

OSSAE-OKR BANGALORE ZONE

E-Bodhini (NEWSLETTER)



Vol 3 : 2016 February

(for private / internal circulation)

Message from Thirumeni

7th Feb 2016

IMITATORS OF GOD

'Imitate God therefore, in everything you do, because you are his dear children' (Ephesians 5:1)

Several years ago, when I was in US for my doctoral studies, there was a very powerful advertisement on television. It showed a dad walking down the street. His son followed. The dad threw a rock. His son threw a rock. His dad sat under a tree. His son did the same. His dad picked up a cigarette and started to smoke. The son tried to do the same thing. This points out a critical principle in life as well as in God's kingdom: children tend to imitate their parents, for the good or not.

Paul exhorts believers to imitate God as dear children. We certainly do not do this in our own strength. We are in Christ. He is in us. It is only by his indwelling Spirit that we are able to come near imitating God.

I think it is important to study the life of Jesus to see how he responded in certain situations, how he taught in others, and how he refrained from speaking at his trial. All of these situations can be instructive for us. But again, our imitation of God is not left to our own power and strength. We can only do it as he gives us the ability.

May this 'BODHINI' choose to imitate Jesus today, give us the strength and grace to do so.

God Bless !

- Seraphim Thirumeni

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

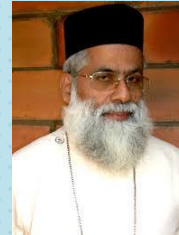


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**We aren't called
to be like
other Christians;
we are called to
be like Christ.**

Message from Vice President



*Fr. T K Thomas Cor-Episcopa
Vice President - Bangalore Zone*

‘Obedience to God’s Word is the recipe for spiritual success’

Without God’s instructions, Joshua would have failed at leading the Israelites into the Promised Land. The first step was to “be strong and of good courage” (Josh. 1:6).

Next, he was to continually meditate on the Book of the Law, and finally, he was to do everything it said. As long as Joshua followed the directions, God promised him “good success” (v.8).

God’s “recipe for success” can work for us too, but His idea of success has little to do with money, popularity, or even good health. In the original Hebrew, “then you will have good success” means “then you will act wisely.” Just as God called Joshua to walk in wisdom, He wants us to “walk circumspectly, not as fools but as wise” (Eph. 5:15).

As we take courage in the Lord, feast on His Word, and obey Him, we have a recipe for godly success that’s better than anything we could cook up on our own.

I congratulate the editorial board for this edition of E-Bodhini. I would like to congratulate all the children for exhibiting their god given talents in the form of various articles they have contributed in this edition.

I wish to see the Sunday schools grow in strength and also wish that all our Church members will endeavor to support the Sunday school in all possible ways. My prayer and wishes to all the members of our Sunday school family.

Sincerely in the service of our Lord.

Fr. T K Thomas Cor-Episcopa
Vice President
OSSAE-OKR, Bangalore Zone

Message



*Fr. Koshy Thomas
Vice President - Hyderabad Zone.*

Greetings to you all in the name of our Lord Jesus Christ.

At the outset I take this opportunity to congratulate the office bearers of the Bangalore region Sunday School for the journal of e-bodhini.

The Functional Definition of Sunday School

Sunday School is an essential disciple-making strategy of the Church. As such, the Sunday school has proven its effectiveness by teaching biblical principles and godly living to people at every age and stage of life. In order that the Sunday School remains effective in the 21st century, the Church must both reaffirm and retain the essential elements of this disciple-making strategy and also develop flexibility to address the different discipling challenges of our fast-paced, pluralistic culture. Any Christian Educational Initiative in the local church that includes all of the following characteristics will be considered functionally comparable to Sunday School.

The primary purpose of the Sunday school is an obedient response to the Great Commission: Making disciples who will fulfill the threefold mission of the church, i.e. –1. Evangelism, 2. Worship, and 3. Discipleship. The primary Curriculum of the Sunday school is the Bible supported by appropriate teaching resources. The primary process of the Sunday school is regular, systematic teaching of Bible content and doctrine of the church.

Sunday School Is the Reaching Arm of the Church

Sunday School is the arm that reaches all ages for Christ. "Reaching" is defined as making contact with a person and motivating him or her to give an honest hearing to the gospel.

Sunday School Is the Teaching Arm of the Church

Sunday School is the teaching arm of the Church. "Teaching" means guiding the learning activities that meet human needs. The first step of teaching is expressed in the verse by the words "that they may hear." The ultimate step of teaching is "that they may learn."

Sunday School Is the Winning Arm of the Church

Sunday School is also the arm of the Church that wins people to Christ. "Winning" is defined as communicating the gospel in an understandable manner and motivating a person to respond to Christ. The Old Testament expression "fear the Lord" means to bring a person to reverential trust of God. It was a concept of salvation. Today we might describe a person who "fear[s] the LORD" as a person who receives Christ, or trusts the Lord, for salvation.

Sunday School Is the Caring Arm of the Church

Sunday School is the arm of the Church that gives spiritual care to all members. One of the objectives of every Sunday School is to spiritually care for all so that all will "carefully observe all the words of this law."

Sunday School is the reaching, teaching, winning and caring arm of the Church.

As important as each function is, do not forget to build a balanced Sunday School. The healthy Sunday School will perform all four ministries equally. To make your Sunday School healthy, cover the four basics for your students: reach, teach, win and spiritually care.

May God Almighty shower thy abundant blessings upon you all.

God Bless You.

Message from Diocesan Director

Dear friends in Christ,

We are happy that our quarterly news – E-Bodhini is getting ready for release by our beloved Thirumeni on 14th February during our Annual Day at St. Stephen's Orthodox Church, Vijayanagar.

The liturgical Season of Great Lent is one of the kinds of introspection- looking back to one's own life, and of real reconciliation.

As a reminder one of the hymns in the Shubquono liturgy says, **“Brethren, let us love one another, for it is the completion of the commandments.”**

It is time for us to unite and work together as a Diocesan family let us join to bridge the gap by coordinating and co-operating with each other in the coming years. The just concluded Diocesan Competition was the best example of Hyderabad Zone's commitment while hosting this event. So from now onwards we need to have a cordial relationships. Vice President Achens, Zonal Secretaries and Officials of both zones have to do a lot to accomplish this responsibility.

We hope and pray that let this Lenten Season brings reconciliation and transformation amongst us.

We are grateful to OSSAE and OKR for their guidance and support.

Congratulations and good wishes to the Editors of *BODHINI* and all those who have contributed in this endeavor.

Bangalore
9th February 2016

Dr. George Panackamattom
Diocesan Director, Bangalore



ALNA MARIYAM THOMSON
St. Mary's Orthodox Church, Ras Al Khaimah



**1ST RANK
IN OSSAE-OKR 2015
CLASS XII
EXAMINATIONS
with 97% marks.**

TOPPER



*"The fear of the Lord
is the beginning of
knowledge: but fools
despise wisdom and
instruction."*

~ Proverbs 1:7

SHILPA MERIN JOHNCY
St. Gregorios Cathedral, Bangalore



**3RD RANK IN OSSAE-OKR 2015
CLASS XII EXAMINATIONS with 95% marks.**

Shilpa secured First in Bangalore Region.

OSSAE-OKR RANK-HOLDERS - 2015

SSFC CLASS X RANK HOLDERS 2015

Name	Gender	Parish	Place	Diocese	TOTAL	RANK
EMILY MARIAM VARGHESE	FEMALE	ST. THOMAS ORTHODOX CONGREGATION	SAUDI	THRISSUR	98	FIRST
MOBIN VARGHESE THOMAS	MALE	ST. GREGORIOS ORTHODOX SYRIAN CHURCH	SHARJAH	DELHI	97	SECOND
ANGELA ALEETA ALEXANDER	FEMALE	MAR GREGORIOS ORTHODOX SYRIAN CHURCH	PATNA	CALCUTTA	96	THIRD

SSSC CLASS XII RANK HOLDERS 2015

Name	Gender	Parish	Place	Diocese	TOTAL	RANK
ALNA MARIYAM THOMSON	FEMALE	ST. MARY'S ORTHODOX SYRIAN CHURCH	RAS AL KHAIMAH	BANGALORE	97	FIRST
SHWETHA GRACE EAPEN	FEMALE	MALANKARA ORTHODOX CHURCH	DOHA-QATAR	BOMBAY	96	SECOND
AILIN REEBA JAIN	FEMALE	MALANKARA ORTHODOX CHURCH	DOHA-QATAR	BOMBAY	95	THIRD
DAN MATHEWS ROBIN	MALE	ST.GREGORIOS ORTHODOX SYRIAN CHURCH	SHARJAH	DELHI	95	THIRD
SHILPA MERIN JOHCY	FEMALE	ST. GREGORIOS O CATHEDRAL	HOSUR ROAD	BANGALORE	95	THIRD



ORTHODOX SYRIAN SUNDAY SCHOOL ASSOCIATION OF THE EAST

OUTSIDE KERALA REGION - Bangalore Zone

ANNUAL REPORT – 2015 A SUMMARY GLIMPSE

By the Grace and blessings of God Almighty, we present the Annual Report on the activities of the Sunday Schools in Bangalore zone during the year 2015.

The Bangalore Zone has thirteen functioning Sunday schools with 1476 students and about 250 teachers located in Bangalore, Tumkur and Mysore Districts of Karnataka divided into 2 Districts viz., District I and District II. In addition three chapels Sunday Schools.

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

President: HG (Dr) Abraham Mar Seraphim Metropolitan

Vice President: Rev. T K Thomas Cor-episcopa

Director : Dr. George Panackamattom.

Secretary: Mrs. Lousy Biju

Inspectors: District I – Mr. Charly Chacko, **District II –** Mr. N M Achenkunju

Staff Representative: District I – Mrs. Binu Philip, District II – Mrs. Grace Varghese

Staff Editor-Bodhini : Mr. Biju Prasad

All Vicar, Head Masters and Secretaries of all Sunday Schools are members of the Executive Committee.

We place on record the sincere and dedicated service of the outgoing Zonal Secretary Mrs. Mary Varghese deeply acknowledging her selfless service and will be ever grateful for her contribution for the effective functioning of the Bangalore Zone Sunday Schools. We are also thankful to our outgoing Staff Representative of District -I Dr. Jacob N. Abraham for his good support.

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

Annual General Body Meeting 2014-15 and Teachers Work Shop:

The Teachers conference and the Annual General Body for the year 2014-2015, was held at St. Gregorios Orthodox Cathedral, Hosur Road, on 26th April 2015.

