

# OSSAE-OKR BANGALORE ZONE

## E-Bodhini (NEWSLETTER)



Vol 7 : 2018 February

(for private / internal circulation)

### Message from Thirumeni

18<sup>th</sup> February 2018

#### BLESSINGS!

We had a fruitful 2017 for the Sunday school and a new year of activities has started from January 2018. I wish and pray for all students, teachers and the officials of Sunday schools of Bangalore Zone.

Considering the limited number of Sundays available for classes in outside Kerala region, OSSAE-OKR has limited the number of lessons for the whole year to a maximum of 25 lessons from this year, including the prayers, hymns and psalms. Also, of this only half the portions are for half yearly examination and the rest for final examination, except for Class 10 and 12, where all the prescribed lessons will be there for the final examination.

Having done this, we expect the students to take the Sunday school seriously and study well. You children are very capable and compared to the secular education, the portions you have in Sunday school is light and minimal. It is sad that the students do not even spend an hour of time per week for the all important spiritual education. I urge you to keep one or two hours of each Saturday evening for the Sunday school lessons, and other related activities.

It is important that you practice what you learn. It is important to practice evening and morning prayers and attend the Holy Eucharist regularly. Without grace of God, you would not be able to face the issues that you are going to encounter in real life and would not grow to become one with the God.

The Class X and XII examination results are published, I congratulate all those who have passed the examination and those who have scored well. Those who could not pass, need not be upset, do prepare and appear for the SAY examination. Though the Bangalore Zone have good number A+ grades in Class 10, average performance is not encouraging. This shows complete lack of interest and effort from your side. Do not forget the Love of God, who gave his only Son for our redemption and eternal life! You return that Love by knowing him through the Sunday school education.

May God Almighty bless you!

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



H.G. Dr. Abraham Mar Seraphim, new President of OSSAE (OKR)

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No Sunday school lesson should ever be taught without first having prayer

## Message from Vice President Achan,



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

### **“Having then gifts differing according to the grace that is given to us let us use them” Rom 12:6**

Dear Members of the Sunday school family,  
Greetings and Blessings in the Name of our Lord Jesus Christ!

A new academic year has started in Sunday school of our Diocese. As a community we are engaged in the process of building the Kingdom of God. Are we actively involved in this business? Are we using our God given gifts to help the Church and the community to grow and thrive? It is an important part of our spiritual life and a work unto the Lord that will please him and give us confidence to meet him at the end.

Every member of the community has God given gifts to use in the service of God. We must determine what our gift is and how God would have us use it. We must not use our God given talents and abilities solely for our own benefits but for the benefit of the society. The Bible clearly mentions in 1 Peter 4:10 that we have been called to use our gifts to serve others.” As each one has received a gift, minister it to one another as good stewards of the manifold grace of God.” So seek the gift that is entrusted to each one of us, cultivate and practice that specific gift and use it to serve God. Do not bury the God given gifts as the wicked and slothful servant did in the story told by Jesus. Many of us are seriously engaged in the worldly matters and do not find time to the church activities. Some of us are fearful of failure and stay away from the ministry. I quote here a twitter message of Pope Francis “Dear young people do not bury your talents, the gifts that God has given you. Do not be afraid to dream great things.” So dear friends if you are hiding your God given gifts for any reason repent and say yes to the Lord. Be aware that you have God given abilities and responsibilities and some day you have to give an account of how you managed, developed and increased the gifts and used it for the building of his Kingdom.

Those who are already engaged in the business should not boast or make a show of their God given gifts. Having different gifts shows the distribution of labour by our Lord in the building of his Kingdom. So recognize and encourage the talents of others and be a sincere partner in the business. God honours the humble servants who do it responsibly and diligently.

May God give us all a heart for service so that we may represent Him faithfully and reflect His love to those around us.

