

OSSAE-OKR BANGALORE ZONE

E-Bodhini (NEWSLETTER)



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Message from Thirumeni

9th October 2016

BLESSINGS!

“Train up a child in the way he should go, And when he is old he will not depart from it” Proverbs 22:6

This is essentially King Solomon’s advice to the Parents. What this verse has got to do in a message to the children?

Bible scholars interpret it in different ways. All said and done, children can learn few important things from this verse. The key point of the verse is that “what is learned in childhood is very rarely forgotten” or “a habit picked up in childhood stay throughout one’s life”. All developed nations start selecting children at young age for training up them in sports for their national teams. All great musicians or artists, start practice their art at a very young age.

Now, this point has two sides. One, a good habit learned as a child stays with you all your life. Second, a bad habit learned as a child, is difficult to change. Now as the Bible verse says, in your childhood you are trained by your parents and teachers and you have no control over these things!

But, you can do many things that can help you. Firstly, if you find some classmates of you are very disciplined and hardworking, you can associate with them and avoid the company of students who have bad habits and undisciplined. Secondly, you can pick up lot of good things from the Church and the Sunday school and practice Bible reading, Prayers, Fasting etc. You can practice these, even if it is not strictly followed at home. Thirdly, you can read the biographies of saintly fathers and successful leaders to learn from their good habits.

May God Almighty bless you!

- ***Seraphim Thirumeni***

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



IN THIS ISSUE

- Messages
- Diocesan & Zonal News
- Bible & Prayer
- Our Teachers
- Pulikkottil Joseph Mar Dionysious I
- Share your story
- Student Camp
- Let's Learn
- Our Talents
- Articles by our children
- Kids Page
- News from our Sunday Schools.
- Announcements
- Editorial

Parents who wish to train up their children in the way they should go must go in the way in which they would have their children go.

Francis Bacon

Message from Vice President



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

Thanks be to God for his indescribable gift! (II Cor. 9:15)

God created human beings in his own image and likeness. He gave them authority over all other creations (Genesis 1:27-31). Out of all the creations, only human beings were given the ability to think, which made them creative and led them to invent new things. We are living in an era of technological breakthrough. Technology and inventions can be a boon as well as a bane based on the way we use them. We must have a theology of technology in order to aid us in its good use. Internet and smartphones have taken over our younger generations. Detaching from these, even for a short period of time, makes them stressful and restless. They rely on these devices even to fill up their quiet moments leading them to disconnect from their own family and spend more time with virtual people.

Technology is supposed to make one's life easier but it also creates a sense of self-centeredness in them. It is amazing how technology and telecommunication connects us with the rest of the world at the click of a button, but what it lacks is love and emotions. If someone loses a loved one, no amount of messages or calls can replace a warm hug. So, my dear friends, let us not give machines and technology control over us, rather let us use these inventions for God's glory and to do his will. In Exodus chapter 31, we read about Bazalel who was a skilled and gifted craftsman. He was blessed with skill and knowledge and called out by God to build his tabernacle. Similarly, with all these modern inventions and technology, we are called to build the church. Let us use it to bring honor to His name and for the well-being of our fellow human beings.

Congratulations and regards to the Editorial Board of E- BODHINI and all those who have contributed to this edition.

With love and prayers

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

04-October-2016

Message from Diocesan Director

Knowing God!

“Knowing about God” is not same as “knowing God”. To illustrate, knowing about driving is not same as knowing to drive. You may very scientifically study the process of driving through books and illustrated videos and may even pass a written test easily scoring full marks, still you would not be able to move a car an inch properly on an empty road, let alone in a congested peak hour traffic in Bangalore! But you would have seen not very educated people driving skillfully in such conditions. What makes them do this is their practice and experience. This is true about our Spiritual life also.

“For those God foreknew he also predestined to be conformed to the image of his Son, that he might be the firstborn among many brothers and sisters.” Romans 8:29. We are called to be like Christ. This cannot happen, if we know all about Christ, his teachings and learn all about him through systematic Theological studies. We can be like Christ, only by knowing him or experiencing him.

Some time in our conversation we use the phrase “I see your point” or “I see what you mean”. Here we use “seeing” as a form of knowing. Take the verse “Blessed are the pure in heart, For they shall see God” Mathew 5:8. By that understanding, this verse says, To know God, our hearts should be pure. You should not think somehow the word heart is used by mistake instead of the word “mind”. Church Fathers teach that the spiritual faculty for knowing God is “Nous” (Greek) which is translated as Heart.

When the heart is darkened (or hardened) it cannot see God properly. Church Fathers teach that purifying the heart is done through repentance, prayers, fasting and sacraments. Dear little ones in Christ do not neglect our tradition and faith by merely learning it in mind. If you practice our faith, one day you will be able to “see” the true meaning of the verse below!

“Be still and know that I am God” Psalms 46:10

Mr Kuruvilla Varghese
Diocesan Director
OSSAE-OKR, Bangalore Diocese

05-October-2016

Diocesan News

Director, OSSAAE-OKR, Bangalore diocese and Vice-President, Hyderabad Zone relieved of their responsibilities.

Dr. George Panackamattom, Director, OSSAE-OKR Bangalore Diocese, relinquished charge as on 1 June 2016, as he is moved to USA. Presently he is in Staten Island, New York. He attends St. George Orthodox Church, 28, Sunset Ave, Staten Island, New York. He works for the firm "Global IT Associates", Staten Island, New York as Manager of Accounts and Administration.

Rev. Fr. Koshy Thomas, Vice-President of OSSAE-OKR, Hyderabad Zone relinquished charge as on 1 June 2016 as he is transferred to Bangalore.

New Vice-President and New Director, for OSSAAE-OKR Bangalore diocese and new Vice-President for Hyderabad Zone

Diocesan Metropolitan, H.G. Abraham Mar Seraphim appointed Very. Rev. T. K. Thomas Cor-Episcopa as the new Vice-President of OSSAE-OKR Bangalore Diocese, Mr. Kuruvilla Varghese as the new Director of OSSAE-OKR Bangalore Diocese and Rev. Fr. Thomas Oommen as the new Vice-President of OSSAE-OKR, Hyderabad Zone as on 1 July 2016. Very. Rev. T. K. Thomas Cor-Episcopa will continue to function as the Vice-President of OSSAE-OKR Bangalore Zone.



Inter Diocesan competition 2015.

Inter Diocesan competition 2015 was held at STOTS, Nagpur on 17 July 2016. Twelve students from Bangalore Diocese (eight from Bangalore Zone and four from Hyderabad Zone) has participated in the events. They performed well, but could not get first prizes this year. Nine Teachers/Parents from Bangalore Zone and five Teachers/Parents from Hyderabad Zone accompanied these children. Congratulations to the students on their participation and good performances and thanks to the Teachers and Parents who accompanied them.

Teachers Handbook

Our former Director Dr. Dr. George Panackamattom compiled a **Teachers Handbook** for OSSAE-OKR, in consultation with Metropolitan of Brahmavar Diocese, H.G. Yakob Mar Elias, and Rev. Fr. Dr. Bijesh Philip, Director OSSAE-OKR. Diocesan Metropolitan H.G. Dr. Abraham Mar Seraphim and former Diocesan Director Mr. K.C. Thomas reviewed the work and suggested revisions. Teachers Handbook was distributed to Bangalore Zone and around 700 copies are sent to OSSAE-OKR, Nagpur Office for distribution to all other Dioceses.

- Mr. Kuruvilla Varghese
Director, OSSAE-OKR Bangalore Diocese

	
<p>We welcome our new office bearers -</p> <p>Very. Rev. T. K. Thomas Cor-Episcopa as the Vice-President of OSSAE-OKR Bangalore Diocese & OSSAE-OKR Bangalore Zone</p> <p>Rev. Fr. Thomas Oommen as the Vice-President of OSSAE-OKR Hyderabad Zone &</p> <p>Mr. Kuruvilla Varghese as the Director of OSSAE-OKR Bangalore Diocese.</p>	<p>We thank the outgoing office bearers -</p> <p>Rev. Fr. Koshy Thomas, who served as Vice-President of OSSAE-OKR Hyderabad Zone &</p> <p>Dr. George Panackamattom who served as Director of OSSAE-OKR Bangalore Diocese.</p>



Inter- Diocesan Arts competition 2015 on 17th July 2016 at STOTS, Nagpur.

List of Participants from Bangalore Diocese -

SENIORS

SOLO SINGING

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 SINGING

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



"When you have done your best and things did not turn out the way you hoped, Pat yourself on the back, rest, regroup and begin again. You have not failed as long as you keep trying." - Nora

Mr. Kuruvilla Varghese
Diocesan Director



**"Victory
Is In Having
Done Your
Best. If
You've
Done Your
Best, You've
Won."**

Zonal News - Bangalore

By the Grace and blessings of God Almighty, the Sunday School academic year 2016 commenced on 03rd January 2016. Total number of students registered as on June 2016 for the academic year is 1496. It was decided that all the competitions of the year 2016 of Bangalore Zone including the Diocesan Level should be held before November 2016. Cut off dates were also mentioned for every event. The SSFC/XII evaluation camp was conducted on the 03rd January at two venues, St. Gregorios Orthodox Cathedral and St. Mary's Orthodox Valiyapalli. The evaluation of the examination papers was made possible by the team because of the excellent arrangement made by both the venue parishes. We thank the Vicars, Managing committee members, HMs, teachers for their warm hospitality and delicious arrangement of lunch and snacks for the evaluation team.