Our Thirumeni, H.G. Dr. Abraham Mar Seraphim presided over the meeting. OSSAE-OKR Bangalore Zone Vice President, Very Rev. T. K. Thomas Cor Episcopa Achen reminded the importance of being a Sunday school teacher and the responsibilities entrusted.

About 60 **Teachers** attended the AGM & Teachers One day Conference was held on the same day. Teachers were divided into groups and each group came up with suggestions on various ways to improve the teaching quality and the method to adopt it.

The Annual Report of Bangalore Sunday Schools and the annual accounts 2014-15 was presented by the secretary.

Diocesan Level Charity Project -As a part of our support to Diocesan Metropolitan Housing Project, charity boxes were distributed to all our Sunday School Students and Teachers and the collection there from would be donated towards construction of one house under this project.

Art Competitions 2015_The Arts Competition 2015 at the unit levels were conducted by the Sunday Schools from August 2015 to September 2015. Quiz was conducted in January 2016.



District 2 Arts Competition at St. Dionysious, Dasarahalli

Certificates of AWARD for Examination and Art Competitions 2015:_While implementing the Grading system, it was decided to award Certificates to all students who secure A+, A and B Grades for both Examination (from class IV onwards) and Art Competitions at Zonal Level.

Examinations 2015 The half yearly examination was held on July 26th 2015 at all the Sunday Schools. The Final Examinations for classes from Preparatory to Class IX and XI was held on 13th December in the morning session at each Church.

The **SSFC and Class XII Examination 2015** was held on 6th December 2015. **SHIPA MERIN JOHNCY** of St. Gregorios O Cathedral **SECURED THIRD RANK IN THE SSSC EXAMINATION 2015 OF OSSAE-OKR**, scoring 95 Marks.

Diocesan Level Competition

Diocesan Level competition was held on 24th January 2016 at St. George Orthodox Church, Jeedimetla. The students selected from Bangalore and Hyderabad Zone will represent us to OKR Inter Diocesan competition to be held at STOTS, Nagpur on 17th July 2016.

STUDENTS' CAMP 2015 : The 6th Zonal level OSSAE-OKR Bangalore, Students' Camp & Teachers Workshop was held at Glorious Promised Land, at the foot of Nandi Hills, from 22nd to 24th October 2015. Theme of the camp was "**Your body is the temple of Holy Spirit**", 1 Corinthians 6:19. The camp was successfully conducted under the able leadership of our beloved Thirumeni, H.G. Dr. Abraham Mar Seraphim and our Vice President Achen, Very Rev T K Thomas Cor-episcopa.

Rev. Fr. Basil Thomas of Ahmedabad Diocese, was the Chief Resource Person and Rev. Dn. Nithin V. Rajan the Second resource person. The other resource persons were Dr. Jacob Abraham, Mrs. Betty and Mrs. Asha Joshua. About 95 Students and 45 Teachers/volunteers participated from all the 13 parishes. Campfire and Trekking were a highlight amongst children during the camp.

E-Board

Teachers Workshop: was held on 24th October 2015, afternoon at the same venue of the Students' Camp. The workshop was conducted by Dr. George Panackamattom, Mrs. Asha Joshua and Mr. Ninan with new energy, enthusiasm and expertise. 60 teachers attended the workshop

MELTHO 2015 – About 40 students attended the Orientation program for class X/XII Students, which was initiated by our Diocesan Metropolitan **H.G. Dr. Abraham Mar Seraphim** and was led by Rev. Fr. Abraham Thomas, Vicar of St. Stephen's Orthodox Church, Vijayanagar.

Jubilee Celebrations The year long celebration of the Golden jubilee (50th) anniversary of OSSAE and Diamond jubilee (60th) anniversary of Bangalore Sunday Schools, inaugurated by Our Catholicose His Holiness Moran Mar Baselios Marthoma Paulose II during a function held at St. Gregorios Orthodox Cathedral, Bangalore on Saturday, the 15th of February 2014 came to its culmination on 31st January 2015 at India Campus Crusade for Christ Auditorium.

- All the Presidents, Vice Presidents, Secretaries, Teachers with 25 years and more teaching experience were all felicitated.

- More than 100 Children took part in the Jubilee Choir 'Shebach' and presented the hymn from the Sacrament of Baptism to the Resurrection of our Lord in a musical form.

- All the Sunday Schools presented cultural programs on various themes including Margom Kali and Parichamootukali.

- A Souvenir was released by the Bangalore Zone. We thank the editorial board for their tireless efforts to make the Souvenir a grand success. Rev. Fr. V. P. Idichandy, Vice Present of the Souvenir Committee, Mr. Thomas George, Chief Editor along with Mr. Kuruvilla Varghese and other members the Editorial Board has put in

tireless efforts to make the Souvenir a grand success. The Support and guidance rendered by our Diocesan Metropolitan and Very Rev. T.K. Thomas Cor Episcopa is commendable. Suggestions put forth by M.S. George Uncle, Diocesan Director Dr. George Panackamattom and Ex-Officio Director Mr. K. C. Thomas were appreciated.



'Shebach' Choir

Annual Accounts 2015 – The Accounts of the OSSAE-OKR Blore Zone is maintained on a day to day basis and audited.

We express our gratitude and acknowledge the encouragement and blessings of HG (Dr) Abraham Mar Seraphim, Metropolitan of Bangalore Diocese and President of OSSAE-OKR Blore Diocese, Rev Fr (Dr) Geevarghese K and Rev. Fr. Dr. Bijesh Philip(Director, OSSAE-OKR) for the directions and co-ordination. We thank Very Rev T K Thomas Cor-episcopa (Vice President, Bangalore Zone) for leading us with his support and guidance. We thank all our office bearers, Vicars, Director, HMs, Teachers, parents and students for their guidance and support throughout the year in all activities of the Blore Zone SS.

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.

Thank you
14th Feb 2016

Mrs. Lousy Biju
Secretary



What is Prayer?

Prayer is like breathing. Without breathing we cannot live. When we breathe, air enters our lungs, cleanses the blood in our veins by relieving it of the carbon dioxide, and supplying it with oxygen. If I do not breathe for a few minutes I die. When I have hard physical work to do, I need more air than when I am sleeping or sitting in a chair.

Prayer is communion or communication with God -opening ourselves to Him and receiving His love. It is by living consciously in this relationship of love that we can be transformed into the image of God. By prayer we become more like God, more loving, more wise, more powerful, more kind and good.

In prayer we are cleansed of the accumulated impurities of our life and we are supplied with power to live a good, kind and holy life.

Prayer is not a matter of asking God for all kinds of things. Some teenagers speak to their earthly father only when they need something. We should not become like them in relation to our heavenly Father - going to Him only when we need something. The relationship is valuable in itself, as in all true love. It is not what we get out of it that matters, but the fact that we are in communion with our loving Heavenly Father.

Important along with community worship, group worship, family worship is also the personal prayer in the privacy of your own room at home or in the hostel. **In addition to these forms, however, some other forms of prayer should be mastered for personal use. The most effective and useful of these forms is called ejaculatory prayer.**

Ejaculatory prayer.

These are one - sentence prayers which one can repeat as many times as necessary, no matter, where or when. You can say them in your mind when you are waiting for a bus; when you are anxious about something; when you are facing temptation, when you feel bored and lonely, while you are lying in bed, comfortable and too lazy to get up; while going to bed and when sleep does not come immediately, and so on.

The following are some of the possible forms of ejaculatory prayer:

Lord Jesus Christ, Son of God, be merciful to me a sinner.

O God, Thou art my God. I love Thee. I am Thine for ever.

Lord, you are my Master and Lord, I give myself to Thee.

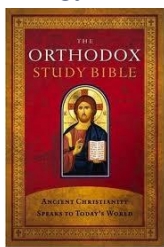
Lord, keep me in Thy ways, keep me from all evil.

Lord, have mercy, Lord, have mercy, Lord have mercy upon me.

You can make up your own forms of prayer, for here the Church lays down no rules for personal prayers. Of these forms above, the first was a favourite with the monks, and is known as the 'Jesus Prayer.' They used to recite it thousands of times in a day as a sort of Mantra. In Mount Athos, the monks trained themselves to say this prayer along with every breath. They would say "Lord Jesus Christ, Son of God" with every inhaling breath, hold the breath in the lungs for a few seconds and then exhale, saying "be merciful to me a sinner." The idea was that the prayer should become as incessant an action as breathing, that the Lord Jesus Christ should become established in your heart as a deity is in a temple, and that you should constantly be in an attitude of prayer and repentance.

All these rules are to help you to become a praying Christian. Only your own sustained and disciplined practice will make you perfect. But remember one thing. Prayer can never be isolated from the common worship of the Eucharist and from the continuous, active compassionate love for your fellowmen. Let us all pray: "Lord, Teach us to pray. Amen."

BIBLE & PRAYER



"When God wants to have mercy on someone, He inspires someone else to pray for him, and He helps in this prayer"
—St. Silouan the Athonite

H. G. Dr. Paulos Mar Gregorios Metropolitan

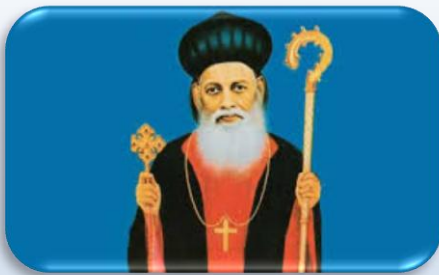
(<http://malankaraorthodoxchurch.in> Written for Orthodox young people in India)

OUR TEACHERS



"I am indebted to my father for living, but to my teacher for living well.

*—Alexander the Great
{His teacher was the legendary philosopher Aristotle}"*



Born :
20 Jun 1886, Thripunithara

1920 - Translated Holy kurbana Thaksa from Suriyani to Malayalam language and published.

1924 - Founded Servents Of Cross Missionary Society.
Participated in the famous Vaikom Sathyagraha.

2 Feb 1968 :
Entered in to eternal rest
(Entombed at Carmel Dayara, Kandanad)

“Pathrose Mar Osthathios”

Pathrose Mar Osthathios

Pathrose Mar Osthathios (childhood pet name Kochupilla) , born on 20 June 1886, as the youngest and ninth child to Cherian Puravathen and Kunjumariamamma of Mookencheril family in Thripunithra. After his initial education under Chandy Aashan and Pailey Aashan, he started schooling at Thripunithra. He was not very keen in his studies. Once his father punished him by beating him, tying log wood on his shoulder. His cries were heard in the neighborhood and by God. His attitude to studies changed dramatically and he bagged First rank in the fifth form and received a bunch of books as a prize from Maharajah Rama Verma. He also got first rank in the Matriculation Exam, then took his B.A, B Ed degrees. He did his L.T from Trivandrum and started to teach in Thripunithra, Narackkal High School.