With love and prayers

**Fr. T K Thomas Cor-Episcopa**  
Vice President, OSSAE-OKR, Bangalore Diocese  
18-Februray-2018

## Message from Diocesan Director

A new year of activities has started for Sunday school from January 2018. At the outset, I pray for all students, teachers and the officials of Sunday schools of Bangalore Zone. I congratulate all those who have passed the Class X and XII examination and those who have scored high grades. I urge, those who could not pass to appear for the SAY examination.

We have entered the Lenten season. I urge you to participate in the Lent in true Orthodox Christian Way. When one hears of Lent, usually the first thing comes to mind is the food restriction. Church emphasize on food restriction to gain self-control and to practice simplicity to focus on growing in Love of God. It is a means to this end and not an end itself. You make up your mind about food restriction in consultation with your parents, Sunday school teachers and vicar and stick to it whatever small thing you have decided. Try to forgo the food you most like than just meat or fish.

As you know we have different order of prayers for the Great Lent, practice it. These prayers emphasize repentance. That is the only way to turn to God from our worldly ways. Senior students should do the confession during the Lent.

Set aside the money that you have saved by forgoing certain foods for welfare projects. Practice forgiveness, humility and Love. Get even with the person you are most upset with. Try to help others in little things. The little good things we do to others, have often great impact in their life.

May God Almighty, strengthen you through the Lent!

**Mr Kuruvilla Varghese**

Diocesan Director

OSSAE-OKR, Bangalore Diocese

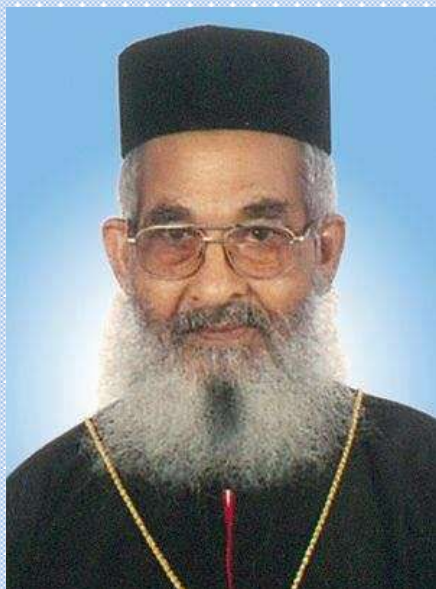
18-February-2018



*"When someone you love becomes a memory, the memory becomes a treasure."*  
*-Author Unknown*



**H.G.Dr.Zacharias Mar Theophilos Metropolitan**  
**Entered Eternal Rest**  
**on 24 October 2017.**



**Very Rev. John Thomas Cor-Episcopa**  
**Entered Eternal Rest**  
**on 01 November 2017.**

**Diocesan competition 2017**

**Date** : 18-Oct-2017, Wednesday  
**Venue** : St. Thomas Orthodox Church, Bangalore East  
**Time** : 9 am to 3 pm.

**Bangalore Diocesan Art Competitions 2017 Results**

Bangalore Diocesan Art competition was conducted on Wednesday 18<sup>th</sup> October 2017 at St. Thomas Orthodox Maha Edavaka, Bangalore East. By the grace of God, we could complete all the competitions by 1.00 p.m. and the grades for all events except the Senior and the Secondary Essays were announced. Our children performed very well, their performance deserves praise. Effort taken by their parents and teachers are appreciated.

We thank the host Church, St. Thomas Orthodox Maha Edavaka, for their wonderful hospitality and excellent arrangements. We thank Vicar Rev. Fr. K M Jacob, Managing committee, HM Mrs. Mariamma John, Mr. Thomson Baby, Mr. Jose Varghese, and other teachers.

We thank Rev. Fr. Santhosh Samuel, Diocesan Secretary, who blessed us by his presence.



We thank the coordinators and panel, Mr. K C Thomas, Mr. N M Achenkunju, Mr. M K Uthup, Mr. Prasad Samuel, Mrs. Lousy Biju, Mr. Biju Prasad, Mrs. Asha Biju and Mr. Jose Varghese.

