

OSSAE-OKR BANGALORE ZONE

E-Bodhini (NEWSLETTER)



Vol 10 : 2019 October
(for private / internal circulation)

MESSAGE FROM THIRUMENI

7th October 2019

BLESSINGS!

Few of you would have attended the Sunday school camp, NUHRO 2019. One important event that happen in the Sunday school camp is the sacrament of confession, apart from classes on the theme, games, group activities, prayers etc. Most of the students attending the camp take part in confession.

Sacrament of confession is for the forgiveness of sin. It is also known as the sacrament of repentance. Repentance is a second baptism. Repentance involves an understanding of God's holiness, recognition of how much one has moved away from that holiness, having a godly sorrow about one's sin, an honest confession of one's sin, and subsequent moral change of direction.

Sunday school children from the age of 12 or 13 can do confession. One impediment that keeps people from this sacrament is the reluctance to confess in front of a priest! Most ask, "why not confess to God directly?" In the early Church, public confession in front of the congregation was practiced. "Therefore, confess your sins to one another, and pray for one another, so that you may be healed" St. James 5:16. When this became impractical, it was the priest who stood in for the community, as its witness.

We do not confess to the priest; rather, we confess to God in the presence of the priest who is God's witness and who, having witnessed our confession of sins offers pastoral advice on how we can overcome the issues we confess. It is rather foolish to diagnose and cure one's own ailments, likewise, we should not attempt that in the case of spiritual ailments. One need not be afraid that the priest would disclose your sins to anyone else, as they are bound to keep it secret, and they know their own sinfulness!

Our Lord said "I tell you, in the same way, there is joy in the presence of God's angels over one sinner who repents." St. Luke 15:10. Let your repentance and confession cause joy in heaven!

May God Almighty bless you!

- *Seraphim Thirumeni*

H.G. Dr. Abraham Mar Seraphim,
Metropolitan, Bangalore Diocese



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Repentance is
the gate of mercy
which is opened
to all who seek it.

St. Isaac the Syrian

MESSAGE FROM VICE PRESIDENT ACHAN,



Fr. Koshy Thomas
Vice President - Bangalore Diocese

Why Sunday School?

Sunday school is an important factor in the spiritual development and holistic growth of Christians by providing a forum for learning. This forum is comprised of students and teachers. Sunday School encourages spiritual interaction between students and teachers, as well as providing a comprehensive way of learning as a group. Ephesians 4:11 explicitly mentions about teachers within the five-fold ministry of the church – “And he gave some, apostles; and some, prophets; and some, evangelists; and some, pastors and teachers”. While the pastor is called to preach the Word unto Salvation, the teacher is called to bring further understanding of God's Word.

Sunday School sets the stage for better understanding. It is a complete way of learning from one another and to receive encouragement to live by God's Word. Sunday School literature is designed to meet the needs of each specific age group. The curriculum completes the link between the teacher and students. Curriculum may be formatted to meet specific topics or themes, relative to Christian faith. Sunday School attendance also provides an effective opportunity for Christian growth. Study materials assist students and teachers in gaining revelation and understanding of the scripture text.

Sunday School is important because it provides additional opportunities in the fellowship for learning. Visitors, new attendees and other church members can get to know one another better in this setting. People in the community are looking for a real church with real people who care about them. Sunday School provides a great opportunity of developing friendships and trust, which tends to make attendees more committed to the church and its vision.

In conclusion, the teachers have the opportunity to teach the Word and explain the direction and vision of the Church. Each class is an extension of the church as a whole and is committed to developing a strong body through spiritual growth.
God Bless You All.

With love and prayers

Fr. Koshy Thomas
Vice President, OSSAE-OKR, Bangalore Diocese

06-October-2019

MESSAGE FROM DIOCESAN DIRECTOR

In the last few years I had the opportunity to go through the Essay papers of Senior and Secondary categories of Bangalore Zone. District / zonal level competitions for solo, elocution, quiz and group song are a bit different from essay competition, as in those events only the Church level winners take part, and their performances are usually very good.

I have found the average quality of Essay writing is not that good, even at the secondary level. Of course, as always there are few good ones! The foremost thing come to mind is the language. There are lot of grammatical and syntax errors, spelling errors, and many a times the apt words for the context is not used. The reason for this short coming is the lack of reading habit in the current generation and less importance given to the language subjects in secular curriculum. This is a great mistake, as mastering languages improve one's intellectual ability and a good command in language is a must for good leaders. Only way out is to read more books, and listen to the good speeches, audio books etc.

Second point is that most students do not fully understand the topic or conveniently stick to a part of the topic. For example, one of the topics prescribed for the secondary category in 2018 was "Ethical significance of the Sermon on mount in the Globalized world today". Seventy percent of the people wrote standard explanation of "Beatitudes"; few others included other parts of the "Sermon on mount". But hardly there was any mention of Ethical significance in the Globalized world!

Third point is that there were hardly any Biblical references, Liturgical references, Doctrinal points, or quotes from Church fathers. It is very important to have a sound scriptural basis in our expositions.

Fourth point is that many a times Essays contain standard information available in textbooks or popular sources. Essays should contain your own analysis, explanations, experiences, and view points also the Orthodox Christian viewpoint.

The last point to mention is that complete lack of structure or organization in many Essays. Essays have to be organized in proper form; starting with an introduction paragraph with Key or Theme statement and review of subtopics, body paragraphs on each subtopic, and closing with the concluding paragraph with the concluding statement and a final perspective.

I hope these points enable you to Excel in Essay writing in coming years!
May God Almighty, bless you all!

Mr Kuruvilla Varghese
Diocesan Director
OSSAE-OKR, Bangalore Diocese

04-October-2019

New Vice President, OSSAE-OKR Bangalore Diocese



Thank you

Very Rev. T K Thomas Cor-Episcopa
Outgoing Vice President, OSSAE-OKR,
Bangalore Diocese

Welcome

Fr. Koshy Thomas
New Vice President, OSSAE-OKR,
Bangalore Diocese



Inter-Diocesan Competitions 2018 -



Congratulation to winners from Bangalore Diocese

TITLE	NAME / TEAM	SUNDAY SCHOOL	DIOCESE
PRATHIBHA (Elocution)	KEN S. EAPEN	St. Mary's Orthodox Sunday School, Begur	Bangalore
VIGNANI (Essay Writing)	RICHA MARIAM KURIEN	St. Thomas Orthodox Sunday School, B'lore East	Bangalore
PRAVEEN (Quiz)	ABEL MATHEW SKARIAH RIYA THOMAS SARAH VARGHESE	St. Dionysius Orthodox Sunday School, Dasarahalli St. Thomas Orthodox Sunday School, B'lore East St. Gregorios Orthodox Sunday School, Hosur Road	Bangalore





ORTHODOX SYRIAN SUNDAY SCHOOL ASSOCIATION OF THE EAST

OUTSIDE KERALA REGION

Fr. Dr. Bijesh Philip
Director

**Results of the OSSAE-OKR Inter-Diocesan Competition held at STOTS, Nagpur on 14th
July 2019**

SENIOR

TITLE	NAME	SUNDAY SCHOOL	DIOCESE
GANASUGANDHI (SOLO SONG)	SERENA DAVID	ST. GEORGE ORTHODOX SUNDAY SCHOOL, BORIVILI	BOMBAY
PRATHIBHA (ELOCUTION)	KEN S. EAPEN	ST. MARY'S ORTHODOX SUNDAY SCHOOL, BEGUR	BANGALORE
VIGNANI (ESSAY WRITING)	RICHA MARIAM KURIEN	ST. THOMAS ORTHODOX SUNDAY SCHOOL, BANGALORE EAST	BANGALORE
PRAVEEN (QUIZ)	ABEL MATHEW SKARIAH	ST. DIONYSIUS ORTHODOX SUNDAY SCHOOL, DASARAHALLI	BANGALORE
	RIYA THOMAS	ST. THOMAS ORTHODOX SUNDAY SCHOOL, BANGALORE EAST	
	SARAH VARGHESE	ST. GREGORIOS ORTHODOX SUNDAY SCHOOL, HOSUR ROAD	

SECONDARY

TITLE	NAME	SUNDAY SCHOOL	DIOCESE
GANASUGANDHI (SOLO SONG)	PRAISY JOSEPH	MAR GREGORIOS ORTHODOX SUNDAY SCHOOL, JANAKPURI	DELHI
PRATHIBHA (ELOCUTION)	SNEHA SHAJAN	ST. THOMAS ORTHODOX SUNDAY SCHOOL, JAIPUR	DELHI
VIGNANI (ESSAY WRITING)	GEETHU HANNAH JOHN	ST THOMAS ASHRAM CHAPEL SUNDAY SCHOOL, BHILAI	CALCUTTA
PRAVEEN (QUIZ)	ALCINA MARY ABRAHAM	ST JAMES ORTHODOX SUNDAY SCHOOL, MAYUR VIHAR III	DELHI
	MEGHNA MARIAM MATHEW		
	MIDHUNA ROSE MATHEW		


14-7-2019
Fr. Bijesh Philip

Inter-Diocesan Extempore Competitions 2019 -

Winner in Senior group

Riona Elsa Thomas

St. Joseph's Orthodox Church Sunday School, Horamavu



MASTERING EXTEMPORE!

**THE WORST SPEECH
YOU'LL EVER GIVE,
WILL BE FAR BETTER
THAN THE ONE
YOU NEVER GIVE**

- FRED E. MILLER



**“You can speak well if
your tongue can deliver
the message of your
heart.”**

- John Ford

ORTHODOX SYRIAN SUNDAY SCHOOL ASSOCIATION OF THE EAST OUTSIDE KERALA REGION - Bangalore Zone

By the Grace and blessings of God Almighty, the Sunday school academic year 2019 commenced on 06th January 2019.

The Bangalore Zone functions under the OSSAE - Outside Kerala Region head-quartered at St. Thomas Orthodox Theological Seminary, Nagpur under the able direction of H. G. Dr. Abraham Mar Seraphim, President and Rev. Fr. Dr. Bijesh Philip, Director. The Vice-President of Bangalore Diocese Sunday Schools was Very Rev. T.K. Thomas Corepiscopa until 30th July 2019 and thereafter Rev. Fr. Koshy Thomas took charge as the new Vice-president of Bangalore Diocese Sunday Schools from 31st July 2019 onwards.

The Bangalore Zone has fourteen functioning Sunday schools with 866 from class IV to XII and 725 students from Preparatory to Class III onwards and about 255 teachers located in Bangalore, Tumkur and Mysore Districts of Karnataka and is divided into 2 Districts viz., District I and District II. In addition, Sunday schools at two chapels are also functioning. The Zone functions under the OSSAE-OKR based in Nagpur and Diocesan leadership in Bangalore.

Bangalore District I comprises of 7 parishes and 2 chapels and Bangalore District II comprises of 7 parishes

The names of Vicars, Headmasters / Headmistress of all Sunday Schools are as under:

District I

1) St. Gregorios Orthodox Cathedral Hosur Road, Bangalore & J P Nagar Chapel

Rev Fr. Koshy Thomas, Vicar/Rev. Fr. Jacob Thomas, Asst. Vicar (upto 31st May 2019)

Rev. Fr. Saji Daniel, Vicar / Rev. Fr. Shijo Shibu (1st June 2019 onwards)

Mr. Prasad Samuel, Headmaster

Mr. Thomas V, Coordinator, St. George Chapel Sunday school

2) St. Thomas Orthodox Church, Bangalore East

Rev. Fr. K. M. Jacob, Vicar (upto 31st May 2019)

Very Rev. P. C. Philip Cor-episcopa, Vicar (1st June 2019 onwards)

Mrs. Mariamma John, Headmistress

3) St. George Orthodox Church, Indiranagar

Very Rev. P. C. Philip Cor-episcopa, Vicar (upto 31st May 2019)

Rev. Fr. V P Idichandy, Vicar (1st June 2019 onwards)

Mrs. Annu Mathew, Headmistress

4) Mar Yuhanon Mamdana Orthodox Church, K R Puram

Very Rev. T.K. Thomas Cor-episcopa, Vicar

Mr. Ajoy Kandathil Joseph, Headmaster and Mr. Sinu Syriac, Secretary

5) St. Baselios Orthodox Church, Marthahalli & Holy Trinity Chapel, Sarjapur

Rev. Fr. Moncy P. Chacko, Vicar

Rev. Fr. Anish Varghese, Officiating Vicar since 12th August 2019

Mr. Stephen Samuel, Headmaster and Ms. Reny Nimesh, Secretary

Mrs. Priya Thomas, Coordinator, Holy Trinity Chapel Sunday school.

6) St Mary's Orthodox Church, Begur

Rev. Fr. Joe Mathew, Vicar (upto 31st May 2019)

Rev. Fr. Jacob Thomas, Asst. Vicar (1st June 2019 onwards)

Mrs. Asha Biju, Headmistress

7) St. Joseph Orthodox Church, Horamavu

Rev. Fr. Binoy Joshua, Vicar (upto 31st May 2019)

Rev. Fr. Bino Samuel, Vicar (1st June 2019 onwards)

Mrs. Emma Mathews, Headmistress

District II

1) St. Mary's Orthodox Valiapally, Jalahalli

Rev. Fr. James Kuttikandam, Vicar (upto 31st May 2019)

Rev. Fr. Bino Samuel, Assistant Vicar (upto 31st May 2019)

Rev. Fr. Skariah Mathew, Vicar (1st June 2019 onwards)

Rev. Fr. Binoy Joshua, Assistant Vicar (1st June 2019 onwards)

Mr. Anil Abraham, Headmaster

2) St Stephens Orthodox Church, Vijayanagar

Very Rev. John Thachanperil Cor-Episcopa, Vicar (upto 31st May 2019)

Rev Fr. Koshy Thomas, Vicar (1st June 2019 onwards)

Mrs. Ancy Siby, Headmistress

3) St. Gregorios Orthodox Church, Mathikere

Rev. Fr. V P Idichandy, Vicar (upto 31st May 2019)

Rev. Fr. Mani K. Varghese Vicar (1st June 2019 onwards)

Mrs. Elizabeth Saji, Headmistress

4) Mar Gregorios Orthodox Church, Hebbal

Rev. Fr. Santosh Samuel, Vicar

Mr. Biju Prasad, Headmaster

5) St. Gregorios Orthodox Church, Tumkur

Rev. Fr. Aby K. Raju

Mrs. Sheela Issac, Headmistress

6) St. Dionysius Orthodox Church, Dasarahalli

Rev. Fr. Skariah Mathew, Vicar (upto 31st May 2019)

Rev. Fr. James Kuttykandam, Vicar (1st June 2019 onwards)

Mr. P.J. Thomas, Headmaster

7) St. Gregorios Orthodox Church, Mysore

Rev. Fr. Saji Daniel, Vicar (upto 31st May 2019)

Rev. Fr. Cyril Varghese, Vicar (1st June 2019 onwards)

Mr. Ajish Abraham, Headmaster

The Executive Committee for the OSSAE-OKR, Bangalore Zone is as follows:

President: H. G. Dr. Abraham Mar Seraphim Metropolitan

Vice President: Very Rev. T K Thomas Cor-episcopa (upto 30th July 2019)

Rev. Fr. Koshy Thomas (31st July 2019 onwards)

Diocesan Director : Mr. Kuruvilla Varghese

Zonal Secretary: Mrs. Lousy Biju

Zonal Representative : Mr. M.K. Uthup (upto 12th May 2019)

Mr. Jose Varghese (13th May 2019 onwards)

Inspectors:

District I: Mrs. Binu Rachel Philip

District II: Mr. N M Achenkunju (upto 12th May 2019)

Mr. Varghese M. (13th May 2019 onwards)

Staff Representatives:

District I – Mrs. Geetha Jacob

District II: Mrs. Grace Varghese

Staff Editor-E-Bodhini: Mr. Biju Prasad

The Zonal Level committee coordinates the activities in the zone in accordance with OSSAE-OKR leadership based in Nagpur and Diocesan leadership in Bangalore.

The Sunday school classes for the year commenced on the first Sunday of January 2019.

The Bangalore Zone Sunday Schools function very efficiently under the able leadership, guidance, support and prayers of our Diocesan Metropolitan, H.G. Dr. Abraham Mar Seraphim, Vice-President, Bangalore Diocese, Very Rev. T.K. Thomas Cor-episcopa and Diocesan Director of Sunday Schools, Mr. Kuruvilla Varghese. Bangalore Zone whole heartedly acknowledges their contributions and will be ever grateful. Bangalore Zone appreciates and acknowledges all the Vicars for their co-operation, contribution, prayers and support towards Sunday school zonal activities.

Bangalore Zone also acknowledges the contributions of the Zonal Representative, District Inspectors, and Staff Representatives for their support in day to day functioning of the Zonal activities. Special appreciation to Mr. M. K. Uthup, Mr. N.M. Achenkunju and Mrs. Grace Varghese for their continued contribution towards Sunday school zonal activities.

The Annual General Body for the year 2018-2019 was held at St. Mary's Orthodox Church, Begur on 12th May 2019.

H.G. Dr. Abraham Mar Seraphim Metropolitan presided over the meeting. OSSAE-OKR Bangalore Diocese Vice President, Very Rev. T. K. Thomas Cor-episcopa and Rev. Fr. Jacob Thomas Vicar were present. About 54 Teachers attended the AGM.

The Annual Report and the Annual Accounts for the year 2018-19 was presented by Mrs. Lousy Biju, Zonal Secretary and passed.

Zonal Representative Mr. M.K. Uthup and District Inspector -II Mr. N.M. Achenkunju stepped down from their positions and Mr. Jose Varghese took charge as the newly elected Zonal representative and Mr. Varghese M. was nominated to the position of District Inspector-II.

Bangalore Zone appreciates the outgoing Bangalore Zonal Representative Mr. M.K. Uthup and District Inspector-II Mr. N.M. Achenkunju for their sincere and committed service towards Sunday school and helping in the Zone activities.

Bangalore Zone deeply mourns the untimely and unexpected loss of Mr. Thejes K. Abraham, son of Dr. Ajish K. Abraham, Headmaster, St. Gregorios Orthodox church, Mysore. He will be always remembered by the zone as a bright student and great orator and for his excellent involvement with the Sunday school activities. Nothing can ever take away the memories of Thejes from the hearts of each one of the members of Bangalore zone.

The Arts Competition 2019 at the unit levels were conducted by the Sunday Schools from June 2019 to August 2019. The District level competitions were held on 2nd September 2019 at two Districts, St. Joseph Orthodox church, Horamavu and St. Gregorios Orthodox church, Mathikere. The District level Memory verse competition will be held on 20th October 2019 at respective parishes.

Half yearly examination for classes from Preparatory to Class XII was held on July 21st, 2019 at respective parishes.

The SSFC and Class XII Examinations 2019 will be held on 1st December 2019 at St. Gregorios Orthodox Cathedral, Hosur Road, St. Mary's Orthodox Valiapally, Jalahalli and St. Gregorios Orthodox church, Mysore.

Online registration for Class X and XII examinations is done this year.

Inter-diocesan arts competition 2018 was held at OKR Nagpur on 14th July 2019. The participants who have won various competitions are as follows:

1. Ken S. Eapen, St. Mary's Orthodox Church, Begur won the senior level elocution competition and has won the title PRATHIBHA.
2. Richa Mariam Kurien, St. Thomas Orthodox Maha Edavaka, Bangalore East won the senior level essay writing competition and has won the title VIGNANI.
3. A team of three participants, Abel Mathew Skariah, St. Dionysius Orthodox Church, Dasarahalli, Riya Thomas, St. Thomas Orthodox Maha Edavaka, Bangalore East and Sarah Varghese, St. Gregorios Orthodox Cathedral, Hosur road won the senior level Quiz competition and have won the title PRAVEEN.

Bangalore zone profoundly appreciates and congratulates these winners and thanks all those who have worked behind this success.

