

OSSAE-OKR BANGALORE ZONE

E-Bodhini (NEWSLETTER)



Vol 11 : 2020 February
(for private / internal circulation)

MESSAGE FROM THIRUMENI

17th February 2020

BLESSINGS!

We completed a blessed Sunday school academic year 2019 and a new academic year has started from January 2020. I wish and pray for all the students, teachers and the officials of Sunday schools of Bangalore Zone.

We are entering the season of the Great Lent. Primary aim of the Lent is to discipline the body and engage the soul in repentance to purify our heart to go near to God. Food restriction is for disciplining the body and Prayers for the soul. Prayer and Fasting go together. I urge you to take part in Lenten prayers regularly.

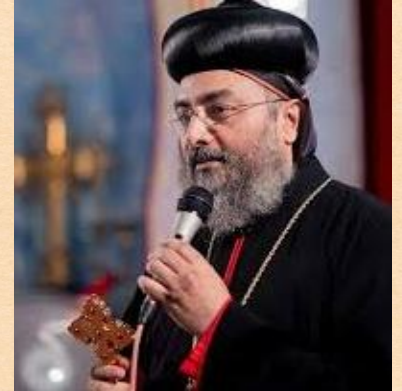
Choose a food restriction that you can keep all throughout the Lent period depending on your circumstance. Whatever you have saved out of this food restriction must be donated to Church's welfare schemes. Also, I urge you to restrict the use of Social Media applications on Mobile phones and computers.

We read in the Morning prayer "Lent is good, but if one observes the Lent without Love it is fruitless. Prayer is love, if love does not elevate the prayer, its wing will be weak. Those who lack love cannot see God"

Love should be the primary basis for keeping the Lent. We repent, because we have distanced ourselves from all loving God, who is always near to us, and we are sad out of Love of God. Similarly, out of love for others, we repent that we have caused harm to others by our motives and actions. Lent is going near to God – growing in Love, as God is Love!

May God Almighty bless you!

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



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MESSAGE FROM VICE PRESIDENT ACHAN,

PURPOSE OF SUNDAY SCHOOL



Fr. Koshy Thomas

Today's world can be a very dangerous place, with sin and bad influences surrounding us/ almost everywhere we go.

In this world, Sunday school acts as a safe place where children can create strong friendships with each other and with Jesus Christ.

Beyond this role, Sunday school has Five Key responsibilities that it fulfils in our children, and we'll look at each of these responsibilities separately.

1. Sunday school is to teach the Bible to our children.

We learn about God's love as we hear its stories and parables.

When most people are asked, "What is the most important thing children learn in Sunday school?" the answer is often "the Bible."

In Sunday school, children develop a Christian understanding of the purposes of Scripture.

Through these experiences with the Bible in Sunday school, they learn to recognize God's call to them.

2. Sunday school is to help us to accept God's grace.

Knowing facts from the Bible is not enough.

In fact, many non-Christians know more about the Bible than some of us who are Christians.

Therefore, knowledge of the Bible doesn't create Christians.

What impels a person to become a Christian is the belief that the words of the Bible are God's message to us.

It is the recognition that God's love shown through Jesus Christ is real.

It is the acceptance of God's saving grace offered through Jesus Christ that enables one to become the person God created him or her to be.

3. **Sunday school helps us to grow in Christian faith.**

Christian faith becomes a reality when the lessons of the Bible and our personal experiences of God's love inspire us to love God and to trust God's guidance, as we make decisions about our lives each day.

Christians want to learn more about Jesus' teachings and discover the gifts of God that come through the Holy Spirit.

Christians also want to turn their full attention to learning more about what it means to live as a person of faith.

They aren't satisfied simply knowing the Bible and believing in God; instead Christians want to grow in their understanding of God's purposes.

They want their relationship with God to grow deeper day by day.

4. **4. Sunday School is to guide our children to become mature members of a Christian community.**

Sunday school teaches us that the ability to grow in relationship to God is possible only in fellowship with other Christians.

Although Christians value time alone in prayer and communion with God, we also welcome times to praise God and give thanks for God's gracious love/ in worship and prayer with one another.

Through the bond of Christian relationship that develops, Christians strengthen one another so that they are able to carry their experience of God's presence and love/ into the activities of their everyday lives.

5. **5. Sunday school is to help the students to answer God's Call to Christian living.**

Living a Christian life does not come automatically.

It comes through study, worship, and learning together.

When people learn to follow the example of Jesus Christ, they become Christian examples, revealing the love of God through their own actions at home, at work, at play, or anywhere they may be.

Sunday school builds a desire to follow the example of Jesus, which leads Christians to recognize the needs of others and to seek ways to serve in God's name.

However, Sunday school should not be the end of our religious education.

Sunday school is only the beginning for children and youth in their lifelong process of learning, growing, and serving in Christ.

Christian education is a never-ending process that is enabled in Christian community, as Christians continue to study, worship, and serve together.

The lessons of Christian education make it possible for us to practice love and to live as children of God.

How well we learn those lessons day by day will determine what kind of church we are Sunday by Sunday.

Ultimately, encouragement and nourishing our Sunday school is a sacred responsibility.

To give our religious education less than our best would be unfaithful to the life God has called us to live and to the world God has called us to serve.

If there is ever a generation somewhere, sometime, that does not know the power of God's love, it will be because some generation did not continue to teach and learn.

The greatest gift that our church has to offer to the children is the strong faith that has been passed down through the generations, so let's take this day to appreciate just how important Sunday school is for the future of our church.

God bless you all.

With love and prayers

Fr. Koshy Thomas

Vice President, OSSAE-OKR, Bangalore Diocese

15-February-2020

If there is ever a generation somewhere, sometime, that does not know the power of God's love, it will be because some generation did not continue to teach and learn.

MESSAGE FROM DIOCESAN DIRECTOR

**“Now faith is the assurance of things hoped for, the conviction of things not seen”
Hebrews 11:1**

He said to them, "Because of your little faith. For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you." St. Matthew 17:20

In our life, we often encounter difficult situations, where we lose hope, and many a times we do not see a way out. The above two verses should guide you in such situations. Though the Hebrew 11:1 talks mainly of our salvation, it defines faith. Faith is not wishful thinking, but a deep conviction from experiences of previous generation and our own past life. It is trusting God's goodness, love and promises.

The second verse tells us that faith builds up on the little we have. Even a little faith in God is good as it is a movement towards the correct destination, as we go closer, it grows stronger. Faith opens new doors, new possibilities and new avenues. Faith does not brood on the negative aspects.

It is important that we put our trust in God in all circumstances. We often worry about worst things happening to us, though if we think about what happened in such circumstances in the past, it all would be proved wrong! When Abraham sent the Hagar and Ishmael away, the water gets over, and Hagar fearing the worst starts to cry. Then God opens her eyes she saws a well. (Genesis 21:19). Faith opens our eyes and we see hope amidst all difficulties.

“For we live by faith, not by sight.” 2 Corinthians 5:7

May God Almighty, bless you all!

Mr Kuruvilla Varghese
Diocesan Director
OSSAE-OKR, Bangalore Diocese

17-February-2020

Bangalore Diocesan Arts Competitions 2019 - Results

Senior Solo

| | |
|--|----|
| Koshy Thomas C St. George OC, Indiranagar, Bangalore Dist 1 | B |
| Alji C. Viju St. Thomas OME, Bangalore East, Bangalore Dist 1 | A+ |
| Jean Maria Vaidhyan St. Mary's OV, Jalahalli, Bangalore Dist 2 | A |
| Arpitha Mary Joshua St. Mary's OV, Jalahalli, Bangalore Dist 2 | A |
| Shreya Anna Mathew St. Andrews OV, Secunderabad, Hyderabad | A+ |
| Shana Mary George St. Gregorios O Cathedral, Hyderabad | A |

Candidate selected for Inter-Diocesan Competition:

Alji C. Viju, St. Thomas Orthodox Maha Edavka, Bangalore East

Senior Elocution

| | |
|--|----|
| Sarah Mathew St. George OC, Indiranagar, Bangalore Dist 1 | A |
| Christal Biju St. Thomas OME, Bangalore East, Bangalore Dist 1 | A |
| Sona Yohannan St. Gregorios OC, Mathikere, Bangalore Dist 2 | A |
| Jean Maria Vaidhyan St. Mary's OV, Jalahalli, Bangalore Dist 2 | A+ |
| Rohan Kuruvilla St. Gregorios O Cathedral, Hyderabad | A |

Candidate selected for Inter-Diocesan Competition:

Jean Maria Vaidhyan, St. Mary's Orthodox Valiyapally, Jalahalli, Bangalore

Senior Extempore

| | |
|--|----|
| Riona Elsa Thomas St. Josephs OC, Horamavu, Bangalore Dist 1 | A+ |
| Sarah Mathew St. George OC, Indiranagar, Bangalore Dist 1 | A |
| Joslyn Jays St. Mary's OV, Jalahalli, Bangalore Dist 2 | B |
| Sneha Babu Mar Gregorios OC, Hebbal, Bangalore Dist 2 | A |
| Rohan Kuruvilla St. Gregorios O Cathedral, Hyderabad | A |

Candidate selected for Inter-Diocesan Competition:

Riona Elsa Thomas, St. Josephs Orthodox Church, Horamavu, Bangalore

Senior Essay

| | |
|--|----|
| Neha Susan Baiju St. Thomas OME, Bangalore East, Bangalore Dist 1 | A+ |
| Richa Mariam Kurien St. Thomas OME, Bangalore East, Bangalore Dist 1 | A |
| Jithin B. George St. Dionysius OC, Dasarahalli, Bangalore Dist 2 | A |
| Joslyn Jays St. Mary's OV, Jalahalli, Bangalore Dist 2 | A |
| Shana Mary George St. Gregorios O Cathedral, Hyderabad | A |
| Shilpa Sara Thomas St. Gregorios O Cathedral, Hyderabad | A |

Candidate selected for Inter-Diocesan Competition:

Neha Susan Baiju, St. Thomas Orthodox Maha Edavaka, Bangalore East

Senior Quiz

| | |
|---|----|
| Christal Biju, Neha Susan Baiju, Ann S. Mathew STOME, BLR East | A |
| Annette Elizabeth Thomas, Sarah Varghese, Roslyn P. Yeldo, SGOC, Hosur Rd | B |
| Abel Mathew Skariah, Jean Maria Vaidhyan, Joslyn Jays SMOV, Jalahalli | A+ |
| Benjamin John, Jithin B. George, Binil B. Binoy SDOC, Dasarahalli | A |
| Shana Mary George, Rohan Kuruvilla, Shilpa Sara Thomas SGO Cathedral, HYD | A |

Team selected for Inter-Diocesan Competition:

Abel Mathew Skariah, Jean Maria Vaidhyan, Joslyn Jays, St. Mary's Orthodox Valiyapally, Jalahalli, Bangalore

Secondary Solo

| | |
|--|----|
| Benson T. Yohannan St. Gregorios O Cathedral, Hosur Rd, Bangalore Dist 1 | A |
| Alwin Viju Cheeran St. Thomas OME, Bangalore East, Bangalore Dist 1 | A+ |
| Rheya Ann George St. Mary's OV, Jalahalli, Bangalore Dist 2 | A+ |
| Elizabeth Eldo Mar Gregorios OC, Hebbal, Bangalore Dist 2 | A |
| Jissa Elizabeth George St. Gregorios O Cathedral, Hyderabad | B |

Candidate selected for Inter-Diocesan Competition:

Rheya Ann George, St. Mary's Orthodox Valiyapally, Jalahalli, Bangalore

Secondary Elocution

| | |
|--|----|
| Sara Pothan Mar Yuhanon Mamdana OC, KR Puram, Bangalore Dist 1 | A+ |
| Riya Thomas St. Thomas OME, Bangalore East, Bangalore Dist 1 | A |
| Thomas V. Philip St. Mary's OV, Jalahalli, Bangalore Dist 2 | A |
| Rahael Jacob Mar Gregorios OC, Hebbal, Bangalore Dist 2 | A |
| Arpith Thomas Varghese St. Andrews OV, Secunderabad, Hyderabad | B |

Candidate selected for Inter-Diocesan Competition:

Sara Pothan, Mar Yuhanon Mamdana Orthodox Church, KR Puram, Bangalore

Secondary Extempore

| | |
|--|----|
| Neha Ann Cheriyan St. George OC, Indiranagar, Bangalore Dist 1 | A |
| Riya Thomas St. Thomas OME, Bangalore East, Bangalore Dist 1 | A |
| Rahael Jacob Mar Gregorios OC, Hebbal, Bangalore Dist 2 | A+ |