We thank Mrs. Susan George, HM, St. Gregorios Orthodox Cathedral, Hyderabad, the participants and parents from Hyderabad Zone, for their whole-hearted participation. We thank judges, Rev. Fr. Sobin Daniel, Mrs. Susan Pradeep and Ms. Manna Prasad.

We appreciate the support from Mr. K C Thomas, former Diocesan director and Mrs. Elizabeth Saji Daniel, St. Gregorios OC, Mathikere in conducting the Quiz competition for Senior and Secondary category respectively.

The grades obtained by the candidates and the candidates selected to represent the Diocese at Inter-diocesan competition at Nagpur is given below. Name of the next candidate in line, in case the first candidate cannot attend the Inter-diocesan competition is also listed, to enable them to be mentally ready, if they have to attend the competition.

Inter-Diocesan competition will be held at STOTS, Nagpur on Sunday 15<sup>th</sup> July 2018.

## Results

### Senior Solo

Koshy Thomas C.	St. George OC, Indiranagar, Bangalore Dist 1	B
Joel Koshy	St. Gregorios O Cathedral, Hosur Rd, BLR Dist 1	A+
Manna Abraham	St. Gregorios OC, Mathikere, Bangalore Dist 2	B
Rheya Ann George	St. Mary's OV, Jalahalli, Bangalore Dist 2	A
Snehamol Varghese	St. Gregorios Cathedral, Hyderabad	A

#### Candidate selected for Inter-Diocesan Competition:

Joel Koshy, St. Gregorios Orthodox Cathedral, Hosur Road, Bangalore

#### Next in Line:

Snehamol Varghese, St. Gregorios Cathedral, Hyderabad

### Senior Elocution

Koshy Thomas C.	St. George OC, Indiranagar, Bangalore Dist 1	B
Namitha Sara Varughese	St. Joseph OC, Horamavu, Bangalore Dist 1	A
Rheya Ann George	St. Mary's OV, Jalahalli, Bangalore Dist 2	A+
Ann C. Anil	Mar. Gregorios OC, Hebbal, Bangalore Dist 2	A
Arun Thomas	St. Andrews OC, Secunderabad, Hyderabad	A

#### Candidate selected for Inter-Diocesan Competition:

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

#### Next in Line:

Arun Thomas, St. Andrews OC, Secunderabad, Hyderabad

### Senior Essay

Riya Thomas	St. Thomas OME, Bangalore East, Bangalore Dist 1	A
Susanna P. Yeldo	St. Gregorios O Cathedral, Hosur Rd, Bangalore Dist 1	A+
Tanya Ann Thomas	Mar. Gregorios OC, Hebbal, Bangalore Dist 2	A
Sona Yohannan	St. Gregorios OC, Mathikere, Bangalore Dist 2	B
Arun Thomas	St. Andrews OC, Secunderabad, Hyderabad	A
Aby Jacob John	St. Gregorios Cathedral, Hyderabad	A

**Candidate selected for Inter-Diocesan Competition:**

Susanna P. Yeldo, St. Gregorios Orthodox Cathedral, Hosur Road, Bangalore

**Next in Line:**

Aby Jacob John, St. Gregorios Orthodox Cathedral, Hyderabad

**Senior Quiz**

Riya Thomas	St. Thomas OME, Bangalore East, Bangalore Dist 1	A
Joel B. Mathew	St. Joseph OC, Horamavu, Bangalore Dist 1	B
Ann C. Anil	Mar. Gregorios OC, Hebbal, Bangalore Dist 2	A
Abel Mathew Skariah	St. Dionysius OC, Dasarahalli, Bangalore Dist 2	A+
Arun Thomas	St. Andrews OC, Secunderabad, Hyderabad	B
Aby Jacob John	St. Gregorios Cathedral, Hyderabad	B

**Candidates Selected for Inter-Diocesan Competition:**

Abel Mathew Skariah, St. Dionysius Orthodox Church, Dasarahalli, Bangalore Riya Thomas, St. Thomas Orthodox Maha Edavaka, Bangalore East, Bangalore Ann C. Anil, Mar. Gregorios Orthodox Church, Hebbal, Bangalore