Extempore speech competition was introduced this year for the first time at OKR Nagpur. OSSAE-OKR President Dr. Abraham Mar Seraphim has sponsored the cash award for the top scorers of this competition at Senior and Secondary category. Inter-diocesan extempore speech competition was held on 14th September 2019 at OKR Nagpur and the winner at the senior category was Ms. Riona Elsa Thomas, St. Joseph Orthodox Church, Horamavu. Ms. Rahael Jacob, Mar Gregorios Orthodox Church, Hebbal participated at the secondary category and put up an excellent performance. Bangalore zone proudly congratulates both these participants.

Diocesan Level competition is scheduled for 26th October 2019 at St. Thomas Orthodox Maha Edavaka, Bangalore East. The top scorers of the Diocesan Competition will represent Bangalore Diocese in the OKR Inter-Diocesan competition to be held at STOTS, Nagpur.

The 10th Zonal level OSSAE-OKR Bangalore, Sunday school students camp NUHRO will be held at the Ecumenical Christian Center, Whitefield from 6th October to 8th October 2019. The Theme for the camp is "Walk with the wise and be wise". The camp is conducted under the able leadership of our beloved Thirumeni, H.G. Dr. Abraham Mar Seraphim and Rev. Fr. Koshy Thomas, Vice President, Bangalore Diocese Sunday Schools.

We have two eminent resource persons this year, Rev. Fr. Nithin Rajan and Rev. Dn. Simon Thomas Joy. About 95 Students, 14 Teachers, 5 volunteers and 6 office bearers have registered from all the 14 parishes of Bangalore Zone. Music sessions will be led by Rev. Fr. Shyju Mathai and Grace Kochamma. All Vicars have extended their support with the Sacrament of Holy Confession during the camp.

We take this opportunity to thank all the well wishers who have extended their contributions towards the students' camp 2019.

E-Bodhini is an electronic publication introduced with the sole intention of exhibiting talents of our children and teachers. The ninth edition of E-Bodhini was released by H. G. Dr. Abraham Mar Seraphim during Annual day Celebration on 17th February 2019 at St. Mary's Orthodox Valiyapalli, Jalahalli and the tenth edition of E- Bodhini will be released on 7th October 2019 at NUHRO SS camp scheduled to be held at ECC, Whitefield, Bangalore. Mr. Biju Prasad, Chief Editor of E-Bodhini has worked with sincerity and total dedication to consolidate the materials received from students and teachers of various sunday schools.

We express our heartfelt gratitude and acknowledge the encouragement and blessings of H. G. Dr. Gabriel Mar Gregorios, President of OSSAE, H.G. Dr. Abraham Mar Seraphim, President of OSSAE-OKR and Metropolitan of Bangalore Diocese, Rev. Fr. Dr. Reji Mathew, Director General OSSAE and Rev. Fr. Dr. Bijesh Philip, Director, OSSAE-OKR for their prayers, directions and support. We thank Very Rev T.K. Thomas Cor-episcopa, former Vice President, Bangalore Diocese for leading us for the past six years with his prayers, support and guidance. We thank Rev. Fr. Koshy Thomas, the present Vice President, Bangalore Diocese for his prayers, guidance and support.

We thank all our Vicars, Director, Office Bearers, Headmasters/Headmistresses, Teachers, Parents and Students for their guidance and support throughout the year in all activities of the Bangalore Zone sunday school.

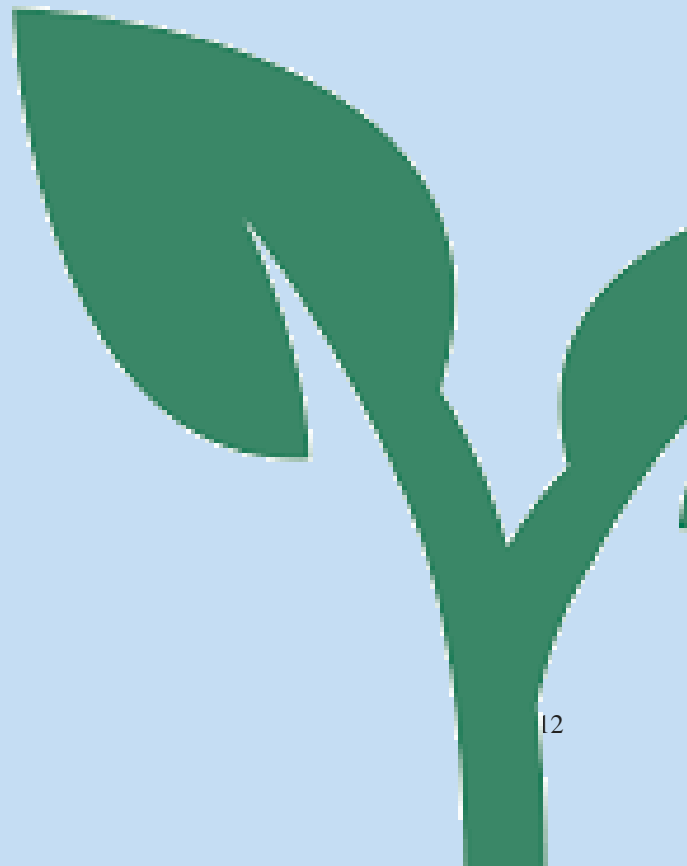
The year 2019 was a blessed year so far and we thank God Almighty for the blessings and strength showered on each one of us. Let us all work together for the betterment of the Sunday school and guide and help our dear children to know and come closer to our Lord Jesus Christ.

Bangalore
5th October 2019

Mrs. Lousy Biju
Secretary

*In Everything
Give Thanks*

1 Thessalonians 5:18



PICTURE GALLERY

Annual Day 2018 (at St. Mary's Valiyapalli, Jalahalli)



AGM Meeting 2018 (at St. Mary's Church, Begur)



Extempore Competition 2019 (at St. George Church, Indiranagar)



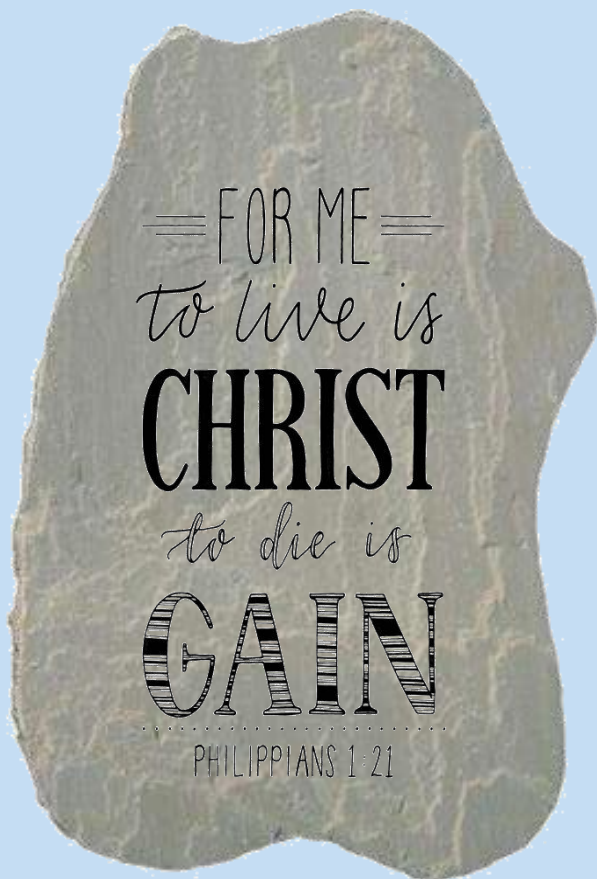
District Level Competition 2019.



In Loving Memory



Thejas K Abraham



Forever
IN OUR 
Hearts

OSSAE-OKR BANGALORE ZONE

Diocesan Level Participants for all events from Bangalore Zone on 26th October 2019

Senior Category

Event	Sl.No.	Name of Student	Category	District	Church
Essay	1	Neha Susan Baiju	Senior	District 1	STOME, Bglr East
	2	Richa Mariam Kurien	Senior	District 1	STOME, Bglr East
	3	Jithin B. George	Senior	District 2	SDOC, Dasarahalli
	4	Joslyn Jays	Senior	District 2	SMOV, Jalahalli
Extempore	1	Riona Elsa Thomas	Senior	District 1	SJOC, Horamavu
	2	Sarah Mathew	Senior	District 1	SGOC, Indiranagar
	3	Joslyn Jays	Senior	District 2	SMOVP, Jalahalli
	4	Sneha Babu	Senior	District 2	MGOC, Hebbal
Solo Song	1	Koshy Thomas C	Senior	District 1	SGOC, Indiranagar
	2	Alji C. Viju	Senior	District 1	STOME, Bglr East
	3	Jean Maria Vaidhyan	Senior	District 2	SMOVP, Jalahalli
	4	Arpitha Mary Joshua	Senior	District 2	SMOVP, Jalahalli
Elocution	1	Sarah Mathew	Senior	District 1	SGOC, Indiranagar
	2	Christal Biju	Senior	District 1	STOME, Bglr East
	3	Nohin Binu	Senior	District 2	SGOC, Mysore
	4	Jean Maria Vaidhyan	Senior	District 2	SMOV, Jalahalli
Quiz	1	1. Christal Biju 2. Neha Susan Baiju 3. Ann S. Mathew	Senior	District 1	STOME, Bglr East
	2	1. Annette Elizabeth Thomas 2. Sarah Varghese 3. Roslyn P. Yeldo	Senior	District 1	SGOC, Hosur Road
	3	1. Abel Mathew Skariah 2. Jean Maria Vaidhyan 3. Joslyn Jays	Senior	District 2	SMOV, Jalahalli
	4	1. Benjamin John 2. Jithin B. George 3. Binil B. Binoy	Senior	District 2	SDOC, Dasarahalli

Secondary Category

Event	Sl.No.	Name of Student	Category	District	Church
Essay	1	Binil Mathew	Secondary	District 1	SMOC, Begur
	2	Sherin Varughese	Secondary	District 1	SGOC, Hosur Road
	3	Binetta P. Biju	Secondary	District 2	SGOC, Mathikere
	4	Karen Susan Abraham	Secondary	District 2	SMOV, Jalahalli
Extempore	1	Neha Ann Cheriyan	Secondary	District 1	SGOC, Indiranagar
	2	Riya Thomas	Secondary	District 1	STOME, Bglr East
	3	Rahael Jacob	Secondary	District 2	MGOC, Hebbal
Solo Song	1	Benson T. Yohannan	Secondary	District 1	SGOC, Hosur Road
	2	Alwin Viju Cheeran	Secondary	District 1	STOME, Bglr East
	3	Rheya Ann George	Secondary	District 2	SMOVP, Jalahalli
	4	Elizabeth Eldo	Secondary	District 2	MGOC, Hebbal
Elocution	1	Sara Pothen	Secondary	District 1	MYMOC, KR Puram
	2	Riya Thomas	Secondary	District 1	STOME, Bglr East
	3	Thomas V. Philip	Secondary	District 2	SMOV, Jalahalli
	4	Rahael Jacob	Secondary	District 2	MGOC, Hebbal
Quiz	1	1. Alan C. Mammen 2. Joel B. Mathew	Secondary	District 1	SJOC, Hormavu
	2	1. Ashish Eapen 2. Binil Mathew 3. Rohan John Varghese	Secondary	District 1	SMOC, Begur
	3	1. Karen Susan Abraham 2. Sandran Susan Thomas 3. Simran J. Abraham	Secondary	District 2	SMOVP, Jalahalli
	4	1. Benita Biju 2. Sharon Jacob 3. Elizabeth Eldo	Secondary	District 2	MGOC, Hebbal

Results of District Level Arts Competitions 2019 (A+ Grade Winners / Selected for Diocesan Level Competitions)

SL.	STUDENT NAME	DISTRICT	CHURCH	GRADE
EVENT: EXTEMPORE - SENIOR - District 1 & 2				
1	Sarah Mathew	District 1	St. George OC, Indiranagar	A+
2	Riona Elsa Thomas	District 1	St. Joseph OC, Hormavu	A+
3	Joslyn Jays	District 2	S St. Mary's OV, Jalahalli	A
4	Sneha Babu	District 2	Mar Gregorios OC, Hebbal	B
EVENT: EXTEMPORE - SECONDARY - District 1 & 2				
1	Neha Ann Cheriyan	District 1	St. George OC, Indira Nagar	A
2	Riya Thomas	District 1	St. Thomas O Maha Edavaka, Bangalore East	A
3	Rahael Jacob	District 2	Mar Gregorios OC, Hebbal	A+

SL.	STUDENT NAME	DISTRICT	CHURCH	GRADE
EVENT: ELOCUTION - JUNIOR				
1	Riana Sara Suby	District 1	St. Thomas O Maha Edavaka, Bangalore East	A+
2	Jayden T Jacob	District 1	St. Joseph OC, Hormavu	A+
3	Carol Biju	District 1	St. Thomas O Maha Edavaka, Bangalore East	A+
4	Rachel Mariam John	District 2	Mar Gregorios OC, Hebbal	A+
5	Hannah Susan Deleep	District 2	Mar Gregorios OC, Hebbal	A+
EVENT: ELOCUTION - INTERMEDIATE				
1	Ruben Thomas Jacob	District 1	St. Mary's OC, Begur	A+
2	Rhea Elizabeth Mathew	District 1	St. George OC, Indira Nagar	A+
3	Rhea Thomas	District 2	Mar Gregorios OC, Hebbal	A+
4	Joanna Maria James	District 2	St. Mary's OV, Jalahalli	A+
5	Hanna Elizabeth Philip	District 2	St. Stephen's OC, Vijayanagar	A+
EVENT: ELOCUTION - SENIOR				
1	Christal Biju	District 1	St. Thomas O Maha Edavaka, Bangalore East	A
2	Sarah Mathew	District 1	St. George OC, Indira Nagar	A+
3	Nohin Binu	District 2	St. Gregorios OC, Mysore	A+
4	Jean Maria Vaidhyan	District 2	St. Mary's OV, Jalahalli	A+
EVENT: ELOCUTION - SECONDARY				
1	Sara Pothen	District 1	Mar Yuhanon Mamdana OC, KR Puram	A+
2	Riya Thomas	District 1	St. Thomas O Maha Edavaka, Bangalore East	A
3	Thomas V. Philip	District 2	St. Mary's OV, Jalahalli	A+
4	Rahael Jacob	District 2	Mar Gregorios OC, Hebbal	A

SL.	STUDENT NAME	DISTRICT	CHURCH	GRADE
EVENT: QUIZ - SENIOR				
1	Christal Biju & Team	District 1	St. Thomas O Maha Edavaka, Bglr. East	A+
2	Annette Elizabeth Thomas & Team	District 1	St. Gregorios O Cathedral, Hosur Road	A
3	Benjamin John & Team	District 2	St. Dionysius OC, Dasarahalli	A
4	Abel Mathew Skariah & Team	District 2	St. Mary's O Valiyapalli, Jalahalli	A+
EVENT: QUIZ - SECONDARY				
1	Ashish Eapen & Team	District 1	St. Mary's OC Begur	A
2	Alan C. Mammen & Team	District 1	St. Joseph OC, Horamavu	A+
3	Karen Susan Abraham & Team	District 2	St. Mary's O Valiyapalli, Jalahalli	A+
4	Benita Biju & Team	District 2	Mar Gregorios OC, Hebbal	A+

SL.	STUDENT NAME	DISTRICT	CHURCH	GRADE
EVENT: GROUP SONG - BUDS- Hosanna Sunday				
1	Liya Anna Binu & Group	District 1	Mar Yuhanon Mamdana OC, KR Puram	A+
2	Ruth Hanna Jacob & Group	District 1	St. Mary's OC, Begur	A+
3	Annette George & Group	District 1	St. Baselios OC, Marathahalli	A+
4	Iva Mariam & Group	District 2	St. Stephen's OC, Vijayanagar	A+
EVENT: GROUP SONG - PREMIERS - Maundy Thursday				
1	Hanna Mariam Abraham & Group	District 1	St. Mary's OC, Begur	A+
2	Alona S. George & Group	District 1	St. Baselios OC, Marathahalli	A+
3	Irene Skariah & Group	District 2	St. Mary's OV, Jalahalli	A+

Results of District Level Arts Competitions (A+ Grade Winners / Selected for Diocesan Level Competitions)

EVENT: GROUP SONG - TEENS - Special Songs from Holy Qurbana				
SL.	STUDENT NAME	DISTRICT	CHURCH	GRADE
1	Alshi Viju Cheeran & Group	District 1	St. Thomas O Maha Edavaka, Bglr East	A+
2	Nikitha Moncy and Group	District 1	St. Joseph OC, Hormavu	A+
3	Ashnamol S. & Group	District 2	St. Mary's OV, Jalahalli	A+

SL.	STUDENT NAME	DISTRICT	CHURCH	GRADE
EVENT: SOLO SINGING - SUB JUNIOR				
1	Anya Joseph	District 1	St. Baselios OC, Marathahalli	A+
2	Hanna Elsa Jacob	District 1	St. Gregorios O Cathedral, Hosur Road	A+
3	Andrria Roby	District 2	Mar Gregorios OC, Hebbal	A+
4	Iva Mariam	District 2	St. Stephen's OC, Vijayanagar	A+

EVENT: SOLO SINGING - JUNIOR				
1	Kate Susan Paul	District 1	St. Thomas O Maha Edavaka, Bglr East	A+
2	Aiden Bennet Samuel	District 1	St. Joseph OC, Hormavu	A+
3	Hanna Susan Anil	District 1	St. Thomas O Maha Edavaka, Bglr East	A+
4	Roan George Mani	District 2	St. Mary's OV, Jalahalli	A+
5	Joanna Jiju	District 2	St. Mary's OV, Jalahalli	A+

EVENT: SOLO SINGING - INTERMEDIATE				
1	Heizel Mariam Denny	District 1	St. Baselios OC, Marathahalli	A+
2	Alvina Anna Rufes	District 2	Mar Gregorios OC, Hebbal	A+
3	Angela Varghese	District 2	St. Gregorios OC, Mysore	A+
4	Yuhaan Jacob Mammotttil	District 2	Mar Gregorios OC, Hebbal	A+

EVENT: SOLO SINGING - SENIOR				
1	Alji C. Viju	District 1	St. Thomas O Maha Edavaka, Bglr East	A
2	Koshy Thomas C	District 1	St. George OC, Indira Nagar	A+
3	Arpitha Mary Joshua	District 2	St. Mary's OV, Jalahalli	A+
4	Jean Maria Vaidhyan	District 2	St. Mary's OV, Jalahalli	A+

EVENT: SOLO SINGING - SECONDARY				
1	Alwin Viju Cheeran	District 1	St. Thomas O Maha Edavaka, Bglr East	A+
2	Benson T. Yohannan	District 1	St. Gregorios O Cathedral, Hosur Road	A+
3	Irene Varghese	District 2	St. Dionysius OC, Dasarahalli	A+
4	Rheya Ann George	District 2	St. Mary's OV, Jalahalli	A+
5	Elizabeth Eldo	District 2	Mar Gregorios OC, Hebbal	A+

SL.	STUDENT NAME	DISTRICT	CHURCH	GRADE
EVENT: ESSAY - SENIOR				
1	Neha Susan Baiju	District 1	St. Thomas OMESS, Blore East	A+
2	Noel George Jose	District 1	St. Thomas OMESS, Blore East	A+
3	Ruban Daniel	District 1	St. Thomas OMESS, Blore East	A+
4	Richa Mariam Kurien	District 1	St. Thomas OMESS, Blore East	A+
5	Annette Elizabeth Thomas	District 1	St. Gregorios O Cathedral SS	A+
6	Edlyn Grace Jacob	District 1	St. Gregorios O Cathedral SS	A+
7	Joslyn Jays	District 2	St. Mary's O Valiyapally SS, Jalahalli	A+
8	Sandra Mariam Biju	District 2	St. Mary's O Valiyapally SS, Jalahalli	A+
9	M. Jomi Maria Sijo	District 2	St. Mary's O Valiyapally SS, Jalahalli	A+
10	Sneha Saji	District 2	St. Dionysius OCSS, Dasarahalli	A+
11	Jithin B. George	District 2	St. Dionysius OCSS, Dasarahalli	A+
12	Benjamin John	District 2	St. Dionysius OCSS, Dasarahalli	A+
13	Robin T. Daniel	District 2	St. Dionysius OCSS, Dasarahalli	A+

EVENT: ESSAY - SECONDARY				
1	Binil Mathew	District 1	St. Mary's OCSS, Begur	A+
2	Sherin Varughese	District 1	St. Gregorios O Cathedral SS	A+
3	Ashish Eapen	District 1	St. Mary's OCSS, Begur	A+
4	Sherin Johnson	District 1	Mar Yuhanon Mamdana OCSS, KR Puram	A+
5	Binetta P. Biju	District 2	St. Gregorios OCSS, Mathikere	A+
6	Sona Yohannan	District 2	St. Gregorios OCSS, Mathikere	A+
7	Karen Susan Abraham	District 2	St. Mary's O Valiyapally SS, Jalahalli	A+



Great result
comes from hard
work.