The Annual day of the Bangalore Zone Sunday Schools 2015 was held at St. Stephen's Orthodox Church, Vijayanagar and our beloved Thirumeni presided over the meeting. Vice President Achen and Vicars of few parishes were also present for the entire event. Most of the Sunday Schools performed different cultural programs, out of which the cultural program rendered by the host parish's two tiny tots is worth mentioning. They stole the show and became the stars of the day. Thirumeni gave them a huge hug for the excellent performance. The hospitality of the host parish was excellent and special thanks to Rev. Fr. Abraham Thomas, then Vicar of the host parish, Head master Mr. Varghese Lal, Teachers, Managing Committee members and parents. The efforts put forth by them is worth mentioning. E-Bodhini was released during the Annual Day. Executive committee meeting was also held after the Annual Day Celebrations. Sincere thanks to the E-Bodhini Chief Editor Mr. Biju Prasad for his patience and tireless effort in making the E-Magazine release possible.

The Annual General Body Meeting 2015 was held on 17th April 2016 at St. Thomas Orthodox Maha Edavaga. Sincere thanks to our Thirumeni

for His Grace's presence in the meeting. Diocesan Secretary Very Rev. P.C. Philip Corepiscopa, Vice President Very Rev. T.K. Thomas Corepiscopa was also present for the meeting. Special thanks to the Vicar of the parish, Rev. Fr. K.M. Jacob, the then Director Dr. George Panackamattom, HM and teachers for helping us to hold the meeting without any disturbance inspite of a wedding that took place in the parish at the same time.

We whole heartedly congratulate and welcome Very Rev. T.K. Thomas Corepiscopa as our newly appointed Vice President of Sunday Schools, Bangalore Diocese, who was elevated from the position of Vice-President of Sunday Schools, Bangalore Zone which Achen held for the past three years. We also congratulate and welcome our new Diocesan Director of Sunday Schools, Bangalore Diocese, Mr. Kuruvilla Varghese for accepting the assignment entrusted to him in guiding the Diocese. Our heartfelt thanks to the outgoing Diocesan Director Dr. George Panackamattom who has stepped down due to his new venture in the United States of America. The hard work, support and guidance of Dr. George Panackamattom is worth mentionable and pray that God Almighty will guide, support and strengthen him in his new venture.

The essay competitions were held on 12th June 2016 at respective parishes for the Senior and Secondary level. The results of the competition was announced after evaluation of the essay scripts. Half yearly examination of all classes from Preparatory to Class XII was held on 24th July 2016 at respective parishes. The Quiz competitions 2016 for the Senior and Secondary groups at the Zonal Level was held on 07th August 2016 at St. Gregorios Orthodox Cathedral. Special thanks to Rev. Fr. Basil Thomas who accepted the invitation to be Quiz Master for the year and Achen helped in smooth conduct of the competition. Special Thanks to the host parish Vicar, Rev. Fr. Koshy Thomas who granted us permission to conduct the competition there. Also thank the Secretary and

Trustee of the Parish, HM and teachers for their pleasant hospitality and providing delicious refreshments on that day.

The Arts Competition of Solo Singing, Elocution and Group Song was conducted on the 05th September 2016 at two Districts of Bangalore Zone. District I competitions were held at Mar Yuhanon Mamdana Orthodox Church, K.R. Puram and District II competitions were held at St. Mary's Orthodox Valiyapalli, Jalahalli. Both the districts made excellent arrangements for the smooth conduct of the Competitions. The sumptuous breakfast, lunch, tea and snacks provided is worth mentioning. Special thanks to Vicars of both the host parishes for their guidance and support in making all the arrangements for the day. Special appreciation to the HMs, AHMs, teachers and parents for the hard work put forward to make everything possible for the day. Coordination by the Executive Committee Members in assisting as Team of Coordinators, Team for Tabulation, Coordination with Judges and the most difficult job of Time-keeping was done excellently by our HMs of different parishes and Office Bearers of Bangalore Zone. Special Thanks to Mrs. Mary Varghese and Mr. Jose Varghese for their efforts in conducting the competition smoothly. Rev. Fr. Moncy P. Chacko, Rev. Fr. Santosh Samuel and Rev. Fr. Skariah Mathew were present during the competitions. Bangalore Diocese Director Mr. Kuruvilla Varghese visited both the districts during the competitions.

All the events have taken place as per schedule until now. The Sunday School Students Camp NUHRO 2016 is scheduled for the 9th, 10th and 11th October 2016. The venue for the camp is finalized as Ecumenical Christian Centre, Whitefield. The Theme for the Camp is finalized as "The Lord is my Shepherd". NUHRO 2016 will be led by our Diocesan Metropolitan, Dr. Abraham Mar Seraphim. The resource persons

for the Camp will be Rev. Fr. Basil Thomas and Rev. Dn. Nithin Rajan.

The Theme for the camp was initially suggested by our Senior Sunday School Teacher and District II Inspector, Mr. N.M. Achenkunju as "The Lord is my Shepherd- Psalm 23:1". Thirumeni suggested during an EC Meeting to call for captions on Psalm 23 from Sunday School Students and Teachers with a cash prize also announced for the best caption. Accordingly caption for the Theme was called for on the entire Psalm 23. Few of our Sunday school children and teachers had come up with captions. After going through all the captions, the theme was finalized as "The Lord is my Shepherd" without giving reference to any verse.

We express our gratitude and acknowledge the encouragement and blessings of HG Dr. Abraham Mar Seraphim, Metropolitan of Bangalore Diocese and Very Rev. T. K. Thomas Cor-Episcopa (Vice President, Bangalore Diocese) for leading us with their 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 Bangalore Zone Sunday School.

2016 is a blessed year as things are moving forward as we had planned 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. "For from Him and through Him and for Him are all things. To Him be the glory forever! Amen".

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

Annual General Body Meeting 2015



Annual day of Bangalore Zone Sunday Schools 2015





OSSAE-OKR BANGALORE ZONE
Results of zonal level competitions
(A+ Grade Winners & Diocesan level representatives)

ESSAY COMPETITION 2016 - 12TH JUNE 2016

District	Name of Student	Category	Church	Grade
District 1	Rebecca Mathew	Senior	St. Gregorios O Cathedral SS	A+
	Sherin Seby	Senior	St. Gregorios O Cathedral SS	A+
	Maria C.A.	Senior	St. George OCSS, Indiranagar	A+
	Sheona T. Joseph	Senior	St. George OCSS, Indiranagar	A+
	Merin Mariya Neel	Senior	St. Mary's OCSS, Begur	A+
	Sunny Mariam Benny	Senior	St. Thomas OMESS, Blore East	A+
	Riya Elsa Mathew	Senior	St. Thomas OMESS, Blore East, Chapel	A+
	Riya Thomas	Senior	St. Thomas OMESS, Blore East	A+
	Binil Mathew	Senior	St. Mary's OCSS, Begur	A+
	Rohan John Varghese	Senior	St. Mary's OCSS, Begur	A+
	Jacob Mathew	Secondary	St. Gregorios O Cathedral SS	A+
	Anju Elza Mathew	Secondary	St. Baselios OCSS, Marthahalli	A+
District 2	Abhishek K. Mathew	Senior	St. Gregorios OC, Mysore	A+
	Ann C. Anil	Senior	Mar Gregorios OCSS, Hebbal	A+
	Sharon Jacob	Senior	Mar Gregorios OCSS, Hebbal	A+
	Stefy Mary Mathew	Senior	St. Gregorios OCSS, Mathikere	A+
	Sandra Mary Saji	Senior	St. Gregorios OCSS, Mathikere	A+
	Karen Susan Abraham	Senior	St. Mary's O Valiyapally SS, Jalahalli	A+
	Jane Elizabeth Vaidhyan	Secondary	St. Mary's O Valiyapally SS, Jalahalli	A+
Sherin Elizabeth Vaidhyan	Secondary	St. Mary's O Valiyapally SS, Jalahalli	A+	

QUIZ COMPETITION 2016 - 7TH AUGUST 2016

District	Name of Student	Category	Church	Grade
District 1	Rebecca Mathew	Senior	St. Gregorios O Cathedral, Hosur Road	A+
	Joel B. Mathew	Senior	Mar Yuhanon Mamdhana OC, KR Puram	A+
	Angela Mariyam Eapen	Secondary	St. Mary's OC Begur	A+
	Sonu Mary Alex	Secondary	St. George OC, Indira Nagar	A
District 2	Rahael Jacob	Senior	Mar Gregorios OC, Hebbal	A+
	Sandra Mary Saji	Senior	St. Gregorios OC, Mathikere	A+
	Jane Elizabeth Vaidhyan	Secondary	St. Mary's O Valiyapalli, Jalahalli	A+
	Sneha M. George	Secondary	St. Mary's O Valiyapalli, Jalahalli	A