**Secondary Solo**

Ann Elsa Neel	St. Mary's OC, Begur, Bangalore Dist 1	A+
Allan Jaison	St. George OC, Indiranagar, Bangalore Dist 1	A
Sherin Elizabeth Varghese	St. Mary's OV, Jalahalli, Bangalore Dist 2	B
Irine Varghese	St. Dionysius OC, Dasarahalli, Bangalore Dist 2	A
Sharon Sujai	St. Gregorios Cathedral, Hyderabad	B

**Candidate selected for Inter-Diocesan Competition:**

Ann Elsa Neel, St. Mary's Orthodox Church, Begur, Bangalore

**Next in Line:**

Allan Jaison, St. George Orthodox Church, Indiranagar, Bangalore

**Secondary Elocution**

Merin Mariya Neel	St. Mary's OC, Begur, Bangalore Dist 1	A+
Sheona T. Joseph	St. George OC, Indiranagar, Bangalore Dist 1	B
Jane Elizabeth Vaidhyan	St. Mary's OV, Jalahalli, Bangalore Dist 2	A
Sherin Sunny	St. Andrews OC, Secunderabad, Hyderabad	A+
Sharon Sujai	St. Gregorios Cathedral, Hyderabad	B

**Candidate selected for Inter-Diocesan Competition:**

Sherin Sunny, St. Andrews Orthodox Church, Secunderabad, Hyderabad

**Next in Line:**

Merin Mariya Neel, St. Mary's Orthodox Church, Begur, Bangalore

**Secondary Essay**

Sherin Johnson	Mar. Yuhanon Mamdana OC, KR Puram, BLR Dist 1	A+
Namitha Sarah Biju	St. Mary's OC, Begur, Bangalore Dist 1	A
Stefy Mary Mathew	St. Gregorios OC, Mathikere, Bangalore Dist 2	A
Jisha Mariyam G	St. Mary's OV, Jalahalli, Bangalore Dist 2	A
Agnes Hannah John	St. Andrews OC, Secunderabad, Hyderabad	B
Steve Abraham Varghese	St. Mary's OC, BHEL, Hyderabad	A

**Candidate selected for Inter-Diocesan Competition:**

Sherin Johnson, Mar. Yuhanon Mamdana Orthodox Church, KR Puram, Bangalore

**Next in Line:**

Steve Abraham Varghese, St. Mary's Orthodox Church, BHEL, Hyderabad

**Secondary Quiz**

Angela Mariyam Eapen	St. Mary's OC, Begur, Bangalore Dist 1	A
Cyril K. Sunil	St. Gregorios O Cathedral, Hosur Rd, Bangalore Dist 1	A
Mariam Susan Mathew	St. Mary's OV, Jalahalli, Bangalore Dist 2	A
Binsu Sunil	St. Mary's OV, Jalahalli, Bangalore Dist 2	A

**Candidate selected for Inter-Diocesan Competition:**

Angela Mariyam Eapen, St. Mary's Orthodox Church, Begur, Bangalore  
Mariam Susan Mathew, St. Mary's Orthodox Valiapally, Jalahalli, Bangalore  
Binsu Sunil, St. Mary's Orthodox Valiapally, Jalahalli, Bangalore

## OKR Class 10 and 12 Answer Paper evaluation

By God's grace, OKR Class 10 and 12 Answer Paper evaluation was completed on Saturday 6 Jan at St. Mary's Valiapally Jalahalli. Valuation was started at 10 am and completed by 7 .30 pm. There were around 35 teachers present. We corrected 195 Class 10 papers and 96 Class 12 papers. Host Church supported us with all the help. Thanks to James Achan, Bino Samuel





Achan, Managing Committee, and host HM Nisha. I thank all the HMs, Zonal Secretary Mrs. Lousy, District Inspector Mr.Achenkunju, Staff Representatives Mrs. Gracy Varghese Mrs. Geetha and all the teachers who did evaluation. It was an excellent team work.