Candidate selected for Inter-Diocesan Competition:

Rahael Jacob, Mar Gregorios Orthodox Church, Hebbal, Bangalore

Secondary Essay

| | |
|--|----|
| Binil Mathew St. Mary's OC, Begur, Bangalore Dist 1 | A |
| Sherin Varughese St. Gregorios O Cathedral, Hosur Rd, Bangalore Dist 1 | A |
| Binetta P. Biju St. Gregorios OC, Mathikere, Bangalore Dist 2 | A |
| Karen Susan Abraham St. Mary's OV, Jalahalli, Bangalore Dist 2 | A |
| Eliza Thomas St. Mary's OC, BHEL, Hyderabad | A+ |
| Anish Mathew Varghese St. Gregorios O Cathedral, Hyderabad | B |

Candidate selected for Inter-Diocesan Competition:

Eliza Thomas, St. Mary's Orthodox Church, BHEL, Hyderabad

Secondary Quiz

| | |
|--|----|
| Alan C. Mammen, Joel B. Mathew SJOC, Hormavu | A |
| Ashish Eapen, Binil Mathew, Rohan John Varghese SMOC, Begur | A |
| Karen Susan Abraham, Sandra Susan Thomas, Simran J. Abraham St. Mary's Orthodox Valiyapally, Jalahalli, Bangalore | A+ |
| Benita Biju, Sharon Jacob, Elizabeth Eldo MGOC, Hebbal | A |
| Anish Mathew Varghese, Jissa Elizabeth George SGO Cathedral, HYD | B |

Team selected for Inter-Diocesan Competition:

Karen Susan Abraham, Sandra Susan Thomas, Simran J. Abraham,
St. Mary's Orthodox Valiyapally, Jalahalli, Bangalore

Christmas Card Competition 2019 -

Congratulations to the winners -

Winner :

Angelina Biju, Class V
St. Baselios Orthodox Church, Marthahalli, B'lore.

1st Runner-up:

Niya George, Class V
St. Gregorios Orthodox Cathedral, Hyderabad.

1st Runner-up:

Aileen Sarah Koshy, Class VII
St. Gregorios Cathedral, Hyderabad.



Dr. Abraham Mar Seraphim
Metropolitan



The Malankara (Indian)
Orthodox Syrian Church

Bangalore Diocese

Bangalore,
18th December 2019
Ref: DAMS/01/18122019

To:
Mr. Kuruville Varghese,
Diocesan Director – Sunday School,
The Malankara (Indian) Orthodox Syrian Church,
Bangalore Diocese.

Dear Mr. Kuruville Varghese,

Blessings to you, all Sunday School Staff and Children.

With the blessing of the Almighty and under His guidance, once again this year we were able to successfully conduct the Christmas Card competition of the Bangalore Diocese. The winner's card has been used by me as the Christmas Card I have sent to all members of the Bangalore Diocese.

The Winner's name and parish to which she belongs is mentioned on the back cover of the card.

The Winner of the Christmas Card competition will receive an Orthodox Study Bible personally signed by me. The Winner, two First Runner Up and all those who participated in the competition will receive a Certificate personally signed by me.

I am most happy and pleased to announce this year's winners:

Winner Angelina Biju, Class V of St. Baselios Orthodox Church, Marthahalli, B'lore.
1st Runner-up Niya George, Class V of St. Gregorios Orthodox Cathedral, Hyderabad.
1st Runner-up Aileen Sarah Koshy, Class VII of St. Gregorios Cathedral, Hyderabad

It was extremely pleasing to see the quality of the 77 entries received this year. I am sure a lot of hard work, patience, effort and time has gone into completing each art work. I thank each and every child who sent in an entry. It is my sincere hope that there will be more participants in the coming year.

May God's blessings be upon each and everyone of you.

Metropolitan Dr. Abraham Mar Seraphim
Bangalore Diocese

ZONAL NEWS - BANGALORE

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. Very Rev. T.K. Thomas Corepiscopa was in charge of Bangalore Diocese Sunday schools till 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 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.

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.

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 and whole-heartedly thanks the outgoing Bangalore Zonal Representative Mr. M.K. Uthup and District Inspector-II Mr. N.M. Achenkunju for their sincere, committed and dedicated service towards Sunday school 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 was 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 was held on 1st December 2019 at St. Gregorios Orthodox Cathedral, Hosur Road, St. Mary's Orthodox Valiapally, Jalahalli, St. Gregorios Orthodox Church, Tumkur and St. Gregorios Orthodox Church, Mysore.

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.

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.

Bangalore zone takes great pride in the commendable achievements of these children and profoundly appreciates and congratulates these winners and thanks all those who have worked behind this success.

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.

During the valedictory function of the NUHRO camp, students who had won various events at Inter-diocesan arts competition 2018 held at OKR Nagpur on 14th July 2019 were felicitated.

Bangalore zone earnestly recognizes the services rendered by Sunday school teachers. The commitment and the dedication shown by them towards Sunday school is highly appreciated.

Teachers who have served 20 years and 40 years of teaching experience were felicitated during the valedictory function of NUHRO camp.

We take this opportunity to thank all the well-wishers who have extended their contributions towards the students' camp NUHRO 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 was released on 7th October 2019 at NUHRO SS camp 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 and has made the magazine more informative and appreciable.

Orientation program for class X/XII Students of secular class was initiated by our Diocesan Metropolitan H.G. Dr. Abraham Mar Seraphim. This year's Orientation Program was held during MELTHO 2020. Rev. Fr. Skariah Mathew, Vicar of St. Mary's Orthodox Valiyapalli, Jalahalli was the Co-ordinator and the Orientation was led under the leadership and guidance of our Metropolitan and Mrs. Meghana Abraham, Student Counsellor and Mentor. About 50 students and 10 teachers attended the same.

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, Bangalore Diocese, Rev. Fr. Dr. Reji Mathew, Director General OSSAE, Rev. Fr. Dr. Bijesh Philip, former Director, OSSAE-OKR and Rev. Fr. Dr. Jossi Jacob, Director, OSSAE-OKR for their tireless and effective leadership with prayers, directions and support. We also thank Very Rev T.K. Thomas Cor-episcopa, former Vice President, Bangalore Diocese for leading us with his support, prayers and guidance during his tenure of office. We thank Rev. Fr. Koshy Thomas, Vice President Bangalore Diocese for leading and guiding the zone activities.

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

We thank OSSAE, Kottayam office and Mr. Chandy Samuel for their efforts in timely supply of quality Text Books as per our request.

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
10th February 2020

Mrs. Lousy Biju
Secretary

PICTURE GALLERY

Diocesan Level Competition 2019 (at St. Thomas MahaEdavaka, Bangalore East)



OSSAE-OKR Sunday School Leaders meeting at Bhilai Aramana on February 12th & 13-2020.



Secular class 10 and 12 Orientation (Meltho 2020)



Class 10 and 12 paper valuation 2019.



pleasure
IN THE JOB PUTS

perfection
IN THE WORK
Aristotele

OSSAE-OKR BANGALORE ZONE

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 Cherian | 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, Neha Susan Baiju, Ann S. Mathew | 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, Joslyn Jays, Jean Maria Vaidhyan | 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, Joel B Mathew | District 1 | St. Joseph OC, Horamavu | A+ |
| 3 | Karen Susan Abraham, Sandra Susan Thomas, Simran J. Abraham | District 2 | St. Mary's O Valiyapalli, Jalahalli | A+ |
| 4 | Benita Biju, Sharon Jacob, Elizabeth Eldo | District 2 | Mar Gregorios OC, Hebbal | A+ |

with God,
ALL THINGS ARE POSSIBLE

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

| SL. | STUDENT NAME | DISTRICT | CHURCH | GRADE |
|---|--|------------|----------------------------------|-------|
| EVENT: GROUP SONG - BUDS- Hosanna Sunday | | | | |
| 1 | Liya Anna Binu , Christine M. Noel, Sera Elsa John, Aleesha Anil, Rebecca Sanish | District 1 | Mar Yuhanon Mamdana OC, KR Puram | A+ |
| 2 | Ruth Hanna Jacob, Evana Boby, Sharon T John, Sneha Mary Kurien, Yohan George Cherian | District 1 | St. Mary's OC, Begur | A+ |
| 3 | Annette George, Anya Joseph, Alvin Shibi Thomas, Chris George Anup, Ivin George Thomas | District 1 | St. Baselios OC, Marathahalli | A+ |
| 4 | Iva Mariam, Allen Sam Vinod, Michelle Alex, Deona Mary, Ivan B. Philip | District 2 | St. Stephen's OC, Vijayanagar | A+ |

| | | | | |
|---|---|------------|-------------------------------|----|
| EVENT: GROUP SONG - PREMIERS - Maundy Thursday | | | | |
| 1 | Hanna Mariam Abraham, Tania Biju, Ruben Thomas Jacob, Aaron Ambish, Diya Binoy | District 1 | St. Mary's OC, Begur | A+ |
| 2 | Alona S. George, Elisheba Anna Sebju, Hannah Sarah Sam, Heizel Mariam Denny, Meghan Ann Titus | District 1 | St. Baselios OC, Marathahalli | A+ |
| 3 | Irene Skariah, Edriel Dan Dynish, Rianna Mathew, Alina Elizabeth Binu, Blossom Babukutty | District 2 | St. Mary's OV, Jalahalli | A+ |

| | | | | |
|--|--|------------|--------------------------------------|----|
| EVENT: GROUP SONG - TEENS - Special Songs from Holy Qurbana | | | | |
| 1 | Alshi Cheeran Viju, Alji Cheeran Viju, Sharon Elizabeth Thomas, Neha Susan Baiju | District 1 | St. Thomas O Maha Edavaka, Bglr East | A+ |
| 2 | Nikitha Moncy, Tania Elizabeth Manoj, Dona Abraham, Namitha Sara Varughese, Anca Ann Shibu | District 1 | St. Joseph OC, Hormavu | A+ |
| 3 | Ashnamol S, Abel Mathew Skariah, Joslyn Jays, Thomas Philip, Ajusha K. Daniel | 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+ |

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

| 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+ |

| SL. | STUDENT NAME | DISTRICT | CHURCH | GRADE |
|---|--------------------------|------------|---|-------|
| EVENT: MEMORY VERSE - JUNIOR | | | | |
| 1 | Nohin V Abraham | District 1 | St. Gregorios Orthodox Cathedral, Hosur Road | A+ |
| 2 | Angelyn Glasho | District 1 | St. Thomas Orthodox Maha Edavaka, Bglr. East | A+ |
| 3 | Rachel Susan Alex | District 1 | St. Thomas Orthodox Maha Edavaka, Bglr. East | A+ |
| 4 | Carol Biju | District 1 | St. Thomas Orthodox Maha Edavaka, Bglr. East | |
| 5 | Nayana Liz Baiju | District 1 | St. Thomas Orthodox Maha Edavaka, Bglr. East | |
| 6 | Aiden Bennet Samuel | District 1 | St. Joseph Orthodox Church Horamavu | |
| 7 | Olivia Sarah Siju | District 1 | St. Joseph Orthodox Church Horamavu | |
| 8 | Ashlin V. Samuel | District 2 | St. Stephen's Orthodox Church, Vijayanagar | A+ |
| EVENT: MEMORY VERSE - INTERMEDIATE | | | | |
| 1 | Rehan Luke Jacob | District 1 | St. Thomas Orthodox Maha Edavaka, Bglr. East | A+ |
| 2 | Nathaniel | District 1 | Mar Yuhanon Mamdana Orthodox Church, KR Puram | A+ |
| 3 | Jerusha B. Mathew | District 1 | St. Joseph Orthodox Church Horamavu | A+ |
| 4 | Nanditha Susan Varughese | District 1 | St. Joseph Orthodox Church Horamavu | A+ |
| 5 | Kevin Paul | District 1 | St. Baselios Orthodox Church, Marathahalli | |
| 6 | Rhea Thomas | District 2 | Mar Gregorios Orthodox Church, Hebbal | |
| 7 | Sania P.S | District 2 | St. Dionysius Orthodox Church, Dasarahalli | A+ |
| EVENT: MEMORY VERSE - SENIOR | | | | |
| 1 | Noel George Jose | District 1 | St. Thomas Orthodox Maha Edavaka, Bglr. East | A+ |
| 2 | Neha Susan Baiju | District 1 | St. Thomas Orthodox Maha Edavaka, Bglr. East | A+ |
| 3 | Sona Yohannan | District 2 | St. Gregorios Orthodox Church, Mathikere | A+ |
| EVENT: MEMORY VERSE - SECONDARY | | | | |
| 1 | Sherin Varughese | District 1 | St Gregorios Orthodox Cathedral, Hosur Road | A+ |
| 2 | Binetta P. Biju | District 2 | St. Gregorios Orthodox Church, Mathikere | A+ |