-Luke Shen Tien Chi

**WALK WITH THE WISE
AND BECOME WISE**

PROVERBS 13:20

Date :

6th Oct to 8th Oct 2019

Venue :

Ecumenical Christian Centre,
Whitefield, Bangalore

Theme :

**Walk with the wise,
and be wise.**



Proverbs 19:20

New Revised Standard Version (NRSV)

²⁰ Listen to advice and accept instruction,
that you may gain wisdom for the future.

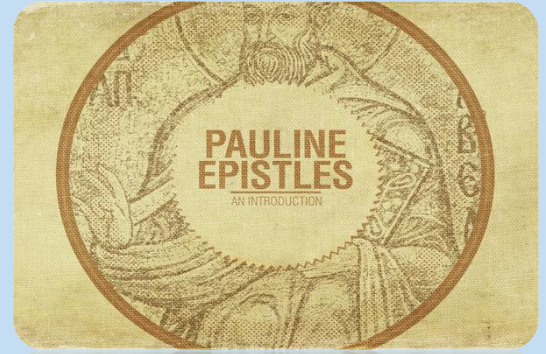
The Orthodox Study Bible

²⁰ Hear, my son, the instruction of your father,
That you may become wise in your last days.



PAULINE EPISTLES

Pauline epistles which would include the books of Romans, 1 Corinthians, 2 Corinthians, Galatians, Ephesians, Philippians, Colossians, 1 Thessalonians, 2 Thessalonians, 1 Timothy, 2 Timothy, Titus, Philemon, and Hebrews



Epistle to the Romans

A treatise by St. Paul on the doctrine of justification by Christ.

First Epistle to the Corinthians

A letter from St. Paul to the Corinthians, correcting errors into which they had fallen.

Second Epistle to the Corinthians

St. Paul confirms his disciples in their faith, and vindicates his own character.

Epistle to the Galatians

St. Paul maintains that we are justified by faith, and not by rites.

Epistle to the Ephesians

A treatise by St. Paul on the power of divine grace.

Epistle to the Philippians

St. Paul sets forth the beauty of Christian kindness.

Epistle to the Colossians

St. Paul warns his disciples against errors, and exhorts to certain duties.

First Epistle to the Thessalonians

St. Paul exhorts his disciples to continue in the faith and in holy conversation.

Second Epistle to the Thessalonians

St. Paul corrects an error concerning the speedy coming of Christ the second time.

First and Second Epistles to Timothy

St. Paul instructs Timothy in the duty of a pastor, and encourages him in the work of the ministry.

Epistle to Titus

Epistle to Titus. St. Paul encourages Titus in the performance of his ministerial duties.

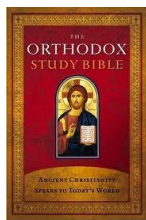
Epistle to Philemon

An appeal to a converted master to receive a converted escaped slave with kindness.

Epistle to Hebrews

St. Paul maintains that Christ is the substance of the ceremonial law.

BIBLE & PRAYER



"Prayer is the inspiration of childhood, the refuge of youth and peace during old age."

- Parumala Thirumeni

Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.

—Colossians 3:23

OUR TEACHERS



*“Only one person in a million becomes enlightened without a teacher’s help.”
– Bodhidharma*



H. G. ZACHARIAH MAR DIONYSIUS

Entombed: Mount Tabor Dayara Pathanapuram

Date of Death 07-Jul-1997

H. G. Zachariah Mar Dionysius Metropolitan Madras Diocese

Mar Dionysius born on 6th august 1924 hails from an ancient orthodox family at Kundara.

**“He is a faithful herdsman.
He is sent by God“**

are the words quoted on him by his mentor Thoma Mar Dionysus.

Mar Dionysis formerly known as Rev Fr C Zachariah ,served the St Thomas church Broadway and also St Thomas congregation Madurai, Neyveli, Trichy, Thiruvarambur. His grace was elevated to bishophood in 1978 and assumed office as metropolitan of the new born Diocese of Madras on 01-01-1979

His grace felt that service to the sick, the suffering and to the poor is service to god he sowed among the depressed, seeds of hope and love.

His Grace’s zeal for mission and vision of life made him embark on some new outreach program in the field of healthcare viz the Madras medical mission , the vision of Mar Dionysus is a new hope for cardiac patients, an hospital at mathur in memory of his guru and the hospital guidance centre at Vellore entitled Sneha Bhavan aimed at lodging the marginally poor and deprived patients flocking to CMC Vellore

His grace experience as a farmer, a teacher, a retreat father, a journalist, a monastery superior, a metropolitan –all made him to be a sound herdsman sent by God which went a long way in shaping the course of the Madras Diocese.

<http://www.snehabhavan.com/48/from-the-chronicles>

LET'S

LEARN

*"It's what you learn
after you know it all
that counts."*

- John Wooden



THE PARABLE OF THE TALENTS

Matthew 25:14-30



14 "For it is as if a man, going on a journey, summoned his slaves and entrusted his property to them; 15 to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. 16 The one who had received the five talents went off at once and traded with them, and made five more talents. 17 In the same way, the one who had the two talents made two more talents. 18 But the one who had received the one talent went off and dug a hole in the ground and hid his master's money. 19 After a long time the master of those slaves came and settled accounts with them. 20 Then the one who had received the five talents came forward, bringing five more talents, saying, 'Master, you handed over to me five talents; see, I have made five more talents.' 21 His master said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.' 22 And the one with the two talents also came forward, saying, 'Master, you handed over to me two talents; see, I have made two more talents.' 23 His master

said to him, 'Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.' 24 Then the one who had received the one talent also came forward, saying, 'Master, I knew that you were a harsh man, reaping where you did not sow, and gathering where you did not scatter seed; 25 so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.' 26 But his master replied, 'You wicked and lazy slave! You knew, did you, that I reap where I did not sow, and gather where I did not scatter? 27 Then you ought to have invested my money with the bankers, and on my return I would have received what was my own with interest. 28 So take the talent from him, and give it to the one with the ten talents. 29 For to all those who have, more will be given, and they will have an abundance; but from those who have nothing, even what they have will be taken away. 30 As for this worthless slave, throw him into the outer darkness, where there will be weeping and gnashing of teeth.'



BASIC DOCTRINES OF OUR CHURCH

... handed over by our fathers.

Translation of MATHOPADESHA SARANGAL

by St Geevarghese Mar Dionysius.

“It is highly essential that those who belong to a religion should learn the faith and precepts of that religion.”

Chapter 12

LET'S RECAP...

ABOUT ANOINTMENT OF THE SICK

(1) It is necessary that one should pray for another. (2) Also to carry burdens mutually. (3) To pray especially for the sick; and for priests, through their counsels to make the sick, courageous in spirit; to pray for their healing in body and spirit and to anoint them with olive oil.

This oil, called 'the oil of grace', which is sanctified by bishops, or by priests who are permitted to bless olive oil, as per the "Order of Kantheela" (order of anointing the sick) is applied on the sick, is effective in making the sick courageous enough to win over the temptation of Satan, and to show that they have renounced worldly ambitions, and their spirits have been anointed with the oil of the grace of the Lord. It can also be a means of healing, if the Lord wills.

Chapter 12 : (1) James 5:16 And pray for one another. 1 Thes. 1 :2. We always give thanks to God for all of you and mention you in our prayers, constantly. (2) Gal. 6:2 Bear one another's burdens, and in this way you will fulfill the law of Christ. (3) James 5:14, 15 Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord. The prayer of faith will save the sick, and the Lord will raise them up; and anyone who has committed sins will be forgiven. Mark. 6:13. They cast out many demons, and anointed with oil many who were sick and cured them.

Chapter 13

ABOUT BURIAL OF THE DEAD

For whatever man does by way of good or evil, while he lives in his body, he shall receive rewards or punishment in his body, (1) with a changed nature, after resurrection. Therefore it is unbecoming to bury the bodies of the deceased without prayers and other services, as if they are of animals. Instead,(2) since we have hope of resurrection, (3) the bishops, priests, the religious, lay people etc. shall be buried, according to their stature, with prayers and services as ordained in the church. Great interest and devotion shall be shown in burying the dead. In the same way, if the children of Christian parents die without being baptised, they shall be buried with prayers, since they are the children of the faithful.

Chapter 13 : (1) 1 Cor.15:53 For this perishable body must put on imperishability, and this mortal body must put on immortality. 2 Cor. 5:10. For all of us must appear before the judgment seat of Christ, so that each may receive recompense for what has been done in the body, whether good or evil. (2) 1 Thes. 4:13. But we do not want you to be uninformed, brothers and sisters, about those who have died, so that you may

not grieve as others do who have no hope. (3) Feel. 6:3 A man may beget a hundred children, and live many years; but however many are the days of his years, if he does not enjoy life's good things, or has no burial, I say that a stillborn child is better off than he. 2 Sam.2:5 David sent messengers to the people of Jabesh-gil and said to them, "May you be blessed by the Lord because you showed this loyalty to Saul your lord, and buried him!" Acts. 8:2.

Chapter 14

ABOUT PRAYER

Prayer is human beings' coming to realise their Creator, and the good things that they receive from Him and praise Him, doing His will, raising their hearts to God the creator, to have communion with Him, in order to ask and secure from him those things which are needed for the salvation of their souls and the well being of the body. Those prayers which are approved and used in the Church, prepared by the holy fathers for use in prayers, for each day and the canonical hours, are usually called the common (public) prayer.

Whereas each person expressing gratefulness for the good that they receive from God, and entreating for their personal needs is called private prayer.

(1) Both these ways of prayer shall be done with devotion and faith. (2) It is most appropriate to do the common public prayer in churches; and if it is not possible, to do them in houses, with all the people who can assemble there. (3) According to the command of our Lord, and as ordained in the canon law and the order of services in the church, prayers shall be regularly said standing, and also prostrating; and kneeling on occasions like confession, ordination, Pentecost Sunday service. Since it is not lawful to kneel and worship on Sundays and other festival days of the Lord; and also during the days from Easter Sunday to Pentecost Sunday, it shall be done accordingly.

Chapter 14 : (1) James 1:6,7,8. But ask in faith, never doubting, for the one who doubts is like a wave of the sea, driven and tossed by the wind; for the doubter, being double-minded and unstable in every way, must not expect to receive anything from the Lord. Matthew 21:22. Whatever you ask for in prayer with faith, you will receive. (2) Acts. 3:1 One day Peter and John were going up to the temple at the hour of prayer, at three o'clock in the afternoon. Matthew 18:20. For where two or three are gathered in my name, I am there among them. (3) Mark. 11: 25. "Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses." Luke. 18:10-13 Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee, standing by himself, was praying thus, etc.

Chapter 15

ABOUT FASTING

(1) Fasting is the first command given by God to Adam, (2) which was observed in the Jewish church, as per the command of God, (3) what our Lord commanded, observed and taught (4) what his disciples used to observe, and what is ordained and confirmed and has been in vogue in the church. (5) However, it is not enough to fast in the body alone, renouncing food, but fasting shall be in the spirit as well, by keeping away from evil. (6) The aim of fasting is to teach that spiritual things are more valuable than bodily things, to enrich the spirit by overpowering bodily desires; to deny bodily desires and awaken the spirit to godly things, and that it shall be a weapon to defeat Satan. Since love of appetite in the mother of numerous sins, fasting is an effective means to curb the sins that originate from it. (7) Therefore, Wednesday and Friday are to be observed as fasting days every week; besides, the fifty days' lent, including the Passion Week, twenty five days' lent, fifteen days' lent, apostles' Lent, three days' (Ninevah) lent are the five fasting seasons ordained in the church. During these days, (8) conjugal relationships, eating of fish and meat, and the like are to be renounced; and practices like eating one meal a day, fasting till noon shall be observed according to the ability of each person and the ordinances of the church.

Chapter 15 : (1) Gen. 2:17 but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die. (2) Joel 2:12. Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Zach.7:5-8. (3) Matthew 4:2 He fasted forty days and forty nights, and afterwards he was famished. Matthew 9:15 The days will come when the bridegroom is taken away from them, and then they will fast. (4) Acts. 13:2. While they were worshipping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." (5) Matthew 6:16 "And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting." (6) Phi.3:19. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. Matthew 7:21 But this kind does not come out except by prayer and fasting. (7) Luke; 18:12. I fast twice a week; I give a tenth of all my income. (8) 1 Cor. 7:5 Do not deprive one another except perhaps by a L.i.,reemnt for a set time, to devote yourselves to prayer, and then come together again, so that Satan may not tempt you because of your lack of self-control. 2 Sam, 1:12 Daniel 1:8

to be continued



Chapter 16

ABOUT SUNDAYS AND FESTIVAL DAYS (MARANAYA FESTIVALS)

The holy Apostles and the fathers of the church have decreed that, Sundays which commemorate the resurrection of our Lord, His miracles (mighty works), the sanctification of the church etc; and the days fixed as 'Maranaya' (important) festivals in commemoration of his birth, baptism, presentation in the temple etc. (1) shall be observed with great devotion and respect. On these days, we shall keep away from worldly pursuits, and get involved in spiritual activities like Holy Qurbana, Bible reading, singing divine hymns etc. (2) These holy days shall be observed in the Christian tradition, and not according to the Jewish or gentile traditions, and these days shall not be spent without participating in spiritual activities and whiling away the time in a slothful manner.

(1) 1 Cor. 11:20 When you come together, it is not really to eat the Lord's supper. Acts. 20:7-16

(2) 1 Cor. 5:8 Therefore, let us celebrate the festival, not with the old yeast, the yeast of malice and evil, but with the unleavened bread of sincerity and truth. Colo. 2:16

Chapter 17

ABOUT THE MEMORIAL DAYS OF SAINTS

(1) It is our duty and the right thing to do, to observe the memorial days of the Mother of God, Apostles, Martyrs, and saintly men and women. (2) Their memory shall be a blessing, and their prayers a great help for us. Except for those days fixed to be observed as 'Maranaya' festivals, on these memorial days, though it is not mandatory to keep away from worldly pursuits, (3) we shall try to meditate on the firm and deep faith of the saints, and follow their foot steps.

(1) Judges 11:40 for four days every year the daughters of Israel would go out to lament the daughter of Jephthah the Gileadite Psal. 112:6 Matthew 23:29, Luke. 1:48.

(2) Proverbs 10:7 The memory of the righteous is a blessing.

(3) Hew. 13:7 Remember your leaders, those who spoke the word of God to you; consider the outcome of their way of life, and imitate their faith. Heb. 6:12

Chapter 18

ABOUT THE MOTHER OF GOD

(1) Because, with the annunciation by the angel, God the Word, was conceived in the womb of the virgin, and Godhead and manhood were united inseparably in the womb itself; and the virgin gave birth to Emmanuel, (2) perfect God and perfect Man, (3) the virgin shall be called "Mother of God", Because the holy virgin became eligible that her womb became the throne of the Son of God, (4) She remains virgin for ever, without knowing a man. (5) We have to call her 'blessed' following the words of the angel, and desire especially for her prayers.

(1) Luke. 1:35 The angel said to her, "The Holy Spirit will come upon you. and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God."

(2) Isa. 7:14. Therefore the Lord himself will give you a sign. Look the young woman is with child and shall bear a son, and shall name him Immanuel.

(3) Luke. 1:43. And why has this happened to me, that the mother of my Lord comes to me?

(4) John 19:26-27. "Woman, here is your son." Then he said to the disciple, "Here is your mother." And from that hour, the disciple took her into his own home. Eze. 44:1-3

(5) Luke. 1: 28, 48. And he came to her and said, "Greetings, favoured one! The Lord is with you." For he has looked with favour on the lowliness of his servant. Surely, from now on all generations will call me blessed.

Chapter 19

ABOUT PRAYERS TO THE SAINTS

(1) Since the departed saints are living in spirit, (2) it is meet that we respect and love them as we do the living saints for the sake of Christ. Because they are the beloved of Christ, when we respect and love them, we are actually respecting and loving our Lord. (3) The children of early fathers like Abraham, Isaac and Jacob, who were the beloved of God, remembered theirs, and prayed to God "Lord, have mercy on us for their sake." God listened to their prayers and granted their petition. In the same manner, it is good and acceptable before God, that we remember the saints who begot us in spirit, showed us the path of life, and shed their blood for the sake of Christ; and pray to God, "have mercy on us for their sake." (4) Because death is only the separation of body and spirit and not something that annihilates the spirit; and (5) Since the spirits of saints, with the grace of the Holy Spirit; which God has endowed them with, sit in the (6) place of happiness and (7) praise the Lord like angels, and wish and pray for the salvation of the people of their world. It is beneficial for us to pray to such saints saying, "You pray to the Lord for our sakes."

(8) Since God not only listens to the prayer of saints, but also scans the faith and intention of those who seek their help, in whatever way we consider, prayer to the saints is very good and highly rewarding.

(9) Whatever we do to the saints, as the loved ones of God, without equating them with God, are good and pleasing before Him. (10) Angels and the spirits of saints know what is happening in the world, through the spiritual power that God has given them, and not through omniscience by nature. (11) While the power that Satan had before his fall has not been taken

away from him after the fall, it shall be an insult to God and his servants, to say that the holy angels and the spirits of the saints who have attained perfection, are not given to know even things about themselves. The departed saints, and the living ones praying for others, and being requested to pray for others, are only through the sole mediation of Christ; and never against it or in negation of it. Also prayer for each other is ordained by God. Therefore, prayer to the saints, does not decrease the power of the sole mediation of Christ or belittle it.

If the request to the departed saints, “pray for us” amounts to insulting the mediation of Christ, then the request to the living saints, pray for us also amounts to insulting the same mediation. Thus it is difficult to understand the reasoning of those who say that the intercession of the living does not insult the mediation of Christ, but the intercession of the departed ones does. However, since prayer for each other and to the departed saints has been in vogue from very early times, and is befitting to the truth of the Bible, and it is being observed in the Holy Church to this day, and are seen to be highly beneficial, it is right and in order to observe it with devotion.

(1) Luke. 20:38. Now he is God not of the dead, but of the living; for to him all of them are alive. 1 Peter 3:19. He went and made a proclamation to the spirits in prison.

(2) Matthew 10:40, 41 “Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person will receive the reward of the righteous.”

(3) Deut. 9: 27 Remember your servants, Abraham, Isaac, and Jacob; pay no attention to the stubbornness of this people, their wickedness and their sin. Isa 37:35. For I will defend this city to save it, for my own sake and for the sake of my servant David.

(4) Psal. 13:4 And my enemy will say, “I have prevailed”; my foes will rejoice because I am shaken. Ecc. 12:7 And the dust returns to the earth as it was, and the breath returns to God who gave it. John 8:51. Very truly, I tell you, whoever keeps my word will never see death.

(5) John 14:16 And I will ask the Father, and he will give you another Advocate, to be with you forever.

(6) Luke. 23:43. He replied, “Truly I tell you, today you will be with me in Paradise.” Phil. 1:21,23 For to me, living is Christ and dying is gain. I am hard pressed between the two: my desire is to depart and be with Christ, for that is far better.