He was inspired by the First student’s conference in January 1908, at Thiruvalla He also felt the need to translate our books and prayers into Malayalam for the sake of the low placed Christians. Once he heard Fr. Holmes, speak about the Passion of Christ on the Cross. He was moved emotionally and started to cry. He felt embarrassed and turned back to see if anyone has noticed him crying. He saw every one behind him was in tears. This incident brought him closer to Christ and Christianity.

He was much disturbed and he left home and stayed in a lodge in Ernakulum, spending sleepless nights praying, reading the Holy Bible and meditating. He left Ernakulum without informing his parents and relatives and went and met Vattasseril Thirumeni, who along with the First Catholicos Paulose Mar Ivanios ordained him as a deacon in 1916. He was a true disciple of Christ, who left his father, mother, brothers, sisters and followed Christ.

His Grace led a very simple. His Grace has also participated in the Vaikom Satyagraham. His association with MGOCSM from his youth days, M. P. Peter showed interest in social as well as spiritual activities. His revolutionary ideas gave a fundamental outlook towards his attitudes. He actively participated in vaikam sathyagraham of 1924. For his newly liberative ideas and free thinking, he gave up his teacher hood. He was ordained as priest on 4 May 1926 by Yuyakim Mar Ivanios. In 1943 His Holiness Baselios Geevarghese II ordained him as Ramban. On 15 May 1953, he was consecrated as Metropolitan Pathrose Mar Osthathios. He became the head of the Malabar Diocese.

On 14 September 1924 as a deacon, M. P. Pathrose started the "Sleebadasa Samooham" (Order of the Servants of the Holy Cross) with an aim to work for the upliftment of the Dalits on the Social, Cultural and Spiritual fronts and gave leadership to missionary activities. He introduced the Dalit people as the Crown and the Happiness. He had gained more than 25,000 non Christians from the lowest strata for Malankara Orthodox Church. He was appointed as the special officer of education department of Kochi Government. He was the first person to translate the Holy Qurbanas, Taksas, Promiyon and other prayers for Holy Services from Syriac to Malayalam.

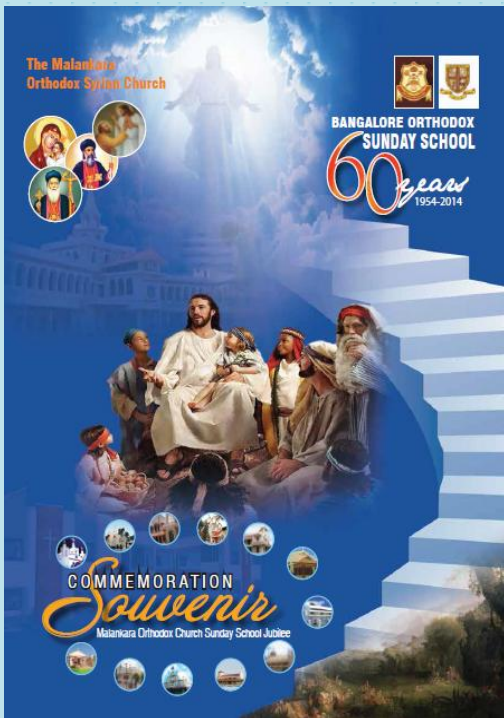
He left for his eternal abode on 2 February 1968 and was laid to rest in Carmel Dayara, Kandanad. Pathrose Mar Osthathios Metropolitan was a man of courage, confidence and with a empathetic attitude towards his fellow beings.



DIAMOND JUBILEE

60th
Anniversary

"Thank you all
for your sincere efforts
for the success of
SHEBACH"



The inauguration of the Diamond Jubilee Celebrations was done by H. H. Moran Mar Baseliose Marthoma Paulose II on 15th February, 2014 at St. Gregorios, Orthodox Cathedral, Bangalore.

The culmination of the year long of the Jubilee celebrations of Sunday Schools was with a grand Public Valedictory Function titled 'Shebach' at India Campus Crusade for Christ Auditorium, St. Thomas Town, Hennur Road, Bangalore - 560 084, on Saturday the 31st January 2015, 2.00 p.m. onwards led by our beloved Thirumeni, H G Dr. Abraham Mar Seraphim, Metropolitan, Bangalore Diocese and President of the Bangalore Diocesan Sunday Schools.

Rev. Fr. Dr. O Thomas, Director, OSSAE, Kottayam; Rev. Fr. Dr. Geevarghese K, Director, OSSAE-OKR Nagpur and Dr. T K Alex, former director of Satellite Center, ISRO, were the guests of honour on the occasion of the Jubilee function.

A commemoration souvenir was released on the occasion, which contains history of Bangalore Sunday Schools and reports of sunday schools, Shebach - the jubilee year celebrations, felicitation done, etc.



STUDENTS' CAMP 2015 - NUHRO

Dates :
22nd to 24th -Oct-2015

Venue :
Glorious Promised Land
Nandi Hills, Bangalore

Theme : "Your body is the
temple of Holy Spirit", 1
Corinthians 6:19





STUDENTS CAMP 2015: NUHRO 2015 ... a report.

The 6th Zonal level OSSAE-OKR Bangalore, Students' Camp & Teachers Workshop was held at Glorious Promised Land, a Christian Retreat Centre - a place to put Christian principles into practice that build healthy spirit, mind and body for all, a serene beautiful Resort, situated at the foot hill of NANDI HILL, Opp. Nandi Railway Station, Devishettihalli, Chickabelapur on the 22nd, 23rd & 24th October 2015.

It was Thirumeni's suggestion that the Sunday school camp should have a name like the Youth Camp, YOVELA, and accordingly suggested "NUHRO", a syriac word which means **Light**. It was unanimously accepted by all present and it was decided that from then on, the Sunday School Camp will be called "NUHRO".

This three days Camp was inaugurated by H.G. Dr. Abraham Mar Seraphim, Metropolitan of Bangalore Diocese.

A Theme for this year's Camp was discussed and amongst various suggestions, the verse "**Your body is the temple of Holy Spirit**", 1 Corinthians 6:19 put forth by Mr. N.M. Achenkunju was the theme for the camp, which took the children through a spiritual journey for 3 days.

"Jesus Inside" - A caption suggested by Mrs. Asha in relevance to the theme was included.

The camp was successfully conducted under the able leadership of our beloved Thirumeni, H.G. Dr. Abraham Mar Seraphim and our Vice President Achen, Very Rev T. K. Thomas Cor-episcopa.

We thank Rev. T K Thomas Cor-episcopa for his support, presence and prayers for the conduct of this camp. Achen stayed with us on all three days of the camp and guided, co-ordinated and facilitated the smooth conduct of the various activities of Camp.

Rev. Fr. Basil Thomas was the chief resource person. Achen led our children through the journey of knowing and understanding through Orthodox faith, how our body should be used to glorify God as the Holy Spirit dwells in it.

Rev. Dn. Nithin V. Rajan the Second resource person had an interactive session with our children with a caption 'KFC' - 'Kids For Christ'. Deacon dealt with the practical hassels our children go through as a teenager and gave them solutions to it within the boundaries of Orthodox Faith and Bible.

A trek to a nearby hill was organized on the second day. We are happy to note that many of the children opted to skip breakfast after a tiring trek, as it was friday a day of fast.

About 95 Students and 45 Teachers/volunteers participated from all the 13 parishes.

The other resource persons were Dr. Jacob Abraham, Mrs. Betty and Mrs. Asha Joshua conducted bible quiz, gave a heart to heart talk on the issues of our teenagers and also shared with them their experiences in life and how easy it is to overcome the issues with Bible as a support and guidance. Music sessions were led by our own Children from the Music Ministry.

Dr. George Panackamattom and Mrs. Asha Joshua took inspiring sessions for the teachers.

We specially thank Rev. Fr. Santhosh Samuel, Rev. Fr. Moncy P. Chacko, Rev. Fr. Cyril Varghese, Rev. Fr. Bino Samuel and Rev. Fr. Daniel who travelled to the Camp venue and helped our children with their confession. Rev. Fr. Basil Thomas and team led the Gregorian worship.

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

We thank God Almighty for the blessings and strength showered upon for the smooth conduct of the camp.

Mrs. Lousy Biju
Zonal Secretary



STUDENTS' CAMP 2014 - TUKHLONO

Dates :
24th to 26th -Oct-2014

Venue :
NIRJHARI,
Sarjapur Road, Bangalore

Theme : : "Let no one despise
your Youth." 1 Tim 4:12



Student's Camp-Oct'14
OSSAE-OKR, Bangalore Diocese Sunday School

Introduction to Orthodox Faith –



Br. John Mathew, STOTS, Nagpur.

*Excerpts from Session on ‘Introduction to Orthodox Faith’
by Br. John Mathew in Tukhlono 2014 Students Camp.*

Three Fundamental Questions of Orthodoxy -

1 - Who Are We?

Who Are Orthodox?

An Orthodox Christian... A person who lives according to the image of Jesus Christ and affirms the fullness of truth that Christ reveals

Ortho - True or correct complete doctrine

Dox - Belief teaching doctrine

Orthodox Christian Church

IS NOT

- an institution or organization

IS

- Household of God (Eph 2: 19)
 - *Gather* together in his name (Acts 2: 46)
 - *Share* a common faith in love of God (Acts 2: 45)
 - *Proclaim* the Good News of Christ in word and deed (Matt 28: 20)

2 - What We Believe?

Our belief Is Based On Holy Tradition

- *That which is passed on or given over within the Church, from the time of Jesus Christ and the apostles until the present day*
- *That which God’s People have believed, lived, experienced, celebrated and shared at all times and in all places.*

Holy Tradition Consists of...

1. Holy Scripture

- Consists of 39 Old Testament, 27 New Testament and 7 Inter-Testamental Books
- It has the most authority in the Tradition.

Old Testament

- Records the manner in which God prepared the world for the coming of His Son, Jesus Christ.

New Testament

- Completes and fulfills God’s revelation.
- Proclaims Jesus Christ as Lord, God and Savior.
- Records God’s life in the midst of His people.

2. Nicene Creed

- Fundamental faith of Orthodox Christians
- Formulated at the Council of Nicea in 325
- Later edited and completed at the council of Constantinople in 381.