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



Fr Nithin V Rajan  
*appointed as* **OSSAE-OKR OFFICE Manager**  
**ST. THOMAS ORTHODOX THEOLOGICAL SEMINARY**

**ORTHODOX SYRIAN SUNDAY SCHOOL ASSOCIATION OF THE EAST  
OUTSIDE KERALA REGION - Bangalore Zone****OVERVIEW OF ANNUAL REPORT 2017**

By the Grace and blessings of God Almighty, we present an overview on the activities of the Sunday Schools in Bangalore Zone during the year 2017. The Bangalore Zone has fourteen functioning Sunday schools with 1474 students and about 244 teachers located in Bangalore, Tumkur and Mysore Districts of Karnataka divided into 2 Districts viz., District I and District II. In addition Sunday Schools at Two chapels are also functioning. The Zone functions under the OSSAE-OKR leadership based in Nagpur and Diocesan leadership in Bangalore.

The Bangalore Zone Sunday Schools function very efficiently under the able leadership, guidance, support and prayers of our Diocesan Metropolitan, H.G. Dr. Abraham Mar Seraphim, Vice-President Bangalore Diocese Very Rev. T.K. Thomas Cor-episcopa and Diocesan Director of Sunday Schools, Mr. Kuruvilla Varghese. Bangalore Zone deeply acknowledges their contributions and will be ever grateful.

Bangalore Zone also acknowledges the contributions of the Zonal Representative, District Inspectors, and Staff Representatives for their support in day to day functioning of the Zonal activities.

The Arts Competition 2017 at the unit levels were conducted by the Sunday Schools from June 2017 to August 2017. Thereafter the District Level Competitions was held at two Districts, St. George Orthodox Church, Indiranagar and Mar Gregorios Orthodox Church, Hebbal.

The half yearly examination and the Final Examination for classes from Preparatory to Class IX and XI was held on was held on July 30th 2017 & 10th December 2017 at respective parishes.

The SSFC and Class XII Examination 2017 were held on 03rd December 2017.

Six students from the Zone have secured A+ grade in the SSFC Examination 2017. HELEN MARY SHIBU of Mar Yuhanon Mamdana Orthodox Church, KR Puram, KOSHY THOMAS C of St. George Orthodox Church, Indiranagar, ARATHI ANN JOSEPH and JARRETH SAJJAN of St. Stephen's Orthodox Church, Vijayanagar, MANNA ABRAHAM of St. Gregorios Orthodox Church, Mathikere and KAREN SUSAN ABRAHAM of St. Mary's Orthodox Valiyapalli. All the six students were honoured with Cash Awards viz., Sri T.V. Varghese Memorial Cash Award sponsored by Mrs. Grace Varghese and Sri E.T Varghese Memorial Cash Award sponsored by Mrs. E T Varghese. Bangalore Zone appreciates the efforts of these children and is proud of them.

JANE ELIZABETH VAIDHYAN of St. Mary's Orthodox Church is the only student who secured A Grade in Class XII Examination 2017 in Bangalore Zone.

Diocesan Level competition was held on 18th October 2017 at St. Thomas Orthodox Maha Edavaka, Bangalore East. The top scorers of the Diocesan Competition will represent Bangalore Diocese in the OKR Inter-Diocesan competition to be held at STOTS, Nagpur on 15th July 2018.

The top scorers of the Diocesan Competition 2016 represented Bangalore Diocese in the OKR Inter-Diocesan competition held at STOTS, Nagpur on 23rd July 2017. Bangalore Zone proudly announces

that JANE ELIZABETH VAIDHYAN of St. Mary's Orthodox Valiyapalli won the Elocution Competition and secured the Title 'PRATIBHA'.