ELOCUTION COMPETITION 2016 - 5TH SEPTEMBER 2016

District	Name of Student	Category	Church	Grade
District 1	Tania Biju	Junior	St. Mary's OC, Begur	A+
	Neha Susan Baiju	Intermediate	St. Thomas O Maha Edavaga, Bangalore East	A+
	Koshy Thomas C	Intermediate	St. George OC, Indira Nagar	A+
	Christya Abraham	Senior	Mar Yuhanon Mamdana OC, KR Puram	A
	Merin Mariya Neel	Senior	St. Mary's OC, Begur	A+
	Sonu Mary Alex	Secondary	St. George OC, Indira Nagar	A+
	Angela Mariyam Eapen	Secondary	St. Mary's OC, Begur	A
District 2	Rhea Thomas	Junior	St. Gregorios OC, Mathikere	A+
	Yuhan Jacob Mammotttil	Junior	Mar Gregorios OC, Hebbal	A+
	Benjamin George David	Intermediate	Mar Gregorios OC, Hebbal	A+
	Steffi Mary	Senior	St. Gregorios OC, Mathikere	A+
	Angela Susanna Philip	Senior	St. Mary's OV, Jalahalli	A+
	Rahael Jacob	Senior	Mar Gregorios OC, Hebbal	A+
	Jane Elizabeth Vaidhyan	Secondary	St. Mary's OV, Jalahalli	A+
Sneha Varghese	Secondary	St. Gregorios OC, Mathikere	A	

SINGING COMPETITION 2016 - 5TH SEPTEMBER 2016

District	Name of Student	Category	Church	Grade
District 1	Aleena Grace Alex	Sub Junior	St. George OC, Indira Nagar	A+
	Thomas Koshy	Junior	St. Thomas O Maha Edavaga, Bangalore East	A+
	Rhea Elizabeth Jaison	Junior	St. George OC, Indira Nagar	A+
	Adam G Alexander	Intermediate	St. Baselios OC, Marathahalli	A+
	Alwin Viju Cheeran	Senior	St. Thomas O Maha Edavaga, Bangalore East	A+
	Merin Mariya Neel	Senior	St. Mary's OC, Begur	A+
	Taniya Thomson	Senior	St. Thomas O Maha Edavaga, Bangalore East	A+
	Rinu Susan Roy	Secondary	Mar Yuhanon Mamdana OC, KR Puram	A
	Sonu Mary Alex	Secondary	St. George OC, Indira Nagar	A+
	Merin Mariya Neel & Grp	Group Song	St. Mary's OC, Begur	A+
District 2	Maria Eldo	Sub Junior	Mar Gregorios OC, Hebbal	A+
	Irene Ann Skariah	Sub Junior	St. Dionysius OC, Dasarahalli	A+
	Jermy Mathew	Junior	St. Mary's OV, Jalahalli	A+
	Nathan Hemjith Mathew	Junior	Mar Gregorios OC, Hebbal	A+
	Tiara S. Kurian	Intermediate	St. Mary's OV, Jalahalli	A+
	Cicil Varghese	Intermediate	St. Stephen's OC, Vijayanagar	A+
	Karen Susan Abraham	Senior	St. Mary's OV, Jalahalli	A+
	Rahael Jacob	Senior	Mar Gregorios OC, Hebbal	A+
	Irine Varghese	Senior	St. Dionysius OC, Dasarahalli	A+
	Grace Mariam Daniel	Secondary	St. Mary's OV, Jalahalli	A+
	Jeshilla John	Secondary	Mar Gregorios OC, Hebbal	A
	Jonah Abraham & Grp	Group Song	St. Gregorios OC, Mathikere	A+
	Rahael Jacob & Group	Group Song	Mar Gregorios OC, Hebbal	A+
	Ashnamol S. & Group	Group Song	St. Mary's OV, Jalahalli	A+



O.S.S.A.E. - OKR

Bangalore Zone Sunday Schools



STUDENTS' CAMP

NUHRO - 2016

Theme : *The Lord is My Shepherd*

Led By: H.G. Dr. Abraham Mar Seraphim Metropolitan

Lots Of Fun, Games, Songs, Activities

Venue: Ecumenical Christian Centre, Whitefield, Bangalore

Date: 9th-11th October 2016

The Lord IS MY Shepherd

Psalms 23

**THE LORD IS MY SHEPHERD
I SHALL NOT BE IN WANT.**

HE MAKES ME LIE DOWN IN GREEN PASTURES
HE LEADS ME BESIDE QUIET WATERS

HE RESTORES MY SOUL.

HE GUIDES ME IN PATHS OF RIGHTEOUSNESS

FOR HIS NAME'S SAKE.

**EVEN THOUGH I WALK THROUGH THE
VALLEY OF THE SHADOW OF DEATH**

**I WILL FEAR NO EVIL, FOR YOU ARE WITH ME
YOUR ROD AND YOUR STAFF, THEY COMFORT ME.**

YOU PREPARE A TABLE BEFORE ME
IN THE PRESENCE OF MY ENEMIES.

YOU ANOINT MY HEAD WITH OIL; MY CUP OVERFLOWS.

SURELY GOODNESS AND LOVE WILL FOLLOW ME
ALL THE DAYS OF MY LIFE, AND I WILL DWELL

IN THE HOUSE OF THE LORD FOREVER.



STUDENTS' CAMP NUHRO 2016

Dates :

9th to 11th-Oct-2016

Venue :

Ecumenical Christian
Centre, Whitefield,
Bangalore

Theme :

"The Lord is my Shepherd "



THE PENTATEUCH

The Pentateuch, the first five books of the Old Testament narrate the incidents associated with Moses and God's guiding and moulding the Israelites. The books are 1. Genesis, 2. Exodus, 3. Leviticus, 4. Numbers, 5. Deuteronomy. Pentateuch is a Greek word meaning five scrolls.

The Author : Jehova commands Moses to write about His leading His people and also about His giving laws. It is recorded that Moses does so (Exodus 17:14; 24:4). Therefore it is traditionally believed that these books were written by Moses because of this reference and the mention of many things done under the leadership of Moses. Some raise doubts about this because there are references to Moses death (Deuteronomy 34). Yet the common belief is that these books were written by Moses himself. The reference to Moses death may have been added later on.

1. Genesis

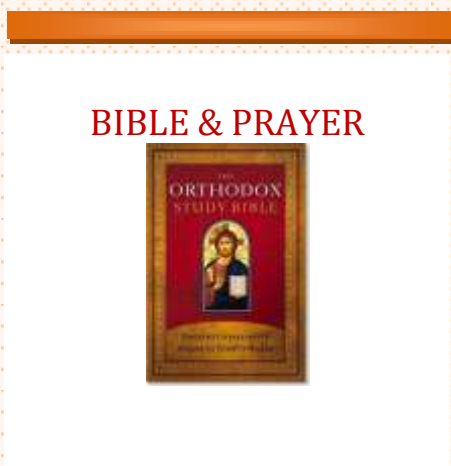
This books beginning with "In the beginning God" contains the description of creation and is therefore called Genesis. Creation, mans first disobedience, the great flood, the call for Abraham, the life of Issac, Jacob and Joseph, God's concern and care for man and the Israelites are also part of this book. The message that God is the Creator of everything and everybody, and that he still loves man inspite of man's disobedience.

2. Exodus

This books centers around the liberation of Jacob and his sons from the persecution from the time they began to live along with Joseph. The title means the passing od the exodus of the people from Egypt. It also reminds us of the passing of the angel of destruction.

3. Leviticus

This scroll was name Leviticus as it contained the instructions to the priests of the Levite tribe about offerings and sacrifices. The main message of this book is that as God is holy His people also must be holy. The sacity that must be observed during sacrifices and worship must come from this awareness of God's holiness.



*"I don't speak because I
have the power to speak;
I speak because I don't
have the power to remain
silent"*

- Rabbi A. Y. Kook

4. Numbers

This books describes the Israelites journey through the wilderness and the census. In Hebrew the title Numbers means "journey through the desert". As it describes the census taken both at the beginning and end of the journey, the title Numbers suggesting the numbering.

The books says that those who rebel and disobey will not enter the peace of God. The ultimate message is that redemption is assured for those who return to Jehova during the journey through the wilderness.

5. Deuteronomy

Moses fifth book is named Deutronomy as it is a repetition of the laws which contain his commandments and their explanation. It is the exhortation to obey God's commandments and a repeated assurance of God's protection of generation after generation of his people. The contents are Moses' instruction to the people in the plains of Moab before they cross the Jordan and enter the Promised Land.