3. Liturgical Worship

- It is the public proclamation of God as Lord
- Emphasis is on Praise and Thanksgiving.



4. Lives of Saints

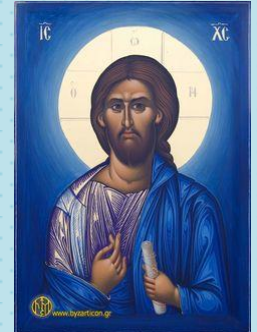
- Saints, are the people who have shown the faith of the church through their lives.
- They are still in active communion with God and us.
- Church remembers them and seeks their intercession

5. Writings of the Holy Fathers

- The Church Fathers are those theologians and writers who fulfill the truth of the Gospels and defend it from heresies.
- They include early fathers such as St. Basil the Great, St. John Chrysostom, St. Gregory the Theologian, St. Gregory of Nyssa, etc.

6. Art of the Church

- Orthodox dogma is also expressed by the iconography and architecture of the Orthodox Church



3 - How We Live?

Offering service to others is rooted in service we offer to God in prayer and worship

Service To God

• Public worship

a) Divine Liturgy

The Divine Liturgy (Eucharist) is:

- The central act of worship
- During which we:
 - Proclaim God's word as revealed in scripture
 - And respond in Thanksgiving through the reception of Holy Communion – the body and blood of Jesus Christ
- Holy Communion
- Proclaim Christ's Death, Resurrection and Second Coming

b) Sacraments

- Baptism & Chrismation - Become members of Christ's Body
- Confession- Be forgiven by & reconciled with God and his people.
- Holy Eucharist –Central act of Worship, we receive the body and blood of Jesus Christ.
- Marriage - Share His love and the commitments it entails
- Ordination - Dedicate our lives and our work to Him in specialized service
- Holy Unction - Receive his healing grace“...unto the healing of soul and body.”

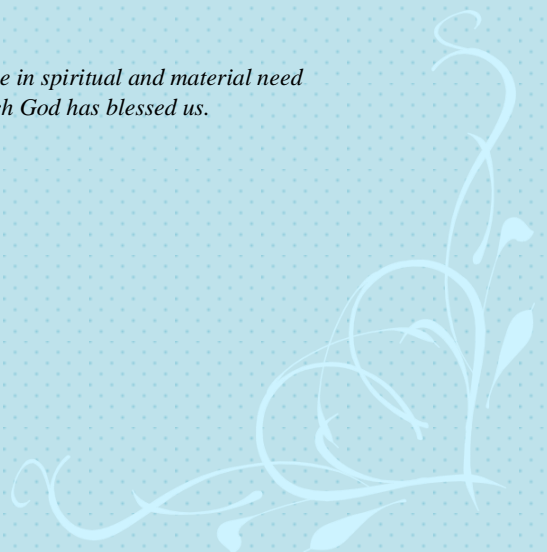
• Private Prayer

Private Prayer Strengthens Public Worship AND Public Worship Strengthens Private Prayer.

Service To Others

One cannot be a Christian independent of others.

- Fellowship - *By interacting with others in the faith community and beyond*
- Discipleship - *Fasting, almsgiving and reaching out to others, especially those in spiritual and material need*
- Stewardship - *Wisely managing the gifts of time, talent and treasure with which God has blessed us.*





SOCIAL MEDIA : USE OR MISUSE

Br. John Mathew, STOTS Nagpur

Media is an important source of information and communication. Media can be classified according to its sources as print media and electronic media. Newspapers, magazines and any other form, which is written or printed, are included in print media. Radio, television and Internet etc. are included in electronic media.

Very recently the Telegraph services in India came to a close following the steep decline of use of telegraph. This fact shows the recent domination of Internet which combines innovative features of other media, such as bridging great distances and reaching a mass audience. However, the Internet has novel features as well, most importantly the relative anonymity of users and the provision of social group in which one can meet others with similar interests and values.

Social Media has been branded by many as a powerful new tool for the devil, flooded with illicit contents like pornography, causing users to be addicted to hours of “surfing” each day. These hours are taken away from the time which they could give to their family and friends. The lack of time spent for socialising results in depression and loneliness for the individual user, and further weakening of neighbourhood and community ties.

But when we examine the effects of Internet use on the user, the formation and maintenance of personal relationships, group memberships and social identity, we can see that the effects are largely dependent on the specific goals of the users. Although some welcome social media as a boon, others fear it as a curse. But all would agree that it is quite capable of transforming society.

Definition of 'Social Media'

We can consider social media in the broadest sense of the term and define it as any online service through which users can create and share a variety of content. Although social media have existed for a few decades, they were widely adopted and used after 2000's. They include user-generated services (such as blogs), social networking sites, online review & rating sites, virtual game worlds, video sharing sites and online communities.

Social Media Usage of the Younger Generation

The Generation Y or the Millennial Generation have a peculiar fascination for social media. The Generation Y can be defined as the people born between 1981 and 1999. Members of this generation are called digital natives i.e. they have spent their entire lives in the digital environment, rather than digital immigrants who are the older generation who try to adapt to the modern technological advancements. Information technology profoundly affects how this generation lives and works. But the pattern of media usage changes with difference in culture, economic resources and technological infrastructure. For example the social media usage in the USA is very different from that in India.

Favourable factors for social media usage of younger generation

1. **Economic Environment:** The economic environment of a country has a direct impact on the social media usage of the younger generation. The economic resources of the society directly has a bearing on the ability to afford for devices and services related to social media usage. With greater economic development the younger generation have better access to social media.

Concept of Digital Divide: It is the term used to refer to the inequalities in internet access and usage between high and low income groups and between urban and rural areas. Even in developed economies the phenomenon of Digital Divide can be found.

2. **Cultural environment:** The nature and intensity of social media use can be shaped by cultural context. There can also be seen cross-cultural and inter-generational changes in the use of social media.
3. **Legal/Political Environment:** Government intervention can contribute to faster adoption and more intense use of social media. Government policies and investments in technology infrastructures can significantly influence the adoption and use of internet and social media.

- 4. Individual factors:** Individual-level factors such as socio-economic status, personal values, preferences and lifestyle also play an important role in shaping social media use.

E-Bodhini

Beneficial effects of Social Media Usage

- 1. Maintenance of Social Relations:** The primary reason the younger generations use social media is to socialize and experience a sense of community. As such, a positive outcome of social media use is the formation and maintenance of social contacts. Social networks such as Facebook can boost young people's social contacts because their identities are shaped by what they share about themselves and, in turn, what others share and say about them.
- 2. Spreading of Awareness:** The potential benefits of social media usage extends to their being effective in spreading awareness. Social media are efficient and effective in communicating information to people, especially in developing countries with younger populations.

Adverse effects of Social Media Usage

- 1. Mental health:** The Younger generation's social media use can adversely affect virtually all facets of life, including psychological, emotional and physical well-being and social development. Since they tend to rely heavily on technology for communication, entertainment, and even emotion regulation, there are serious concerns about the long-term effects of use on their mental health.
- 2. Strained Social relations:** Social media does indeed improve a person's social contacts and social relations but it can also have serious negative impact if too much or too sensitive personal information is shared.
- 3. Cyber stalking and Bullying:** Although people are aware of the potential dangers of social-network participation such as stalking or cyber bullying, they exercise little control over supplying information on social networks.
- 4. Compulsive usage:** Teenagers and college students compulsively check social network profiles and updates. Online activities can negatively influence adolescents' school activities and sleep, and decrease their participation in important offline activities. Moreover, internet addiction has been linked to depression, loneliness and social anxiety.
- 5. Narcissism (excessive self-love and preoccupation with self):** This is inherent in self-oriented sites. Overuse or wrong motives in social media participation can create narcissism. When we rely on social media sites primarily to promote ourselves or draw attention to ourselves, we are breeding narcissism.

Christian Perspective of Social media usage

There is no doubt that Internet and Social media sites are changing conventional social norms. Even though many people criticise the Social Media sites, social media sites are being used nowadays as productive mission field. Christians who choose to participate in social networking should be aware of the negative aspects of social networking and use it judiciously. "So whether you eat or drink or whatever you do, do it all for the glory of God" (1 Cor 10:31).



"We all need people who will give us feedback. That's how we improve."

- Bill Gates

SUNDAY SCHOOL CAMP NUHRO 2015 on 22nd, 23rd and 24th October 2015 at Glorious Promised Land , Nandi Hills, Bangalore

My first Students Camp -

The day when I heard about this camp I thought there won't be any fun because it was a bible study camp. It was my first Sunday school camp. I felt guilty for what I said, when I got up the next day excited on the marvelous adventure I was going to have. As we reached there we were served breakfast, following which we registered and our identity cards and schedule for the next three days were issued. As we got our room numbers we put everything on our bed and went for the inaugural session and thereafter further sessions like bible study, counseling, sports etc. We were divided into groups and I also made lot of friends. At the end of the first day when I heard about campfire I got very excited because I had never attended one. In the campfire we sang songs and danced. The next day was the trekking which was early morning. When I woke up early for the trek, I saw the planet Venus 'morning star' which I learnt was a sign for travelers to set course. Trekking was good fun. **I fasted till lunch after the trekking as it was a friday 'a day of fasting'** as Achen reminded us on the previous day.

We attended several bible sessions then went for confession and Gregorian worship. **Confession was a new experience for me and I was overcome by emotion, after this I understood the importance of confession in Christian life.**

The next day we had Qurbana, singing, bible study and then we were dispersing and went to our respective buses. Time passed so quickly that I didn't realize it was three days. The camp was a great experience. I am now looking forward to the next camp.

- Benjamin George David, Mar Gregorios Hebbal,

DIOCESAN LEVEL COMPETITION on 24th January 2016 at St. GEORGE ORTHODOX CHURCH, JEEDIMETLA, HYDERABAD

Hyderabad was a memorable trip. We met new friends, we had a great time throughout our journey.

We boarded the train on 23 rd January by 6.30p.m. We had awesome fun with our friends, had dinner together, **the unending experiences** and many more and finally on 24th January by 7.00 am we reached Hyderabad.

We were given a room to freshen up. We quickly got into the bus and started our journey to St. GEORGE ORTHODOX CHURCH, JEEDIMETLA where we had our competitions held. We attended the Holy Qurbana by Fr.Koshy Thomas. We had a warm welcome by the members of the church. After the mass we had our breakfast.

By 11.30 am our competitions had begun starting with essay, quiz and singing followed by elocution which was after lunch. We were provided delicious Hyderabadhi biriyani.