(7) Job 16:19-20 Even now, in fact, my witness is in heaven, and he that vouches for me is on high. My friends scorn me my eyes pour out tears to God. Psal.30:12 So that my soul may praise you and not be silent. O Lord my God, I will give thanks to you forever. Psal. 115:17-18. The dead do not praise the Lord, nor do any that go down into silence. But we will bless the Lord from this time on and for evermore. Praise the Lord! Zech. 1:12 Then the angel of the Lord said, “O Lord of hosts, how long will you withhold mercy from Jerusalem and the cities of Judah, with which you have been angry these seventy years?” Luke. 16:9 And I tell you, make friends for yourselves by means of dishonest wealth so that when it is gone, they may welcome you into the eternal homes. Luke 16:27. He replied. “What is impossible for mortals is possible for God.” Jere. 31:15 Rachel is weeping for her children; she refuses to be comforted for her children, because they are no more. Judges 13.17. Then Manoah said to the angel of the Lord, “What is your name, so that we may honour you when your words come true?” Jere. 15:1, Matthew 27:46-49.

(8) Acts. 5:14-16 Yet more than ever believers were added to the Lord, great numbers of both men and women, so that they even carried out the sick into the streets, and laid them on cots and mats, in order that Peter’s shadow might fall on some of them as he came by. A great number of people would also gather from the towns around Jerusalem, bringing the sick and those tormented by unclean spirits, and they were all cured.

(9) Matthew 25:40 And the king will answer them, ‘Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.’

(10) 2 Sam. 14:20. In order to change the course of affairs your servant Job did this. But my lord has wisdom like the wisdom of the angel of God to know all things that are on the earth. Luke 15:10, Heb. 12:22, Jere. 31:15.

(11) Matthew 4:6 saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Gen. 3:1. Job 1.

Chapter 20

ABOUT PRAYER FOR THE DEPARTED

It was for the sake of human beings, from Adam onwards to the last, that our Lord was born as a human being, observed fasting, offered himself as a sacrifice, descended into hades and preached there, rose from the dead, ascended to heaven, sat on the right hand side of His Father, and intercedes on our behalf. He did and continues to do it that there shall be (2) graceful and just means to save them in the fullness of His love for his creations. the human beings; (3) also to give to all humans a faultless and perfect example. Therefore, as becomes perfect love, we too, following the example given to us by our Savior and teacher, should wish and pray for the salvation of all people from the time of Adam. (4) Just as Christ, who is the head, reckons all humans from Adam to the last as His own body and cares for them, it is becoming that all from Adam to the last who are body parts of each other shall, as parts of each other, bear burdens mutually, and pray for each other. We pray for ourselves and for our brethren, who are alive, saying, "Lord, forgive our sins" not because there is the possibility that we shall continue to live in our body and grow in righteousness, and God shall forgive our sins. Besides, when we pray for those who are on their death bed, for their remission of sins, we do not pray that they be made to continue to live in the body and do righteous deeds, and then forgive their sins. We only pray that, whether they live or die, God may forgive their sin in his mercy. God has decreed the time upto the last judgement as the period of mercy, not only for the living and those who are on the death bed, but also for (5) those who died with hope in God.

Prayer and sacrifice for the dead was a practice in the Jewish Church, (6) what our Lord practised and taught his disciples, (7) what the Apostles too practised, and what is practised in the Church from very early times to this day. The hope of the departed regarding their salvation is augmented through our prayers; their sins are forgiven and they get consolation. Therefore, prayer for the dead is befitting, necessary and beneficial. However, if a worldly minded person, takes life for granted thinking that others will pray for him when he is alive, and even after his death, it amounts to one of the deadly sins. (8) And, even if all the saints, prophets and all the people of the world pray for him, he will not become eligible for grace. (9) Since he follows the negative reasoning that says, let us continue in sin, so that grace shall increase," he shall be devoid of grace. Those who receive grace while alive and even after death by prayers of others, are those who become eligible for grace with their firm faith in God, even though they have committed sins, but not deadly sins.

(1) Rom. 5:18. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. 1 Peter 3:19, John 17:20, Luke 7:14,15.

(2) 1 Peter 2:24 He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed.

(3) 1 Peter 2:21. For to this you have been called, because Christ also suffered for you, leaving you an example, so that you should follow in his steps. John 13:15.

(4) Eph. 5:23, 29. For the husband is the head of the wife just as Christ is the head of the church, the body of which he is the Savior. For no one ever hates his own body, but he nourishes and tenderly cares for it, just as Christ does for the church. 1 Cor. 12:12-27, Gala. 6:2.

(5) Ruth 2:20 "Blessed be he by the Lord, whose kindness has not forsaken the living or the dead!" Psal. 88:10-12. Do you work wonders for the dead? Do the shades rise up to praise you? Is your steadfast love declared in the grave, or your faithfulness in Abaddon? Are your wonders known in the darkness, or your saving help in the land of forgetfulness? 1 Peter 3:19.

(6) Deu. 33:6 May Reuben live, and not die out, even though his numbers are few. 2 Macca. 12:42-43 and they turned to supplication, praying that the sin that had been committed might be wholly blotted out. The noble Judas exhorted the people to keep themselves free from sin, for they had seen with their own eyes what had happened as the result of the sin of those who had fallen.

(7) 2 Tim. 1:16-18 May the Lord grant mercy to the household of Onesiphorus, because he often refreshed me and was not ashamed of my chain; when he arrived in Rome, he eagerly searched for me and found me. May the Lord grant that he will find mercy from the Lord on that day! And you know very well how much service he rendered in Ephesus. 1 Cor. 15:29. Acts 20:10.

(8) Psal. 109:14 May the iniquity of his father be remembered before the Lord, and do not let the sin of his mother be blotted out. Jere. 15:1, 16:6-7,17:1.

(9) Rom. 6:1 What then are we to say? Should we continue in sin in order that grace may abound?

SYRIAC/GREEK WORDS *(used in our worship)*

Let's recollect some words -

Kolos	:	Hymns
Bovooso	:	Songs of intercession
Ekbo	:	Foot or stanza
Eniyono	:	Meditative Songs
Hoothomo	:	Concluding prayer



NEW WORDS

RUSMA	:	Sign
SLEEHO	:	Apostle
ROOHO	:	Spirit
NEHAVOON	:	Be with
KYMTHA	:	Resurrection

.... to be continued

7 hours of prayer

King David, the Psalmist, wrote "Seven times a day I praise You, because of Your righteous judgments" (Psalm 119:164). In correlation with David's model of prayer, the Church has developed 7 hours of prayer and they are as follows:



1. Evening Prayer (Ramsho or Vespers) – 6PM
2. Bedtime Prayer (Soutoro or Compline) - 9PM
3. Night Prayers (Lilio or Nocturns, with three "watches" or Quamos) – 12AM
4. Morning Prayer (Sapro or Matins) – 6AM
5. 3rd Hour Prayer - 9AM
6. 6th Hour Prayer - 12PM
7. 9th Hour Prayer - 3PM

OUR TALENT



"Hide not your talents, they for use were made, What's a sundial in the shade?"

- Benjamin Franklin

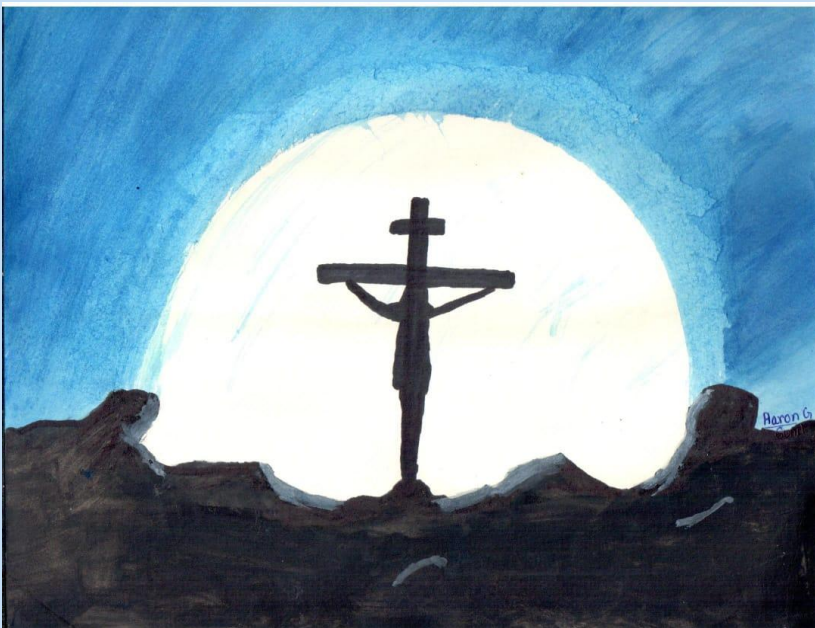


Anna Susan Varghese
Class 6,
St. Mary's SS, Begur

I Only Boast
in the Cross
of CHRIST

Galatians 6:14

A
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A
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Aaron G Sunil
Class 5
St. Joseph's O SS, Horamavu

List of students/teachers by parish who contributed articles to ebodhini-Vol 10
(Our Talent / Messages).

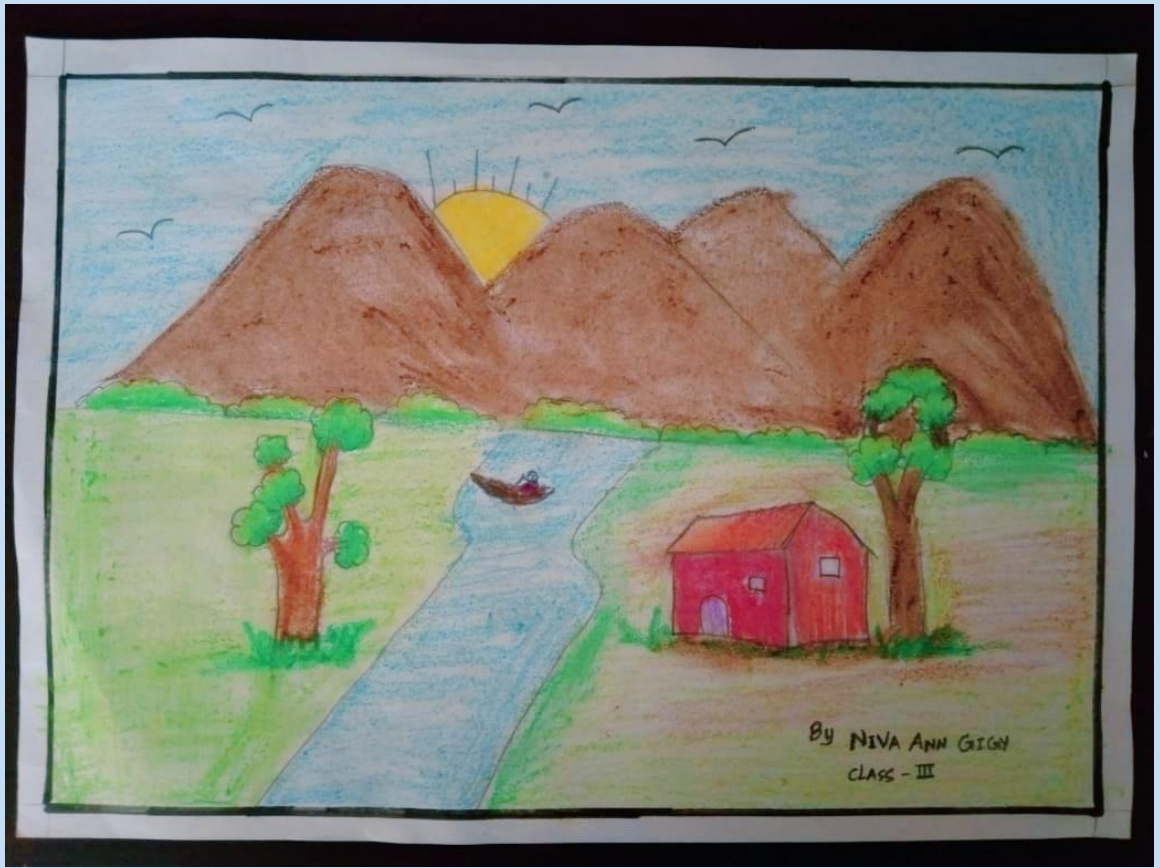
*You are
amazing*

Thank you for sharing your talents.

Bangalore - District I		Bangalore - District II	
Mar Yuhanon Mamdana Orthodox Church, K.R.Puram		Mar Gregorios Orthodox Church, Hebbal	
Ardra	Tisha Viju Issac	Keren Susan Eapen	Kevin M Kurian
Natasha M Anish	Aahaan Viju Issac	Keia Mathew	Keith Mathew
Hannah Susan Joshua	Sara S Alex	Hannah Susan George	Ann C Anil
Joel Varghese Shaju	Lucas Varghese Shaju	Rhea Thomas	Ham John
Neha P Anish	Annika Elizabeth Baiju	Sherlin Jacob	Nikhil Minu
Ajoy Joseph		Kennith M Kurian	Sharon Jacob
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Angelina Biju	Heizel Mariam Denny	Joshua Ratheesh	
Rohan Jose	Stephen Samuel	Samuel Mathew	
Joann Shine		James Mathew	
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Kesiya M Jacob	Tanya Anna Mathew	Jace C Jinoj	
Chris Jacob	Joseph C Thomas	Sanjay Biju	
Joel Mathew	Lizeth Robin	Jithin B George	
Grace Sajan			
St. Gregorios Orthodox Cathedral, Hosur Road		St. Gregorios Orthodox Church, Mysore	
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M.K.Uthup		Abigail & Abriyel	
St. Joseph Orthodox Church, Hormavu		St. Gregorios Orthodox Church, Tumkur	
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Tanya Susan Kurian	Mishal Mammen Philip	Jobin.S. Jiji	
Ronell			
Carolyn Shine		St. Mary's Orthodox Valiapally, Jalahalli	
Jerusha B Mathew		Natasha	
		Thomas V Philip	
St. Mary's Orthodox Church, Begur		Sean Shinoi George	
Anna Susan Varghese		Allan Greg Benny	
St. Thomas Orthodox Maha Edavaga, Bangalore East		St. Stephen's Orthodox Church, Vijayanagar	
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Noel George Jose	Norah B Jacob	Allen San Vinod	Michelle Mariam Alex
Merlin Moncy	Rachel Susan Alex	Ashlin V Samuel	Alan Robin
Christal Biju	Ryan Baby Sajeesh	Hannah Aby	
Deana R Punnose		Isha Aby	

**"HARD WORK BEATS
TALENT WHEN TALENT
DOESN'T WORK HARD"**
-TIM NOTKE





Psalm 1:3
 You will be like a tree,
firmly planted by streams of water
 You will yield your fruit in season;
 your leaves will not wither,
 and whatever you do will *Prosper*

Niva Ann Gigy
 Class 3
 St. Thomas OME SS, B'lore East



Natasha
 Class 11
 St. Mary's Valiyapalli SS, Jalahalli

A CHILD'S PRAYER

Your face shines as bright as the sun,
And all the waters shimmer under your glaze.
Your amazing brightness is like a lamp to my feet and a light to my path
Even the trees lift up their hands to you O Lord
'Cause you're the one who's most adored
Now as the new day has risen with a fresh new start,
Please help me do my part,
Cleanse me O God
For all the sins surround me,
From which I do want to flee.
Stay in my heart,
As you guide me to the right path.
Rid me of all the sins coming in my way,
And all the dangers waiting for me at bay.
Please hold my hand together,
And walk with me forever.
Please don't leave me
For I may fall.
And break like a glass bowl.
So take me with you all along the way,
And I will praise you in every word I say.
Amen



MOTHER

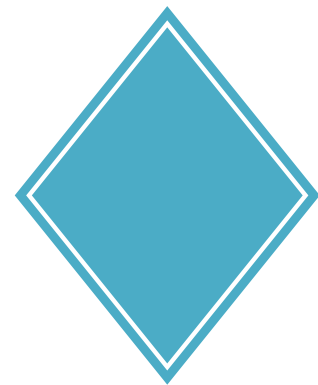
A mother is an angel
Who carries you from your cradle
Out to her heart
Guiding you to the right path
She is the ring master
In the circus of life.
She is the one who helps us to cleave
From the sins of life we receive.
A true mother however is the one who gives us big fat bear hugs
And calls us cuddly cuddle puffs,
A person who laughs and sings all day
Because she knows that her child is at laughter bay.
Now all I want to say is that
I LOVE YOU MOM!

Anna Susan Varghese
Class 6
St. Mary's SS, Begur

A
Child's
Prayer



**“Please
hold my
hand
together,
And walk
with me
forever.”**



THE ULTIMATE PURPOSE

P J Thomas
Headmaster,
St. Dionysius O SS, Dasarahalli

The ultimate purpose of our living is, the living with our Lord; 'The eternal life'.

All our liturgies and sacraments are for the purpose of eternal life. Some of the divisions of the church says that we should be born again for eternal life., but our forefathers taught that it has happened when the time of our baptism itself. When we grow up, we should realize this fact and compromise with the teachings of our apostles and our holy fathers.

(1 cor. 7:14) ; As per St. Paul,' The Children of Christian parents are holy', so we are insisting for infant baptism. Some of the divisions insist baptism after accepting their faith and proclamations from their mouth, but as per our system and the holy bible, if your parents are Christians, you must be baptized during childhood itself. But this is not valid for gentiles, because their parents are not holy as per the bible. This is the main difference between Orthodox churches and a division of the protestant churches.

The ultimate purpose of our living is, the living with our Lord; 'The eternal life'.

Immediately after the baptism we give the Holy Qurbana (Blood and Body of our lord) to the baptized child, where as the Protestants and Catholics won't do this and they wait for them to reach their maturity. We never do this practice because they are sanctified immediately after the Baptism.

3rd century onwards heresies started in Christian world and most of the heresies were about Jesus Christ the son of God. The new testament says that Jesus Christ is God and man at the same time. We have not shifted from this teachings so far from 1st century. Three ecumenical councils were taken place to overcome the Heresies, that were councils of Nicea (AD 325), Constantinople (AD 385) and Ephesus (AD 431) and a strong foundation was laid to strengthen the church that was the Nicene creed. We were one until the Chalcedon council (AD 451) and after the same, there was a sharp division taken place in the church. Wrong decisions and teachings were introduced by different persons and churches regarding Jesus Christ and holy spirit, but our creed shows a clear picture about the true teachings and that will be continued until our lords coming.

Some of the divisions ask us why do you pray for the departed souls. It's not necessary because they are removed from this world and dead, and some of them says that after the departure they are with our lord, so intercessions are not valid. But we believe that the prayers and intercessions are important, because the holy one's who reached the destination with our Lords body and blood doesn't have death. They are alive with our Lord Jesus Christ; so, how can we say that they are dead. Since they are alive, we can ask them to pray for us, and they can also hear our prayers. There are so many references in our Holy Book regarding their life with our lord after departure from this world.

Rev: 22:20 "He who gives his testimony to all this says, "Yes indeed; I am coming soon"
So be it. Come , Lord Jesus.

The ultimate purpose of our living is "The eternal life" and we are waiting for our Lord's coming and let us" Praise our Lord in the right manner."

CHOICES DEFINE A MAN'S FATE.

We live in a volatile realm. Every element in the space time continuum is a mystery yet to be unravelled by mortals. Every choice and action that a human takes, decides what happens to one's destiny. One path bears a certain fruit while the other may bear an unmetalled road full of potholes and miseries.

But choosing the right path is necessary. It's not a bad thing finding out that you do not have all the answers. You start asking the right questions.

If you wander off the road to the right or the left, you will hear his voice behind you saying, **"Here is the road. Follow it."** (Isaiah 30:21)



The wisdom that the Lord provides will guide one to the greater good. It acts as a beacon of hope shining across the stars. There will be failures in the course of time; struggles that break your world. Now, you can either accept that, keep mourning for your losses or you can get up and get to work.