*As each has received a gift, employ it for one another,
as good stewards of God's varied grace.*

1 Peter 4:10

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

| SL. | STUDENT NAME | DISTRICT | CHURCH | GRADE |
|--|------------------------|------------|--|-------|
| EVENT: ANNUAL EXAMINATION - CLASS 4 | | | | |
| 1 | Ann Mary Nivi | District 1 | St. Joseph Orthodox Church, Hormavu | A+ |
| 2 | Kezia Meriam | District 1 | St. Joseph Orthodox Church, Hormavu | A+ |
| 3 | Suzanne Abraham | District 1 | St. Joseph Orthodox Church, Hormavu | A+ |
| 4 | Miriam Abraham | District 1 | St. Joseph Orthodox Church, Hormavu | A+ |
| 5 | Rezon K Sujith | District 1 | St. Joseph Orthodox Church, Hormavu | A+ |
| 6 | Bettina Biju | District 1 | Mar Yuhanon Mamdana OC, KR Puram | A+ |
| 7 | Ahana Rachel Aju | District 1 | St. Mary's Orthodox Church, Begur | A+ |
| 8 | Shrishty Susan Sanju | District 1 | St. Mary's Orthodox Church, Begur | A+ |
| 9 | Alric Varghese | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 10 | Johanna Mammen | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 11 | Melvin Shibu | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 12 | Nohin V Abraham | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 13 | Ryan Sanju John | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 14 | Nayana Liz Baiju | District 1 | St. Thomas Orthodox Maha Edavaka, Blore East | A+ |
| 15 | Riana Sara Suby | District 1 | St. Thomas Orthodox Maha Edavaka, Blore East | A+ |
| 16 | Yohan Shimon Peter | District 1 | St. Thomas Orthodox Maha Edavaka, Blore East | A+ |
| 17 | Rachel Susan Alex | District 1 | St. Thomas Orthodox Maha Edavaka, Blore East | A+ |
| 18 | Norah B. Jacob | District 1 | St. Thomas Orthodox Maha Edavaka, Blore East | A+ |
| 19 | Angelyn Glasho | District 1 | St. Thomas Orthodox Maha Edavaka, Blore East | A+ |
| 20 | Stephan Kuruvilla Alex | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 21 | Meghan Ann Titus | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 22 | Joann Shine | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 23 | Nikhita Mary Ajai | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 24 | Ronel Alex George | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 25 | Sarah Senu | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 26 | Aaron Shibi Thomas | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 27 | Isabel Samuel | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 28 | Johan Varghese | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 29 | Jeffin George Cherian | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 30 | Joseph Greg Sajosh | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 31 | Joana Miriam Varghese | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 32 | Jia Susan Anu | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 33 | Aiden Savin George | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 34 | Alby Cherian Bino | District 1 | Holy Trinity Chapel, St. Baselios OC, Marathahalli | A+ |
| 35 | Angelina Rachel | District 1 | Holy Trinity Chapel, St. Baselios OC, Marathahalli | A+ |
| 36 | Donna Abraham | District 1 | Holy Trinity Chapel, St. Baselios OC, Marathahalli | A+ |
| 37 | Johan Jimmy John | District 1 | Holy Trinity Chapel, St. Baselios OC, Marathahalli | A+ |
| 38 | Biya Mary Mathew | District 1 | St. Dionysius Orthodox Church, Dasarahalli | A+ |
| 39 | Judith Rachel Varghese | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 40 | Rachel Sarah Arun | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 41 | Jairus K Bobby | District 2 | St. Gregorios Orthodox Church, Mathikere | A+ |
| 42 | Renee Anne Jacob | District 2 | St. Mary's Orthodox Valiyapalli, Jalahalli | A+ |
| 43 | Sanah Grace | District 2 | St. Mary's Orthodox Valiyapalli, Jalahalli | A+ |
| 44 | Asin Ancil | District 2 | St. Mary's Orthodox Valiyapalli, Jalahalli | A+ |
| 45 | Rianna Mathew | District 2 | St. Mary's Orthodox Valiyapalli, Jalahalli | A+ |
| 46 | Joanne Jiju | District 2 | St. Mary's Orthodox Valiyapalli, Jalahalli | A+ |

| EVENT: ANNUAL EXAMINATION - CLASS 5 | | | | |
|--|------------------------------|------------|--|----|
| 1 | Joel Ittoop Jims | District 1 | Mar Yuhanon Mamdana OCSS, KR Puram | A+ |
| 2 | Jovana Raichel Parampathethu | District 1 | St. Mary's Orthodox Church, Begur | A+ |
| 3 | Ryan Roy | District 1 | St. Mary's Orthodox Church, Begur | A+ |
| 4 | Tania Deena Mathew | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 5 | Carol Biju | District 1 | St. Thomas Orthodox Maha Edavaka, Blore East | A+ |
| 6 | Serah Susan Daniel | District 1 | St. Thomas Orthodox Maha Edavaka, Blore East | A+ |
| 7 | Alan Kurian John | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 8 | Angelina Biju | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 9 | Diya S. Deepak | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 10 | Josna Mariyam Binu | District 2 | St. Dionysius Orthodox Church, Dasarahalli | A+ |
| 11 | Nithin B George | District 2 | St. Dionysius Orthodox Church, Dasarahalli | A+ |
| 12 | Hannah Susan George | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 13 | Nathanael Vinod John | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 14 | Ashlin Vinod Samuel | District 2 | St. Stephen's Orthodox Church, Vijayanagar | A+ |

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

| SL. | STUDENT NAME | DISTRICT | CHURCH | GRADE |
|--|--------------------------|------------|--|-------|
| EVENT: ANNUAL EXAMINATION - CLASS 6 | | | | |
| 1 | Anna Saju | District 1 | St. Mary's Orthodox Church, Begur | A+ |
| 2 | Diya Binoy | District 1 | St. Mary's Orthodox Church, Begur | A+ |
| 3 | Sharon Pradeep | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 4 | Sana Benzan | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 5 | Abigail Ann Suresh | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 6 | Shriyaa Elisabeth George | District 1 | St. Thomas Orthodox Maha Edavaka, Blore East | A+ |
| 7 | Chris Thomas Abraham | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 8 | Diya Elsa Manoj | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 9 | Sean Mathews | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 10 | Gloria Liza Thajan | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 11 | Prarthana Varghese | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 12 | Anna Mariam | District 2 | St. Gregorios Orthodox Church, Mathikere | A+ |
| 13 | Albin Sabu | District 2 | St. Stephen's Orthodox Church, Vijayanagar | A+ |
| 14 | Betsy Sara Bency | District 2 | St. Stephen's Orthodox Church, Vijayanagar | A+ |

| | | | | |
|--|-------------------------|------------|--|----|
| EVENT: ANNUAL EXAMINATION - CLASS 7 | | | | |
| 1 | Abel Paul | District 1 | St. Mary's Orthodox Church, Begur | A+ |
| 2 | Annie Mary Jacob | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 3 | Liza Sarah Sajith | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 4 | Hannah Sarah Sam | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 5 | Simon C.A. | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 6 | Stephen C.A. | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 7 | Jaimie Thomas Vengal | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 8 | Rohan Jose | District 1 | St. Baselios Orthodox Church, Marathahalli | A+ |
| 9 | Genesis Ann Varghese | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 10 | Naethan Hemjith Mathew | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 11 | Rhea Thomas | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 12 | Sherlin Jacob | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 13 | Yuhaan Jacob Mammotttil | District 2 | Mar Gregorios Orthodox Church, Hebbal | A+ |
| 14 | Risa Mary | District 2 | St. Stephen's Orthodox Church, Vijayanagar | A+ |
| 15 | Blossom Babukutty | District 2 | St. Mary's Orthodox Valiyapalli, Jalahalli | A+ |
| 16 | Ansa Mariam Roy | District 2 | St. Mary's Orthodox Valiyapalli, Jalahalli | A+ |
| 17 | Anjuna Giju | District 2 | St. Mary's Orthodox Valiyapalli, Jalahalli | A+ |

| | | | | |
|--|-------------------------|------------|--|----|
| EVENT: ANNUAL EXAMINATION - CLASS 8 | | | | |
| 1 | Akshaya Elizabeth | District 1 | St. Joseph Orthodox Church, Hormavu | A+ |
| 2 | Nandita Susan Varughese | District 1 | St. Joseph Orthodox Church, Hormavu | A+ |
| 3 | Akhil George Kurien | District 1 | St. Mary's Orthodox Church, Begur | A+ |
| 4 | Norin Roby Issac | District 1 | St. Mary's Orthodox Church, Begur | A+ |
| 5 | Shebin Paul | District 1 | St. Mary's Orthodox Church, Begur | A+ |
| 6 | Neha Susan Baiju | District 1 | St. Thomas Orthodox Maha Edavaka, Blore East | A+ |
| 7 | Jessica Johnson | District 1 | Holy Trinity Chapel, St. Baselios OC, Marathahalli | A+ |
| 8 | Sania P.S. | District 2 | St. Dionysius Orthodox Church, Dasarahalli | A+ |

| | | | | |
|--|-------------------|------------|--|----|
| EVENT: ANNUAL EXAMINATION - CLASS 9 | | | | |
| 1 | Joel John Alex | District 1 | St. Gregorios Orthodox Cathedral | A+ |
| 2 | Benjamin John | District 1 | St. Dionysius Orthodox Church, Dasarahalli | A+ |
| 3 | Nohin Binu | District 2 | St. Gregorios Orthodox Church, Mysore | A+ |
| 4 | Joslyn Jays | District 2 | St. Mary's Orthodox Valiyapalli, Jalahalli | A+ |
| 5 | M Jomi Maria Sijo | District 2 | St. Mary's Orthodox Valiyapalli, Jalahalli | A+ |

| | | | | |
|---|----------------------|------------|----------------------------------|----|
| EVENT: ANNUAL EXAMINATION - CLASS 10 | | | | |
| 1 | Sara Varghese | District 1 | St. Gregorios Orthodox Cathedral | A+ |

| | | | | |
|---|-----------------------------|------------|-------------------------------------|----|
| EVENT: ANNUAL EXAMINATION - CLASS 12 | | | | |
| 1 | Sherin Johnson | District 1 | Mar Yuhanon Mamdana OC, KR Puram | A+ |
| 2 | Siju Ninan [Private] | District 1 | St. Joseph Orthodox Church, Hormavu | A+ |

Worry ends when
FAITH IN GOD
— Begins —

NUHRO STUDENTS' CAMP 2019

STUDENTS' CAMP NUHRO 2019

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.**



NUHRO Camp - a report.

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

We had two eminent resource persons this year, Rev. Fr. Nithin V Rajan and Rev. Dn. Simon Thomas Joy. About 90 Students, 15 Teachers, 5 volunteers and 6 office bearers have registered from 13 parishes out of 14 parishes of

Bangalore Zone. Music sessions was led by Rev. Fr. Shyju Mathai and Grace Kochamma. All the Vicars of Bangalore zone have extended their kind support through prayers, financial support and with the Sacrament of Holy Confession during the camp.

During the valedictory function of the NUHRO camp, students who had won various events at Inter-diocesan arts competition 2018 held at OKR Nagpur on 14th July 2019 were felicitated. 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.



4. Riona Elsa Thomas, St. Joseph Orthodox Church, Horamavu won the senior level extempore speech competition which was introduced this year for the first time at OKR Nagpur and the competition was held on 14th September 2019 at OKR Nagpur.

Bangalore zone takes great pride in the commendable achievements of these children and profoundly appreciate and congratulate these winners and thank all those who have worked behind this success.

Bangalore zone earnestly recognizes the services rendered by Sunday school teachers. The commitment and the dedication shown by them towards Sunday school is highly appreciated. Teachers who have served 20 years and 40 years of teaching experience were felicitated during the valedictory function of NUHRO camp.



Bangalore zone wholeheartedly thanks and is ever grateful to the diocesan metropolitan for spending quality time with children in the camp on all three days.

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



We have immense pleasure in thanking Mr. Biju Prasad the Chief Editor of E-Bodhini for dedicating his valuable time to effectively highlight the materials provided and make the magazine informative and appreciable.





The sincere, dedicated and selfless service of all our teachers and volunteers is acknowledged with gratitude.