After the competitions the trophies were distributed to all the participants. With many **memories to cherish** we boarded the train back to Bangalore by 7.00 pm.

- students from St. Mary's Valliyapalli, Jalahalli



DIOCESAN COMPETITION 2015 ... an update.

held at 24th January 2016 at Hyderabad

This is the first Diocesan Competition held outside Bangalore after the formation of Bangalore Diocese.

From Bangalore we have about 29 students six teachers/parents including Mr. N.M. Achenkunju, Mrs. Lousy Biju, Mrs. Asha Biju, Dr. George Panackamattom accompanied the children. After prayer at cantonment railway station by Rev. Fr. V.P. Idichandy, we boarded the Kacheguda Express train on 23rd evening from Cantonment station. HM Mr. Kuruvilla Varghese and few other parents also came to see off us at Railway station . We got down at Kacheguda railway station on 24th morning at about 6.30 there one bus was waiting for us and took us for refresh and then we part take the Holy Qurbana at St. George Orthodox Church, Jeedimetla, the venue of the competition.

After Holy Qurbana we had breakfast. Rev. Fr. Koshy Thomas Vice President, Zonal Secretary Mrs. Sonia John, Zonal Representative Mr. Kiran Raj, District inspector Mr. Koshy Mathew, Dr. Tony Thampan dear Head Masters/Mistress, Teachers of Hyderabad Zone welcomed us.

We started the written competition with Essay and Quiz followed by Solo and Elocution for Senior and Secondary category. Rev. Fr. Bobby George, Ms. Nisha James and Dr. George Tharakan.C, were the Judges for Diocesan Competition.

Delicious lunch were served at about 1.30 p.m. By about 3.30 p.m. competition was over. Closing ceremony was presided by Rev. Fr. Koshy Thomas and all the participants were presented with beautiful mementoes. Program got over by 4.30 p.m. The hospitality of the host church was appreciable and they even given us dinner packet to have it in the train. Sincere thanks to Koshy Thomas Achen and parish members of St. George Orthodox Church

By the blessings and good wishes from our Thirumeni. and Vice President Achens, the Competitions went off well. We came back to Bangalore safely. The Inter Diocesan competition will be held at STOTS Nagpur on 17th July 2016.

Mrs. Lousy Biju

Zonal Secretary

Inter- Diocesan Arts competition

on 17th July 2016 at STOTS, Nagpur.

E-Bodhini

List of Participants from Bangalore Diocese -



SENIORS

SOLO

ANN ELSA NEEL : St. Mary's OC, Begur, Bangalore

ELOCUTION

KAREN SUSAN ABRAHAM : St. Mary's O Valiyapally, Jalahalli, Bangalore

ESSAY

JEFFRY JAYS : St. Mary's O Valiyapally, Jalahalli , Bangalore

QUIZ

SIJIN JOY : St. Gregorios OC, Mathikere, Bangalore

ARUN THOMAS : St. Andrews O Valliyapally, Hyderabad

JACOB MATHEW : St. Gregorios O Cathedral, Bangalore

SECONDARY

SOLO

ANUSHKA PRADEEP : St. Andrews O Valiyapally, Hyderabad

ELOCUTION

SANDRA REBECCA MATHEWS : St. Gregorios O Cathedral, Bangalore

ESSAY

JEFFIN JOY : St. Andrews O Valiyapally, Hyderabad

QUIZ

SHILPA MERIN JOHNCY : St. Gregorios, O Cathedral, Bangalore

REEBU KURUVILLA : St. Andrews O Valiyapally, Hyderabad

BLESSY ELIZABETH BABUKUTTY : St. Mary's O Valiyapally, Bangalore

REPRESENTING BANGALORE DIOCESE



"And David had success
in all his undertakings,
for the Lord was with
him."

- 1 Samuel 18:14

Wish you all the best ...!

Dr. George Panakamattom

Diocesan Director

Bangalore, 25th January 2016

*all the
best*

Syllabus for the Arts Competition 2016

1. Elocution

Sub-Juniors	: (2 Min)	:	Any miracle of Jesus
Juniors	: (3 Min)	:	Forgiveness
Intermediate	: (4 Min)	:	Do for others what you want them to do for you. (St. Matthew 7:12)
Seniors	: (5 Min)	:	O taste and see that the Lord is good; happy are those who take refuge in Him. (Psalm: 34:8)
Secondary	: (5 Min)	:	For in Him dwells all the fullness of the Godhead bodily. (Col. 2:9)

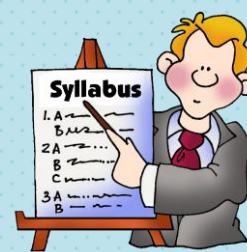
2. Quiz Competition (30 Min)

Seniors

Book of Joshua	-	20%
Psalm 20 to Psalm 30	-	20%
Gospel according to St. Mark	-	20%
First letter to Corinthians	-	20%
Service of Passover (Pesaha)	-	20%

Secondary

Psalm 50 - 60	-	20%
Esther	-	20%
I & II Timothy	-	20%
Hebrews	-	20%
Sacraments	-	20%



3. Essay Writing: (30 Min) max. 300 words

Seniors	:	Meaning and relevance of Sacraments.
Secondary	:	Sharing God and sharing world

4. Solo Song

: Any Christian song (2 min)
(note : for Inter-District competition- 3 min)

5. Group Song

: Songs from Holy Qurbana & Special songs
Service of Good Friday

Age wise Grouping for 2016

Sub Junior	Those born in 2009 & after	- up to 7 years
Junior	Those born in 2006, 2007 & 2008	- up to 10 years
Intermediate	Those born in 2003, 2004 & 2005	- up to 13 years
Senior	Those born in 2000, 2001 & 2002	- up to 16 years
Secondary	Those born in 1997, 1998, 1999 & 2000	- up to 19 years

ARTS COMPETITION

An abstract of Arts Competition rules-regulations-criteria is given for information:

- Details of the students participating in the district Zonal/diocesan level competition should be intimated to the district zonal/diocesan conveners at least one week before the event. The details participant should include the following
 - a. Name
 - b. Item
 - c. Sunday School class
 - d. Date of birth
 - e. Secular School class. This is applicable to all the members in the group song also.
- Drawing lots by the participant should decide sequence of participation for a particular item.
- There should be three judges for evaluation. The decision taken by the panel of judges constituted for the purpose in the competitions will be final and binding on all participants.
- Students who have registered their names or studied in Class X once, are not to be permitted to appear again as regular student. Also, they cannot participate in arts/sports competitions. (till he finishes X and in Senior group)
- The Students who haven't got regular attendance of 50% (willful absence) or who are under serious disciplinary actions are not qualified to participate in the competitions.

Circular No.OKR/01/2015 dated 1-1-2015

All the seven Dioceses and the Gulf region are requested to follow the OKR direction rules in conducting the Arts Competitions. The head Masters are to be honest in the matters regarding the age of the Students and their attendance; this can avoid unnecessary disputes also. Details about this can be read in section VII (page 18) of our Constitution. HMs have to admit students as per their age and the secular classes. There should not be a big gap (more than 1 year) between the two. However to avoid confusion, the participants of the diocesan level competitions should carry a certificate (of the HM) stating that they are regular Sunday School students and that they have at least 50% attendance in the Current year.

Circular No.2/2015 dated 12-10-2015 from OKR Director reads

In order to participate in the inter Diocesan Competition to be held at STOTS, Nagpur the students should carry the written letter of the Diocesan Director for identification along with candidate's age proof duly attested by the Vicar. It is the candidates responsibility to see to it that all the above mentioned documents are available before appearing for the inter Diocesan Competition at Nagpur.

Bangalore
28-01-2016

Dr. George Panakamattom
Diocesan Director

Vowels (Swaram)

അ ആ ഇ ഉ ഉറു ഊ ഊർ എ ഏ ഐ ഒ ഓ ഔ അം അഃ
 A Aa E Ee U Uu Er Ea Eaa Ai O Oh Oau Aum Ah

Consonants (Vyanjanam)



ക ഖ ഗ ഘ ങ ച ഛ ജ ഝ ഞ
 Ka Kha Ga Gha inga Cha chha Ja Jha inha

ട ഠ ഡ ഢ ണ ത ത്ത ഡ്ഢ ണ്ണ ന
 Ta Tta Da Dda Na Tha Thha Dha Dhha Na

പ ഫ ബ ഭ മ യ ര ല വ ശ
 Pa Ffa Ba Fa Ma Ya Ra La Va Sha

ഷ സ ഹ ല ഴ റ
 Shha Sa Ha Lha zha Rha

ഇൽ ഇൻ ഇർ ഇൽ ഇൻ
 ilh in irr ill inh



LETS LEARN



"The mind of the prudent acquires knowledge, And the ear of the wise seeks knowledge."

- Proverbs 18:15

The beautiful thing about learning is nobody can take it away from you.
 - B. B. King



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

Brian Herbert

SYRIAC/GREEK WORDS (used in our worship) –

- SLEEHO : Those who were sent (Apostle)
- SAHADA : Martyr
- EPISCOPOS : Bishop
- KASEESO : Priest
- MSAMSONO : Deacon

.... to be continued

I am still learning.

- Michelangelo

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."

ABOUT THE SON

(1) God the father, who is one among the Holy Trinity is omnipotent. (2) creator of heaven and earth, as well as everything visible and invisible, begetter of the eternal Son, the Word, who was born of Him; and is perfect with all the attributes of God.

.... to be continued.

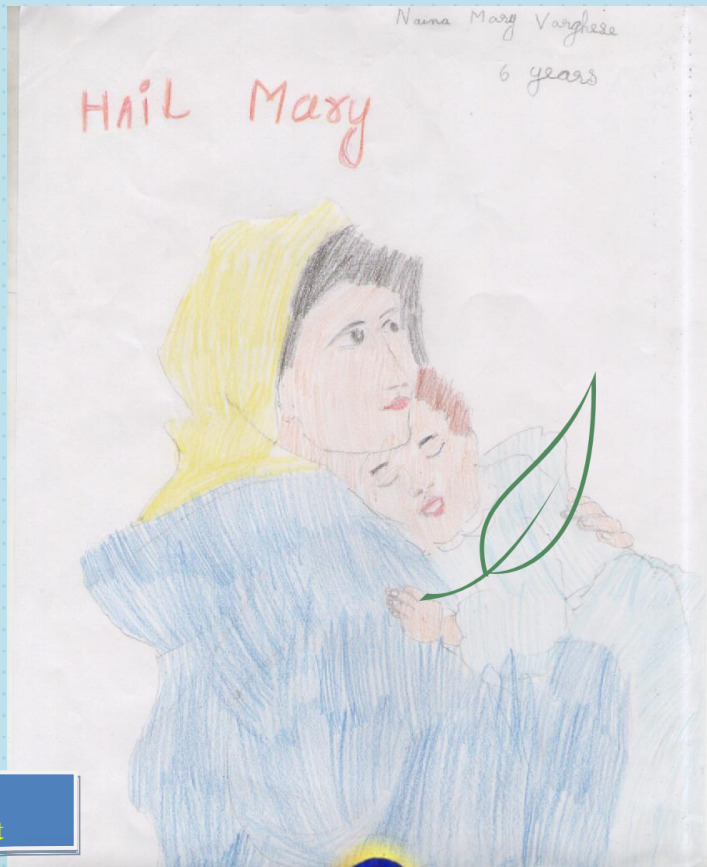
OUR TALENT



"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."