Robert Downey Jr., the actor who played the iconic role of Tony Stark/Iron Man in the Marvel Cinematic Universe, is a man who struggled his entire life due to his choices. Introduced to marijuana at the age of six, Downey was arrested several times due to charges related to drugs. He lost most of his opportunities in the field and his wife left him. He finally put in all his efforts to undergo successful rehab.

"Job one is get out of that cave. A lot of people do get out but don't change. So the thing is to get out and recognize the significance of that aggressive denial of your fate, come through the crucible forged into a stronger metal. Or whatever. But I don't even know if that was my experience. It's funny: five years ago, I would've made it sound like I'm conscious of my own participation in seizing the similarities. But so many things have become less certain. I swear to God. I am not my story."

-Robert Downey Jr.

This man stands today as one of the highest paid actors in the world.

There are many in this world who may fall into such traps. It's a labyrinth where people are lost; peering through time for the slightest spark of hope.

It's never too late. There is always hope. Beware of the dark side. Once you start down the dark path, forever will it doom your destiny.

You never know what happens; you hope for the best, and then make do with what you get. No matter who wins or loses, trouble always comes around. All is as the Lord wills it.

May the Lord grant us the wisdom to stay on the right path and the strength to trample down all our demons.

Thomas V Philip
Class 11,
St. Mary's O V SS, Jalahalli

THE THREE MAGI FOUND JESUS, AND I FOUND THEM

Do you remember the story of the Nativity? Shepherds along with the Three Wise Men gathered at the stable to celebrate the birth of Christ. They went to distant lands spreading the news that a king was born in the city of Bethlehem. But what happened to them after that?

Long after, they were found and celebrated in a strange place near the heartland of Europe. In the month of May, my family and I happened to visit Cologne in Germany.

Our tour guide made an announcement that our next stop would be the Cologne cathedral, world famous for its immense structure and beauty. She told us that people from all over the world came here to pray as they believed that prayers here really worked wonders. Well the reason; she added that we would find it for ourselves. It was like a treasure hunt. When we finally reached, I realised that it was an understatement to call the cathedral simply 'enormous'. Lengthwise it is 144.5 m, width wise it is 86.25m and has two spires on top, each of 157m. It felt no smaller on the inside too. It was truly



breath-taking to walk along the massive hall. On the walls of the cathedral, each and every window had an original glass painting on it. On each window, there were two rows of glass paintings, depicting similar scenes from the Old Testament and the New Testament. There were numerous sections along the sides of the cathedral with sculpted scenes from the Bible as the main attraction. I tried to light a candle at every section I saw. We went all around the cathedral but we somehow missed the piece de resistance. I turned around and showed my family. The golden sarcophagus-like structure was right next to the altar nearly in the middle of the cathedral. This structure housed the reliquary of the Three Kings.

Our tour guide mentioned that the "relics of the Magi" were originally situated at Constantinople, but brought to Milan in an oxcart by Eustorgius I, the city's bishop, to whom they were entrusted by the Emperor Constantine in 314. Eight centuries later in 1164, Holy Roman Emperor Frederick Barbarossa took the relics of the Magi from the church of Saint Eustorgio in Milan and gave them to the Archbishop of Cologne, Rainald of Dassel. The Three Kings have since attracted a constant stream of pilgrims to Cologne.



My mind raced back to the typical Christmas card and I felt blessed as if I too were a part of the manger scene.

Noel George Jose
Class 9,
St. Thomas OME SS, Bangalore East

Anika Susan Siby
Class 2,
St. Joseph's O SS, Horamavu

**GOD IS
GOOD
ALL THE
TIME**



God

*God is my best friend
God loved me so much
He is my saviour
God is good to me*



Merlin Moncy
Class 8,
St. Thomas OME SS, B'lore East

**I HAVE
CALLED
YOU
FRIENDS** JOHN 15:15



Keren Susan Eapen
 Class 4,
 Mar Gregorios SS, Hebbal

You saw me before
 I was born
 Psalm 139:16

Children
 are
 A gift
 FROM THE
 Lord.
 THEY are
 A reward
 from Him.
 PSALMS 127:3

I can do all things through Him who strengthens me (Philippians 4:13)

Christal Biju
Class 10,
St. Thomas OME SS, B'lore East

Most of us have seen some variation of these words in cheering notes and cards, in art, on T Shirts, tattooed on people's bodies etc. When we just read the first part of this verse, it would immediately sound an alarm of arrogance: "I can do all things." This was the spirit that attempted to build the tower of Babel. This was the downfall of men like Saul or the Egyptian Pharaoh. Several people infected by humanism and without any trust in God make the same claim – **"I can do all things"**. But the next two words in the verse take this out of the context of arrogance altogether: **"through Christ."** It is not a boast of self: It is, I can do all things through Christ! There is a huge difference.

This verse Paul's letter to Philippians 4:13 has to be seen in connection with what Paul says in the previous verse 4:12. Paul says that he had learned to be content with the life, irrespective of the situation – full stomach or empty, poverty or plenty(4:12). This state of contentment is ideal which every person long for and many of us miss in our endeavour. Some try to find contentment in pleasure but we know it is short lived. Some try to find contentment in pursuit of wisdom but it is too abstract. Some others try to find it in work but all work leads to dissatisfaction.

In this context, in verse 13, Paul provides the secret of contentment in life. Those secrets are:

1. The contentment in life is the result of surrendering to God's will
2. It is the gift of God
3. It is not the result of self-sufficiency, it is Jesus's sufficiency.

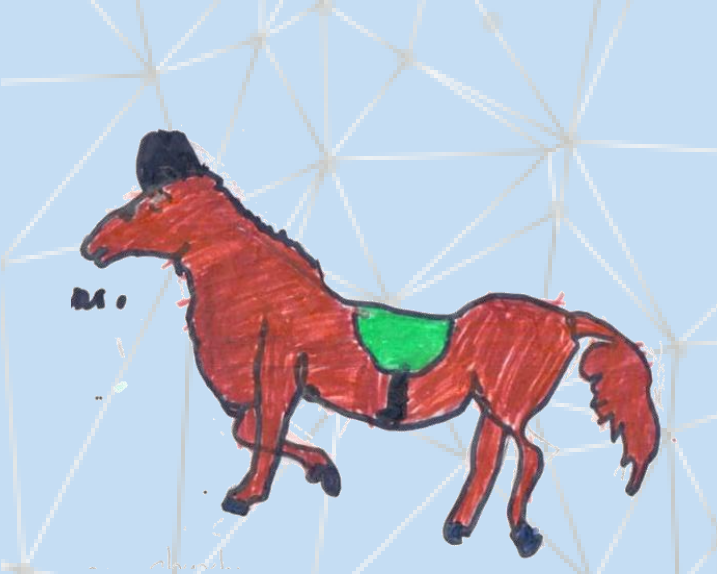
He continues saying that "I can do things through him who gives me strength". For Paul, contentment consisted of having the sufficiency of Jesus. Jesus is all in all. He is the measure of all things. Paul mentioned this in his letter to Corinthians "I wish to know nothing except Jesus" (1 Corinthians 2:2).

Paul had lived with plenty and also with scarcity. He had lived in prison; he had lived adrift on the sea after a shipwreck. He had lived in nakedness and in peril. He was able to cope-up with all these precisely because Jesus was the secret of his strength. This is what he says in 4:13.

Let me comprehend the message this verse gives to us: The person who walks with Jesus can cope up with anything in life. Many people promise happiness or they propose various kinds of art of living for contentment. But often they fail. Paul's proposal is the best one. It has been tested for two millenniums and had proved effective. Contentment consists in surrendering our will to Jesus and He alone is our strength at all times, in all situations, and even in death.

Kennith M Kurian
Class 2,
Mar Gregorios SS, Hebbal

PEACE
BE STILL



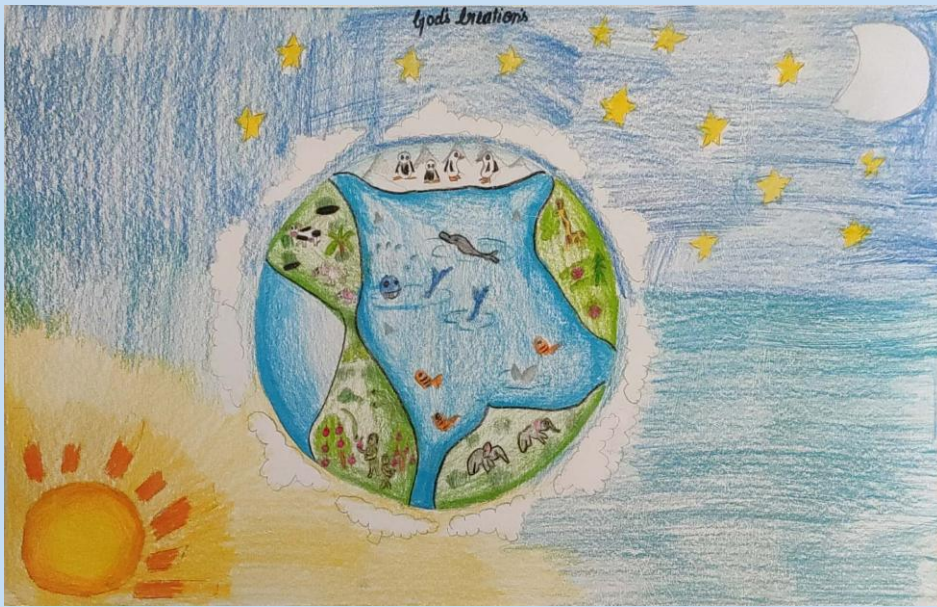
Tanya Susan Kurian
Class 2,
St. Joseph's O SS, Horamavu



Deana R Punnose
Class 4,
St. Thomas OME SS, B'lore East



Ronell
Class 4,
St. Joseph's O SS, Horamavu



The
HEAVENS
 declare the
Glory of God;
 the **SKIES**
 proclaim the work of
His Hands.
 Psalm 19:1

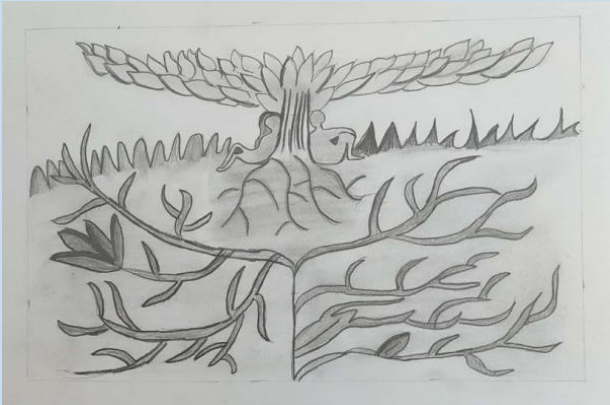
Hannah Susan George
 Class 5,
 Mar Gregorios SS, Hebbal



Anna Susan Koshy
 Class 4,
 Mar Gregorios SS, Hebbal



Keia Mathew
 Class 1,
 Mar Gregorios SS, Hebbal



Rhea Thomas
 Class 7,
 Mar Gregorios SS, Hebbal



Sherlin Jacob
Class 7,
Mar Gregorios SS, Hebbal

WITH *God*
ALL THINGS
ARE
Possible
MATTHEW 19:26



Kevin M Kurian
Class 7,
Mar Gregorios SS, Hebbal

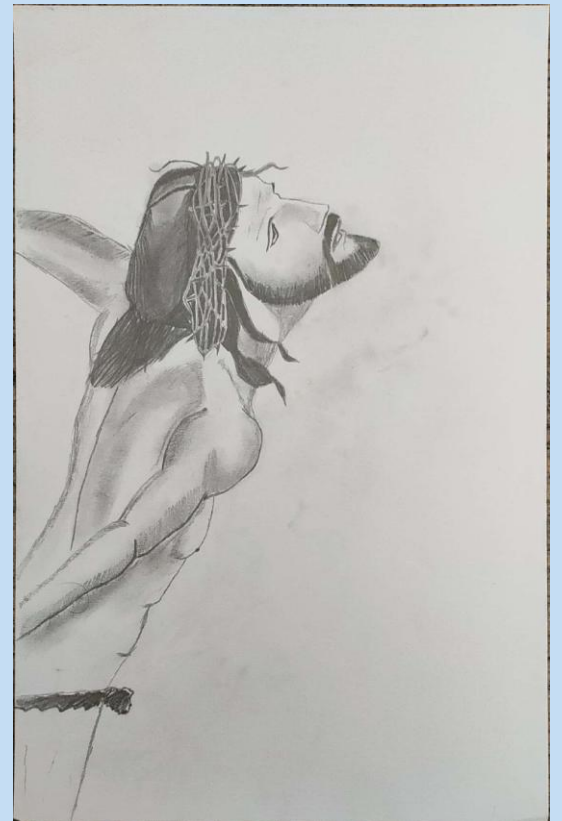


Keith Mathew
Class 8,
Mar Gregorios SS, Hebbal

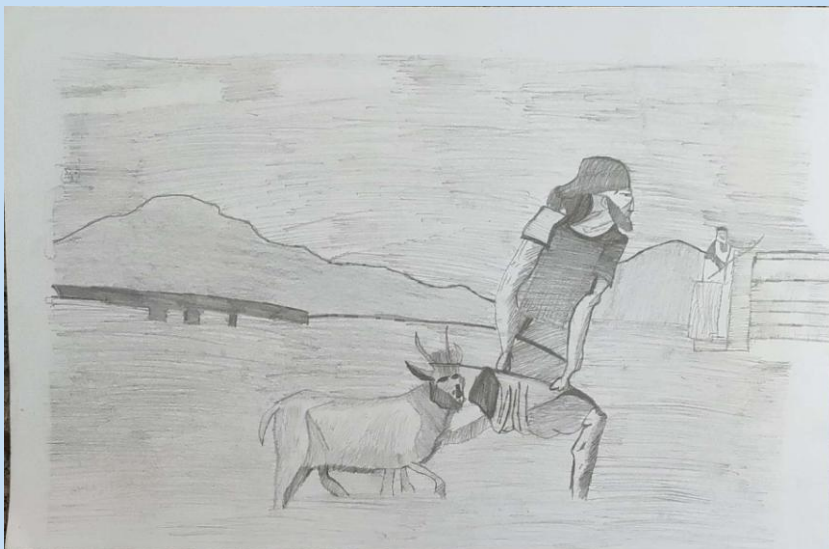
The Greatest Sacrifice Ever



Ann C Anil
Class 11,
Mar Gregorios SS, Hebbal



Ham John
Class 12,
Mar Gregorios SS, Hebbal



Nikhil Minu
Class 11,
Mar Gregorios SS, Hebbal



Aaron A Kuruvilla
 Class
 St. George Orthodox SS, Indiranagar

Genesis 6:22
"Thus Noah did; according to all that God had commanded him, so he did."



Lizeth Robin
 Class 3,
 St. George SS, Indiranagar



Chris Jacob
 Class 5,
 St. George SS, Indiranagar

**A
 ONE HORSE
 OPEN
 SLEIGH**



Joseph C Thomas
Class 9,
St. George SS, Indiranagar



Joel Mathew
Class 3,
St. George SS, Indiranagar

Cleanse me
and I will be clean
Wash me
and I will be whiter
than snow
Psalm 51:7

Grace Sajan
Class 2,
St. George SS, Indiranagar





Kesiya M Jacob
 Class 5,
 St. George SS, Indiranagar

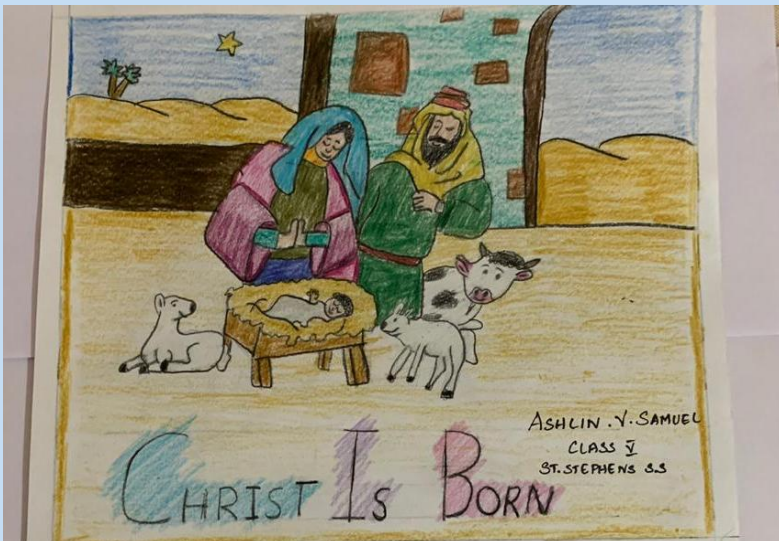
What
 We Save
 Saves us



Jerusha Sajjan
 Class 7,
 St. Stephen's SS, Vijayanagar

ALL IS
Calm **ALL IS**
Bright

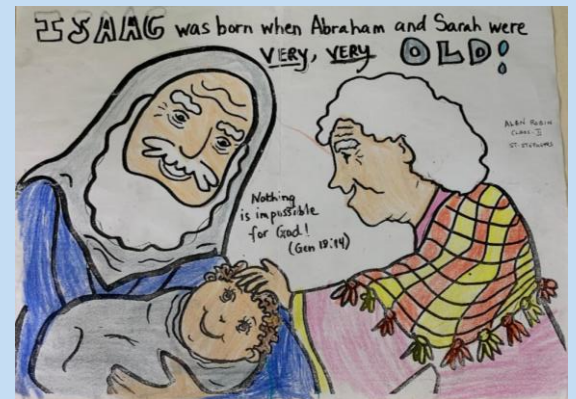
*And all generations
 shall call me blessed*



CHRIST IS BORN

CHRISTMAS

Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25th as a religious and cultural celebration among billions of people around the world. Christmas is a feast central to the Christian liturgical year, it is preceded by the season of Advent or the Nativity Fast and initiates the season of Christmastide which historically in the West lasts twelve days. As it is said, "Christmas is a season not only rejoicing but of reflection."



Alan Robin
 Class 2,
 St. Stephen's SS, Vijayanagar

Ashlin V Samuel
 Class 5,
 St. Stephen's SS, Vijayanagar



²² But the **fruit** of the **Spirit** is love, joy, peace, **patience**, kindness, goodness, faithfulness, ²³ **gentleness** and **self-control**.

Galatians 5:22-23



Allen Sam Vinod
Class 2,
St. Stephen's SS, Vijayanagar

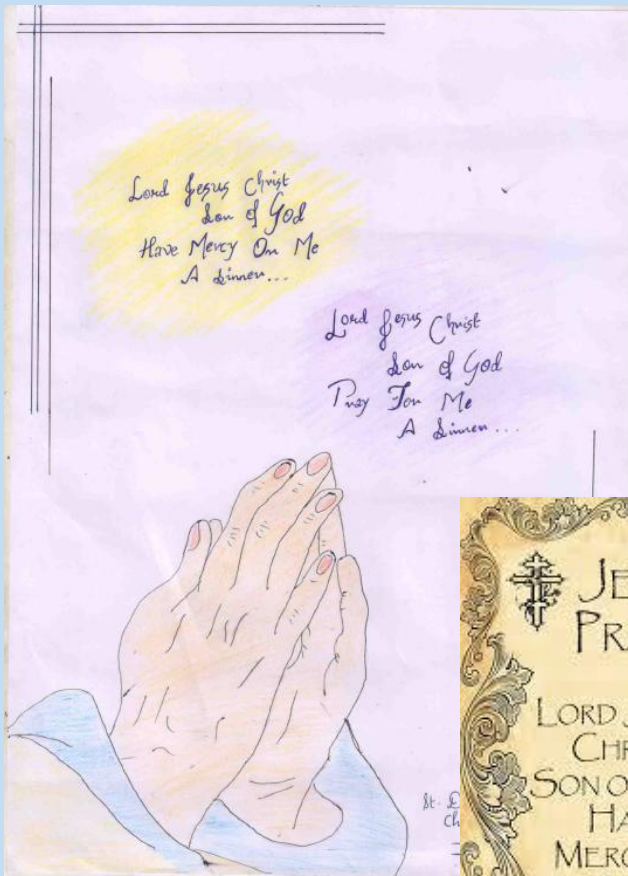
Isha Aby
Class 2,
St. Stephen's SS, Vijayanagar



Hannah Aby
Class 2,
St. Stephen's SS, Vijayanagar



5 Bible Verses For Every Emotion



Sanjay Biju
Class 11,
St. Dionysius SS, Dasarahalli

- 1- **Happy**
"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well." Psalm - 139:14
- 2- **Sad**
"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective." James - 5:16
- 3- **Fear**
"Surely God is my salvation; I will trust and not be afraid. The Lord himself is my strength and my defense; he has become my salvation." Isaiah - 12:2
- 4- **Hope**
"Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me." John - 14:6
- 5- **Kind**
"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." Ephesians - 4:32



Man does not
Live on bread
Alone but on every
Word that comes from
God
Matthew 4:4

Jace C Jinoj
Class 4,
St. Dionysius SS, Dasarahalli



Oh! My ! God! Guide me through.