The 8th Zonal level OSSAE-OKR Bangalore, Sunday School Students Camp NUHRO was held at the Ecumenical Christian Center, Whitefield from 29<sup>th</sup> September to 01<sup>st</sup> October 2017. The Theme for the camp was "ASK"- Ask, Seek, Knock from St. Matthew chapter 7 verse 7. The camp was successfully conducted under the able leadership of our beloved Thirumeni, H.G. Dr. Abraham Mar Seraphim and Very Rev T K Thomas Cor-episcopa, Vice President, Bangalore Diocese Sunday Schools.

We had two eminent resource persons this year, Rev. Fr. Jobin Varghese and Mrs. Cincy Mariamma Thomas (Kochamma). About 74 Students and 15 Teachers/volunteers participated from 11 parishes of Bangalore Zone. Music sessions were led by the Music Ministry Team. We thank whole heartedly all Vicars who helped us with the Sacrament of Holy Confession during the camp. Parenting workshop was introduced for the first time during Sunday School camp and Cincy Kochamma led the workshop in the presence of our Thirumeni. Around 30 parents participated in the workshop

Orientation program for class X/XII Students of secular class was initiated by our Diocesan Metropolitan H.G. Dr. Abraham Mar Seraphim. Rev. Fr. Aby K. Raju, Vicar of St. Gregorios Orthodox Church, Tumkur was the Co-ordinator and the Orientation was led under the leadership and guidance of our Thirumeni and Mrs. Renu Elizabeth Benny, Principal of Kensri School, Mariyanpalya. About 50 students and 10 teachers attended the same.

E-Bodhini is an electronic publication introduced with the sole intention of exhibiting talents of our children and teachers. The sixth edition of E-Bodhini was published during NUHRO 2017 on 30<sup>th</sup> September 2017. Mr. Biju Prasad, Chief Editor of E-Bodhini has worked with sincerity and total dedication to consolidate the materials received from students and teachers of various sunday schools and to release it successfully. Request all earnestly to encourage and support our children to contribute to this magazine.

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

The Accounts of the OSSAE-OKR Bangalore Zone is maintained on a day to day basis and audited. Complete finalized and audited accounts will be presented in the Annual General Body Meeting scheduled in May 2018.

We express our heartfelt gratitude and acknowledge the encouragement and blessings of HG Dr. Gabriel Mar Gregorios, President OSSAE, HG (Dr) Abraham Mar Seraphim, President OSSAE-OKR and Metropolitan of Bangalore Diocese, Rev. Fr. Dr. Reji Mathew, Director General OSSAE and Rev. Fr. Dr. Bijesh Philip, Director, OSSAE-OKR for their prayers, directions and co-ordination. We thank Very Rev T K Thomas Cor-episcopa, Vice President, Bangalore Diocese for leading us with his support and guidance at all times.

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.

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  
13<sup>th</sup> February 2018

Mrs. Lousy Biju  
Secretary

## PICTURE GALLERY

### Orientation program for class X/XII students (MELTHO 2018)



### ZAMAR - Sunday School Kids Choir 2017



The Bangalore Orthodox Sunday school children's choir was invited to sing at Zamar'17. They presented St.Mary's song known as The Magnificat .. followed by a collection of Christmas carols directed by the chief guest of the day and musical maestro, Shri Jerry Amaldav. He was quite impressed by the performance and appreciated the efforts of our children and team for putting up a wonderful show that evening.