Torah	Hebrew: "Law, Instruction"
Pentateuch	Greek: "Five-Part Book"

OUR TEACHERS



*"If you can read this,
thank a
TEACHER."*

- American Proverb



Pulikkottil Joseph Mar Dionysious I
MALANKARA SABHA JYOTHIS

Founder of 'Pazhaya Seminary'

Birth: January 15, 1742

Birthplace: Kunnamkulam, Kerala

**Entered into
eternal rest:** November 26, 1816

*(Entombed at
Pazhaya Seminary Chapel, Kottayam)*

Pulikkottil Joseph Mar Dionysious I MALANKARA SABHA JYOTHIS

Pulikkottil Joseph Mar Dionysious I (Mar Dionysius II), the founder of 'Pazhaya Seminary' is the first among the two offered to Malankara Sabha by the Pulikkottil family at Kunnamkulam. He had a working knowledge of Syriac, Sanskrit, Theology, Mathematics, Philosophy and Medicine when he was fifteen. He was made a priest by Valia Mar Dionysius, the then Malankara Metropolitan. He was appointed Vicar of Arthattu Church. He has to suffer much when there was the invasion of Tipu Sultan in 1789. As a result of his prayer and meditation Tipu has to go back. He took the leadership for the reconstruction of the Arthattu Church. He also wanted to start English education and to publish the Bible in the national language.

As Ramban

He was ordained Ramban on August 15, 1808. His centre for work was Kottayam. He made the Travancore Resident Colonel Manroe realise the need of residential schools for priests, and a fund was raised from churches for the same. Colonel Monroe who was impressed by the services of Pulikkottil Joseph Ramban, gave free land for the seminary. In 1813 the foundation for the seminary was laid. In 1815 the work was completed and theological classes were started.

As Bishop

Mar Thoma VIII died on January 26, 1816. Before his death, he consecrated Mar Thoma XI. Due to certain problems in the Church, Pulikkottil Joseph Ittoop Ramban was selected as the next Metropolitan. But there were no bishops to consecrate him. So he went to Thozhyoor a place outside the Travancore and Cochin states and was consecrated by Geevarghese Mar Philexenos (Kidangan) (1811–1829) of the Thozhyoor Church on March 22, 1815. He was given the episcopal title Dionysius a Graeco-Roman name, the second bishop in the Malankara Church to get this title Dionysius.

He was far sighted in the development of the church and died on Nov 26, 1816. He was buried in Pazhaya Seminary chapel. He is remembered as Malankara Sabha Jyothis (Star of Malankara church). He is valued high as the one to start priest education and also as the one to shine in the world with his prayer and meditation.

OUR LANGUAGE Malayalam alphabets

മലയാളം

അ ആ ഇ ഊ ഉ ഊ ഋ
 ഘ ങ്ങ ഞ ഞ ഞ ഞ ഞ
 അം അഃ
 ക ഖ ഗ ഘ ങ
 ച ഛ ജ ഝ ഞ
 ട റ ഡ ണ ഹ
 ത മ ദ ധ ന
 പ ഫ ബ ഭ മ
 യ ര ല വ
 ശ ഷ സ ഹ ള റ റ



ക കാ കി കീ ക / കൂ കൂ / കൂ
 ക്ര / കൃ കെ കേ കൈ കൊ കോ
 കൗ കാം കഃ ക് / ക്

LETS LEARN



"The mind of the prudent acquires knowledge, And the ear of the wise seeks knowledge."
 - Proverbs 18:15



SYRIAC/GREEK WORDS (used in our worship)

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

.... to be continued

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!

ABOUT THE HOLY TRINITY

(1)There is only one God, who is life and truth, the creator of everything visible and invisible. (2) There is no other God than the One God, who is the original cause of everything. (3) He is without beginning and is eternal. (4) He is incorporeal and cannot be seen by eyes of the flesh, and is

omnipotent. (5) omniscient. (6) omnipresent. (7) perfect in goodness. (8) inconceivable. (9) is without change. (10) and is ruler of everything. (11) There are three personalities in Godhead-- the Father, Son and the Holy Spirit. (12) That is, one in three and three in one. Between the three persons there is no variation as regards seniority, stature or strength. They have one essence, one kingship, one nature, one will, one thinking, one power, one glory and one leadership.

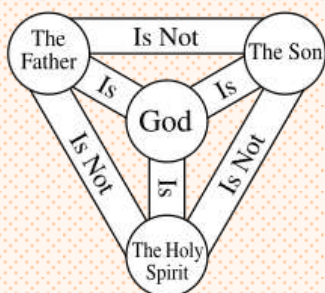
- (1) *Gen. 1:1 In the beginning when God created the heavens and the earth. Isa. 44: 24 I am the Lord who made all things. Deu. 5:26. For who is there of all flesh that has heard the voice of the living God speaking out of fire, as we have, and remains alive? 1 John 5:20. And we know that the Son of God has come and has given us understanding so that we may know him who is true; and we are in him who is true, in his Son Jesus Christ. 14'. is the true God and eternal life. Dan. 2:8. The king answered, "I know with certainty that you are trying to gain time, because you see I have firmly decreed."*
- (2) *Isa. 43:11.1, I am the Lord, and besides me there is no savior. Isa. 45: 5,6. I am the Lord and there is no other; besides me there is no god. I arm you, though you do not know me I am the Lord and there is no other.*
- (3) *Isa. 41:4. I, the Lord, am first, and will be with the last. Isa. 43: 10. Before me no god was formed, nor shall there be any after me.*
- (4) *John 4:24 God is spirit, and those who worship him must worship in spirit and truth. 1 Tim. 6:16. whom no one has ever seen or can see*
- (5) *Matthew 19:26. But for God all things are possible. Luke 1:37. For nothing will be impossible with God. Pslams 147:5 his understanding, is beyond measure. from your spirit? Or where can I flee*
- (6) *Pslams 139: 7 Where can I go from your presence?*
- (7) *Ex. 34:6 The Lord, the Lord. a God merciful and gracious. slow to anger, and abounding in steadfast love and faithfulness.*
- (8) *Job 11 :7.Can you find out the deep things of God?*
- (9) *Jam. 1: 17. Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights. with whom there is no variation or shadow due to change.*
- (10) *Luke 10:21. "I thank you, Father. Lord of heaven and earth."*
- (11) *Gen.1:26. Then God says: "Let us make humankind in our image according to our likeness." Matthew 28:19. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit. Gen.11:7. Matthew 3: 16.17.*
- (12) *Isa. 6:3 And one called to another and said: "Holy. holy. holy is the Lord of hosts; the whole earth s full of his glory."*

ABOUT THE FATHER

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.

- (1) *John 10:29. What my Father has given me is greater than all else. and no one can snatch it out of the Father's hand.*
- (2) *1 Cor. 8:6 The Father from whom are all things and for whom we exists, and one Lord, Jesus Christ, through whom are all things and through whom we exist.*

HOLY TRINITY



ABOUT THE SON

(1) The Word and Son of the Father, one among the Holy Trinity, was born eternally from the Father, (2) is one is Essence with the father and the Holy Spirit, and is uncreated. (3) The Son, without any change in His Godly estate, by His will and the will of His Father and the Holy spirit, took flesh from the holy virgin, and became man, for the salvation of men (4) truly suffered in the flesh, (5) was crucified, (6) and died, (7) was buried (8) descended into hell and preached the good news to those who were there;(9) rose from the dead on the third day. (10) On the 40th day after

Resurrection, He ascended into Heaven, and sat on the right side of His Father. That He became Man, does not mean that He dwelt in a righteous man born of a virgin, (11) on the other hand, that, He who is truly God, took flesh from the virgin without contact with man, by the Holy Spirit, and became truly man. (12) Without Godly nature changing to become human nature, without human nature changing to become Godly nature, or both getting mixed up, or uniting to become another substance, or one getting annihilated by the other, the two natures, Godhead and Manhood, with perfect characteristics of both, except sin, were united, never again to be separated. This union is a great mystery. (13) After the union, there can be no separation into two natures or two personalities. But, one nature, one person, one pursupa (face)*, one will and one operation. He is perfect God and perfect man. When the spirit got separated from the body at the time of His death, (14) His Godhead without getting separated from the spirit and body, dwelt with both of them! (15) Because His Body was made incorruptible at Resurrection, never again have death or suffering authority over Him. (16) He is the way, the Truth and the Life. Without Him nobody is saved. (17) He will come again in His glory to judge the living and the dead.

(1) John 1:1 In the beginning was the Word, and the Word was with God, and the Word was God. John 1: 14. We have seen his glory, the glory as of Father's only Son.

(2) John 10:30 The Father and I are one.

(3) Mala. 3: 6. For I the Lord do not change Heb. 2:14 Since, therefore, the children share flesh and blood, he himself likewise shared the same things. John 1:14. And the Word became flesh and lived among us.

(4) Act.1:3 After his sufferings

(5) Mark. 15:24 And they crucified him

(6) Roam. 5:6 For while we were still weak, at the right time Christ died for the ungodly.

(7) 1 Cor. 15:4 and that he was buried

(8) 1 Peter 3:19 he went and made a proclamation to the spirits in prison.

(9) Act. 2:32. This Jesus God raised up, and of that all of us witness. Luke 24:39 Look at my hands and feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.

