wise. If you make friends with stupid people, you will be ruined" (Proverbs: 13.20).*

It is generally accepted that individuals would be moulded by intimacy and companionship. Companionship of good people leads to righteous life and that of the wicked ones to unrighteous life. The arrogance and aggressiveness of Prince Behanan melted away by virtue of the company and counsel of Mar Mathai, a great ascetic. Good companionship arises from contact with persons of noble character, from reading books that contain lofty ideas and from listening to speeches that inspire towards noble ideals. Prince Siddhartha was transformed into 'Sree Buddha' under the impact of the thoughts and doubts that sprouted in his mind. Good thoughts influenced him comprehensively. A ruthless savage became the greatly lauded Vaalmiki under the pain of penitence that changed his path to righteousness from one of violence. Nicodemus, Zacchaeus and 'the sinful woman' turned towards the right path of life after they reached the presence of Jesus, the Saviour of the world and was transformed by the companionship of the Son of God. Forgiveness of sin, profound consolation and a direction for life's journey are embedded in the words of the Lord, "Go in peace; your sins are forgiven; hence forth do not commit sin". Jeroboam, son of Nabat, lost the royal throne for the reason that he discarded the counsel of the mature and the erudite, and followed the advice of the immature and the arrogant (2 Chronicles 10). The advice given by the second group to Jeroboam was unhelpful, not because it was provided by the youth but because it was impractical and totally immature. The danger is unimaginable where one places



(Contd. on page 5):

Vicar's Letter

Thoughts for the Lenten Period

Fr. Jiju Varghese



Beloved brothers and sisters in the name of our Resurrected Lord Jesus Christ, The most important period of the Orthodox Church Calendar is the time of the 50 days lent. Of our five Lenten periods, this is the longest and the most meaningful and is aptly called the "Big Lent". It begins with our Lord's public ministry at Kothine Sunday and ends with his Resurrection at the Easter Sunday. Once again we are blessed with an opportunity to observe lent in the fullness of fasting and prayer. As we all know the purpose of lent itself is purification through self-denial and prayer, which also helps in self-discipline and control of mind. Through this great experience of fast, we are now in the process of preparation to welcome the great feast i.e.; the Resurrection of our Lord Jesus Christ. Both fast and feast are meaningfully connected and arranged for the benefit of the true believers, where the first helps us as an instrument for self-purification and the second helps us as a divine glorification.

Cori 15:3-5, clearly mentioned the Resurrection of Christ is the foundation of the Gospel and it is the corner stone of Christian faith. Without it there is no Good News and faith in Christ would be meaningless. According to Romans 1:1-6, [especially verses 3&4] Resurrection is not only simple evidence but key to the Christian life. Resurrection was necessary for several reasons. Based on Romans 1:4, Resurrection of Christ, proved His eternal power, Godhead and declared that He was the Son of God. Also on the basis of Hebrew 2:14, He proved that He destroyed the devil, which had the power of death and gave us victory over death, scattering our spiritual enemies.

At present we are living in a world of uncertainties due to the impact of global economic crisis. Some are losing their jobs and some are frustrated, due to tensions and miseries arising in their personal and family lives. Most of us are feeling a spiritual emptiness. At this time, it is comforting for us to have faith in the Resurrection of our Lord and trust that He is still with us always as He had promised.

The word **LENT** itself means mainly four things.

**L-Love**

Love our enemies the same way as we love our nearest and dearest. God loves Saints and sinners alike and no matter what man does to Him, God seeks nothing but man's highest good. Let this love of God be manifested through our lives.

**E-Endure**

Romans 2:4, it says "Surely you know that God is

kind, because He is trying to lead you to repent". God's kindness is proof of His patience and He wants us to repent during this lent season. He wants to heal us through His healing touch, as we confess our sins, repent and receive Him in the Holy Qurbana.

**N-Nurture**

Nurture our spiritual strength. Jesus Christ is not just a historical figure but He is a living person. The reality of the resurrection helps us to love Him, talk to Him in prayer, listen to Him, speak personally through Bible readings, Meditation and fasting, sing to Him, worship Him, and live our lives charitably. Church is the place where we are nurtured in humility and meekness especially during the season of lent.

**T-Transform**

Transform our present life. Transformation is essential for us to receive spiritual strength for our daily activities and to enable us to walk the way of the cross. Like the Samaritan woman and Saint Peter, who were transformed after their meetings with Jesus, let us pray for a transformation during this period of lent.