- 1 Peter 4 : 10

Naina Mary Varghese, Class 1,
St. Joseph's Chapel SS, B'lore East



Mother
Mary



Pray for us
sinners



Anna, Class 3,
St. Joseph's Chapel SS, B'lore East

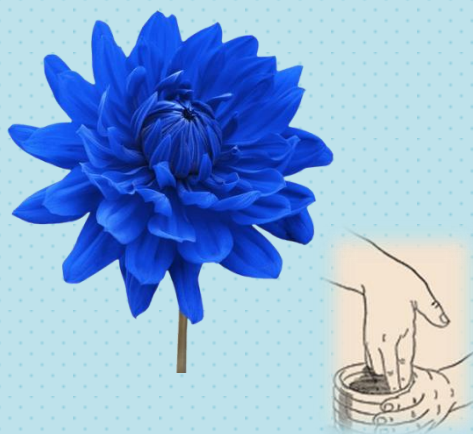


JOEL J MAMMEN, Class 4,
St. Joseph's Chapel SS, B'lore East



RHEA THOMAS, Class 3,
St. Gregorios SS, Mathikere

**FOR, "ALL PEOPLE ARE LIKE GRASS, AND ALL THEIR GLORY IS LIKE THE FLOWERS OF THE FIELD; THE GRASS WITHERS AND THE FLOWERS FALL,"
- 1 PETER 1:24**

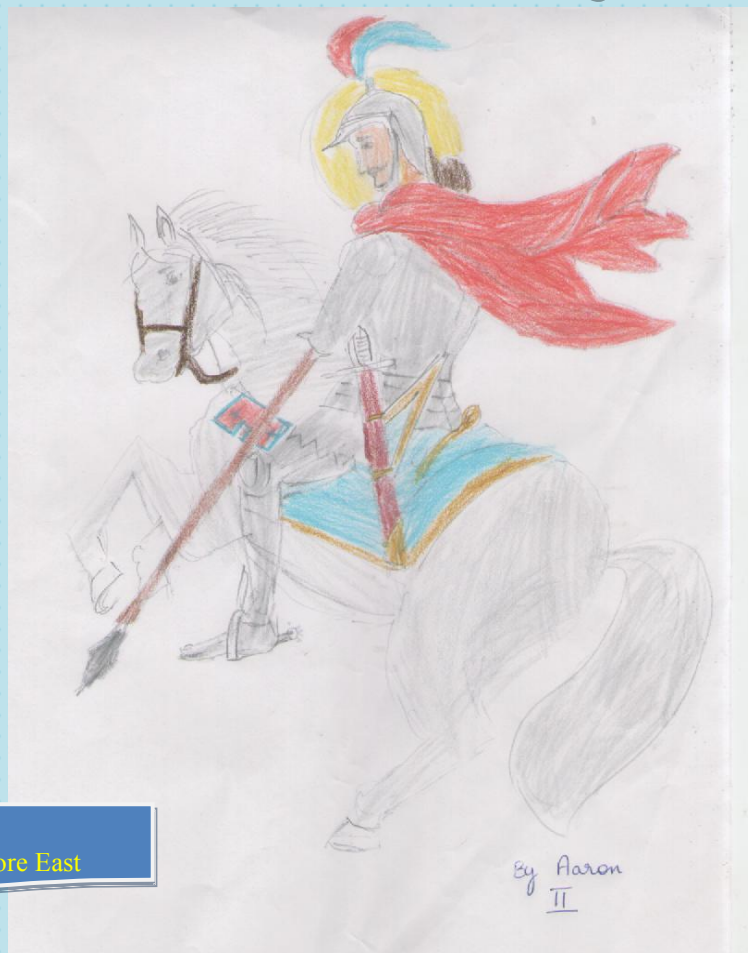
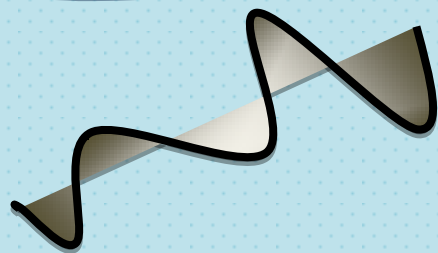


Albin P Thomas
Class 7, Mar Gregorios SS, Hebbal.






**Amith G Kurian, Class ,
Mar Yuhonon M SS, K.R.Puram.**



**Aaron, Class 2,
St. Joseph's Chapel SS, B'lore East**



Prayer To Saint George

Since you are a deliverer of captives,
a defender of the poor,
a physician of the sick,
and a protector of kings,

O great among the martyrs
and victorious George,

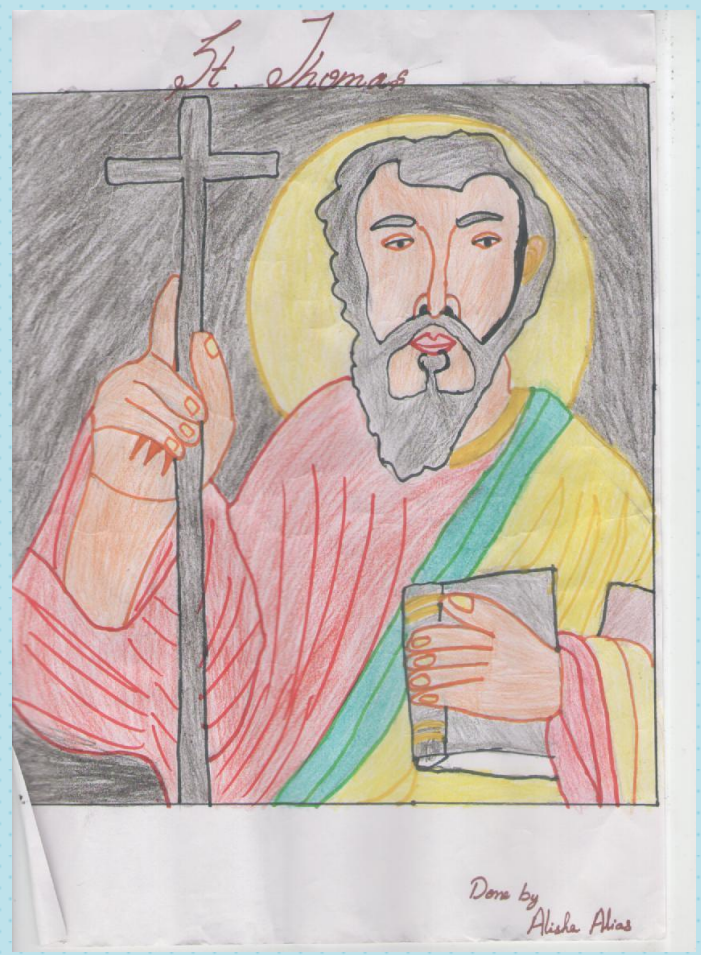
intercede with Christ God
that He may save our souls.



Donna , Class 5,
St. Joseph's Chapel SS, B'lore East

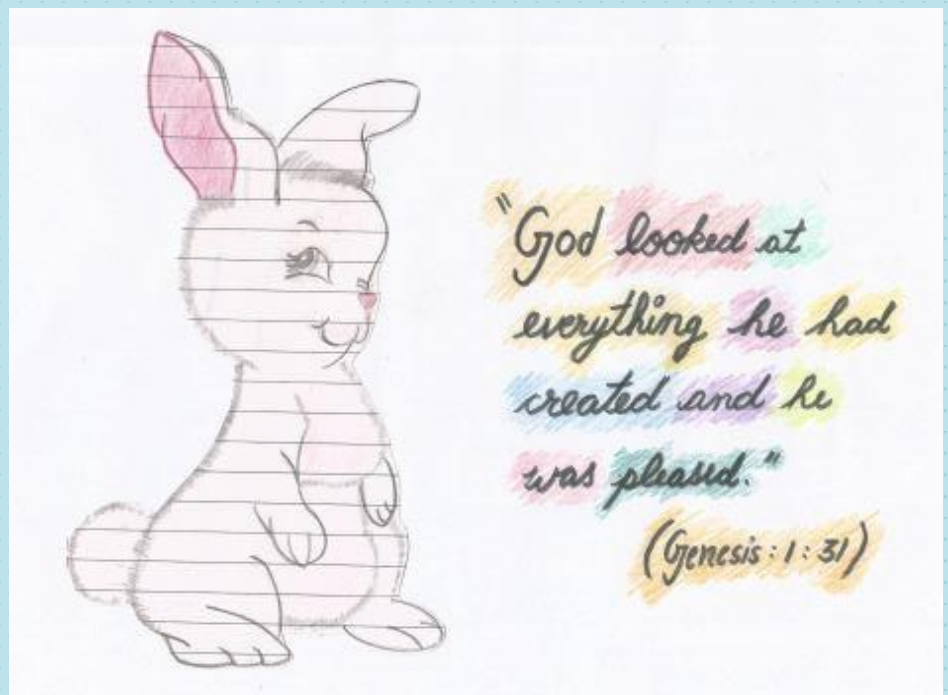
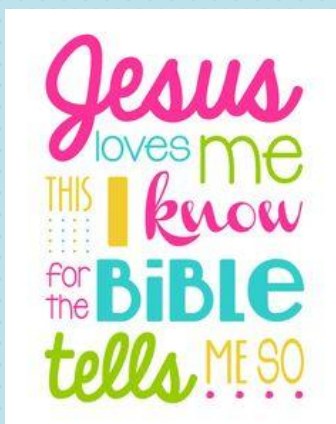


Alisha Alias, Class,
St. Joseph's Chapel SS, B'lore East





Aliza Ajit, Class ,
St. Joseph's Chapel SS, B'lore East



Sandra, Class 10,
St. Gregorios Church, Mathikere

Akshaya Elizabeth, Class 3
St. Joseph's Chapel SS, B'lore East

**Now the man
Moses was very
humble, more
than all men
who were on
the face of
the earth.
Numbers 12:3**



**So she called his name
Moses, saying, "Because I
drew him out of the water."**



Abel Alias, Class ,
St. Joseph's Chapel SS, B'lore East

Student of
St. Joseph's Chapel SS, B'lore East

Naomi and Ruth

Naomi grew up with her family in the town of Bethlehem but for a long time she had lived far away in Moab. Her husband and two sons had died and she shared a house with her two daughters-in-law, Orpah and Ruth. Now that she was old, Naomi longed to return to Bethlehem and her own people.