(10) Luke. 24:51 While he was blessing them, he withdrew from them and was carried up into heaven.

(11) Heb. 2:16 For it is clear that he did not come to help angels, but the descendants of Abraham. John 1:14 And the Word became flesh and lived among us. Isa. 7:14 Look, the young woman is with child and shall bear a son, and shall be named Immanuel.

(12) Col. 2:9 For in him the whole fullness of deity dwells bodily. Heb. 2:9 so that by the grace of God he might taste death for everyone. Tit. 2:13 while we wait for the blessed hope and the manifestation of the glory of our great God and Savior, Jesus Christ. 1 Tim. 3:16 Without any doubt, the mystery of our religion is great. He was revealed in flesh, vindicated in spirit, seen by angels, proclaimed among gentiles, believed in through the world, taken up in glory. Heb. 1:2 but in these last days he has spoken to us by a Son.

(13) Eph. 4:5 one Lord, one faith, one baptism 1 Cor. 1:13 Has Christ been divided?

(14) John 19:34 Instead, one of the soldiers pierced his side with a spear, and at once blood and water came out.

** Pursupa or 'face' here does not mean the human face But an image that can be visualised in the mind.*

(15) Rom. 6:9 We know that Christ, being raised from the dead, will never die again: death no longer has dominion over him.

(16) John 14:6 Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me." Act. 4:12 There is salvation in no one else, for there is no other name under heaven given among mortals by which we must be saved.

(17) Act. 17:31 because he has fixed a day on which, he will have the world judged in righteousness by a man whom he has appointed.



ABOUT THE HOLY SPIRIT

(1) The Holy Spirit, the comforter and one among the Holy Trinity is co -equal to the Father and Son, uncreated and eternal. (2) He proceeds from the Father, (3) takes

from the Son, is adored and glorified along with the Father and the Son. (4) And spoke through the prophets and the Apostles.

(1) 2 Cor. 3: 18. We are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit. 2 Cor. 13:13. The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.

(2) John 15:26 "When the Advocate comes whom I will send to you from the Father, the Spirit of truth who comes from the Father, he will testify on my behalf."

(3) John 16:14 He will glorify me, because he will take what is mine and declare it to you.

(4) 2 Peter 1:21 because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God. Matthew 10:20 for it is not you who speak. but the Spirit of your Father speaking through you.

ABOUT THE HOLY SACRAMENTS

Sacraments are the visible operations of invisible graces, ordained and instituted by our Lord, which are necessary for the salvation of mankind. These are also called Divine Mysteries. Among the seven Sacraments (1) Baptism, (2) Holy Qurbana, (3) Confession, (4) Chrismation, (5) Priesthood (Ordination), (6) Matrimony and (7) Anointing the sick, five are intended for all the faithful, and other two , priesthood and matrimony, are only for those who want to have them. The Sacraments are to be received with the appropriate preparation and eligibility for each of them. Those who received them thus, will get the grace of God, and also increase the grace in them.

(1) John 3:5 no one can enter the kingdom of God without being born of water and Spirit.

(2) John 6:53 So Jesus said to them, "Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you."

(3) James 5:16 Therefore confess your sins to one another, and pray for one another, so that you may be healed.

(4) 1 John 2:27 As for you, the anointing that you received from him abides in you, and so you do not need anyone to teach you.

(5) Heb. 5:4 And one does not presume to take this honor, but takes it only when called by God, just as Aaron was.

(6) Matthew 19:6 Therefore what God has joined together, let no one separate.

(7) James 5:14 Are any among you sick? They should call for the elders of the church and have them pray over them, anointing them with oil in the name of the Lord.

(8) Num. 8: 1,2 The Lord spoke to Moses, saying: Speak to Aaron and say to him: When you set up the lamps, the seven lamps shall give light in front of the lamp stand. Num.4:2

to be continued


 SHARE
YOUR
STORY

"LIFE is about
creating and living
EXPERIENCES that
are worth
SHARING."
- Steve Jobs

When you stand and
share your story in an
empowering way, your
story will heal you
and your story will
heal somebody else.

Iyanla Vanzant

INTER-DIOCESAN LEVEL ARTS COMPETITION on 17th July 2016 at STOTS, Nagpur.

The memories that I have about my Sunday School life just as in secular life was filled with getting to understand the spiritual aspect of life along with values, which at times gave bitter experiences.

One of the most cherished events among them was the Inter Diocesan Arts Competition held at Nagpur on 17th July 2016 which was also the last competition in my Sunday School journey. Systematic effort over the months had gone by due to the constant reminder of my teachers and the day finally arrived. Sandra, Jacob and I set out with hopes of making it big at the competition as did our parents. The journey to Nagpur by train even today feels like it just got over yesterday. Our journey by the Rajdhani express, the expectations about the food menu, some memorable events shared from each person's life and of course some studying in between. Finally we reached Nagpur Seminary after a long journey, tired but also excited about the next day's events.

The accommodation and food were good and had surprise elements to it. The competitions started with singing, essay writing, elocution and finally the quiz. We fared well but in the end we ran out of luck. That event taught me some valuable lessons in life. I felt very disappointed but we must move on with life. I had a lot to study for my secular exam the next day and we just managed to get onto our flight. Thus ended the day adding another note in my diary of life which also taught me some lessons to be carried throughout life.

Shilpa Merin Johncy
St. Gregorios Orthodox Cathedral
Bangalore

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



And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." And it was so.

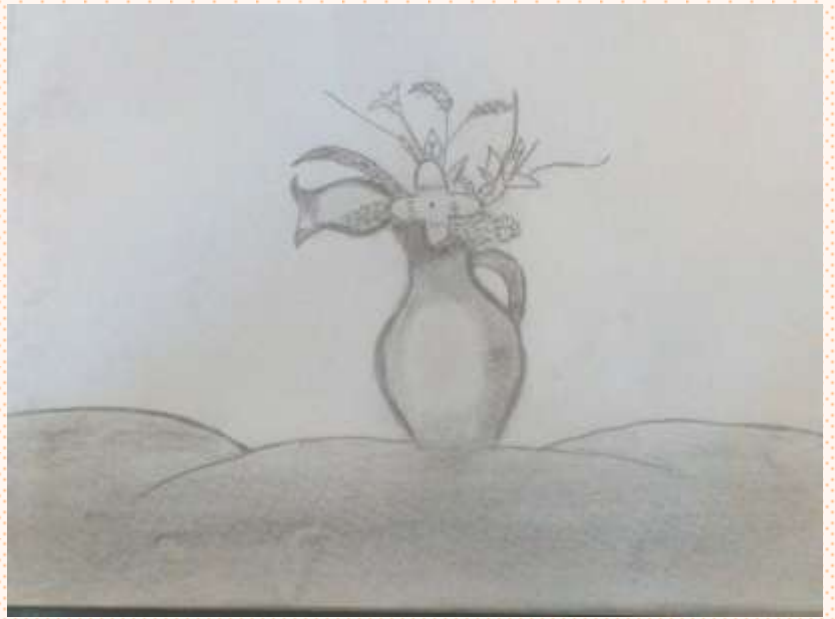
Genesis 1 : 30



Yuktha Das Class 8,
Mar Gregorios SS, Hebbal



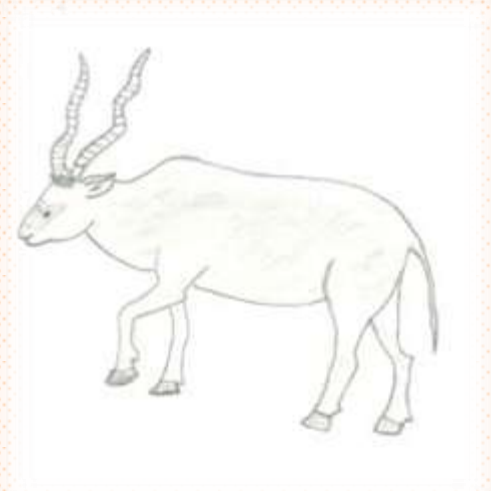
Sherlin Jacob Class 4,
Mar Gregorios SS, Hebbal



Yuhaan Jacob Class 4,
Mar Gregorios SS, Hebbal



Ashley P. Varghese Class 6,
St Gregorios SS, Mathikere



Onam-Festival

Onam is the biggest festival in the Indian state of Kerala. Onam Festival falls during the Malayali month of Chingam (Aug - Sep) and marks the homecoming of legendary King Mahabali. Carnival of Onam lasts for ten days and brings out the best of Kerala culture and tradition. Intricately decorated Pookalam, Onasadya, breathtaking Snake Boat Race and exotic Kaikottikali dance are some of the most remarkable features of Onam - the harvest festival in Kerala.

HAPPY ONAM



Am I Missing Jesus?

It is possible to know a lot of facts about the Bible, even have a zeal for God, and miss who Jesus Christ really is. People from various groups saw Jesus Christ in action but rejected Him. Jesus' words were a challenge to the groups in His day and still are a challenge to us today. He quoted from Isaiah 29:13: "These people come near to me with their mouth and honor me with their lips, but their hearts are far from me." (Matt. 15:8). An individual, then, can attend a church where Christ is proclaimed and miss out on knowing Jesus Christ as his Saviour. Is He your Saviour? If not, read Romans 10:9-13. If Jesus is your Saviour, may your life in the power of the Holy Spirit give evidence that you are enthusiastically serving Him (Col. 3:23-24). Then it will be known that you are a true follower of Him!