**Years back when I was a tot
so many things I didn't know.
God was somebody then to me
who watch me all the time
through cam1 Cam 2 Cam3.**

Norah B Jacob
Class 4,
St. Thomas OME SS, B'lore East

**I had been more silly than that
playing hide and seek when it pans on me.
Oh my God it was fun more that way,
I was wrong now I know.
"By his word the heavens were made and
the starry host by the breath of his mouth".
He is throned in heaven guarding us all
with his mighty spirit and his love,
So many things I wouldn't know still.
Oh My God Please guide me through.**



Prayer - The Magic Wand

It's just not true all can be kept fine
with a hug or a kiss.
I tried, when my dad was sick,
but he was still in pain.
Else all were sad except me.
I prayed hard and was sure
that my dad will be fine and out of pain.
It's just not true all can be kept fine
with love and care,
But with Lord's mercy and love,
The magic wand is the PRAYER we do.

Gianne B Jacob
Class 4,
St. Thomas OME SS, B'lore East





Gianne B Jacob
Class 4,
St. Thomas OME SS, B'lore East



Norah B Jacob
Class 4,
St. Thomas OME SS, B'lore East

Praise the Lord,
all you nations.
Praise him,
all you people
of the earth.
For he loves us
with unfailing love;
the Lord's faithfulness
endures forever.
Praise the Lord!



Rachel Susan Alex
Class 4,
St. Thomas OME SS, B'lore East



Ryan Baby Sajeesh
Class 5,
St. Thomas OME SS, B'lore East

Kicking Bad Habits

There is no tyranny so unbearable as a habit; it is with reason that it is called second nature. -St. John Chrysostom

How TO
BREAK A
BAD
HABIT

In our daily lives, we often engage ourselves in activities that have consequences. They may either be constructive or destructive. Our life today is essentially the sum of our habits.

How happy or unhappy we are, successful or unsuccessful we are or even in or out of shape we are, is a result of our habits.

What are habits? Habits are just things that we repeatedly do or think about that ultimately build the personality we have today. A habit, whether good or bad is formed through simple stages, namely a cue, craving, response and reward. A cue triggers a craving, which motivates a response which provides a reward. We all have habits, whether good or bad. Even newborns are born into this world with habits such as the sucking of their thumbs. Bad habits fight against us and our happiness. If we do not overcome them, they will overcome us. In the Bible, we read of King Ahaz, a man with many bad habits who led his people astray. Similarly, King Solomon was a wise and righteous king. However, overtime greed, lust and pride overpowered him.

In 2 Timothy 1:7 we read : For God gave us a spirit not of fear but of power and love and self control.

Again in 1 John 1:9 we read: If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

**Bad habits
are easier to
abandon today
than tomorrow.**

Anyone can overcome his bad habits. Prayer is a very powerful tool in times of trial. Even more helpful is the sacrament of confession and communion. Breaking bad habits takes time and effort, but mostly it takes perseverance.

Nihaal V John

Class 10,

St. Gregorios Cathedral SS, Hosur Rd.

KBC (Kids Bible Corner)

Did you know all the Twins in the Bible?

1. **Jacob and Esau** – Jacob and Esau, sons of Isaac and Rebecca, are the first twins mentioned in the Bible (Genesis 25:19-28). The story of Jacob is told in Genesis 25:19-37:36 and 42:1-50:3.
2. **Perez and Zerah** - Perez and Zerah (Genesis 38:12-30). From Perez would come the family of David (Ruth 4:18-22).
3. **Ephraim and Manasseh** –The Bible does not directly state that the two sons of Joseph and Asenath were twins, but there is good reason to believe they were. Jacob promised that both Ephraim and Manasseh would become patriarchs of a multitude, which began a traditional blessing said in Israel: “God make you as Ephraim and as Manasseh” (Genesis 48:20).
4. **Thomas and his unnamed sibling** – Thomas was one of the twelve apostles (Matthew 10:3; Mark 3:18; Luke 6:15; Acts 1:13). His name means “twin.” His surname was Didymus (John 11:16; 20:24; 21:2), meaning “double,” or “twofold.”
5. **Castor and Pollux** – This probably shouldn’t make the list, but I’ll include it to be thorough. In Acts 28:11 we read that Paul sailed aboard an Alexandrian ship with the figureheads of Castor and Pollux on it. In Greek mythology these were the twin sons of Zeus and Leda, and were the patron deities of sailors.
6. **Were Cain and Abel Twins?** – Some Bible scholars believe Cain and Abel were twins. Genesis 4:1-2a states, “Now Adam knew Eve his wife, and she conceived and bore Cain, saying, “I have gotten a man with the help of the Lord.” And again, she bore his brother Abel.” The word “again” is the Hebrew term *yacaph* can also mean “add” or “increase,” giving the impression that Abel was born directly after Cain.



Reference: Internet (<https://www.intoxicatedonlife.com/all-the-twins-in-the-bible/>)

Abigail & Abriyel

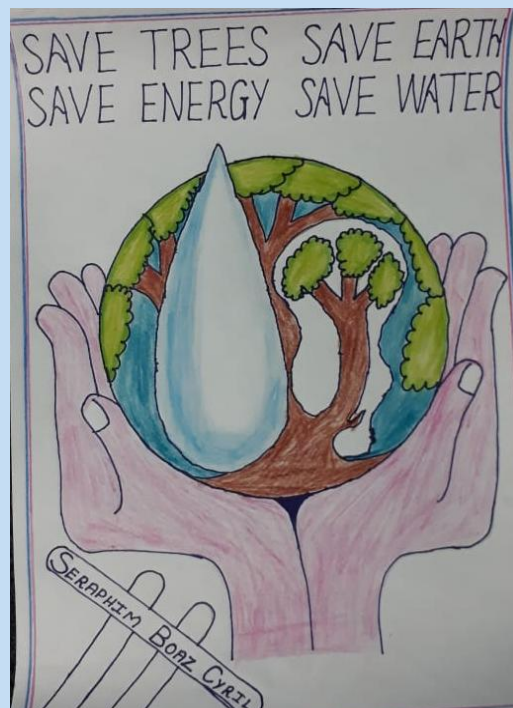
Class 1,
St. Gregorios SS, Mysuru.

“Earth provides
enough to
satisfy every
man's needs,
but not every
man's greed.”

~Mahatma Gandhi

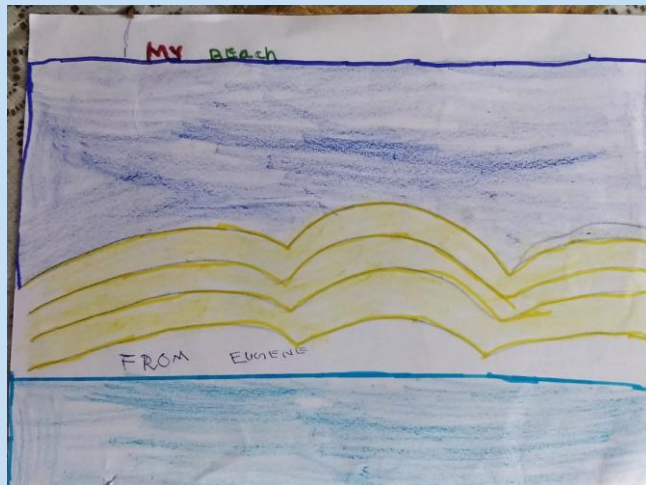
Seraphim Boaz Cyril

Class 1,
St. Gregorios SS, Mysuru.



MIGHTIER THAN
THE WAVES OF THE SEA
IS HIS LOVE FOR YOU
PSALM 95:4

Eugene Eric James
Class 3,
St. George SS, Indiranagar



See what *love*
the Father has lavished on us,
that we should be called
children of God!
And that is who *we are!*

1 John 3:1

JESUS IS MY WORLD

Jesus is my best friend,
He is always there for me.
Jesus is love,
He teaches me how to love.
Jesus is good,
He answers my prayers.
Jesus is light,
He is the light of my world.
Jesus is my Saviour,
I will praise Him, thank Him
and serve Him always.

YOU ARE
MY
ALL IN ALL

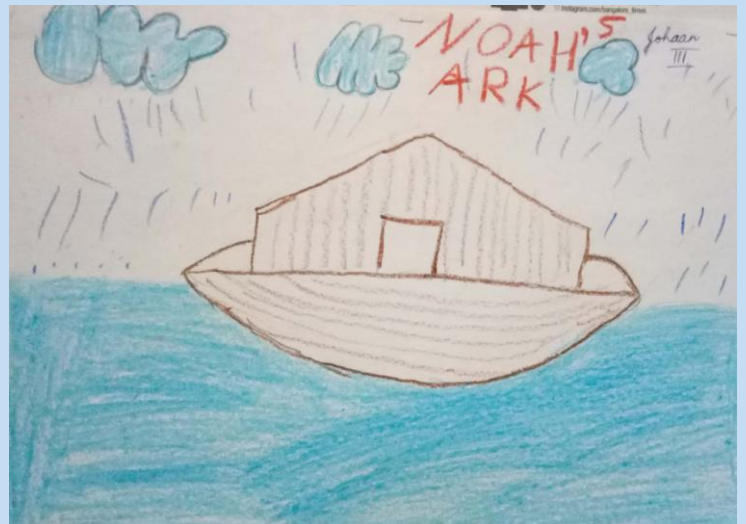
Carolyn Shine
Class 2,
St. Joseph's O SS, Horamavu



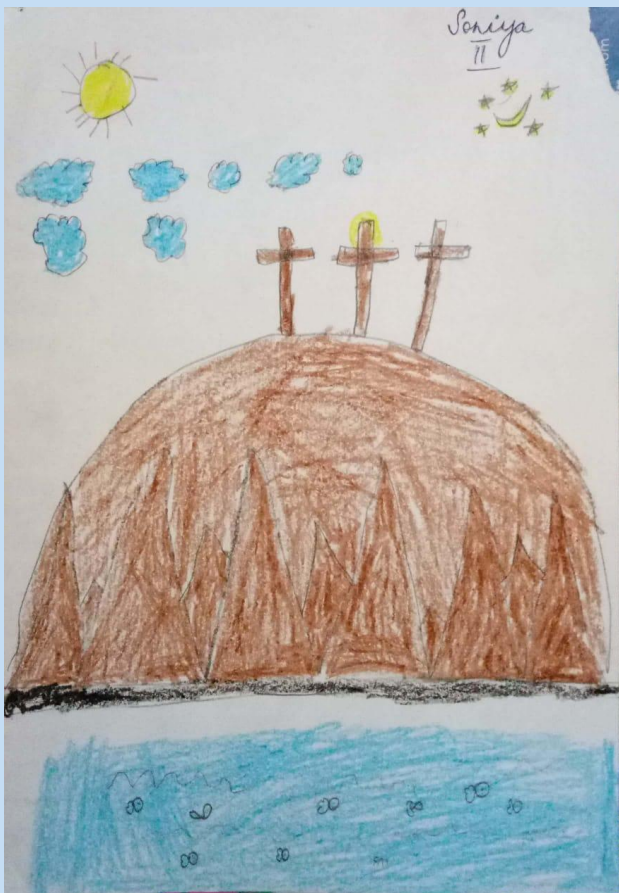
JEHOVAH-ROHI LORD *my* Shepard

Psalm 23:1

Riya Ann Biju
Class 3,
St. Gregorios SS, Mathikere.



Johaann Daniel Boban
Class 3,
St. Gregorios SS, Mathikere.



Soniya Matthew
Class 2,
St. Gregorios SS, Mathikere.



Joshua Ratheesh

Class 2,
St. Gregorios SS, Mathikere.

DANIEL

was taken up out of the den, and

NO kind of **HARM**

was found on him,

because he had

Trusted

in

HIS GOD

DANIEL 6:23



Hannah Susan Joshua

Class 3,
Mar Yuhanon M SS, K.R.Puram.





Ardra
Class 2,
Mar Yuhanon M SS, K.R.Puram.



Sairah Suzanne Saju
Class 4,
St. Baselios SS, Marathahalli.

**THE TWO MOST IMPORTANT
DAYS IN YOUR LIFE
ARE THE DAY YOU ARE BORN
AND THE DAY YOU FIND OUT WHY
- MARK TWAIN**

Be still
and know that
I am
GOD
Psalm 46:10



Natasha M Anish
Class Prep,
Mar Yuhanon M SS, K.R.Puram.



Sean Shinoi George
Class 2,
St. Mary's O V SS, Jalahalli

PRAY
without ceasing
1 THESSALONIANS 5:17



Allan Greg Benny
Class 5,
St. Mary's O V SS, Jalahalli

FEAR NOT,
FOR I HAVE REDEEMED YOU;
I HAVE CALLED YOU BY NAME,
YOU ARE MINE.

Isaiah 43:1

“... *He leadeth*
ME BESIDE
THE STILL WATERS.”



Allan Greg Benny
Class 5,
St. Mary's O V SS, Jalahalli

HOLY CONFESSION.

Ajoy Jospheh
Head Master,
Mar Yuhanon M SS, K.R.Puram.

Repentance and remission of sins is one of the seven sacraments of the New Law ordained by our Lord when He breathed on His disciples, saying: "Receive the Holy Spirit. If you forgive a man his sins, they shall be forgiven to him; and if you withhold forgiveness of a man's sins, they are kept. (St. John 20:22-23)"



This sacrament of Holy Confession was ordained of our Lord in the form of a law, giving power and authority to His ministers to declare and pronounce absolution to the faithful who confess and repent of sins willingly committed after baptism.

The faithful repenter should consider the many sins which he or she committed and must truly and earnestly repent of them. One should then confess them to the priest without concealing or hiding them and, consequently, accept the canonical penalty.

Five Steps for a Good Confession

1. Examine your conscience. Reflection on the Ten Commandments is often recommended as part of an examination of conscience.
2. Be sincerely sorry for your sins.
3. Confess your sins. The person should kneel before an priest, the appointed representative of God. The priest, like anyone else, is also a sinner; but he is empowered by ordination to absolve sins.
4. Resolve to amend your life.
5. After your confession, do the penance the priest assigns.

"Nothing else remains after confession. Spiritual Father, except to keep the sins you hear a secret, and to never reveal them, either by word, or by letter, or by a bodily gesture, or by any other sign, even if you are in danger of death, for that which the wise Sirach says applies to you: "Have

you heard a word? Let it die with you" (Sirach. 19:8); meaning, if you heard a secret word, let the word also die along with you, and do not tell it to either a friend of yours or an enemy of yours, for as long as you live.

Is Confession profitable or needful? Certainly it is profitable and even essential; because, just as it is impossible to cleanse a vessel without ridding it of all uncleanness, so it is impossible to purge your soul of sins without confession.

Venerable Ephraim the Syrian has rightly told Whoever has escaped from a prison will not wish to see it another time. Whoever has been delivered from captivity prays that he will never fall into captivity (that is, repentance consists in not returning to one's former sins).

It is better to be ashamed to sin than to confess.

"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." James 5:16

Joel Varghese Shaju
Class 1,
Mar Yuhanon M SS, K.R.Puram.



Neha P Anish
Class 5,
Mar Yuhanon M SS, K.R.Puram.

Oriental orthodox churches

Oriental Orthodox Churches shared communion with the Catholic Church and the Eastern Orthodox Church before the Council of Chalcedon in AD 451, as well as with the Church of the East until the Council of Ephesus in AD 431, all separating primarily over differences in Christology.



The Oriental Orthodox developed distinctively under the Patriarchate of Alexandria in Egypt, originally part of the Pentarchy, and the only episcopal see besides the See of Rome to maintain the title "Pope". The majority of Oriental Orthodox Christians live in Egypt, Ethiopia, Eritrea, and Armenia, with smaller Syriac communities living in the Middle East—decreasing due to persecution—and India. There are also many in other parts of the world, formed through diaspora, conversions, and missionary activity.

Members of Oriental churches and their rites

The Oriental Orthodox Churches are composed of six autocephalous churches: the Coptic Orthodox Church of Alexandria, the Syriac Orthodox Church of Antioch (including its archdiocese in India the Jacobite Syrian Christian Church), the Armenian Apostolic Church, the Ethiopian Orthodox Tewahedo Church, the Eritrean Orthodox Tewahedo Church, and the Malankara Orthodox Syrian Church.[5] Collectively, they consider themselves to be the one, holy, catholic, and apostolic church founded by Jesus Christ in his Great Commission, and that its bishops are the successors of Christ's apostles. Most member churches are part of the World Council of Churches. Three very different rites are practiced among the churches: the western-influenced Armenian Rite, the West Syrian Rite of the two Syriac churches, and the Alexandrian Rite of the Copts, Ethiopians and Eritreans.