Mrs. Sharon Rajesh  
Choir Co-ordinator

**OSSAE-OKR BANGALORE ZONE**  
**Results of district level competitions**  
**(A+ Grade Winners)**

**ESSAY A+ Grades**

Name	Category	Parish	Grade	District
Riya Thomas	Senior	St. Thomas OMESS, Blore East	A+	I
Susanna P. Yeldo	Senior	St. Gregorios O Cathedral SS	A+	I
Richa Mariam Kurian	Senior	St. Thomas OMESS, Blore East	A+	I
Christal Biju	Senior	St. Thomas OMESS, Blore East	A+	I
Joel B Mathew	Senior	St. Joseph OCSS, Horamavu	A+	I
Namitha Sara Varughese	Senior	St. Joseph OCSS, Horamavu	A+	I
Tanya Ann Thomas	Senior	Mar Gregorios OCSS, Hebbal	A+	II
Sona Yohannan	Senior	St. Gregorios OCSS, Mathikere	A+	II
Elizabeth Eldo	Senior	Mar Gregorios OCSS, Hebbal	A+	II
Ann C. Anil	Senior	Mar Gregorios OCSS, Hebbal	A+	II
Benita Biju	Senior	Mar Gregorios OCSS, Hebbal	A+	II
Reethu Lee Thomas	Senior	St. Mary's O Valiyapally SS, Jalahalli	A+	II
Natasha Rachel Sinu	Senior	St. Mary's O Valiyapally SS, Jalahalli	A+	II
Abel Mathew Skariah	Senior	St. Dionysius OCSS, Dasarahalli	A+	II
Sherin Johnson	Secondary	Mar Yuhanon Mamdana SS, KR Puram	A+	I
Namitha Sarah Biju	Secondary	St. Mary's OCSS, Begur	A+	I
Angela Mariyam Eapen	Secondary	St. Mary's OCSS, Begur	A+	I
Sona Saju	Secondary	St. Mary's OCSS, Begur	A+	I
Steffy Mary Mathew	Secondary	St. Gregorios OCSS, Mathikere	A+	II

**ELOCUTION A+ Grades**

Name	Category	Parish	Grade	District
Anna Prince	JUNIOR	St. George OC, Indira Nagar	A+	I
Thomas Koshy	JUNIOR	St. Joseph OC, Hormavu	A+	I
Denna Ann James	JUNIOR	St. Stephen's OC, Vijayanagar	A+	II
Rhea Thomas	JUNIOR	Mar Gregorios OC, Hebbal	A+	II
Adam G Alexander	INTER	St. Baselios OC, Marathahalli	A+	I
Riona Elsa Thomas	INTER	St. Joseph OC, Hormavu	A+	I
Angel Gibi John	INTER	St. Gregorios OC, Mathikere	A+	II
Koshy Thomas C.	SENIOR	St. George OC, Indira Nagar	A+	I
Reyna Marion George	SENIOR	St. Baselios OC, Marathahalli	A+	I
Namitha Sara Varughese	SENIOR	St. Joseph OC, Hormavu	A+	I
Rheya Ann George	SENIOR	St. Mary's OV, Jalahalli	A+	II
Ann C. Anil	SENIOR	Mar Gregorios OC, Hebbal	A+	II
Merin Mariya Neel	SECONDARY	St. Mary's OC, Begur	A+	I
Jane Elizabeth Vaidhyan	SECONDARY	St. Mary's OV, Jalahalli	A+	II

## QUIZ COMPETITION A+ Grades

Name	Category	Parish	Grade	District
Riya Thomas	SENIOR	St. Thomas O Maha Edavaga, Bglr East	A+	I
Joel B Mathew	SENIOR	St. Joseph OC, Hormavu	A+	I
Koshy Thomas C.	SENIOR	St. George OC, Indira Nagar	A+	I
Abel Mathew Skariah	SENIOR	St. Dionysius OC, Dasarahalli	A+	II