**Benita Biju, Class 8,
Mar Gregorios SS, Hebbal**

Now a Saint, Always a Mother

Mother Teresa of Calcutta

Born	26 August 1910 (Uskub, Ottoman Empire)
Died	5 September 1997 (aged 87) Calcutta, West Bengal, India
Venerated in	Roman Catholic Church
Beatified	19 October 2003, Saint Peter's Square, Vatican City by Pope John Paul II
Canonized	4 September 2016, Saint Peter's Square, Vatican City by Pope Francis



She fought for the rights of the sick and helpless

The Wisdom of Mother Teresa

If you think well of others, you will also speak well of others and to others. From the abundance of the heart the mouth speaks. If your heart is full of love, you will speak of love.



Mother Teresa was a humanitarian. This means she did things to help out other people. Her entire life was fully devoted to helping the poor, the sick, the needy, and the helpless.

Where did Mother Teresa grow up? Mother Teresa was born in Uskub, Ottoman Empire on August 26, 1910. This city is now called Skopje and is the capital of the Republic of Macedonia. Her birth name was Agnes Gonxha Bojaxhiu. Her father died when she was eight and she was raised by her mother. Agnes grew up in the Roman Catholic Church and decided to devote her life to God at an early age. When she turned 18, Agnes joined the Sisters of Loreto to become a missionary to India. Before she could go to India, she had to learn English. She spent a year in Ireland learning to speak English at the Loreto Abby. A year later, Agnes began her missionary work in Darjeeling, India. She learned the local language, Bengali, and taught at the local school. In 1931, she took her vows as a nun and chose the name Teresa. She taught for many years in India becoming the headmistress at a school in eastern Calcutta.

What did Mother Teresa do?

When she was 36 years old, Mother Teresa felt the call from God to help the poor of India. She received some basic medical training and then set out to help the sick and needy. This wasn't an easy task in 1948 India. She had very little support and, while trying to feed and help the poorest of the poor, she herself was constantly hungry and even had to beg for food.





Ann C Anil, Class 8,
Mar Gregorios SS, Hebbal

The name “**Kathakali**” is derived from the Malayalam words “**katha**” (story) and “**kali**” (play).

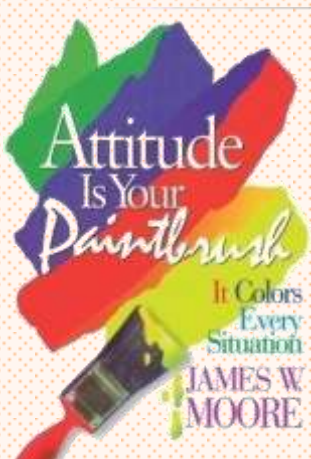
Kathakali has become a world-famous dance-drama within the last fifteen years. Nearly every foreigner who visits **Kerala** wants to see a Kathakali performance

Philip Zarrilly





Sharon Jacob, Class 8,
Mar Gregorios SS, Hebbal



BIBLE CALLS

- When in sorrow, call on **John 14:1-4**
When men fail you, call on **Psalms 27:1**
If you want to be fruitful, call on **John 15:1-27**
When you have sinned, call on **Psalms 51:1-10**
When you worry, call on **Matthew 6:25-34**
When you are in danger, call on **Psalms 91:1-16**
When God seems far away, call on **Psalms 139:1-18**
When your faith needs stirring, call on **Hebrews 11:1-14**
When you are lonely and fearful, call on **Psalms 23:1-6**
When you grow bitter and critical, call on **1 Cor. 13:1-13**
For Paul's secret to happiness, call on **Col.3:15**
When you feel down and out, call on **Romans 8:1**
When you want peace and rest, call on **Matt.11:28**
When the world seems bigger than God, call on **Psalms 90:1-2**
When you leave home for labor or travel, call on **Psalms 121:1-8**
Your prayers growth narrow and selfish, call on **Psalms 67:1-7**
For a great invention/opportunity, call on **Isaiah 55:1**
When you want courage for a task, call on **Joshua 1:7**
How to get along with fellow men, call on **Romans 12:1**
When you think of investments/returns, call on **Mark 10:17-27**
If you are depressed, call on **Psalms 27:1**
If your pocketbook is empty, call on **Psalms 37:1-4**
If you're losing confidence in people, call on **1 Cor. 13:4-8**
If people seem unkind, call on **John 15:12-13**
If discouraged about your work, call on **Psalms 126:3-6**
If you find the world growing small and yourself great, call on **Psalms 19:1-3**
When you are sad, call on **John 14:1** - When you are facing danger, call on **Psalms 91:1-2**
When people have failed you, call on **Psalms 27:1-2**
When God feel far from you, call on **Psalms 130:1-3**
When your faith needs encouraging, call on **Hebrews 11:17-40**
When you are hated because of your faith, call on **John 15:18-24**
When you feel you're failing, call on **Psalms 121:3-4**
When you are scared, call on **Psalms 23:4**
When you want to do good works, call on **John 15:5**
When you need courage, call on **Joshua 1:7**
When you don't feel loved, call on **Romans 8:38-39**
When you have sinned, call on **1 John 1:8-9**
When you are worried, call on **Matthew 6:25-34**
When you are hurt, call on **Colossians 3:12-17**
When you feel no one is on your side, call on **Romans 8:31-39**
When you are seeking rest, call on **Matthew 11:25-30**
When you are suffering, call on **Romans 8:18-30**
When you pray, call on **Matthew 6:9-13**
When you are in need, call on **Philippians 4:19**
When you are losing hope, call on **2 Thessalonians 2:16-17**
When you are seeking peace, call on **John 14:27**
When you want to live a happy life, call on **Colossians 3:12-17**
When you don't understand what God is doing, call on **Isaiah 55:8-9**
When you want to get along with others, call on **Romans 12:9-21**



CALL ANYTIME, LINES ARE OPEN TO HEAVEN 24 HOURS A DAY!

**Ancy P Varghese, Class 11,
St Gregorios SS, Mathikere**



**Abrana Mariam Sijo, Class 1,
St Gregorios SS, Mathikere**

**Jerusha Susan Sijo, Class 5,
St Gregorios SS, Mathikere**

JESUS TOOK HIS PLACE IN A MANGER SO THAT WE MIGHT HAVE A HOME IN HEAVEN.
GREG LAURIE



**Anna Mariam, Class 3,
St Gregorios SS, Mathikere**

Life Exam

God is a great examiner
We are all students
Life is our answer sheet
On which we give our exam
The time allotted is 3 hours
The first hour is childhood
The second hour is youth
The third hour is old age
At the last hour the bell rings
The exam is over the Paper is snatched
The examiner is everywhere
The Paper was long the time was short

If we fail, We come to the same hall
to a new life once more

If we pass, we go to heaven
and return no more

Pinghu P George
10th Std
St Gregorius Church
Mathikere

Pinghu P George, Class 10,
St Gregorios SS, Mathikere



Beware of
Satan's Schemes
Revelation 12:12

Beware the fish has
got in the clutches of Satan.
And you watch out that
you may not get caught
in the clutches of the
Satan



Ansu Anil Thomas, Class 8,
St Baselios SS, Marathahalli



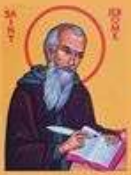
Diya Elza Manoj, Class 3,
St Baselios SS, Marathahalli



Serene Sara Philip, Class 4,
St Baselios SS, Marathahalli

"We do not worship the relics of the martyrs, but HONOR them in our WORSHIP of HIM whose MARTYRS they are.

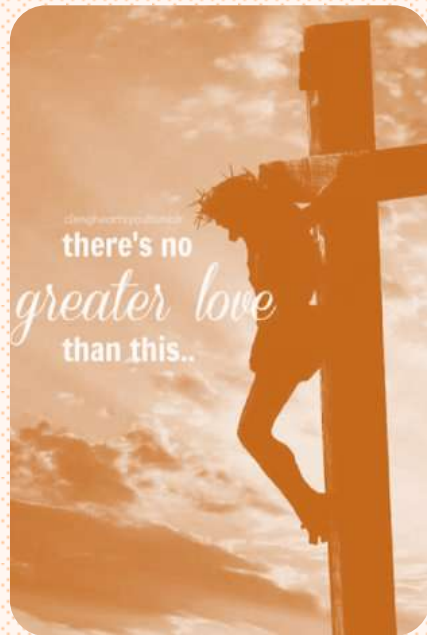
We honor the servants in order that the respect paid to them may be REFLECTED BACK TO THE LORD."