Jithin B George
Class 10,
St. Dionysius SS, Dasarahalli

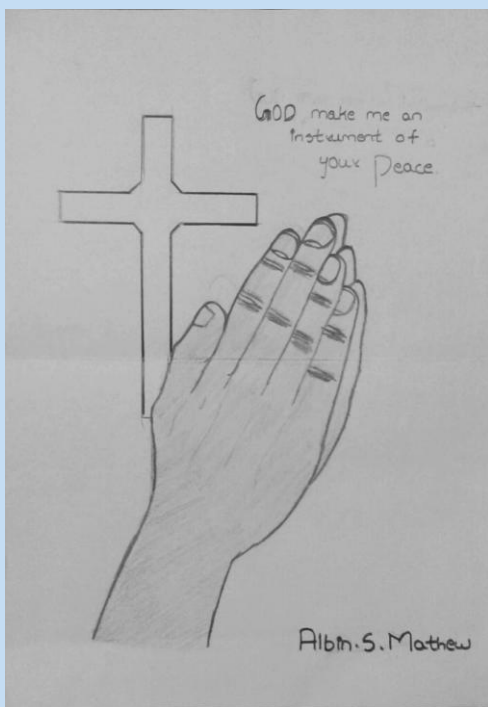


Jerusha B Mathew
Class 5,
St. Joseph's O SS, Horamavu

But *Seek ye* **FIRST**
THE *Kingdom of* **GOD**
AND HIS RIGHTEOUSNESS



Albin S Mathew
Class 10,
St. Gregorios O SS, Tumkur

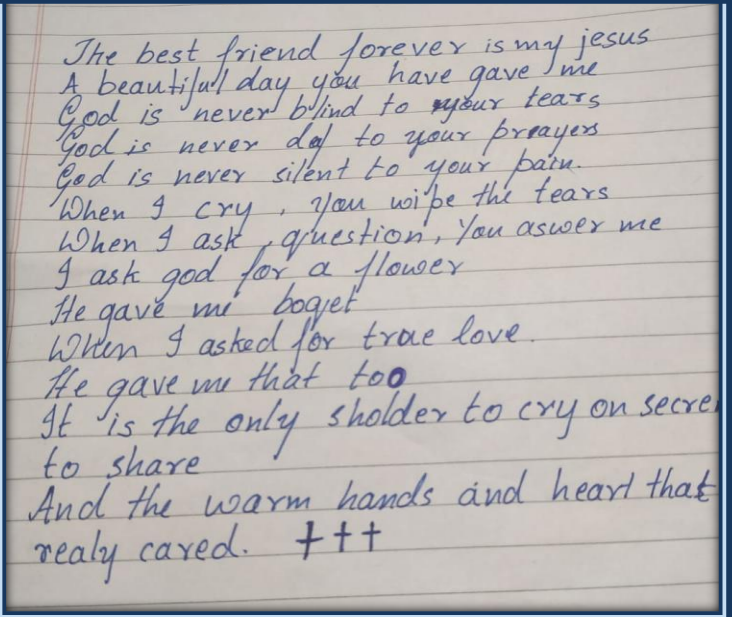


Shreya Simon
Class 10,
St. Gregorios O SS, Tumkur






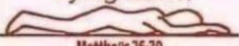
Riya V.M
Class 10,
St. Gregorios O SS, Tumkur

GOD IS AWESOME



The best friend forever is my Jesus
A beautiful day you have gave me
God is never blind to your tears
God is never deaf to your prayers
God is never silent to your pain.
When I cry, you wipe the tears
When I ask, question, you answer me
I ask God for a flower
He gave me bouquet
When I asked for true love.
He gave me that too
It is the only sholder to cry on secret
to share
And the warm hands and heart that
really cared. +++

**It doesn't matter how you pray
As Long as you Pray**

If you Sit  Nehemia 1:4	Stand  Marcus 11:25 God's reward	Walk  2 Koningen 4:35
Bow down  Exodus 34:8	Hands up in Worship  1 Timotheus 2:8	Kneel  Lukas 22:41
Lying down  Mattheus 26:39		

GOD IS GOOD ALL THE TIME



Jobin S Jiji
Class 10,
St. Gregorios O SS, Tumkur



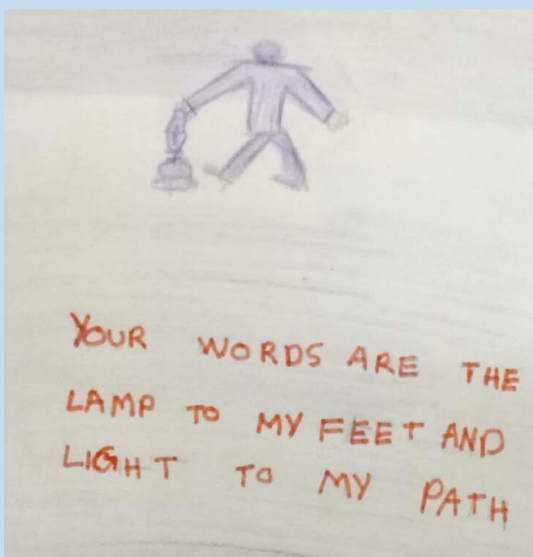
“Do not come near here; **remove your sandals**... for the place on which you are standing is

HOLY GROUND.”

Paul John Joseph
Class 1,
St. Gregorios SS, Mathikere.

Your *Word*
is a *lamp* unto my feet,
and a *light* unto my path.

Psalm 119:105



Samuel Mathew
Class 6,
St. Gregorios SS, Mathikere.



James Mathew
Class 1,
St. Gregorios SS, Mathikere.

The Widow of Zarephath

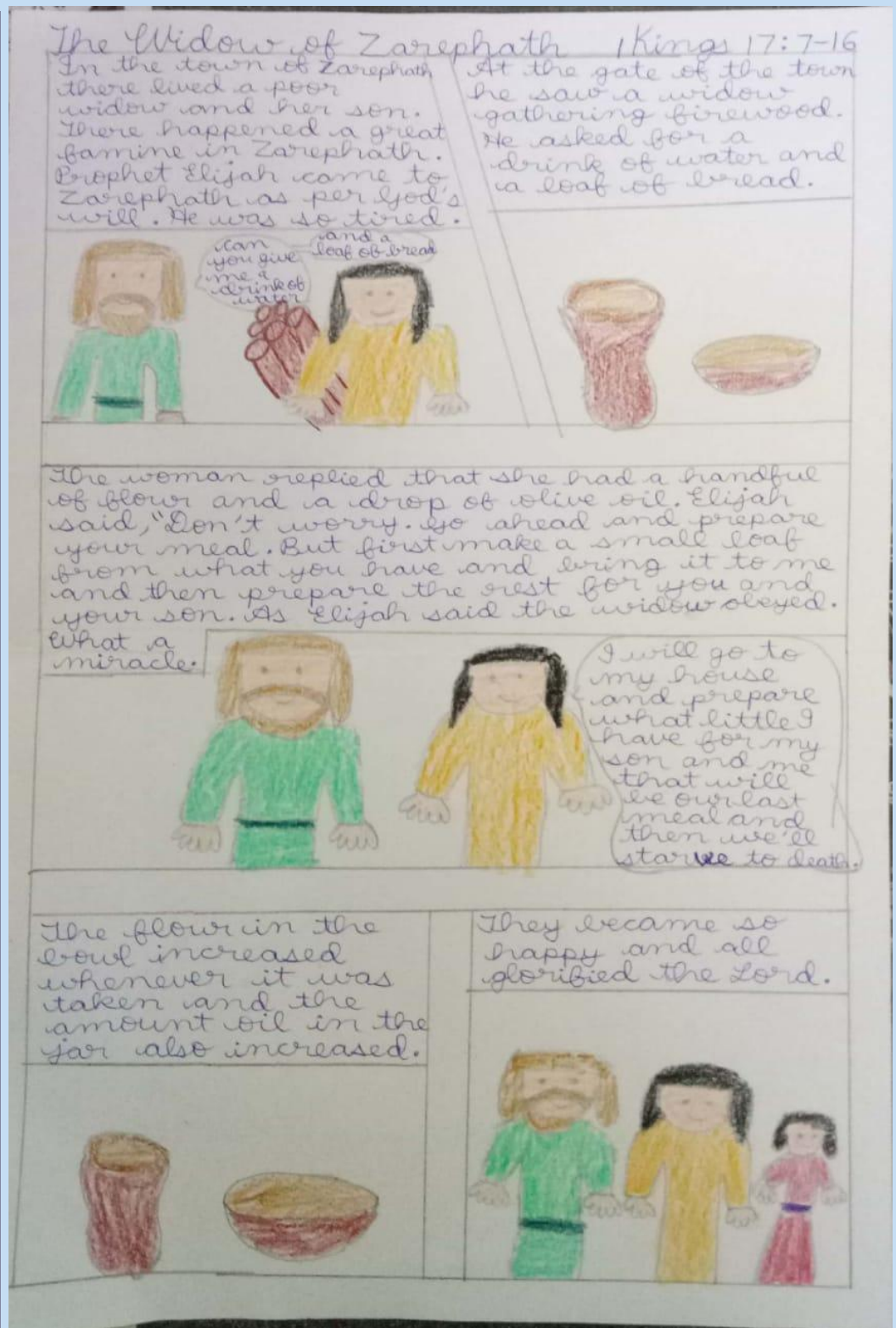
1 Kings 17 : 7 - 16 [NRSV]

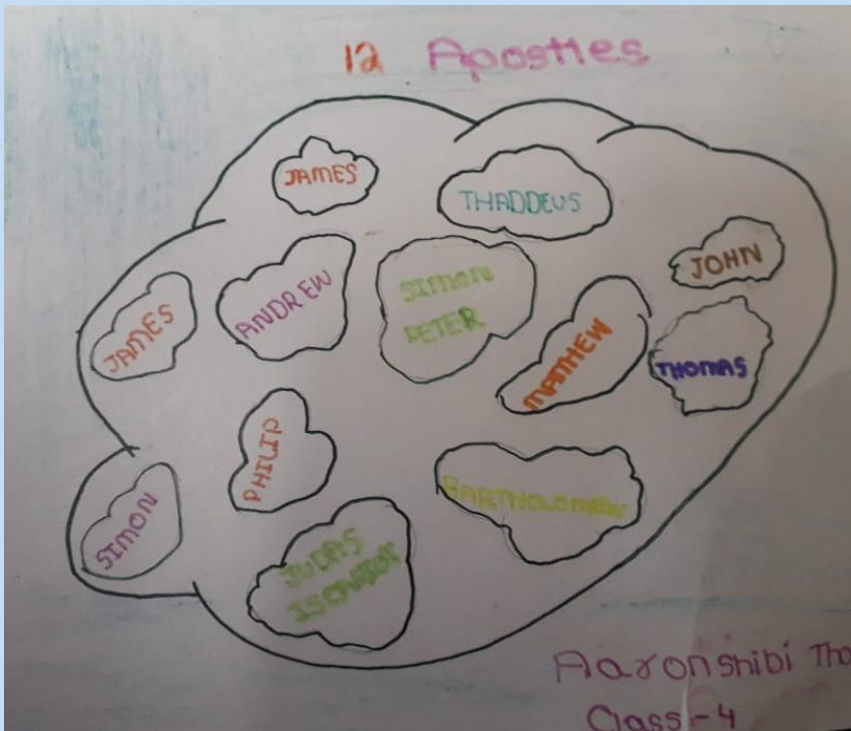
7 But after a while the wadi dried up, because there was no rain in the land. 8 Then the word of the LORD came to him, saying, 9 "Go now to Zarephath, which belongs to Sidon, and live there; for I have commanded a widow there to feed you." 10 So he set out and went to Zarephath. When he came to the gate of the town, a widow was there gathering sticks; he called to her and said, "Bring me a little water in a vessel, so that I may drink." 11 As she was going to bring it, he called to



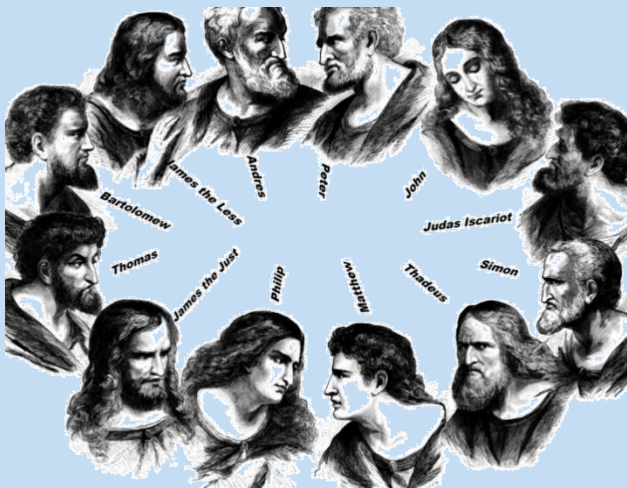
Anna Mariam Sanjay
Class 6,
St. Gregorios SS, Mathikere.

her and said, "Bring me a morsel of bread in your hand." 12 But she said, "As the LORD your God lives, I have nothing baked, only a handful of meal in a jar, and a little oil in a jug; I am now gathering a couple of sticks, so that I may go home and prepare it for myself and my son, that we may eat it, and die." 13 Elijah said to her, "Do not be afraid; go and do as you have said; but first make me a little cake of it and bring it to me, and afterwards make something for yourself and your son. 14 For thus says the LORD the God of Israel: The jar of meal will not be emptied and the jug of oil will not fail until the day that the LORD sends rain on the earth." 15 She went and did as Elijah said, so that she as well as he and her household ate for many days. 16 The jar of meal was not emptied, neither did the jug of oil fail, according to the word of the LORD that he spoke by Elijah.



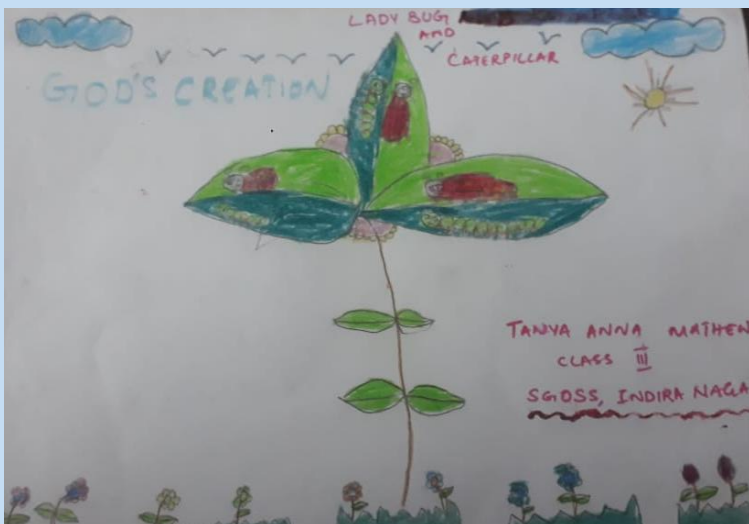


Aaron Shibi Thomas
Class 4,
St. Baselios SS, Marathahalli.



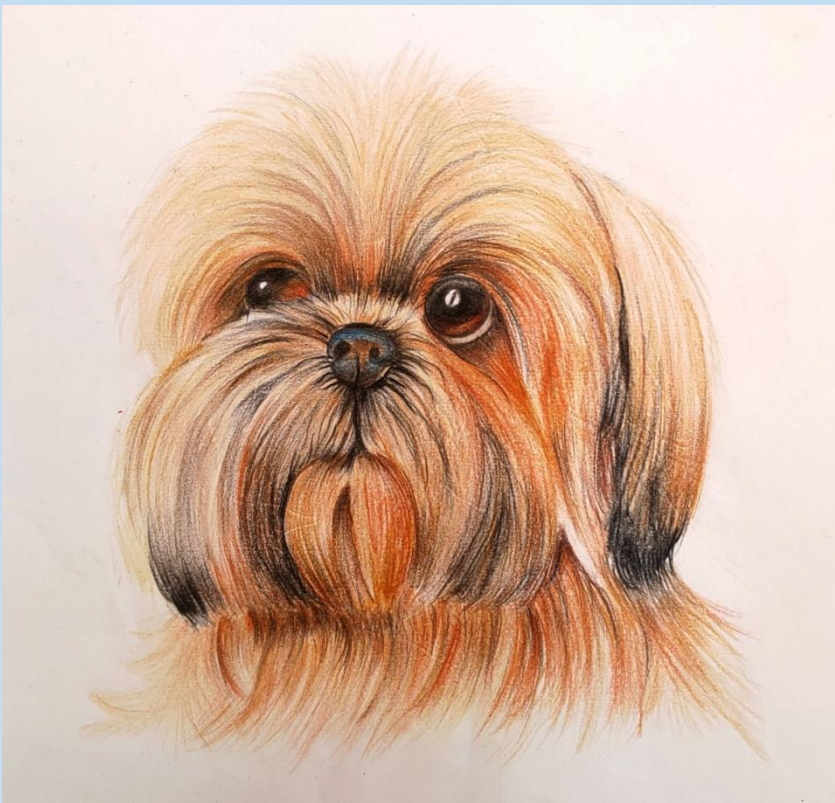
MATTHEW 4:19
FOLLOW ME
and I will make you
FISHERS OF MEN.

Tanya Anna Mathew
Class 3,
St. George SS, Indiranagar





Sharon Jacob
Class 11,
Mar Gregorios SS, Hebbal





Sherlin Jacob
Class 7,
Mar Gregorios SS, Hebbal

Everything
has
BEAUTY
but
not everyone
sees it.



SPIRITUAL DISCIPLINE

M.K.Uthup

Teacher

St. Gregorios Cathedral SS, Hosur Rd.

SPIRITUAL DISCIPLINE



How important is physical exercise for overall health and wellness of our body so important is spiritual exercise for the soul as St Paul advises Timothy in 1 Tim.4: 7 “Train yourself in godliness , for, while physical training is of some value , godliness is valuable in every way , holding promise for both the present life and the life to come “. Now let us examine how we can train ourselves regularly for Godliness through Spiritual Discipline.

The key aspects of Spiritual Discipline are prayer and scripture reading but also Worship, Fasting and Service.

Prayer:

Prayer should be our time alone with God. (Luke 5:16, Math 14:23, Luk6: 12) Jesus would often get up early morning and spend time alone with God. When we pray it should be exactly as Jesus did, a quiet-time, speaking to God of the trials that face us and in turn waiting for God to answer us. Often, the answer from God may not be in the form we expect it to be. It is only when we are praying regularly and seeking His plan for us that we really recognise the answer that God has provided to our prayers. As the Bible says in Rev 3:20, Jesus knocks on our door, but it is up to us to open the door and welcome him to eat with us. There will always be a choice in front of us – the plan God has for us and a whole lot of other choices. We should train ourselves to avoid the choices that are not from God.

Reading Scripture:

2 Tim 3: 15- 16, “all scripture is inspired by God and is useful for teaching, for reproof, for correction and for training in righteousness” making us wise for salvation through Christ. Again as Jesus tells us “Those who love me will keep my word” -John 14: 23. Reading the scripture and fasting is an essential part of our daily training to achieve spiritual discipline. The multitude of examples from the scripture will help us to see what God would have wanted us to do when we are faced with a particular situation.

Worship:

Worship is our main response to God’s love. “...the true worshipers will worship the

Father in spirit and truth, for the Father seeks such as these to worship him.” John 4:23. Noah is the first to build an altar to God. As soon as Noah and his family and every animal, bird and every thing that moves on earth went out of the ark Noah built an altar to the Lord and offered burnt offering. We attend Holy Qurbana for praising and thanking God for the remission of our debt and forgiveness of sin and also seeking continued mercy and grace.

Fasting and Service:

In a literal sense it means abstaining from food and helping our neighbours. However, this has more to do with experiencing the work of God as we take on tasks that are way beyond our capacity. Abraham taking his family as he set out from Haran, Moses leading Israel from bondage, the boy with two fishes and five loaves are examples. Let us start on a mission dictated by God and see how He leads us to the other shore. Fasting and meditation are the sharp tools that make us spiritually strong.

“TASTE AND SEE THAT THE LORD IS GOOD”



Bilhah Kuriakose
Class ,
St. Gregorios Cathedral SS, Hosur Rd.

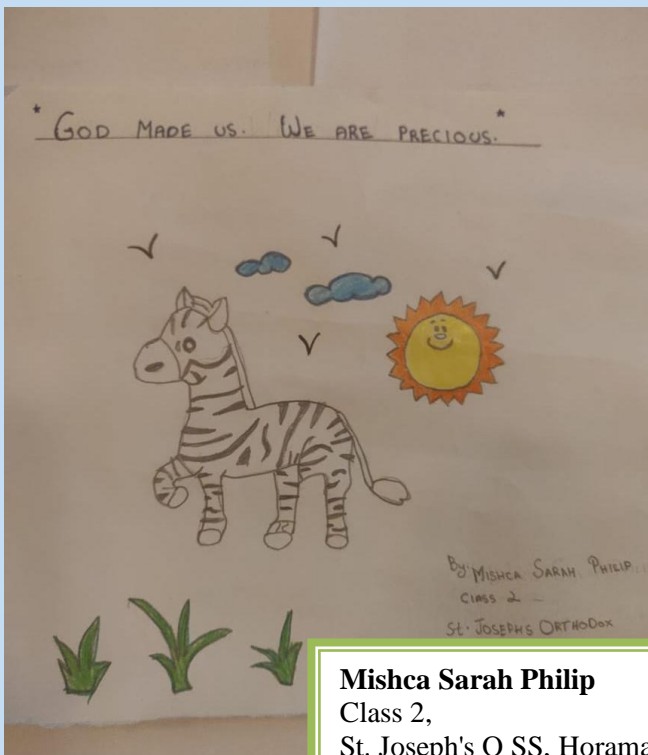


Diya Elsa Manoj
Class 6,
St. Baselios SS, Marathahalli.

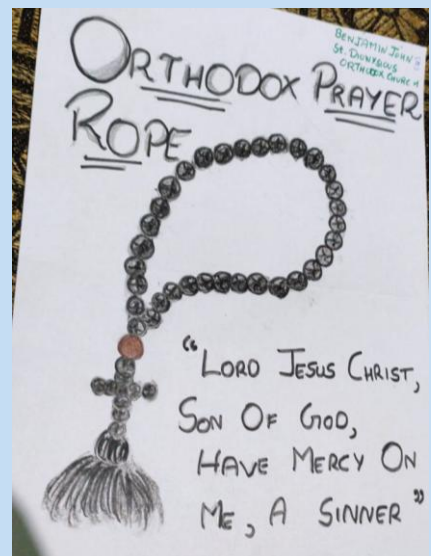
Saira Suzanne Saju
Class 4,
St. Baselios SS, Marathahalli.