In St.Luke 8:5-15, Jesus Christ explained about the parable of the sower. We are called to be the sowers for the kingdom of God, on earth. The selection of seeds is very important. They are our thoughts, feelings, emotion, words and actions. If we sow good seeds we harvest best fruits. The Season of Lent is the best time to sow the best seeds for getting good harvest and to receive the fullness of Resurrection. There is a small poem to illustrate this:

"Sow Humility and reap Glory,  
Sow Endurance and reap Satisfaction,  
Sow Open-Mindedness and reap far-Sightedness,  
Sow Hard Work and reap Victory,  
Sow Patience and reap Peace,  
Sow Faith in God and reap Eternal harvest"

Resurrection of Christ is a calling to us, to take up our crosses and cheerfully follow Him and walk that path not just here but in our everyday life and every moment. So it is a perfect time for all of us to sow the good seeds, strengthen our faith and mediate on the Resurrection of Christ in the hope of our glorious eternal life with our Resurrected Lord Jesus Christ. ■

THE FEAST AND FESTIVAL OF ST. MARY, MOTHER OF GOD AND PARISH DAY CELEBRATIONS



The Feast and Festival of St. Mary, Mother of God and the Parish Day were celebrated in St. Mary's Orthodox Cathedral on 12th, 13th and 14th (Friday, Saturday and Sunday) January 2018. The Meditation Session on Friday (12th Jan) was led by

Orthodox Seminary Professor and Convention speaker Rev. Fr. John Thomas Karingaattil. After the evening prayers on 13th, there was a sermon, followed by the procession (Raasa) around the Church. The presence and the spiritual exhortation by Mr. Jiji Thomson I.A.S. provided an extra-ordinary experience for the faithful. For the Holy Qurbana on Sunday, the

Chief Celebrant was His Grace Dr. Geevarghese Mar Yulios. After the holy Qurbana, there was a long and well conducted procession outside the Church. After Episcopal blessing and offertory, sumptuous breakfast was served to all present. After the



evening prayers at 5.30, the Parish Day Celebrations began. In his main message, His Grace specially mentioned the significant contribution of the Cathedral in various fields and congratulated the Parishioners on the active role played by them. Reports of Martha Mariam Samajam, Sunday School, Yuvajana

(Contd. on page 6):

Martha Mariam Vanitha Samajam

MARTHA MARIAM VANITHA SAMAJAM MEMBERS VISIT ST. HANNAH OLD AGE HOME FOR WOMEN, AT AREEPPALAM (IRINJALAKKUDA)

The Members of the Martha Mariam Vanitha Samajam of our Cathedral visited St. Hannah Old Age Home for Women at Areeppalam on 11-01-2018, under the leadership of Vicar Rev. Fr. Jiju Varghese. This is an institution under the Diocese of Kochi and it takes care of old women with no one to look after them. It was started on 3rd July 2003. It had 20 residents when started. Admission to this Home is open to all communities. The residents include, in addition to Christians, women from Muslim and Hindu communities. They all live together accepting the system of a happy life introduced by the Church. Sister Syno supervises the activities there. She has been serving the institution for the past 17 years. Sister Syno



has performed the difficult task of looking after elderly women above 60 years of age, all by herself. The day-to-day expenses are met by the Vanitha Samjams in the Kochi Diocese with their own contributions and the donations from the Churches and individuals.

The Old Age Home is very close to St. Mary's Church at Areeppalam. Fr. Jiju Varghese conducted special prayers for the residents of the Home. The prayer was attended by the members of the Samajam and the residents of the Home. The members gave clothes and sweets to the residents in addition to a monetary help for the Home. We spent a few hours there. Jiju Achan prayed for each person individually, after knowing her background and personal problems. We had breakfast in the company of the residents.

On our return, we visited the Sion Seminary at Koratty. Our Metropolitan Iranaios Thirumeni welcomed us most affectionately. We had lunch there, hosted by Thirumeni. He blessed all the members. We returned with the memories of a good day spent at Areeppalam and Sion Seminary.

We express our profound gratitude to Vicar Rev.Fr. Jiju Varghese and all the functionaries and Committee members of the Cathedral for the help extended to us.■

VATTAYI ST. MARY'S CHURCH



The Diocesan Metropolitan His Grace Yakob Mar Irenaios consecrates the renovated St. Mary's Church in Vattai. The renovation was done under the leadership of Rev.Fr. Paul George (Asst. Vicar of the Cathedral) with a major contribution from the members of the Cathedral. Vicar of the Cathedral, Rev. Fr. Jiju Varghese and Rev. Fr. Paul George assisted the Metropolitan

Weddings



The marriage between **Anu Jacob** (Daughter of Mr. Jacob Panackal, St. Benadict Road, Ernakulam and Mrs. Merina Jacob) and **Danny Thomas** (Son of Mr. Thomas of Chelikkuzhiyil, Kozhencherry and Mrs. Mini) was solemnised in the Marthoma Church Kozhencherry on 06-01-2018.



The marriage between **Saneesh Samuel** (Son of Mr. Baby Samuel, Pushpavilaasam, Velandeth, Govind Apartments, Ernakulam South & Mrs. Pomila Samuel) and **Anithya Annie Mathew** (Daughter of Dr. Ajith Mathew, Oruvattithra, Kumarakom and Mrs. Susha Mathew) was solemnised in the Cathedral on 14-01-2018.

Greetings and good wishes to the couples

Holy Qurbana in English

Holy Qurbana in English will not be celebrated in the Cathedral on Sundays during the Lent (Feb. 11-Apr. 01)