- St. Jerome (342-420AD)



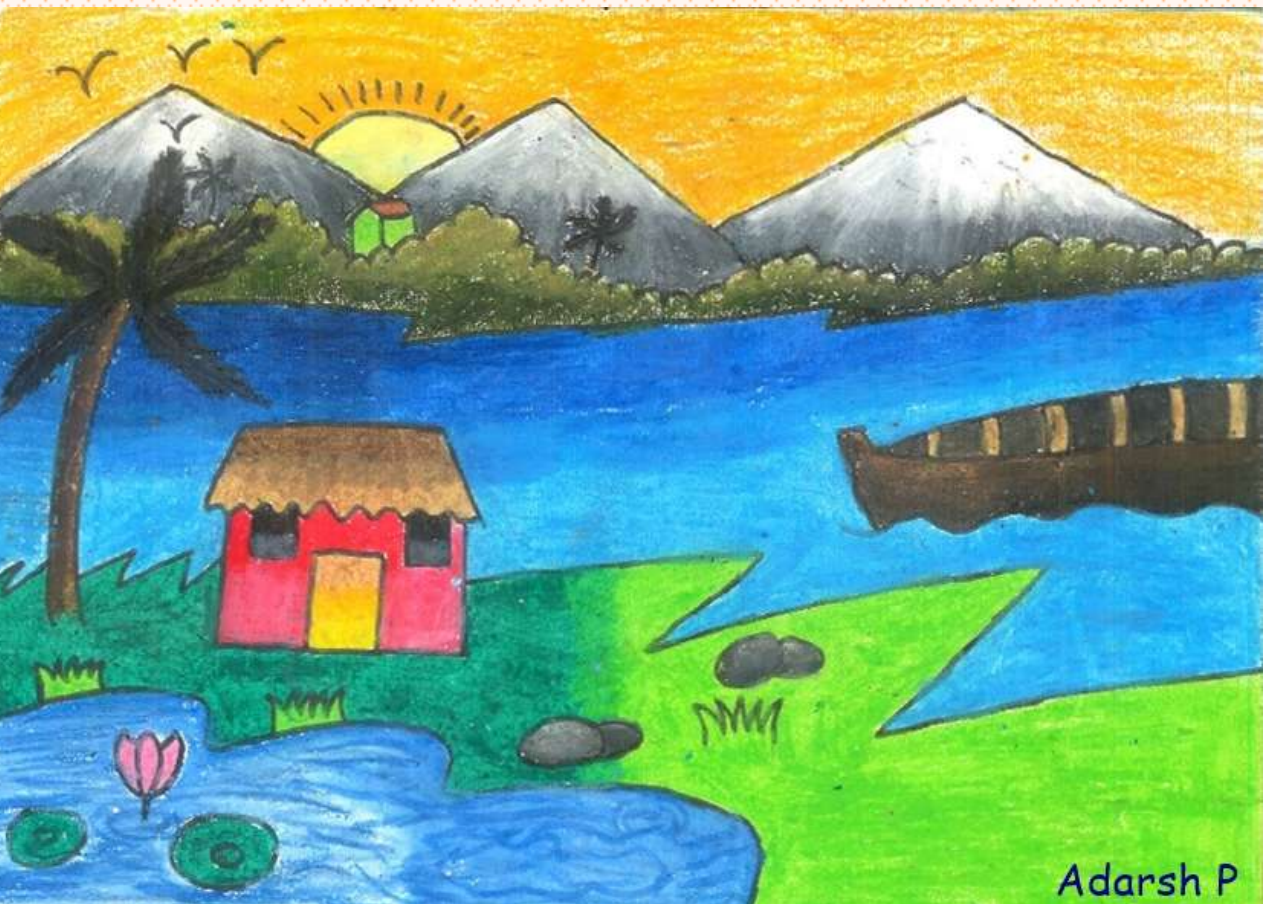
Ronel Alex George, Class 1,
St Baselios SS, Marathahalli



Reyna Marion George, Class 8,
St Baselios SS, Marathahalli



**Adarsh P, Class 5,
St Baselios SS, Marathahalli**



Adarsh P

Man's search for meaning

From time immemorial, many people have questioned the meaning of Man's existence. The very definition of philosophy is the study of meaning, reality, existence and knowledge. Many, under the subject of philosophy, have delved deeper into the greater mysteries of life. Most of their work had one thing in common, and that is the search for answer to the questions, "Why am I here? What is my purpose?" Even though many have searched for the answer, few have been as successful as Victor Frankl.

Victor Frankl was a Jewish psychologist living in Austria during World War II, when the war was still at its height. Adolf Hitler had ordered his soldiers to take the Jews from Austria to the infamous Auschwitz concentration camp. The Jews were tortured at this camp mercilessly, and this torture included but was not limited to:

Watching family members die and then burying them ... Gassing with poison gas....
Tying prisoners to a pole and then ripping the flesh off their backs using a barbed stick
Repeated shooting of prisoners at non-lethal areas
Amputation or cutting off of arms and/or limbs

The torture methods were so cruel that, out of the thousands of Jews that were captured and sent to Auschwitz, only two from his barrack survived. And he was one of them. The fact that he survived made him question his existence, asking himself, "Why me?". And so after many years of thought he concluded one thing:

"A person's why or reason to live can bear almost any how."

So what is man's ultimate purpose?

To achieve happiness. To be legitimately happy. What we all strive for, what we all live and die for, is to be happy. And here is where most people make a big mistake.

When someone even mentions the word happy, people start dreaming about that "one day." We wait for that "tomorrow", that "day" when we can be happy. The scenario differs from person to person, but it has one thing in common - the wait for a day when we have everything we have ever wanted, to be happy. We have been conditioned from birth that happiness comes from THINGS. You supposedly are happy, when you are beautiful, you are happy when you are rich, you are happy when you have all comforts etc. But this isn't happiness. It could be excitement.

What is the difference between the two?

Happiness lasts. Excitement doesn't.

So, how does one become happy?

This is also where another quote of Mr. Frankl becomes important:

"When everything else has been taken away from a person, they are left with the one thing that cannot be taken away: to choose one's attitude, to choose one's way." You become happy by first choosing to be, regardless of the circumstances. Life starts with B and ends with D, Birth and Death, and in between lies a C. And what is that C? Choice. Your life is one big sum of the choices you made. And in this way, your happiness is also a choice. Happiness doesn't come to you, knocking on your door. No one can make you happy. No thing can make you happy. The shortest way to happiness is deciding to be happy, doing what you love, or loving what you do. Try out new stuff. Do it for the joy, not for the prize at the end. Do whatever that makes your heart beat faster, your perspective widen, your heart grow. Love yourself for who you are, do what you enjoy doing, and above all, stand up for what you believe is right. That will surely make you happy

John Varghese Panicker

Class 10,

St Thomas O Mahaedavaka SS. Bangalore East



Jiya Mariam James
Class 2,
St Josephs's Chapel, Bangalore East



Joel J Mammen
Class 6,
St Josephs's Chapel, Bangalore East



Akshaya Elizabeth
Class 5,
St Josephs's Chapel, Bangalore East



Aliza
Class 2,
St Josephs's Chapel, Bangalore East



Naina Varghese
Class 3,
St Josephs's Chapel, Bangalore East

Fasting and its significance

As per orthodox tradition fasting is considered as refraining from certain foods during specific days or periods.

This type of fasting was passed on to the early Church from the Jewish practice. In St. Mathew, Christ says, “when you fast do not be like the hypocrites”- it also indicates that Christ assumes that one fasts for he says “when you fast” and not “if you fast”.

The significance of fasting is not to ‘give up’ things nor to be sacrificial. It is to learn discipline and to gain control of those things that are within our control.

Scripture mentions that Christ also fasted. As we know, the three people who stood in radiance and glorious light on the Mount of Transfiguration were the people who brought fasting to perfection. All these people fasted for forty days and forty nights. The important message behind the magnificent scene was that by conquering the body, the spirit becomes evident and transfigured.

Fasting is the earliest commandment known to mankind for God commanded our ancestor Adam to refrain from eating a certain fruit from a certain tree (Gen 2: 16, 17). But allowed him to eat from the rest. In this way God has set certain limits beyond which it should not go.

In the Holy Bible we see that the Old Testament Prophets as well as the Apostles of our Lord fasted.

Christ started his service with fasting. Lord Jesus Christ showed that man was not a mere body but a soul nourished from every word that proceeds from the mouth of God. (St. Mathew 4:4) This was not a new spiritual commandment introduced in the New Testament but also an old commandment given to man in the first written law. (Deut 8:3) Apostle St. Peter was fasting and became so hungry that he longed to eat. (Act 10:10). Apostle St. Paul and Barnabas also fasted (Acts 13:28)

Orthodox church observes different types of fasting like:

1. The fast before the Nativity. It occurs before Christmas
2. The fast of the Ninevites. It occurs before the Great Lent and the lent is for 3 days
3. The Great Lent: This lent is also called as “Anpathu nombu”. It is 50 days lent.
4. The apostle’s lent: This is observed for 13 days corresponding the number of the 12 Apostles and St. Paul
5. The fast before the migration of Virgin Mary the Mother of God. This lent is for 15 days.