Saira 10-11-15



Mishka Sarah Philip
Class 2,
St. Joseph's O SS, Horamavu



Benjamin John
Class 9,
St. Dionysius SS, Dasarahalli

Riddles (E-Bodhini)

1. Who was the fastest man in the Bible?
A. Adam; He was the first man in the human race.
2. What did Adam do when he wanted sugar?
A. He raised Cain; (Care)
3. What did Adam and Eve never have, never see, but yet manage to provide to their children?
A. Parents
4. What was Noah by profession?
A. An Arkitect; (Architect)
5. How long did Cain hate his brother?
A. As long as he was Abel to; (Able)
6. Who was the straightest man in the Bible?
A. Joseph; because Pharoah made a ruler (Scale) of him.
7. Who was the first tennis player in the Bible?
A. Moses; because he served in Pharoah's court.
8. Who was the best babysitter in the Bible?
A. David; He rocked Goliath to sleep.
9. Why were Elijah's parents rich?
A. Because they made a big prophet. (profit)
10. What was Adam and Eve's telephone number?
A. Two ate one (Apple); 281

Mishal Mammen Philip
Class 5,
St. Joseph's O SS, Horamavu

For understanding
proverbs and parables,
the sayings and
riddles
of the wise.

Proverbs 1:6



Derek Basil Denny
Class 1,
St. Baslios SS, Marathahalli.



Amelia Biju
Class Prep,
St. Baslios SS, Marathahalli.



Butterfly
(A conversation with a Butterfly.)

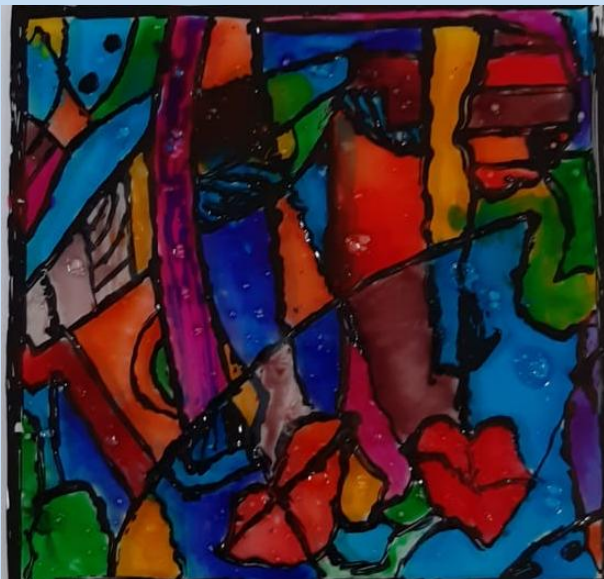
I've watched you for a full half an hour
Self poised, upon that yellow flower
a little, beautiful butterfly, indeed!
I know not, if you sleep or feed.

How motionless! like a frozen sea
The joy that awaits you,
when the breeze has found you - among the trees,
calling you forth, again and again.

The garden around is all ours,
My trees they are, and my sisters flowers.
here rest your wings, whilst weary
here we lodge as in a sanctuary.

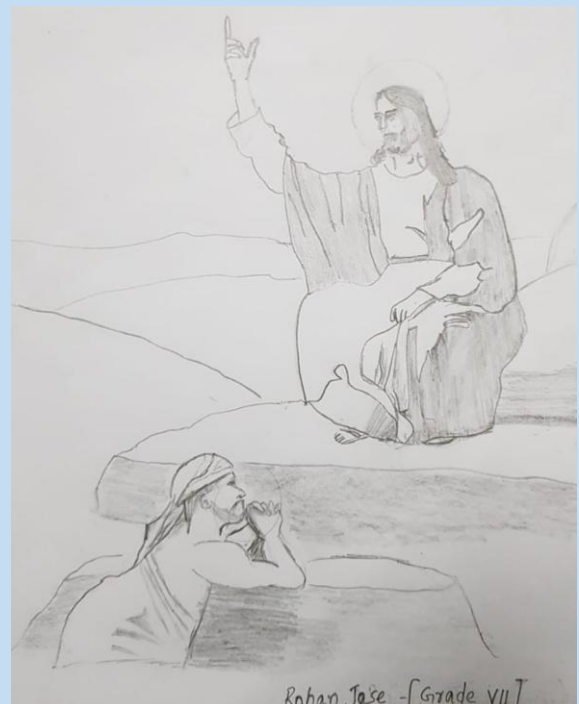
Jeffin George Cherian

Class 4,
St. Baselios SS, Marathahalli.



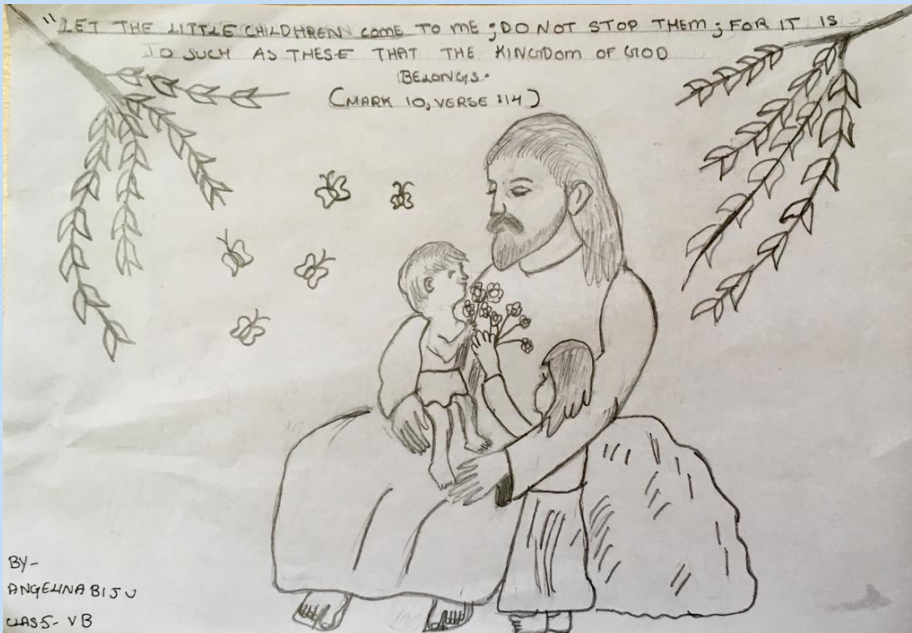
Heizel Mariam Denny

Class 5,
St. Baselios SS, Marathahalli.



Rohan Jose

Class 7,
St. Baselios SS, Marathahalli.



Angelina Biju
Class 5,
St. Baselios SS, Marathahalli.



Class Preparatory
St. Baselios SS, Marathahalli.

Tisha Viju Issac
Class 2,
Mar Yuhanon M SS, K.R.Puram.



Olivia Sarah Siju
Class 3,
St. Joseph's O SS, Horamavu

"Take your candle,
and go light your
world."



Diya Elsa Manoj
Class 6,
St. Baselios SS, Marathahalli.



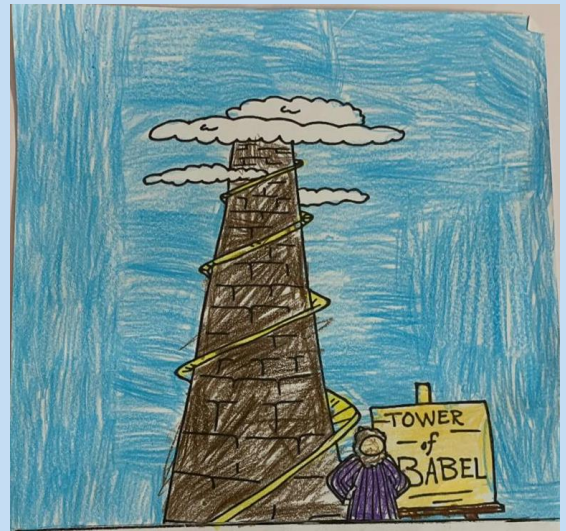
Lucas Varghese Shaju
Class 4,
Mar Yuhanon M SS, K.R.Puram.



*In all your ways
acknowledge Him and He
will direct your paths
Proverbs 3:6*



Aahaan Viju Issac
Class 5,
Mar Yuhanon M SS, K.R.Puram.



I can do all things
though **CHRIST**
who Strengthens me.
Phillipians 4:13

Evlynn Susan Andon
Class ,
St. Stephen's SS, Vijayanagar

Sara S Alex
Class 7,
Mar Yuhanon M SS, K.R.Puram.

But a certain Samaritan, as he journeyed, came where he was: and when he saw him, he had compassion on him, Luke 10:33

THE GOOD SAMARITAN

In the book of Luke chapter 10 we learn about the good samaritan. We understand that a good samaritan is one who helps a person when in need. Jesus christ tells us to be good samaritan in this world and help one another the poor and needy.

Michelle Mariam Alex
Class 3,
St. Stephen's SS, Vijayanagar



KNOW HIM **CONNECT WITH HIM** **GLORIFY HIM**

Stephen Samuel
Headmaster,
St. Baselios SS, Marathahalli.

KNOW HIM CONNECT WITH HIM GLORIFY HIM

John 3:16 For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.

How do you develop faith in someone who you haven't seen?
HOW DO YOU BELIEVE IN HIM?

Remember... Everlasting life is only for those Who Believe Him !!

There is a 3-point method, which I feel, can help us have an experience with Him ... cultivate the Belief in Him

1. KNOW HIM

How do you know about Someone who is not there in person with you? I didn't know about Steve Jobs till I read about him in his autobiography. After you read the book, his beliefs, his thoughts and his quotes stay with you.

So what do I need to do to know God? You guessed it... Read the Bible. The Bible is filled with stories on life application. And this is what Jesus himself uses as well. When he is alone and fasting in the desert when he is at his most vulnerable stage, he is tempted by the devil. The one thing that comes to his defense is.... "The scriptures". If Him being God, needs THE WORD to ward off the devil, how much more do we mere mortals need.

2. CONNECT WITH HIM

How does one establish a similar connection with the Almighty? Through prayer.

Jeremiah 29:11 13 For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and! will listen to you. You

will seek me and find me when you seek me with all your heart.

We are worried about our future about our children's future... what's going to happen next?.. In fact this is what we take to him when we pray to him. I would say turn it around and say, Lord I have no idea about my life, please reveal the plans you have laid out for me and I assure you that if you seek him with all your heart, you will hear His plans for you.

Things become clearer, the plans for you are revealed to you when you connect with him. Once you have clarity on His plans for you, you start trusting Him

The problem is we want to tackle everything on our own because we think we are in control. That is our biggest folly.

3. GLORIFY HIM

Matthew 5:14-16 "You are the light of the world. Let your light so shine before men, that they may see your good works and glorify your Father In heaven.

When we look at moon at night, we are quite amazed by the moon light - but at the back of the mind you know, the light reflected by the moon is not its own light, but it's the sun's light.

The light in each of us comes from the amount of God's goodness and righteousness filled in us and when we do His work. So what is His work.

Our Lord did not come to be served but to serve. He gave us two simple commandments Love your God with all your heart, with all your soul and all your mind and Love your neighbor as I have Loved you so that they know you are my disciple. And who is my neighbour. From the example of the Good Samaritan anyone who is in need and requires your help.

So in the end I would encourage all of you to study the Bible, establish a relationship with God and most importantly do His work.

A doctor after completing his MBBS & MD is useless if he doesn't practice medicine, a lawyer wastes his time if he does not fight cases in the court after his law degree. and so is the case with the Christian who reads the Bible, says the prayer, goes to church but does not put the Word into practice.

James 1:22 Do not merely listen to the word, and so deceive yourselves. Do what it says.

Annika Elizabeth Baiju
Class 3,
Mar Yuhanon M SS, K.R.Puram.

*The wise woman
builds her house,
but with her own
hands the foolish
one tears hers down.*
— **proverbs 14:1**



Joann Shine
Class 4,
St. Baselios SS, Marathahalli.



**BEHOLD, I STAND
AT THE DOOR, AND
KNOCK: IF ANY MAN
HEAR MY VOICE,
AND OPEN THE
DOOR, I WILL COME
IN TO HIM.**

REVELATION 3:20

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WhatsApp Wala Gyan

Intelligence and Wisdom

Some profound distinctions between **Intelligence** and **Wisdom** Worth reading on ...

1. Intelligence leads to arguments. Wisdom leads to settlements.
2. Intelligence is power of will. Wisdom is power OVER will.
3. Intelligence is heat, it burns. Wisdom is warmth, it comforts.
4. Intelligence is pursuit of knowledge, it tires the seeker. Wisdom is pursuit of truth, it inspires the seeker.
5. Intelligence is holding on. Wisdom is letting go.
6. Intelligence leads you. Wisdom guides you.
7. An intelligent man thinks he knows everything. A wise man knows that there is still something to learn.
8. An intelligent man always tries to prove his point. A wise man knows there really is no point.
9. An intelligent man freely gives unsolicited advice. A wise man keeps his counsel until all options are considered.
10. An intelligent man understands what is being said. A wise man understands what is left unsaid.
11. An intelligent man speaks when he has to say something. A wise man speaks when he has something to say.
12. An intelligent man sees everything as relative. A wise man sees everything as related.
13. An intelligent man tries to control the mass flow. A wise man navigates the mass flow.
14. An intelligent man preaches. A wise man reaches.

Intelligence is good but wisdom achieves better results.

A Teacher

Sanskrit words for 'teacher' based on their unique abilities...

1. The teacher who gives you information is called: **Adhyapak**
2. The one who imparts knowledge combined with information is called: **Upadhyaya**
3. The one who imparts skills is called: **Acharya**
4. The one who is able to give a deep insight into a subject is called: **Pundit**
5. The one who has a visionary view on a subject and teaches you to think in that manner is called: **Dhrishta**
6. The one who is able to awaken wisdom in you, leading you from darkness to light, is called: **Guru**

Sanskrit is perhaps the only language that has such a refined vocabulary to distinguish the different kinds of teachers.



KIDS PAGE



Contribute articles -

Please send some interesting puzzles, articles, biblical games, quiz to be published in Kids Page.

Please send your answers at the earliest to the Zonal Secretary

Crossword Puzzle - Birth of Jesus

Birth of Christ

DOWN

- Who were tending their flocks by night
- Who announced the birth of Christ to the shepherds
- The wise men bowed down to Jesus to _____ him
- Jesus was born in this town
- "The _____ of peace" - one of the titles of Jesus
- mother of Jesus
- Jesus was born in a _____
- The shepherds were in the _____ when they saw an angel

ACROSS

- The wise men followed a _____ that led them to Jesus
- human father of Jesus
- There was no _____ at the inn for Jesus
- one of the gifts of the three wise men
- Jesus could not stay at the _____ because it was full
- and on earth _____, goodwill toward men (Luke 2:14)

Answers to Vol 9 'The Beatitudes' Puzzle.

- | | | | |
|---|--|--|---|
| 1. Blessed are the merciful: | 7. Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven . | 13. Blessed are the merciful: for they shall obtain mercy . | 19. Blessed are the poor in spirit : for theirs is the kingdom of heaven. |
| 2. Blessed are the peacemakers: for they shall be called the children of God. | 8. Blessed are they which do hunger and thirst after righteousness: for they shall be filled. | 14. Blessed are they that mourn : for they shall be comforted. | 20. Blessed are they which do hunger and thirst after righteousness: for they shall be filled. |
| 3. Blessed are they that mourn: for they shall be comforted . | 9. Blessed are the meek: for they shall inherit the earth. | 15. Blessed are the peacemakers for they shall be called the children of God. | |
| 4. Blessed are the meek: for they shall inherit the earth . | 10. Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. | 16. Blessed are the poor in spirit: for theirs is the kingdom of heaven. | |
| 5. Blessed are they which do hunger and thirst after righteousness: for they shall be filled . | 11. Blessed are the meek : for they shall inherit the earth. | 17. Blessed are the pure in heart: for they shall see God. | |
| 6. Blessed are the pure in heart : for they shall see God. | 12. Blessed are the merciful : for they shall obtain mercy. | 18. Blessed are they which do hunger and thirst after righteousness for they shall be filled. | |



Activity: *Oriental V/s Eastern Orthodox*

What is the difference between Oriental Orthodox and Eastern Orthodox Churches ?

NEWS ... EVENTS ... UPDATES
from our Sunday Schools in Bangalore Zone

Mar Gregorios Orthodox Sunday School, Hebbal



Silver jubilee celebrations of the parish - a very special joyous occasion for our sunday school children and teachers with our **Bava Thirumeni, H. H. Moran Mar Baselios Mar Thoma Paulose II**, Catholicos of the East and Malankara Metropolitan.



OVBS 2019 - a day out at J.P.Park & OVBS valedictory function.



ANNOUNCEMENTS



Contribute some interesting original articles and win some prizes.

We hope you'll join us.

Next Edition planned

Tentative Date : Feb 2020.

Dear Students and Teachers,

Please use this opportunity to express and share your experiences, ideas and thoughts through your articles like news updates, short stories, notes, essays, poems, paintings, quotes, jokes, quiz, games, puzzles, message, etc at the earliest through your teacher/ headmaster

Note : Please do mention your Name & Church and send articles to reach before 10-Jan-2020.

NOTE : Please feel free to share your ideas for themes for newsletters, suggestions, comments, observations, mistakes observed, omissions etc.

Editorial

Dear Friends in Christ,

Read your Bible every day.

Biblical literacy is a huge problem in the church, and it makes many of today's challenges more challenging. Surveys in America show that 82 percent of them think "God helps those who help themselves," is a Bible verse. 50 percent of graduating high school students think Sodom and Gomorrah were husband and wife. Not sure what will be the results if we have such a survey in our Church and Sunday Schools.

With illiteracy of God's word, your hopes are diluted. You are not aware of the tremendous power available to us in God's Word. Few reasons why you should read and spend time with your Bible daily.

You will be Happy. Psalm 1 : 1-2 says "Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the LORD, and on his law they meditate day and night."

You will be guided by His word, containing His wisdom, His goodness, His intentions, His will for our lives. He will direct your life. It will give you instructions to lead a life that is well-pleasing to God. It will help you to discern good and bad.

Just as our body weakens when we go without food, so our soul faints when we go without God's Word. The Bible gives you nourishment to your spiritual lives. Jesus said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" Matthew 4:4.

It helps you to overcome temptations of all kinds. Paul writes, "And take the helmet of salvation, and the sword of the Spirit, which is the word of God ..." Ephesians 6:17.

It tells you of all the promises that can be yours, both in this life and in eternity, if you do the will of God. It will lead you to eternal life.

Can we make reading the Bible— God's Word, a daily habit ?

The uniqueness of this edition of e-bodhini is the inclusion of students from all the parishes to the editorial board. My thanks are due to the Editorial Board for their support and also the students for their wholehearted contributions and support in breathing life into these pages of the 10th Volume of "E-bodhini".

We have for you, in this edition, from students of all our parishes in Bangalore zone, a wide range of artworks, paintings, poetry, riddles, paintings and some informative and inspirational articles. As the saying goes, mind like parachute works best when opened. This initiative is to set our budding minds to roam free in the realm of imagination and experience to create a world of beauty in words and colours.

I take this opportunity to thank our Thirumeni, **H.G. Dr. Abraham Mar Seraphim** for his able guidance and support, the members of the Editorial Board of BODHINI and dear Sunday School Children, Teachers, Head Masters, Vice President Achen and officials of Bangalore Zone Sunday School for the support and encouragement.

Happy Reading !

For and on behalf of Editorial Board of E-Bodhini.

With Love

Biju Prasad

Chief Editor

(Mar Gregorios Orthodox Church, Hebbal)

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