"Let us come with you," said Orpah and Ruth, and together the three women started the long journey. On the way, Naomi said, "You should stay in your own country and find new husbands." But the two girls didn't want to leave her. At last, Orpah agreed to stay in Moab but Ruth begged Naomi, "Don't make me leave you. I will go anywhere with you". So Orpah went back to Moab, and Naomi and Ruth went on to Bethlehem. To get food, Ruth went to the fields every morning and picked up the barley the harvester had left. She ground it into flour to make bread. She didn't know the fields belonged to Naomi's rich relation, Boaz. (Boaz)

Boaz saw Ruth in the fields and asked who she was. When he heard how kind she had been to Naomi, he told her she would be safe in his fields and she could drink all the water she wanted



from his servant's water jars. That evening, Ruth told Naomi about Boaz. Naomi was very pleased for she knew Boaz was a good, kind man. She knew, too, that Boaz slept near his barley harvest so that it wouldn't be stolen. "Go in quietly when Boaz is asleep and lie down near his feet," Naomi said to Ruth.

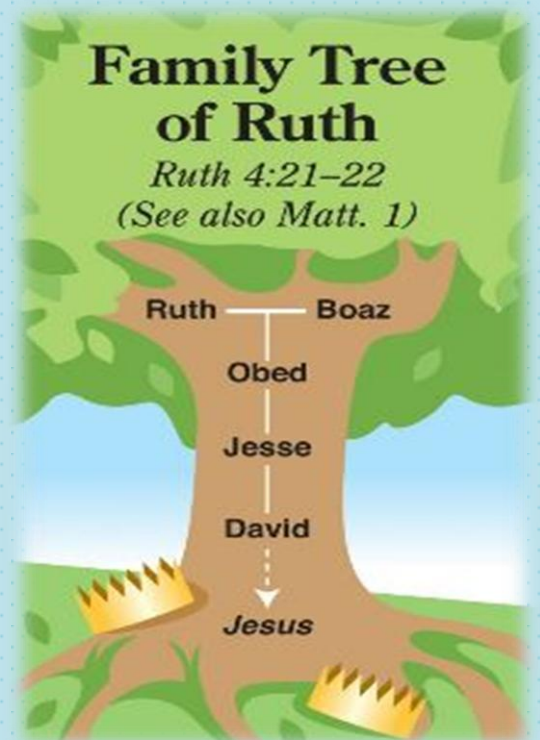
When Ruth crept in, Boaz heard her. "Who's there?" he asked. "It's Ruth. I've come for your protection," she said. "There is a man who should look after you and marry you," said Boaz. "I'll talk to him tomorrow." The next day, the man told Boaz he already had a wife. So Boaz married Ruth and, later, they had a son. Naomi was delighted, and was very happy that God had given her a grandson.

AKSHAYA

ELIZABETH

Std - III

Askshaya Elizabeth, Class 3
St. Joseph's Chapel SS, B'lore East



Family Tree of Ruth

Ruth 4:21-22

(See also Matt. 1)

Ruth — Boaz

Obed

Jesse

David

Jesus

How I Understood

When I was about 4 or 5 years old I used to hate school though I didn't have to get up very early as school started only at 9:00. One day it struck me that if I was ill I won't have to go to school! From that day on I started doing all kinds of things to fall ill. A week went by and I still hadn't fallen ill. Then one Sunday in Sunday school we learnt that God will grant you all your wishes if you pray truthfully. Then I thought why not try praying to fall ill! I prayed very hard that night to fall ill but nothing happened, so I gave it another try, and another the next day, and another the next day.....

A month went by and nothing happened. Nobody knew that I was praying to fall ill. Then one day it happened! I fell seriously ill with breathing difficulties. I could not run, play, talk much or walk around. I always felt as if someone was choking me! I was very weak and sad as I could hear my friends shouting and playing outside my window. I had another burden too, I was feeling extremely guilty and felt like slapping myself but I could not as I had no energy left and even if I did try it would turn out to be just a pat. From then on I decided to pray not to fall ill but to recover this was my prayer. . .

"O Lord, I have learnt my lesson. Please take away this horrible sickness from me. I know You did not do this to me for pleasure but to make me understand and not to make such mistakes ever again."

A week later I recovered and promised myself never to do such foolish things ever again. Now I am an 8 year old who goes to school happily every morning (unless I am late).

**Nandita Susan Varughese, Class 3,
St. Joseph's Chapel SS, B'lore East**

St GEORGE



**Leona E Joseph
Class7 St. George SS, Indiranagar**

Your Tongue, Your Words

- Mariam Susan Mathew, Class 9, St. Mary's Valiyapalli, Jalahalli

As a proverb goes "A tongue is sharper than a sword". Mostly every happy or sorrowful moments (anguishes and excitements) are caused by our tongue. It plays a vital role taking the place as the part of your body. But though knowing how to use it, we do not follow it. But, think it can even cause the death of another, may be your dear loved ones. We often say or ignore it by saying, Human nature ? Yes because as humans, we do not accept our fault as a whole.

Aesop was a wise man, who lived in Greece in the sixth century B.C. When he was asked which was the most useful thing in the world ? He replied "Tongue". Then, What about the most harmful thing in the world ? "Tongue". Aesop replied again. Words used wisely have the ability to heal and bring happiness to others, but when misused can cause irreparable damage.

As St.James revealed in his second chapter that, "Tongue is a fire, setting on fire the cycle of nature", and St. James has introduces this part of the body as an "untamable tongue". It is very difficult to tame your tongue but tame it before it causes an irreparable damage to others. Just follow this advice of St.James.

As the saying goes "It is difficult for a horse tamer to tame it to drink water, as it is also difficult for a man to tame his tongue." So let us be slow to speak, fast to hear and slow to anger and obey the royal law " Love your neighbor, as you love yourself". And also don't judge others, as we are no one to judge unless we remove the speck of our own eye.

**Mariam Susan Mathew
Class9 St.Mary's Valiyapally SS, Jalahalli**



Jerusha Susan Siju
Class 4, St. Gregorios, Mathikere

SUNDAY SCHOOL DAY

Abel Thomas Koshy
Class 12, Hyderabad Region

The Sunday School Association of the East-Out Side Kerala Region celebrate the Sunday School Day on the occasion of the birth of John the Baptist. I think the life and teachings of John the Baptist is more relevant to our students.

He was the fore-runner of our Saviour Jesus Christ. He was the last one of the chain of Old Testament prophets. He prepares the way of Jesus Christ and preached the gospel of repentance. He converted his disciples to Jesus disciples. He highlighted the one who came after to save the life of the people from the bondage of sin. The various factors of the life and teachings of John the Baptist gives us spiritual insight.

1. He was the man who shows God to others.

He prepares the way of Jesus Christ. He made his life as a sign board to Jesus Christ. He highlighted Jesus Christ as *"The Lamb of God"* St. John 1:36. In St. Luke 3:16 John said that, *"I baptise you with water. but some one is coming who is much greater than I am. I am not good enough even to untie His sandals"*. He pointed out the deterioration of the spiritual life of the people. In the Gospel according to St. Luke: 3:7 He called them *"brood of wipers"*

So we have a responsibility to show Jesus Christ to others.

2. He was a man of Humility.

St. John 3:30 John the baptist said that, *"He must increase, but I must decrease."* **"Humility"** means that, **the quality of being humble** In the book of Phil: 2:8 St. Paul's says that, **Jesus as the supreme example. "Jesus was humble and walked the path of obedience all the way to death-His death on the cross."** Jesus proved His humility by the death He was willing to die. When Paul met the Lord on the road to Damascus, he said, "Lord, what do You want me to do?" This began Paul's life of humility and suffering. How can we define humility? *It is simply the willingness to be obedient to the will of the Father, in spite of of personal cost.* Your humility will never depend on what men think of you. Your humility will always be founded on what God thinks of you. Humility has nothing to do with men's opinions. And it's not based on their selfish sentiments. True humility comes when you're dead to self and alive to God. It manifests when your own self-interests are gone, and you're focused only on the purposes of God. Like Jesus, we prove our humility through our willingness to die. This is the testimony of the spiritual greatness of John the Baptist.

Dear friends God Almighty wish to give a testimony about you.

So we must try to live according to the will of God. May God bless you all.



Anna Mariam
Class 3, St. Gregorios, Mathikere

The body of Christ.

- Mariam Susan Mathew, Class 9, St. Mary's Valiyapalli, Jalahalli

The disciples lived with Christ in the bodily presence of Jesus and enjoyed communion with him. As St. Paul says that we are made members of the church through baptism.

Our faith must be aware of the greatness of this gift. It is one of the perfect gift where we become partakers of salvation. It is indeed newness in life. In the body of Christ we are caught up into eternity by the act of God. After the fall of Adam, God never ceased to send his word to sinful men on earth. The whole purpose for which word came was to restore lost mankind to fellowship with God, and in his mercy God sent his only son in the flesh, that therein he bore the whole human race and brought it to himself. And now the body of Christ has become our ground in salvation.

The Body of Christ is in fact the church. "Jesus Christ is at once Himself and His church" (1 Cor 12). The church is the real presence of Christ. Once we have realized this truth we are on the way of recovering an aspect of the church's being which is sadly neglected.

When we have realized the unity between Christ, his body and his church we hold to become Disciples of Jesus Christ. That is why St. Paul came to develop the theme of the Body of Christ, and calls Jesus as the head of this body. Thus, realizing the truth let us become partakers of the body and blood which is the heavenly communion, and be lifted on to eternal glory.