We thank God Almighty for the blessings and strength showered on each one of us for the smooth conduct of the camp.

Mrs. Lousy Biju
Zonal Secretary,
OSSAE-OKR Bangalore Zone



My Experience @NUHRO 2019

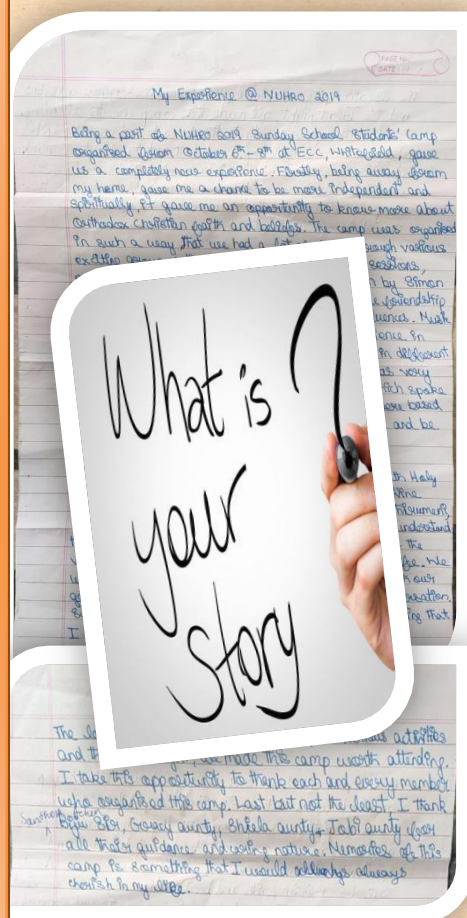


I Had A Great Experience

Being a part of NUHRO 2019 Sunday school students' camp organised from 6th to 8th October at ECC, Whitefield, gave us a completely new experience. Firstly, being away from my home, gave me a chance to be more independent and spiritually it gave me an opportunity to know more about orthodox faith and beliefs. The camp was organised in such a way that we had a lot of fun through various exciting group activities along with different sessions, music class as well as Bible study. Session by Simon Chemachan and Nithin Achen made us understand the value of true friendship and how we should stay away from bad influences. Music classes by Shyju Mathai Achen was an experience in itself where we learnt lively christian songs in different languages. Bible study by Koshy Thomas Achen was very interesting as we read 1 Samuel 1 : 24-27, which spoke about Samuel and his life. All these sessions were based on the theme of NUHRO 2019 - "Walk with the wise and be wise."

Attending morning, noon and evening prayer along with Holy confession and Holy Qurbana gave us a completely divine experience. We had an interactive session with our Thirumeni H.G.Dr. Abraham Mar Seraphim. Thirumeni made us understand that the camp will be meaningful only if we follow the values that is being taught at the camp, in our real life. We were also happy and excited when Thirumeni sat with our group for lunch and we had a very casual conversation. Such personal interactions with Thirumeni is something that I will never forget in my life.

The location, the ambience, my friends, the food, the various activities and the talent night, all made this camp worth attending. I take this opportunity to thank each and every member who organised this camp. Memories of this camp is something that I would always cherish in my life.



Naethan Heimjith Mathew
Class 8,
Mar Gregorios SS, Hebbal

General Epistles

Revelation

Epistle of James

A treatise on the efficacy of faith united with good works.

First and Second Epistles of Peter

Exhortations to a Christian life, with various warnings and predictions.

First Epistle of St. John

Respecting the person of our Lord, and an exhortation to Christian love and conduct.

Second Epistle of St. John

St. John warns a converted lady against false teachers.

Third Epistle of St. John

A letter to Gaius, praising him for his hospitality.

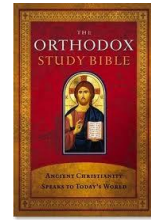
Epistle of St. Jude

Warnings against deceivers.

The Revelation

The future of the Church foretold.

BIBLE & PRAYER



"Prayer is the most powerful weapon against trials.

*The most effective medicine against sickness
AND*

The most valuable gift to someone you love. "

elle
Be faithful,
even to the point of death,
and I will give you
the **crown of life.**

Revelation 2:10

OUR TEACHERS



*"The INFLUENCE
of a good
TEACHER
can NEVER be
erased."
- unknown*



His Holiness Baselios Geevarghese II,

**Entombed: Catholicate Palace,
Devalokam,
Kottayam**

Date of Death 03-Jan-1964

His Holiness Baselios Geevarghese II,

The Third Catholicos of the East in Malankara (1929-1964)

His Holiness was born to Ulahannan and Naithi of Kallaserri family in Kurichi, Kottayam on 16 June 1874. On 24 April 1892, Kadavil Paulose Mar Athanasios ordained him as deacon and on 24 November and 27 November 1898 he was ordained as priest and Ramban (Monk) respectively by St. Gregorios. As per the order of St. Gregorios, he resided in Kadambanad church and took charge of the southern dioceses. He also served as Manager and Malpan of Old Seminary. He published books like "Sahodaranmarude Charithram". "Rehasya Prarthanakal". "Parudaisa", and "Mar Yuhanon Mamdana". On 8 September 1912, His Holiness Patriarch Abdhedh Meshiah consecrated him as Metropolitan Geevarghese Mar Gregorios at Parumala Seminary. He was appointed as the Metropolitan of Thumpamon, Kollam and Niranam dioceses. On 15 February 1929. With the Malankara Metropolitan Vattaserril Geevarghese Mar Dionysios as the chief priest, he was installed as the Catholicos of the East. When the Association met on 24 December 1934 at M. D. Seminary, Kottayam, he was chosen as Malankara Metropolitan. It was a period when issues became very complex. Through prayer and fasting he received strength from God to lead his people for long years, courageously, inspiring his people to work for their church and for the glory of God. Following the peace pact of 1958, he had the good fortune to guide the destiny of the unified Malankara Church. Apart from consecrating twelve Merropolitans, and ordaining more than thousand priests and deacons, he founded and consecrated many churches. On 22 April 1932 and on 20 April 1951 he conducted the 'Mooron Koodasha' (Chrism Consecration) at the Old Seminary. On 2 November 1947 he declared Geevarghese Mar Gregorios and Yeldo Mar Baselios as Saints. From his time onwards the offices of Catholicos and Malankara Metropolitan came to repose in one and the same person. The deep spirituality and wisdom of this Catholicos earned him the title "Valiya Bava," or "The Great Catholicos." Shedding luster like a Beacon illuminating the history of the church, he led it from glory to glory. He entered the eternal realms on 3 January 1964 at Devalokam Aramana He was laid to rest beside the Devalokam Aramana Chapel. His Anniversary is 3 January.

<https://mosc.in/catholicate/his-holiness-baselios-geevarghese-ii-third-catholicos-of-the-east-in-malankara>



THE PARABLE OF THE SOWER

Matthew 13:1-23



LET'S

LEARN

"The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice."

- Brain Hergert

Teaching in parables

1 That same day Jesus went out of the house and sat beside the sea. 2 Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. 3 And he told them many things in parables, saying: "Listen! A sower went out to sow. 4 And as he sowed, some seeds fell on the path, and the birds came and ate them up. 5 Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. 6 But when the sun rose, they were scorched; and since they had no root, they withered away. 7 Other seeds fell among thorns, and the thorns grew up and choked them. 8 Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. 9 Let anyone with ears listen!"

10 Then the disciples came and asked him, "Why do you speak to them in parables?" 11 He answered, "To you it has been given to know the secrets of the kingdom of heaven, but to them it has not been given. 12 For to 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. 13 The reason I speak to them in

parables is that 'seeing they do not perceive, and hearing they do not listen, nor do they understand.' 14 With them indeed is fulfilled the prophecy of Isaiah that says: 'You will indeed listen, but never understand, and you will indeed look, but never perceive. 15 For this people's heart has grown dull, and their ears are hard of hearing, and they have shut their eyes; so that they might not look with their eyes, and listen with their ears, and understand with their heart and turn — and I would heal them.'

16 But blessed are your eyes, for they see, and your ears, for they hear.

17 Truly I tell you, many prophets and righteous people longed to see what you see, but did not see it, and to hear what you hear, but did not hear it.

18 "Hear then the parable of the sower. 19 When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. 20 As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; 21 yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. 22 As



for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. 23 But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty."



**BE DOERS
OF THE WORD,
AND NOT
HEARERS ONLY.**



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.”

LET'S RECAP...

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) Heb. 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 Manoha 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.

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?



new

Chapter 21

ABOUT FASTING, HOLY QURBANA, GIVING ALMS ETC FOR ' THE SAKE OF THE DEPARTED

Besides, conducting prayers for parents and brethren who have slept in the Lord, (1) fasting for their sake, (2) offering Holy Qurbana on their memorial day, which recalls the sacrifice of our Lord, and entreats His mercy, giving alms which brings us mercy and grace from God, are good and pleasing before God. Whatever our Lord did, and also his sacrifice, are not only for the living, but also for the departed. According to the example he has showed us, we shall do everything we can, by word and deed, not only for those who are living, but also for our departed; offering Holy Qurbana daily, and spending all wealth for feeding the poor, shall bring absolutely no benefit, to those who die with no faith in Christ, and are not eligible for the grace of God. However, those who do these good works with good intention, shall reap benefit out of them.

(1) 1 Sam. 31:13 The battle pressed hard upon Saul: the archers found him, and he was badly wounded by them. 2 Sam. 1:12 Abner son of Ner, and the servants of Ishbaal son of Saul, went out from Mahanaim to Gibeon.

(2) Acts. 10:4 He stared at him in terror and said, "What is it, Lord?" He answered, "Your prayers and your alms have ascended as a memorial before God." Dani. 4:27.

Chapter 22

ABOUT HOLY RELICS

(1) We are to treat the Tomb of our Lord, and also the bones and relics of saints with respect and devotion. (2) Those who remember the power of our Lord, and the gifts he has given to

his saints, and treat their relics with devotion, shall receive from God blessings and healing for their illness and other infirmities.

(1) 1 King 13:31. After he had buried him, he said to his sons, "When I die, bury me in the grave in which the man of God is buried; lay my bones beside his bones." 2 King 23:17-18, Exo. 13:19.

(2) 2 King 13:21. As a man was being buried, a marauding band was seen and the man was thrown into the grave of Elisha; as soon as the man touched the bones of Elisha, he came to life and stood on his feet. Mat- thew 9:20,21, 14:36, Acts 5:5, 19:2.

Chapter 23

ABOUT MAKING THE SIGN OF THE CROSS AND ADORATION OF THE CROSS

(1) The sign of the cross shall be made on us to remind us that we should seek refuge in the death of Christ on the cross for our protection and salvation, and that we shall always carry the cross in us, which signifies the passion of Christ, and that His Cross is the sign and pride of us Christians; and to proclaim that we believe it and do accordingly. Since the whole of mankind was saved by the Cross of the Son of God, we shall adore it. The Cross that we should adore is not that which is made in the shape of a cross, using gold, silver, stone or wood. They are made as a memorial for our knowledge. One of the main reasons why a cross is not consecrated, is this. But nevertheless, the great God who cannot be seen or turned into a shape, shall be shaped in our hearts, and we look at it with our spiritual eyes and adore it. Likewise, we are to shape the cross of the son of God in our hearts, look at it with our spiritual eyes and adore it. (2) When we adore before the cross, it amounts to adoring the Lord who was crucified, and his death on the cross. Just what David did in front of the ark of the covenant, was reckoned as an act done before God, not as idolatry; adoring Christ and his death on the Cross shall be reckoned a blessing and not as idolatry. It is only decreed that (3) no images shall be made and worshipped.(4) However, it is not considered as idolatry to make cross and other things for remembrance of Biblical events,(5) for information and for the decoration of the church, and using the church and church articles with respect and devotion.

(1) Gala 6:14. May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. 1 Cor. 1:18. Heb. 13:13, Matthew 16:24 Philip: 3:18.

(2) Heb. 11:21. By faith Jacob, when dying, blessed each of the sons of Joseph, "bowing in worship over the top of his staff." 2 Sam. 6: 14-16.

(3) Exo. 20:4 You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. 2 Kings 18:4.

(4) Exo. 25:18 You shall make two cherubim of gold; you shall make them of hammered work, at the two ends of the mercy seat. Num. 21:8. And the Lord said to Moses, "xYlake a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." Josh. 4:3-7.

(5) Lev. 12:4 she shall not touch any holy thing, or come into the sanctuary, until the days of her purification are completed. 2 Sam. 6, Dani.5.