We also have communion fast before receiving Holy communion and weekly fasts on Wednesdays and Fridays. Wednesdays for the remembrance of the betrayal of Christ and on Fridays for the remembrance of his crucifixion and death.

Though we have physical benefits for fasting, I conclude with a reminder on the spiritual benefit for fasting. Refraining from food raises man above the level of body and matter and this is the wisdom behind fasting.

KIDS PAGE



Bible Activity:

Write / Print Psalm 23 and design a wall hanging.

Learn the Psalm 23 by heart.



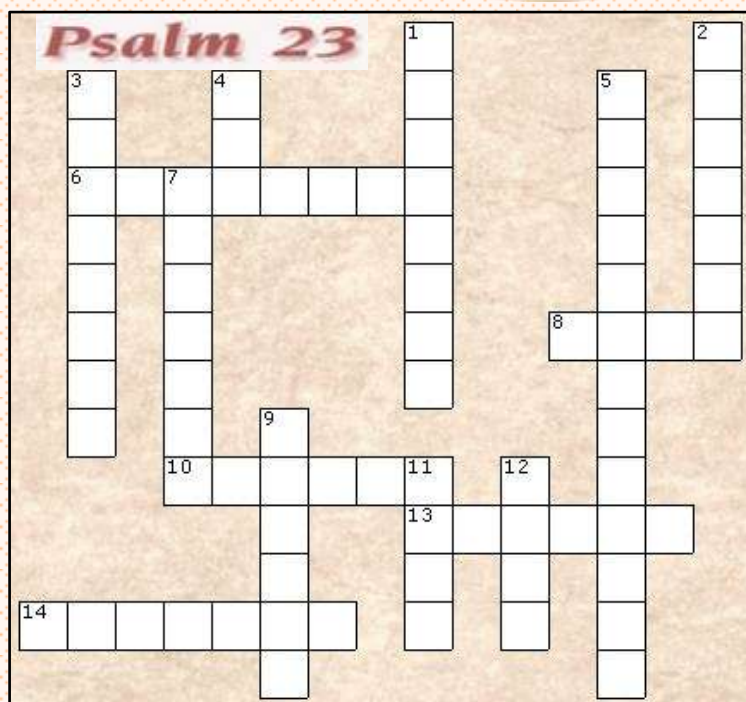
Contribute articles -

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:

Psalm 23



Solve the crossword puzzle - Psalm 23, using the hints given below -

ACROSS

- 6 The Lord is my _____
- 8 I will _____ no evil _____ for you are with _____ me
- 10 Even though I _____ walk through the _____ valley of the _____ of death
- 13 You _____ my head _____ with oil
- 14 Your rod and _____ your staff, they _____ me

DOWN

- 1 Surely _____ and mercy will follow me all the days _____ of my life
- 2 And I will dwell in the house of _____ the Lord _____
- 3 He makes me _____ lie down in _____ green _____
- 4 My _____ overflows.
- 5 He guides me in paths of _____ for _____ his name's sake
- 7 You prepare a table before me _____ in the presence of my _____
- 9 He leads me _____ beside quiet _____
- 11 I shall not be _____ in _____
- 12 He restores my _____

Answers to Vol 3 Crossword Who Said That ?



St. Thomas Orthodox Maha Edavaka Sunday School, Bangalore East

A short account of the events conducted in our Sunday school during this current year ie from January to August 2016 is given below-

The Sunday school reopened for the academic year 2016-17 on 3rd January 2016.

- **Sunday school annual day.** The annual day of the Sunday school for the year 2015 was held on 7th February 2016 with Rev. Fr. K.M. Jacob, Vicar of the church on chair. Mrs. Mercy John, M.Th, St. Thomas Orthodox Theological Seminary, Nagapur was the Chief Guest and Rev. Fr. Aneesh Varghese, UTC was the guest of the function. The message of the chief guest to the students was "Failure is the stepping stone of success. She also cited some examples in the life of our Late President Of India, Abdul Kalam in this context.
- **Annual General Body Meeting Bangalore Zone.** The AGM of Bangalore Zone was hosted in our Sunday School on 17th April 2016. H.G. Dr. Abraham Mar Zeraphim Presided over the meeting. Very Rev. T. K. Thomas Cor- Episcopa, Very Rev. P.C. Philip Cor-Episcopa, Rev. Fr. K.M. Jacob, were also present on the occasion. Altogether about 60 members participated in the meeting.
- **Farewell to Dr. George Panackamattom.** A befitting farewell had given to George Panackamattom Sir, the then Director of Bangalore Diocese and a teacher of our Sunday school on 22-5-2016 as he was leaving, Bangalore to USA.
- **District level essay competition** for senior and secondary students and unit level essay competition for juniors and intermediate were held on 12th June and 26th June respectively. Unit level quiz competition for all grades was held on 17th July.
- **Art competitions** in solo singing and elocution for all category were held on 18-8-2016.

Mrs Mariamma John

Headmistress, St, Thomas Orthodox Maha Edavaka Sunday School, Bangalore, East.

Photos - Sunday school annual day, Arts competition solo singing.



Farewell to Dr. George Panackamattom.

**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.

St. Gregorios Orthodox Cathedral Sunday School, Hosur Road.



OVBS was conducted in our sunday school from 23rd May 2016 to 28th May 2016. The theme was "Worshipping God in Spirit and Truth. St. John 4:24" The leader was Dn. Shinu Paul from Nagpur seminary.



Group song - OKR pattern of grouping as Buds, Premiers & Teens was introduced at our unit level competitions on 14th Aug 2016.





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Kurunnu Virunnu -2016

There is a saying in Malayalam: “Annarakannanum Thannalayathu!”, which means the tiny squirrel also does its bit. By keeping this in mind, the Sunday school fraternity at St. Joseph Chapel came up with the idea of raising a small fund to contribute for the construction of the Chapel.

But, when people join hands for a good cause, God will immensely bless the endeavour. That’s what we all witnessed in the humble initiative, ‘Kurunnu Virunnu’, 2016.

Sunday school children, parents and teachers joined together and conducted a food fest along with sales, auction and games on Sunday, July 10th at Yuvalok school.

After the Holy Qurbana celebrated by our vicar Rev Fr K.M. Jacob, the events started. People participated in it with full support and we were able to raise a good amount through it. We had sale / auction for special items like Honey, Kudam puli, Paani, Vegetables, Food, Hand Made Jewellery, Books, Garments etc. were brought by our people. Sunday school teachers and parents made lot of goodies at home and brought it for sale. We arranged coupon system, which saved us lot of time.

The Martha Mariya Samajam, Youth League and Managing Committee also joined hands and supported us along with the Parish Members. We got enough support from the people who come at Chapel for worship. Children organized several fun games which filled the atmosphere with lot of energy.

Children organized several fun games which filled the atmosphere with lot of energy.

We were able to raise an amount of around 2.5 lakhs from ‘Kurunnu Virunnu’. We could feel the blessings of God through out this event. It is pretty sure that this is an unforgettable event for the children and it will help them to organize greater things in their lives.

Mar Gregorios Orthodox Sunday School, Hebbal, Kempapura.

Sunday School picnic on 21st Feb 2016 - Sunday school children, parents and teachers along with our vicar Very. Rev. P.C.Philip cor-episcopa visited **Dayasparsh hospital at Tumkur and Dayabhavan at Kunigal**. We were provided delicious lunch and evening snacks. The children interacted with the inmates at the hospital and home, and had a fun filled day which they enjoyed a lot.



Upcoming events(Tentative dates) -

- Onam Celebrations - 2nd Oct 2016
- Sunday School Day - 4th Dec 2016.
- Christmas Socials, Perunal & Harvest Festival.

OVBS was conducted in our sunday school from **21st May 2016 to 24th May 2016**. The theme was "**Worshipping God in Spirit and Truth. St. John 4:24**" The leader was Dn. Job T Philip from Nagpur seminary. Vicar Rev. Fr. Santhosh Samuel hoisted the OVBS flag and guided the OVBS. Love feast was held on 23rd Feb. Our thirumeni **H.G. Dr. Abraham Mar Seraphim** visited the OVBS and gave us a wonderful sermon on worshipping God in Spirit and truth. Very. Rev. John Thomas Cor-episcopa, Fr. Aby K.Raju visited the OVBS. Children presented many programs during the valedictory function.



ANNOUNCEMENTS



Contribute some interesting original articles and win some prizes.

We hope you'll join us.

Next Edition planned

Tentative Date : Jan 2017.

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 31-Dec-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,

He who gathers in summer is a prudent son, but he who sleeps in harvest is a son who brings shame. (Proverbs 10 : 5). Yusra Mardini a Syrian refugee swimmer competed in the Rio Olympics under the flag of the International Olympic Committee. This teenage swimmer used her talent and risked her life when she swam three hours in the sea to push a sinking boat to help save the lives of 19 others. She along with other refugee athletes were able to "send a message of hope to all who have lost hope in this world".

As you read this issue, hope you find something here that bolsters your writing and your sense of belonging. At its best, that's what all writing, and perhaps all art, does.

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.

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

Editorial Board –

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