Mariam Susan Mathew
Class 9 St. Mary's Valiyapally SS, Jalahalli

KIDS PAGE



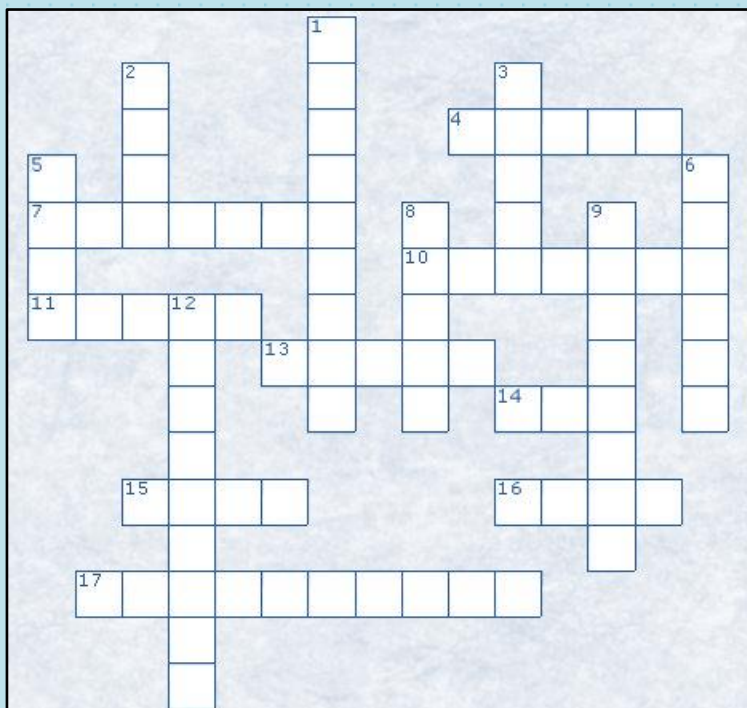
Contribute articles -

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

Please send your answers at the earliest to the Zonal Secretary

Crossword Puzzle:

Who Said That?



Bible Activity:

Make and send a chart on
What LOVE IS / LOVE IS NOT ?
(based on 1 Corinthians :13)


Solve the puzzle by writing the names of the people 'Who said that?', using the hints given below –

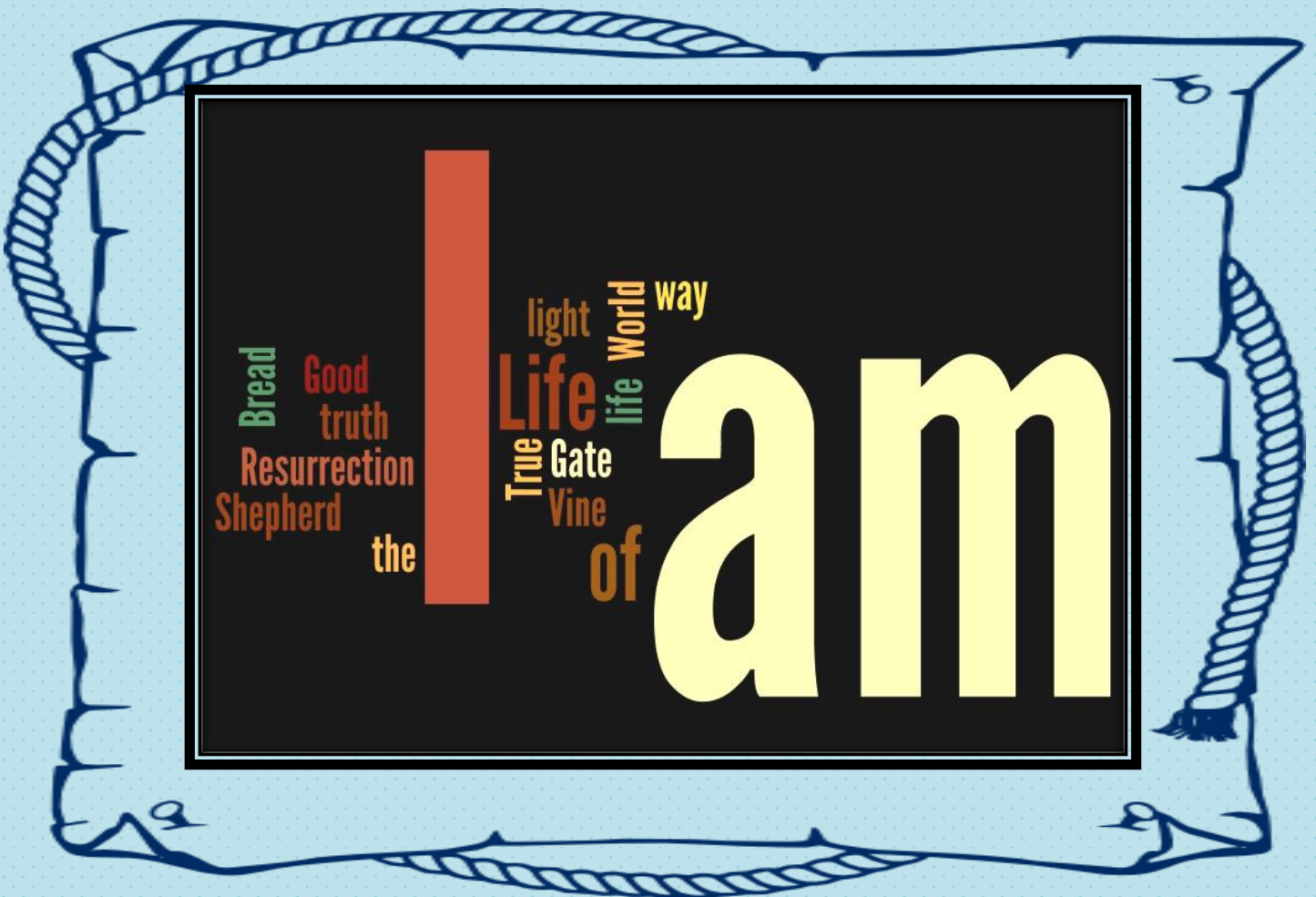
ACROSS

- 4 He said, "This is my body, which is given for you. Do this in remembrance of me."
- 7 She said, "Tell me the secret of your great strength and how you can be tied up and subdued."
- 10 He said to the Lord, "Will you destroy both innocent and guilty alike? Suppose you find fifty innocent people there within the city--will you still destroy it, and not spare it for their sakes?"
- 11 He said, "Who am I, that I should go to Pharaoh and bring the Israelites out of Egypt?"
- 13 He said to the sailors, "Pick me up and throw me into the sea, and it will become calm. I know that it is my fault that this great storm has come upon you."
- 14 She said, "The serpent deceived me, and I ate."
- 15 She said, "Behold the handmaid of the Lord; be it unto me according to thy word."
- 16 He said, "Am I my brother's keeper?"
- 17 He said, "You will not surely die, for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." (2 words)

DOWN

- 1 He said to the wise men, "Go and make a careful search for the child. As soon as you find him, report to me, so that I too may go and worship him." (2 words)
- 2 He said, "Love is patient, love is kind. It does not envy, it does not boast, it is not proud."
- 3 When Jesus asked, "Who do you say I am?", this disciple answered, "You are the Christ, the Son of the living God."
- 5 He said, "The woman you put here with me-- she gave me some fruit from the tree, and I ate it."
- 6 Bracing himself against the central pillars of the temple, He said, "Let me die with the Philistines!"
- 8 When this elderly woman heard talk that she would have a baby, she thought to herself, "After I am worn out and my master is old, will I now have this pleasure?"
- 9 He said, "If you are the Son of God, tell these stones to become bread." (2 words)
- 12 She said, "Blessed are you among women, and blessed is the child you will bear!"

Answers to Vol 2 Crossword FATHERS IN THE BIBLE		Answers to Vol 2 Unscramble Places from the NEW TESTAMENT
<i>Across</i>	<i>Down</i>	
<p>4. Ephraim and Manasseh 5. Rehoboam 7. Hezekiah 9. Moab 11. Nimrod 12. Obed 15. Joshua 16. Esau and Jacob 17. Jesus 18. Isaac and Ishmael 19. Samson 21. Joseph and Benjamin 23. James and John, The sons of thunder</p>	<p>1. David 2. Jonathan, Merab, and Michal 3. Cain and Abel 4. Simeon Peter 6. Samuel 8. John the Baptist 10. Absalom and Solomon 13. Rachel and Leah 14. Shem, Ham, and Japeth 20. Jehoshaphat 22. Jesse</p>	<p>1. Rome 2. Macedonia 3. Ephesus 4. Nazareth 5. Jorden 6. Capernaum 7. Galilee 8. Jerusalem 9. Bethlehem 10. Syria 11. Corinth 12. Athens</p> 



Mar Gregorios Orthodox Sunday School, Hebbal, Kempapura.



Sunday School (childrens) day was celebrated on 6th Dec 2015. All sunday school children and teachers took Holy Qurbana on that day. His Grace Zacharias Mar Theophilus Metropolitan gave a message to the sunday school children, which was followed by fun activities, games, gifts, etc.



Christmas social on 20th Dec 2015 - Sunday school children presented carols, choreography, dance.



Upcoming events(Tentative dates) -

- Sunday School Picnic - 14th Feb 2015.
- OVBS - 22nd to 25th May 2016.



Sunday School sports day was held on 24th Jan 2016. Vicar, Rev. Fr. P.C.Philip Cor-episcopa declared the sports meet open. Events like running, potato race, lemon and spoon etc were conducted according to the age categories and medals were distributed to the winners on the same day.

Picture : Children taking oath before the games / medals being distributed.



**BANGALORE ZONE
SUNDAY SCHOOL**

NEWS & UPDATES

OSSAE-OKR Bangalore Zone Sunday Schools are requested to send any new updates to be published in E-Bodhini to the Zonal secretary.

ANNOUNCEMENTS



Contribute some interesting original articles and win some prizes.

We are looking forward to this new venture and hope you'll join us.

Next Edition planned – Tentative Date : Jul 2016.

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-Jun-2016.

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

Editorial

Dear Friends in Christ,

'Draw near to God, and He will draw near to you', the scriptures say (James 4:8). We pray that this 2016 - Pethretha Edition of E-BODHINI will help you in doing just that. Read it along with God's Word, in your quite time with Him.

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 Achens and officials of both Hyderabad and Bangalore Zone Sunday School for the support and encouragement.

We seek more and more, news, articles, story , songs from our children. Dear Head Masters and Teachers please encourage them.

May our **BODHINI** help you as you seek **Him**.

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

*With love,
Biju Prasad*

OSSAE – OKR Bangalore Zone

Phone: 9945531410

e-mail: sundayschool.bangalorezone@gmail.com

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