Chapter 24

ABOUT CHASTITY

Though it is not right to deny marriage to anyone, (1) it is very good if a person decides by his own will not to marry, and keep his body and spirit unblemished before God, and work for God. (2) If a person takes a vow to be celibate, but later breaks his vow and marries, though he is not ineligible for salvation, he cannot be considered as faultless. Such individuals shall be cut off from the honor and position they have in the church.

(1) 1 Cor. 7:7,8,32,33. I wish that all were as I myself am. But each has a particular gift from God, one having one kind and another a different kind. To the unmarried and the widows I say that it is well for them to remain unmarried as I am. I want you to be free from anxieties. The unmarried man is anxious about the affairs of the Lord, how to please the Lord; but the married man is anxious about the affairs of the world, how to please his wife. Matthew 19:12.

(2) 1 Tim. 5:12 and so they incur condemnation for having violated their first pledge.

Chapter 25

ABOUT MARRIAGE OF THE CLERGY

Marriage is not unclean. But Church hierarchs like Patriarch, Catholicos, Metropolitan etc.; because they are specially responsible officials in the church, who should be constantly concerned about the church, they should be chaste and clean; and they should have emptied themselves from desires of the flesh, and surrendered their body and soul for God's work. Because priests who administer the Eucharist will have to move closely with women, as they do with men, (1) and human nature is frail and could easily be tempted, (2) it is most reasonable that the Church has decided that they should be upright, married, and never involved in remarriage or marriage of widows.

(1) 1 Cor. 7:5-6. Do not deprive one another except perhaps by agreement 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. This I say by way of concession, not of command.

(2) 1 Tim. 3:2. Now a bishop must be above reproach, married only once, temperate, sensible, respectable, hospitable, an apt teacher. Lev. 21:13-14 He shall marry only a woman who is virgin. A widow, or a divorced woman, or a woman who has been defiled, a prostitute, these he shall not marry. He shall marry a virgin of his own kin. Tit. 1:6, 1 Cor. 7:8, 27.

Chapter 26

ABOUT THE SPIRIT OF MAN

(1) God has decreed condemnation and salvation for man, for body and spirit; not for body alone, or for spirit alone. (2) Spirit is created by God, just as the body is. Though the spirit is created intelligent and eternal, it is not without impediments. The teaching of some people that the spirit of man is a part of God, and not created; and so it is not subject to condemnation, is a great heresy, and something that drags human beings to serious calamity.

(1) Matthew 10:28 Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. (2) Gen. 1:27. So God created humankind in his image, in the image of God he created them, male and female he created them. Zech. 12:1 Thus says the Lord, who stretched out the heavens and founded the earth and formed the human spirit within.

to be continued

SYRIAC/GREEK WORDS (used in our worship)

Let's recollect some words -

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



NEW WORDS

| | | |
|---------------|---|---------------------|
| SHYNO | : | Good will |
| SLOMO | : | Peace |
| AHAI | : | My Brethren |
| ADAMO DO SENO | : | Until I come |
| MORONOYO | : | Concerning the Lord |

.... to be continued

Main Lents - Liturgical Calendar

25 day Lent – before the Nativity of our Lord (Advent Lent) From December 1st to 25th Christmas

3 days Lent - Moonnu noimbu. Begins on Monday, the third week

before the beginning of the Great Lent (50 days Lent). It is also known as the fast of Jonah since it commemorates the conversion of Nineveh through the preaching of prophet Jonah

50 days Lent - The Great Lent - Forty days of fast in seven weeks which ends on Friday (Nalpatham Velly) before the passion week.

13 days Lent - The Apostles Fast - June 16th to 29th 13 days corresponding to the number of 12 apostles and St.Paul.

15 days Lent - Aug 1st to 15th - The Fast before the Migration of Virgin Mary, the Mother of God. August 1st to 15th. Feast of Sunoyo (Migration) of the Mother of God.



So we fasted and petitioned our God about this,
and he answered our prayer.

Ezra 8:23

OUR TALENT



"God gives talent. Work transforms talent into genius."

- Anna Pavlova



Alvina Anna Rufes
Class 5,
Mar Gregorios SS, Hebbal



John 14:6

"Jesus answered, 'I am the way and the truth and the life. No one comes to the Father except through me.'"

Anna Susan Koshy
Class 5,
Mar Gregorios SS, Hebbal

List of students/teachers by parish who contributed articles to ebodhini-Vol 11
(Our Talent / Messages).

great
job 😊

Thank you for sharing your talents.

| Bangalore - District I | Bangalore - District II |
|--|---|
| <p>St. Baselios Orthodox Church, Marathahalli <i>David Varkey Chacko</i> <i>Sean Sijin Mathews</i> <i>Chris George</i> <i>Jessica Ann John</i> <i>Alovy</i> <i>Angelina Biju</i> <i>Alona</i> <i>Amelia Biju</i> <i>Aiden Sijin Mathews</i> <i>Rohan Jacob</i> <i>Anya Stephen</i></p> <p>St. Joseph Orthodox Church, Hormavu <i>Amisha B Mathew</i> <i>Naina Mary</i> <i>Abel Brayan</i> <i>Ronell Philip</i> <i>Joel J Mammen</i></p> <p>Mar Yuhanon Mamdana Orthodox Church, K.R.Puram <i>Annika Elizabeth Baiju</i> <i>Noel Anish Daniel</i> <i>Neha P Anish</i> <i>Natasha M Anish</i> <i>Janice Mariam Saju</i></p> <p>St. George Orthodox Church, Indiranagar <i>Chris Jacob</i> <i>Cyril Suneesh</i> <i>Kesiya Mariyam Jacob</i></p> <p>St. Mary's Orthodox Church, Begur <i>Sebin Paul</i> <i>Sylvia Roy</i></p> <p>St. Gregorios Orthodox Cathedral, Hosur Road NIL</p> <p>St. Thomas Orthodox Maha Edavaga, Bangalore East NIL</p> | <p>St. Gregorios Orthodox Church, Mathikere <i>Enitta Sandra Vincy</i> <i>Anna Mariam Sanjay</i> <i>Abrana Mariam Siju</i> <i>Samuel Mathew</i> <i>Riya Biju Ann</i> <i>Ashly Yohannan</i> <i>Amelia Ann Shenoy</i> <i>Evaan Shenoy</i> <i>Leisha Sara Prasad</i> <i>Jerusha Susan Siju</i></p> <p>St. Stephen's Orthodox Church, Vijayanagar <i>Joanna Elsa Jerin</i> <i>Michelle M Alex</i> <i>Sneha Valsa M</i> <i>Neha Ann Mobin</i> <i>Evlynn Susan Anoon</i> <i>Hannah</i> <i>Allen Sam Vinod</i> <i>Ashlin V Samuel</i></p> <p>Mar Gregorios Orthodox Church, Hebbal <i>Naethan Heimjith Mathew</i> <i>Alvina Anna Rufes</i> <i>Anna Susan Koshy</i> <i>Sherlin Jacob</i></p> <p>St. Gregorios Orthodox Church, Mysore <i>Sharon Arun</i> <i>Rhea Ann Mary</i> <i>Seraphim Boaz Cyril</i></p> <p>St. Mary's Orthodox Valiapally, Jalahalli <i>Shamily Elizebeth Varghese</i></p> <p>St. Dionysius Orthodox Church, Dasarahalli NIL</p> <p>St. Gregorios Orthodox Church, Tumkur NIL</p> |

Philippians 4:13

"I can do all this through him who gives me strength."





Cyril Suneesh
Class 4,
St. George SS, Indiranagar



Chris Jacob
Class 5,
St. George SS, Indiranagar

Genesis 2:15, ... The Lord God took the man and put him in the Garden of Eden to work it and take care of it.



Gifts of the Holy Spirit

What is a gift and who is Holy Spirit?

In order to understand the gifts of Holy Spirit, first we need to understand who is Holy Spirit and what is the meaning of gifts we are referring here. As we all know, for every gift to be called as a gift, there should be a donor and a recipient. Generally speaking, we all love receiving gifts specially when it is from someone we love and respect or we never want to miss. We understand that a gift is something bestowed or acquired without any particular effort by the recipient or without its being earned. There are tangible and intangible gifts. Tangible gifts are those which physically exist and can be seen or touched. Intangible gifts are not so easily perceived, they are things like random acts of kindness, friendship, empathy etc....

The gifts what we are discussing here today are the Gifts of Holy Spirit being the giver are intangible. Unlike the tangible worldly gifts these gifts are eternal too. The greatest gift that Christianity considers is Jesus Christ, the Incarnation and subsequent death & resurrection of Christ our savior.



For we Christians, Holy Spirit is given as a gift by our most loving father Almighty. Gifts given to us by Holy Spirit being our best companion, guide, Helper, Comforter, Advocate, Intercessor—Counselor, Strengthener and Standby. As we all know, the Holy Spirit is the 3rd person of the Blessed Trinity, and the one most active in the world today. Acts 2:38 says, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit",

To be accurate on the topic, we should be clear; Is this a gift consisting of the Spirit, or a gift given by the Spirit? The Holy Spirit is God's power in action that comes to our heart and dwells in us to transform us and give the fruits to the world. The moral life of Christians is sustained by the gifts of the Holy Spirit. These are permanent dispositions which make man docile in following the promptings of the Holy Spirit.

THE GIFTS AND FRUITS OF THE HOLY SPIRIT

The seven gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord. They belong in their fullness to Christ, the Son of David. These gifts complete and perfect the virtues of those who receive them. They make the faithful docile in readily obeying divine inspirations.

As sung by the Psalmist in Ps. 143, "Let your good spirit lead me on a level path". The biggest gift for all who are led by the Spirit of God are the Sonship of God. If we become children, then heirs, heirs of God and fellow heirs with Christ as mentioned in Romans 8:14.

Receiving the divine gifts will inform all the moral virtues and give life to them. A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions. Galatians 5:22 teaches about the seven gifts bestowed upon Christians as "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness".

IN BRIEF the gifts of Holy Spirit are the virtues put on a human being when the person receives Him and makes a habitual and firm disposition on him to do good. The big difference is that the human virtues are stable dispositions of the intellect and the will govern our acts, order our passions, and guide our conduct in accordance with reason and faith. However, the virtues put on any person with the gift of Holy Spirit forces us to think on "Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things." As mentioned by apostle Paul on his letter to Philippians 4:8.

Sebin Paul
Class 9,
St. Mary'sSS, Begur

A Morning Serenade

Sylvia Roy
Sunday School Teacher,
St. Mary's SS, Begur

Lord,

I seek Thy Quiet

I long for Peace

In the Silence I can feel your fatherly hug

A hug so strong it crushes all my fear

A hug so soft it heals all my wounds

The night slowly gives way to day

Streaks of light steal into the room

I open the window and let the fresh breath of Thy love touch me

Strolling through the garden

A sense of happiness engulfs me .

Not rushing... but stopping at every flower and smelling their distinct fragrance

Hearing the buzzing sound of the busy bees ... hovering from flower to flower

Collecting nectar and spreading pollen

Lying in the soft grass ... letting the sun's soft morning rays tickle me ...

The birds are chirping and singing songs of love and togetherness

Butterflies big and small make a visit here and there

Hummingbirds ..Oh small but cute ... join them ..

The time is mine ... Don't need to fret .. Don't need to whine....

Wherever I glance ... Everyone is at peace ...

Noone is in a hurry

A smile on everyone's face

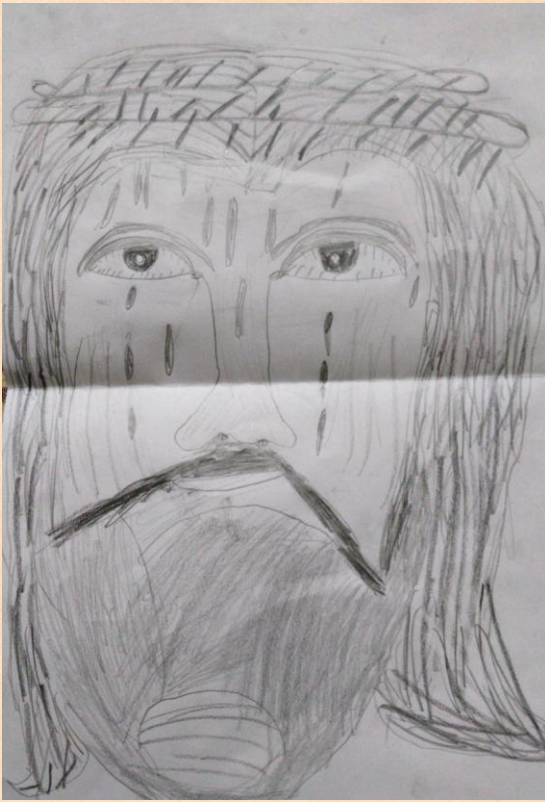
Lots of time to do the things I want

The tip tip sound of my little ones coming and giving me a good morning hug

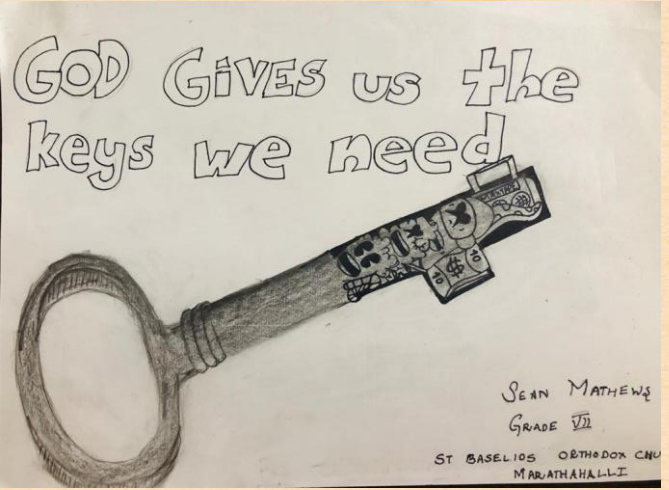
And again You hug me , God

And I can face the day with strength and joy

And each of Thy wonders a sight to enjoy.



David Varkey Chacko
Class 1,
St. Baselious SS, Marathahalli



Sean Sijin Mathews
Class 7,
St. Baselious SS, Marathahalli

Sacrament - Chris George - II

They are actions of God with which He shows His love for His sons and daughters He did this to give us His love and strength to fight our difficulties.

7 sacraments

| | | | |
|---|--|---|--|
| <p>1. <u>Baptism</u> Our great sins are washed off and we become sons and daughters of God.</p> | | <p>5. <u>Anointing of the Sick</u> Forgiving all sins of the sick and preparing his soul for the time of death.</p> | |
| <p>2. <u>Confirmation</u> We increase our faith so we have certainty that He is with us, until we arrive in heaven.</p> | | <p>6. <u>Holy Orders</u> He who receives this sacrament will be a priest forever.</p> | |
| <p>3. <u>Confession</u> Through a priest God forgives our sins.</p> | | <p>7. <u>Eucharist</u> Receiving of His body and blood during the holy mass. This way we receive Him in our soul.</p> | |
| <p>4. <u>Marriage</u> It is union between a man and a woman forever.</p> | | | |

Psalm 34:11

"Come, my children, listen to me; I will teach you the fear of the Lord."

Chris George
Class 2,
St. Baselious SS, Marathahalli

THE NATURE

Sunshine rain and water
And is lovely breeze
Flowers from all kind
Water is beautiful
You can see
The ocean is farther than you could see
The autumn breeze
fall upon my face
And the sun
It gives us light and gives us daytime
All of these but there is onething that we haven't told
The animals ,the birds,the nature is a part of the world
Every human being mother Nature sees
The ways they behave
That's not all what mother Nature sees
If they are kind
If they are caring or if they are cruel to nature
And the world towards her
But look at the sunshine
Look at the rain
Look at the water
How beautiful they look,..

Jessica Ann John
Class 2,
St. Baselious SS, Marathahalli



Angelina Biju
Class 6,
St. Baselious SS, Marathahalli



Alovy
Class 1,
St. Baselious SS, Marathahalli



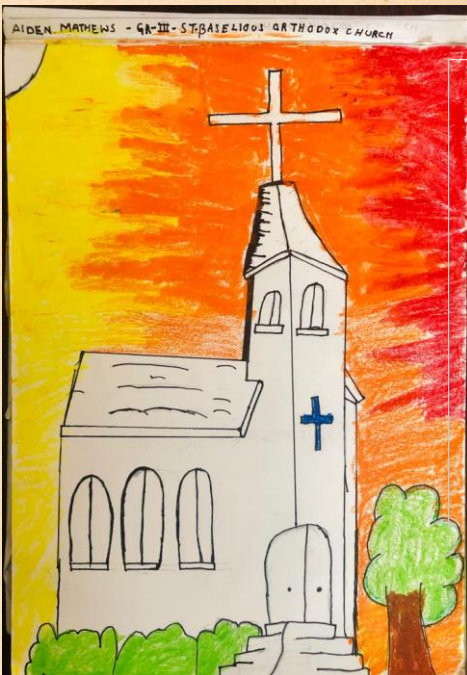
By Alona
class: VI

Alona
Class 6,
St. Baselious SS, Marathahalli



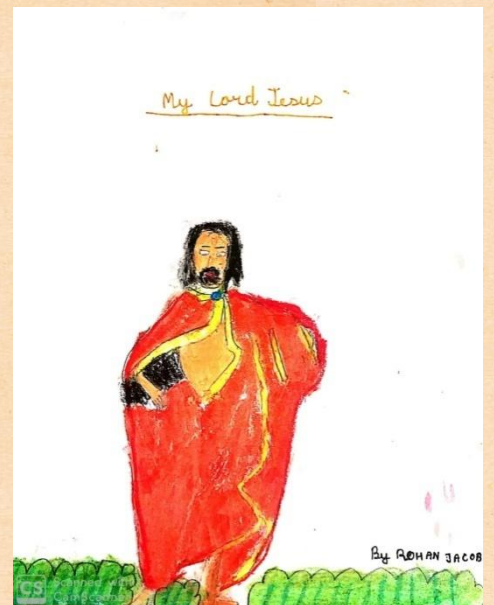
AMELIA BIJU
CLASS-I

Amelia Biju
Class 1,
St. Baselious SS, Marathahalli



AIDEN MATHWS - GR-III - ST. BASELIUS ORTHODOX CHURCH

Aiden Sijin Mathews
Class 3,
St. Baselious SS, Marathahalli



My Lord Jesus

By ROHAN JACOB

Rohan Jacob
Class 3,
St. Baselious SS, Marathahalli



Psalm 107:1

"Give thanks to the Lord, for He is good;
His love endures forever."



John 6: 1-14

Miracle of five loaves and two fishes

Joanna Elsa Jerin

Class 2,
St. Stephens SS, Vijayanagar

Michelle M Alex

Class 3,
St. Stephens SS, Vijayanagar

ANGEL GABRIEL AND MOTHER MARY



SNEHA VALSA M
IV



Neha Ann Mobin

Class 4,
St. Stephens SS, Vijayanagar

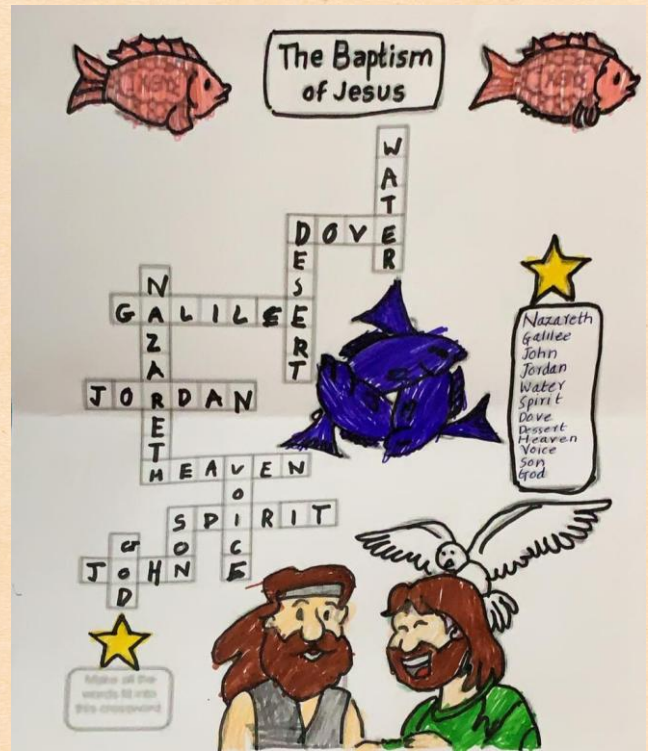
Sneha Valsa M

Class 4,
St. Stephens SS, Vijayanagar



This is my beloved
 son & I am very
 pleased with him.

EVLYNN SUSAN
 ANOON



Evlynn Susan Anoon

Class,
 St. Stephens SS, Vijayanagar

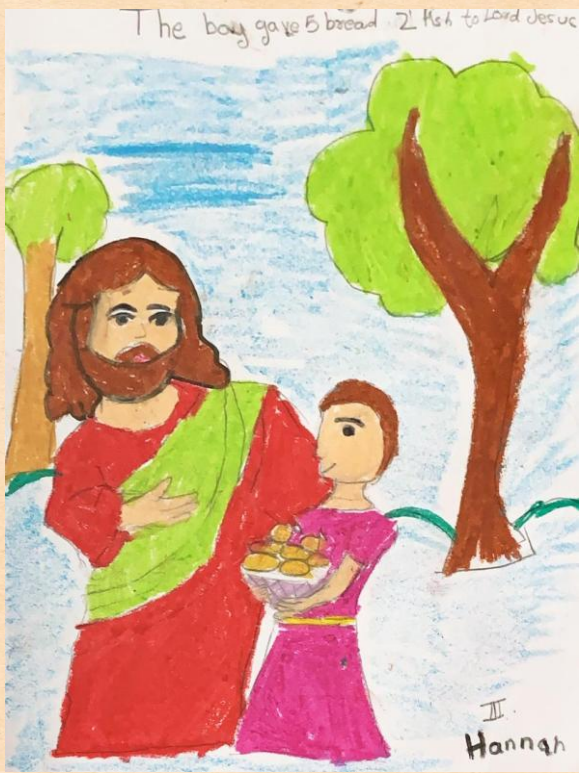
Evlynn Susan Anoon

Class,
 St. Stephens SS, Vijayanagar



Annika Elizabeth Baiju

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



Hannah

Class 3,
St. Stephens SS, Vijayanagar



Hannah

Class 3,
St. Stephens SS, Vijayanagar

Jesus my friend

The Lord Jesus loves me just the way I am. He is living in me. He knows my faults, but He loves me and he will never take His love away from me.

In His word, the Bible the Lord Jesus tells me the things I should do, like obeying my parents, teachers and elders. Jesus is my special best friend because no one has ever loved me as he does. He loved me so much that He gave His life for me.

Jesus is very special to me because He is always there when I need Him. He came to be special to me when I sinned about ^{him} more and more. He is truly the best friend I could ever have.
love you Jesus



YOU ARE
MY BEST
FRIEND

Allen Sam Vinod

Class 2,
St. Stephens SS, Vijayanagar

OUR SACRAMENTS

Sacraments are the means of receiving God's grace. The English word 'sacrament' comes from the Latin word 'Sacramentum'. Orthodox churches prefer to call the sacraments, 'The holy mysteries'. Sacraments are for dedication, purification and sanctification. A person becomes a Christian by virtues of Baptism and other sacraments. Through the channel of sacraments, the Holy Spirit who proceeds from the Father, takes the divine human graces of Christ and imparts them to human kind.

Catholic churches fixed the number as 7 in their Trent synod of 16th century, but Orthodox churches have not limited sacraments to a specific number. However the 7 sacraments finalised by Catholics are recognised by Orthodox churches too, which are :-

1. Holy Baptism
2. Holy Mosaic
3. Holy Confession
4. Holy Eucharist
5. Priesthood
6. Holy Matrimony
7. Anointment of the sick

In these Holy Baptism, Holy Mosaic and Priesthood are not to be repeated. In the seven sacraments the first 4 are general obligations and last 3 are optional. The ultimate aim of sacraments is to lead us to sanctity.

Ashlin V. Samuel

Ashlin V Samuel

Class 6,

St. Stephens SS, Vijayanagar



Noel Anish Daniel

Class 3,

Mar Yuhanon M SS, K.R.Puram



Holy Sacraments

The English word 'sacrament' comes from the Latin word 'sacramentum'. Sacrament is a holy mystery of the church, a physical sign which confers invisible grace. The Orthodox church has not limited the sacraments to a specific number. However, there are 7 great sacraments but there are minor sacraments as well. The 7 sacraments are:

1. Baptism begins the Christian life in the church and unites him to Christ.
2. Chrismation is the sacred anointment by holy myron. It is the sacrament through which the Holy Spirit is bestowed upon the child.
3. Holy Confession is a sacrament in which the sins committed after baptism are forgiven and it renews the purity at baptism.
4. The Holy Eucharist is the sacrament which takes place during the Holy Eucharist because through this we receive the flesh and blood of our Lord Jesus Christ.
5. Bishophood is the sacrament bestowed upon the priest by the bishop it sets the person aside for ministry in the church.
6. Marriage is the sacrament through which a man and a woman are joined forever before God.
7. Anointment of the sick is the sacrament through which we receive physical and spiritual healing.

Among the 7 Sacraments, Baptism, Myron and Bishophood are not repeated. Apart from these consecration of a church, consecration of myron, blessing of a house are all considered as sacraments. Sacraments are better means of receiving God's grace.

Sharon Arun
Class 7,
St. Gregorios SS, Mysore



Proverbs 3:5

*Trust in the LORD
with all your heart
and lean not on
your own
understanding;*



Rhea Ann Mary
Class 5,
St. Gregorios SS, Mysore



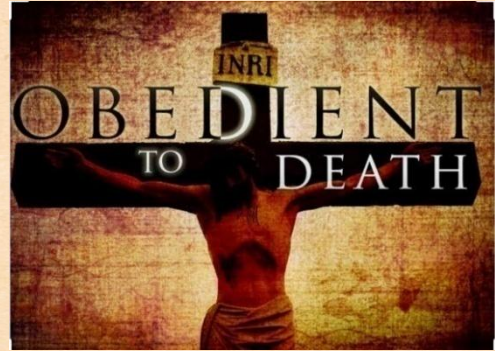
Seraphim Boaz Cyril
Class 2,
St. Gregorios SS, Mysore



JESUS- A MODEL OF OBEDIENCE UNTO DEATH

“Although He was Son, He learned obedience through what He suffered, and being made perfect He became the source of salvation to all who obey Him” (Heb 5:8–9).

The American writer and humorist, Mark Twain once said: “When I read the Bible, the parts that trouble me the most are not the ones I don’t understand, but the ones I do understand”. What do you think he was intimating? Was his trouble with their difficulty? Perhaps an yes!! but more likely, his trouble was obeying them and this points to one of the central dilemmas for Christians. It’s not that we don’t understand what God commands us to do. However, our problem is obeying them.



The dictionary defines obedience as dutiful and a submissive compliance. Compliance with someone's wishes or orders or an acknowledgment of his or her authority. The question that arise here is, What did Jesus say about obedience? He said nothing. He just lived it. The whole of Jesus life was centred on obedience- to the call of His Father to save the world and thus obedience become a vow.

God does not make us pray. God does not make us go to liturgy. God does not make us fast. God does not make us help the poor. But can we commune with God if we do not pray, if we do not participate in liturgy, if we do not fast, if we do not help the poor? - No. We cannot be in communion with God if we are not obedient to Him.

In the Orthodox spiritual tradition, obedience is a basic virtue: Obedience to the Lord, to the Gospel, to the Church (Mt 18.17), to the leaders of the Church (Heb 13.7), to one’s parents and elders, to every ordinance of man (1 Pet 2.13, Rom 13.1) and most importantly to one another out of reverence for Christ (Eph 6.21). There is no spiritual life without obedience. Out of His immense love for us, God disciplines us as His children. “He disciplines us for our good, that we might share His holiness” (cf. Heb 12.3–11).

Our obedience to God’s commandments and discipline is the exclusive sign of our love for Him and His Son. Disobedience to God and His Son Jesus Christ is the source of all sin. Refusal to submit to God in all things is the cause of all sorrow and death. Those who hear the Gospel and fail to enter the eternal abode of God, do so only “because of disobedience” (Heb 5–6, cf. Deut 4.29–31).

From all eternity the Son has listened to His Father, in order to do His work and to accomplish His will. It was the will of God, that Son should become man, take up the sins of the world and die in flesh in order to raise the dead and that “nothing would be lost”. Jesus has accomplished this in divine and perfect obedience, setting an example to all.

In speaking of Christ’s humility, Saint Paul says that Jesus was obedient to God His Father “unto death, even to the death on a cross” (Phil 2.8). In truth, Jesus obeyed God in all that He did. We must follow Jesus’ example of obedience to God the Father. Not just in our actions, but in our words and to our very thoughts.

Let me conclude saying,
Obedience is the tomb of will and the resurrection of humility. From obedience comes humility and from humility comes dispassion. He who has obedience shall have his prayers answered, and shall stand by the Crucified in confident faith. For that was how the Lord went to His cross, being made obedient even unto death.

Shamily Elizabeth Varghese
Sunday School Teacher,
St. Mary's OVP SS, Jalahalli

Prince
of
peace

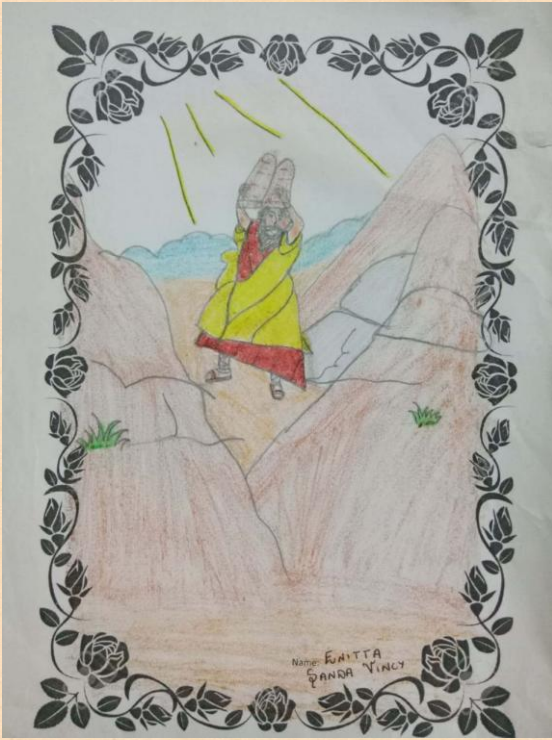
Sherlin Jacob
Class 8,
Mar Gregorios SS, Hebbal



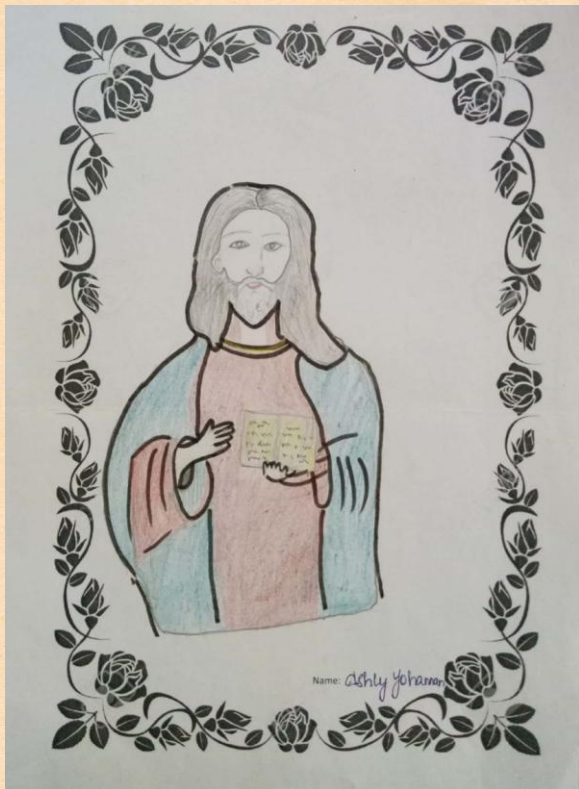
Neha P Anish
Class 6
Mar Yuhanon M SS, K.R.Puram



Natasha M Anish
Class 1
Mar Yuhanon M SS, K.R.Puram



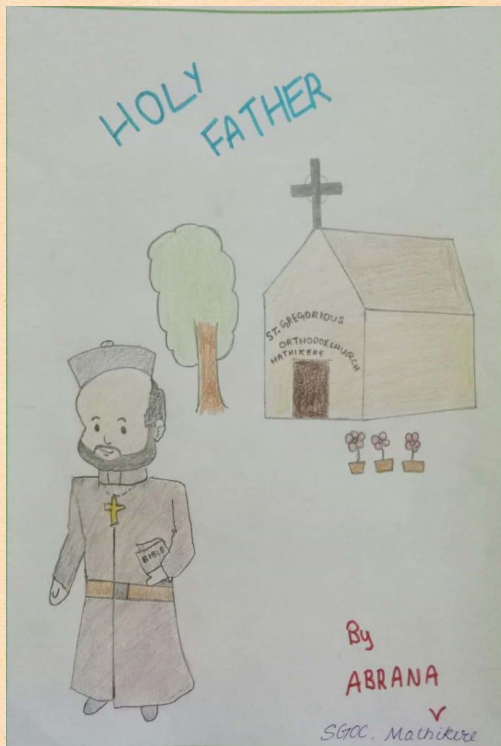
Enitta Sandra Vincy
 Class 11,
 St Gregorios SS, Mathikere



Ashly Yohannan
 Class 6,
 St Gregorios SS, Mathikere



Amelia Ann Shenoy
 Class 6,
 St Gregorios SS, Mathikere



By
ABRANA
SGCC, Mathikere

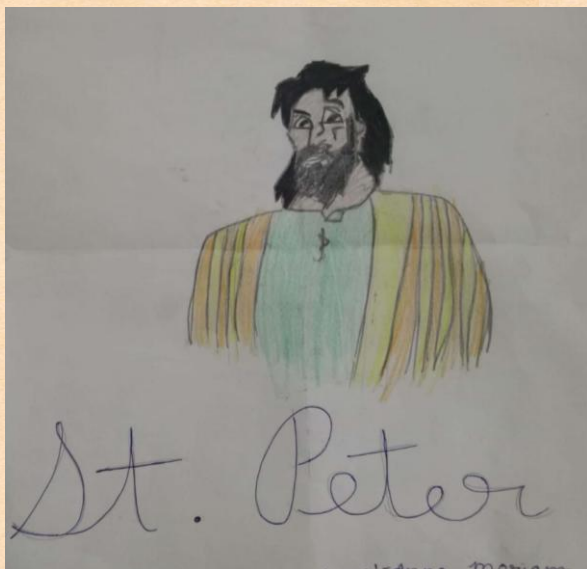
Abrana Mariam Siju
Class 5,
St Gregorios SS, Mathikere



Evaan Shenoy
Class Prep,
St Gregorios SS, Mathikere



Riya Biju Ann
Class 4,
St Gregorios SS, Mathikere

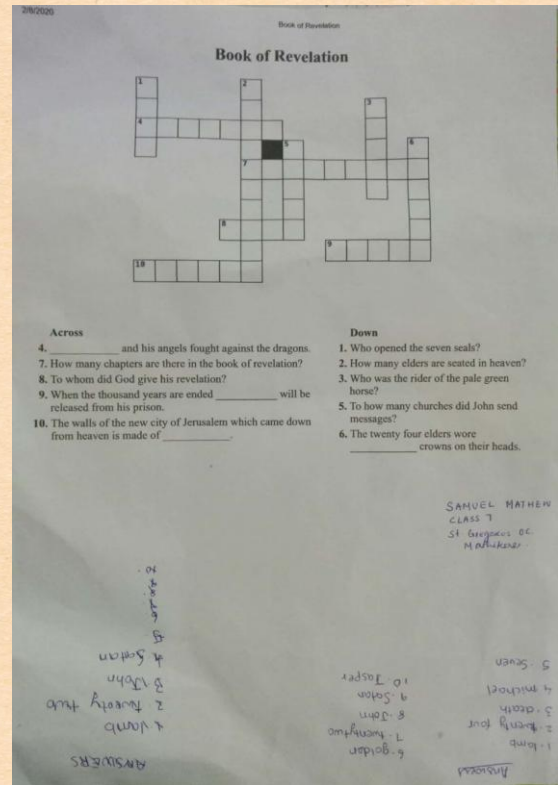


Anna Mariam Sanjay
Class 7,
St Gregorios SS, Mathikere

Matthew 16:18
And I say also unto thee, That thou art Peter, and upon this rock **I will build my church**; and the gates of hell shall not prevail against it.



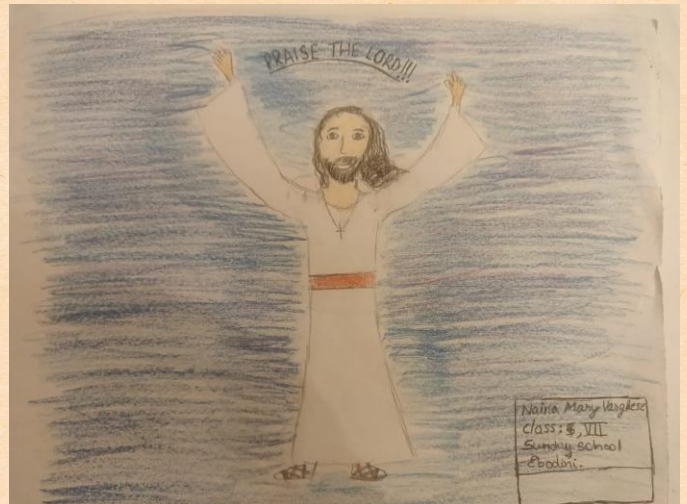
Leisha Sara Prasad
Class 6,
St Gregorios SS, Mathikere



Samuel Mathew
Class 7,
St Gregorios SS, Mathikere



Amisha B Mathew
Class 2,
St Josephs SS, Horamavu



Naina Mary
Class 7,
St Josephs SS, Horamavu

7 SACRAMENTS

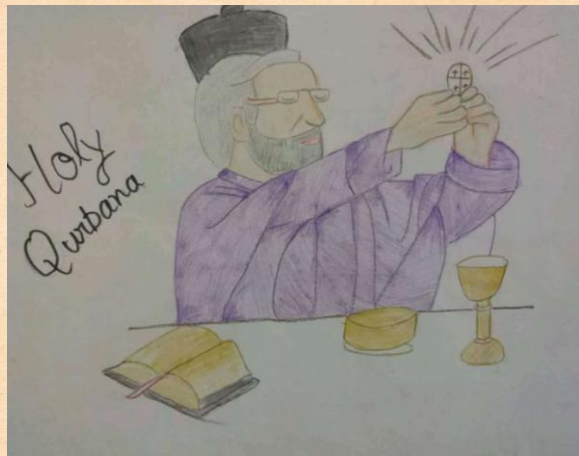
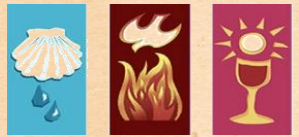
BAPTISM

Baptism is a sign of death and Resurrection of Christ. The rite appears essentially as a gift of new life.

CHRISMATION

Chrismation is performed by the priest who anoints the newly baptized Christian with Holy Chrism (oil).

Baptism and Holy Chrism



HOLY EUCHARIST
In Holy Eucharist, under the appearance of bread and wine, the Lord Christ is contained, offered and received.

HOLY ORDERS
Holy Orders are ordained ministries such as bishop, priest or deacon and sacrament by which candidates are ordained.



HOLY CONFESSION
In this Sacrament, the faithful are absolved from sins. This sacrament is very important.

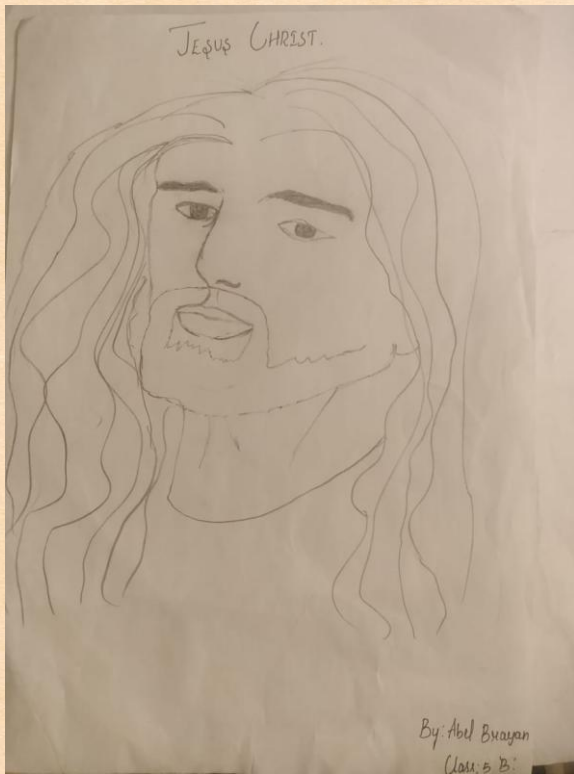
MARRIAGE
Marriage is one of the holy mysteries. It is celebrated extensively in both old & new testaments.



ANOINTING THE SICK
Anointing of the sick is a form of healing by prayer. It gives the sick strength, courage and peace.

Sacraments

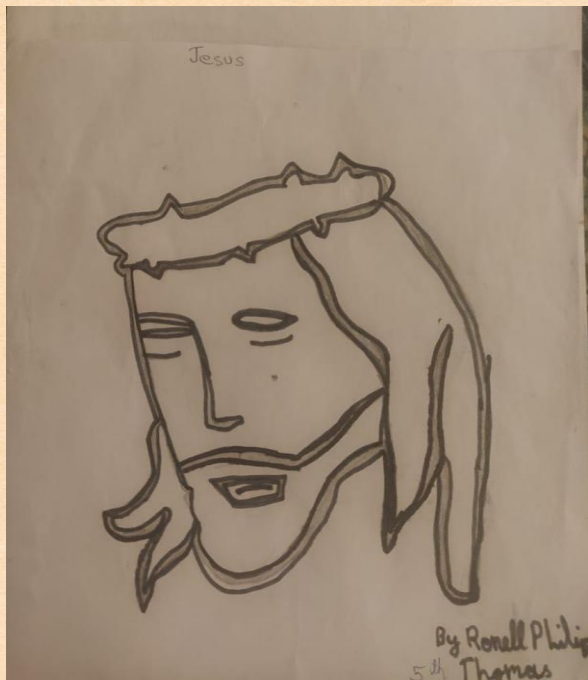
Jerusha Susan Siju
Class 9,
St Gregorios SS, Mathikere



Abel Brayan
Class 5,
St Josephs SS, Horamavu



Joel J Mammen
Class 11,
St Josephs SS, Horamavu



Ronell Philip
Class 5,
St Josephs SS, Horamavu



LOVE YOUR NEIGHBOUR

St. Luke 10:25-29

25 And behold, a certain lawyer stood up and tested Him, saying, "Teacher, what shall I do to inherit eternal life?"

26 He said to him, "What is written in the law? What is your reading of it?"

27 So he answered and said, "'You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind,' and 'your neighbor as yourself.' "

28 And He said to him, "You have answered rightly; do this and you will live." 29 But he, wanting to justify himself, said to Jesus, "And who is my neighbor?" Jesus tells us a story to help us understand what "loving my neighbor" means.



He talks about a rich man who was robbed and beaten by some thieves who left him for dead. A priest and Levite walked past him but did not care. Then a Samaritan walks by and he sees this man and takes him on his animal and puts him in the nearest inn and asks the innkeeper to take care of him till he returns and gives him some money as well.

Based on this story, what are the two things that the Samaritan gave to the injured man.

1. His time as service towards the injured man
2. His money as charity

Jesus said "For even the Son of Man did not come to be served, but to serve, and to give His life a ransom for many." Jesus gave up His life to serve mankind. What does each one of us have to offer? Jesus gives us the solution in his parables.

Remember the parable of the three servants; One was given 5 talents, 2nd was given 2 talents and the third was given 1. The first two doubled their talents while the third one buried the money in the ground. What are we doing with the talent God has given us? Is it being used to bring glory to God by serving / helping our neighbor ? I think everyone love, to play football here. Well— Have any of you played for a charity match benefiting someone. If you love to sing, have you gone to any hospital/charitable place and sung to bring a cheer to the people there ?

Don't bury you talent like the third servant.... But pray to God to help you use it for the Glory of God by helping your neighbor.

Secondly, Giving your money as charity. God carries out His works through us. He has said "*Bring the full tithe into the storehouse, so that there may be food in my house, and thus put me to the test, says the Lord of hosts; see if I will not open the windows of heaven for you and pour down for you an overflowing blessing.*"

The money we have, has been given by Him to be used for His purpose. So "Give ... Save... and Live of the Rest". We keep teaching our children how to share but forget how to do it ourselves. Our willingness to give plus God's Almighty power will produce a Miracle.

So I request all of you, Love your Neighbor by sharing your time and talent and your charity with those who don't have it so that God can be Glorified .

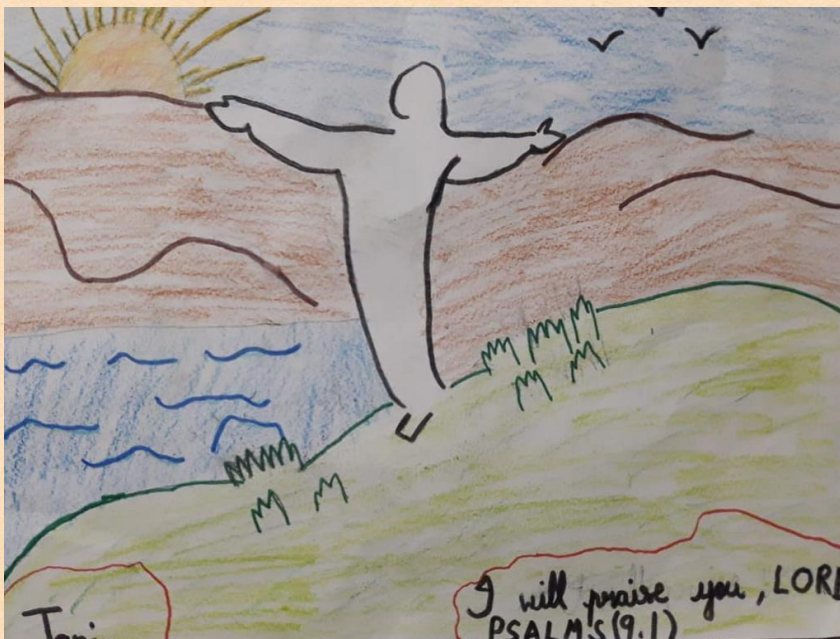
Anya Stephen
Class 7,
St. Baseliou SS, Marathahalli



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

Colossians 3:20

"Children, obey your parents in everything, for this pleases the Lord."



*Let
everything
that
has breath
praise
the Lord.*
Psalm 150:6

Janice Mariam Saju
Class 3
Mar Yuhanon M SS, K.R.Puram

ANNOUNCEMENTS



Contribute some interesting original articles and win some prizes.

We hope you'll join us.

Next Edition planned

Tentative Date : Oct 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 15-Sep-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,

Behold, God is my helper; the Lord is the upholder of my life. Psalm 54:4

Happened to receive a message recently, which read,

"The beginning of 2020 has revealed enough for deep reflection:

That giant Australia is not at all invincible from fire

That mighty China could be shaken by enemies that are too small to be seen

That small volcano in the Philippines is a fully destructive one

That who we see as a successful basketball star could suddenly die within seconds in a deadly crash

Things are indeed; never too big or too small..... never too high or too low.... never too powerful or too faint... never too wealthy or too broke... never too famous or too ordinary...

Whatever our condition is, ... we are all equal... we are all important... we are all gifts... our current status does not define us at all... what we have or possess is never a mighty protective armor....

After all... we are not invincible, we are not mighty, we are not immortal."

A quick reflection shows mans helplessness and gives a realization of abundance of Gods grace and mercy we receive each day. We need not fear or be anxious. God has planned everything for us. In whatever situation we are in we need not fear, for

God watches over us. Psalm 23:1 The Lord is my shepherd; I shall not want.

He is our helper. Psalm 54:4 Behold, God is my helper; the Lord is the upholder of my life.

Abide in Him. John 15:5 I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.

Pray with faith. Mark 11:24 "Therefore I tell you, whatever you ask in prayer, believe that you have received it, and it will be yours".

Trust in the Lord. Proverbs 3:5 "Trust in the Lord with all your heart, and do not lean on your own understanding."

God has a plan. Jeremiah 29:11 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.

Be content. Hebrews 13:5 "Keep your life free from love of money, and be content with what you have, for he has said, "I will never leave you nor forsake you."

Be thankful. 1 Thessalonians 5:18 "give thanks in all circumstances; for this is God's will for you in Christ Jesus."

Gods will be done. Mark 14:36 And he said, “Abba, Father, all things are possible for you. Remove this cup from me. Yet not what I will, but what you will.”

Then, Why be anxious? Why fear ? **We are safe in His hands.** Isaiah 49:16 See, I have engraved you on the palms of my hands; your walls are ever before me.

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 11th 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.

Please help spread the news of this newsletter to all your friends in Sunday school. We seek to have more participation in contribution of articles and readership. This initiative is to set our budding minds to express their creativity 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)

OSSAE – OKR Bangalore Zone

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