NO A+ IN SECONDARY CATEGORY

## SOLO SINGING A+ Grades

Name	Category	Parish	Grade	District
Jaden Thomas Oommen	SUB-JUNIOR	St. Thomas O Maha Edavaga, Bglr East	A+	I
Mishca Sarah Philip	SUB-JUNIOR	St. Joseph OC, Hormavu	A+	I
Aleena Grace Alex	SUB-JUNIOR	St. George OC, Indira Nagar	A+	I
Irene Raechel Roby	SUB-JUNIOR	St. Mary's OC, Begur	A+	I
Joanne Rachel Jinu	SUB-JUNIOR	Mar Gregorios OC, Hebbal	A+	II
Thomas Koshy	JUNIOR	St. Joseph OC, Hormavu	A+	I
Ronel Alex George	JUNIOR	St. Baselios OC, Marathahalli	A+	I
Sana Benzen	JUNIOR	St. Gregorios O Cathedral, Hosur Rd	A+	I
Neha Ann Mobin	JUNIOR	St. Stephen's OC, Vijayanagar	A+	II
George Roan Mani	JUNIOR	St. Mary's OV, Jalahalli	A+	II
Ashlin Vinod Samuel	JUNIOR	St. Stephen's OC, Vijayanagar	A+	II
Adam G Alexander	INTER	St. Baselios OC, Marathahalli	A+	I
Rhea Elizabeth Jaison	INTER	St. George OC, Indira Nagar	A+	I
Maria Stephen	INTER	St. Gregorios O Cathedral, Hosur Rd	A+	I
Tiara Susan Kurian	INTER	St. Mary's OV, Jalahalli	A+	II
Arpita Joshua	INTER	St. Mary's OV, Jalahalli	A+	II
Koshy Thomas C.	SENIOR	St. George OC, Indira Nagar	A+	I
Joel Koshy	SENIOR	St. Gregorios O Cathedral, Hosur Rd	A+	I
Manna Abraham	SENIOR	St. Gregorios OC, Mathikere	A+	II
Rheya Ann George	SENIOR	St. Mary's OV, Jalahalli	A+	II
Ann Elsa Neel	SECONDARY	St. Mary's OC, Begur	A+	I
Allan Jaison	SECONDARY	St. George OC, Indira Nagar	A+	I
Sherin Elizabeth Varghese	SECONDARY	St. Mary's OV, Jalahalli	A+	II

## GROUP SONG A+ Grades

Name	Category	Parish	Grade	District
Heizel Mariam Denny Meghan Ann Titus Joana Miriam Varghese	BUDS	St. Baselios OC, Marathahalli	A+	I
Aleena Yohannan Ashley Yohannan Joshua K Bobby	BUDS	St. Gregorios OC, Mathikere	A+	II

Joanna Jiju Edril Dan Dynish George Roaan Mani	<b>BUDS</b>	St. Mary's OV, Jalahalli	<b>A+</b>	<b>II</b>
Tania Elizabeth Manoj Nikitha Moncy Nandita Susan Varughese	<b>PREMIERS</b>	St. Joseph OC, Hormavu	<b>A+</b>	<b>I</b>
Sharon Elizabeth Thomas Neha Susan Baiju Joan Shimon Peter Grp	<b>PREMIERS</b>	St. Thomas O Maha Edavaga, Bglr East	<b>A+</b>	<b>I</b>
Arpita Joshua Jean Maria Vaidhyan Joslyn Jays	<b>PREMIERS</b>	St. Mary's OV, Jalahalli	<b>A+</b>	<b>II</b>
Ann Elsa Neel Merin Mariya Neel Rohan John Varghese	<b>TEENS</b>	St. Mary's OC, Begur	<b>A+</b>	<b>I</b>
Anne Susan Varghese Shirin V Anil Sara Pothen	<b>TEENS</b>	Mar Yuhanon Mamdana OC, KR Puram	<b>A+</b>	<b>I</b>
Sosanna A Marett Ashnamol S Rheyan Ann George	<b>TEENS</b>	St. Mary's OV, Jalahalli	<b>A+</b>	<b>II</b>

## ANNUAL EXAMINATION A+ Grades

### CLASS IV TO CLASS IX & CLASS XI

Name	Class	Parish	Grade	District
Karen Mary Koshy	IV	St. Baselios OC SS, Marthahalli	<b>A+</b>	<b>I</b>
Sean Mathews	IV	St. Baselios OC SS, Marthahalli	<b>A+</b>	<b>I</b>
Esha Anna Alex	IV	Holy Trinity Chapel SBOC SS, Marthahalli	<b>A+</b>	<b>I</b>
Reuben Daniel	IV	Holy Trinity Chapel SBOC SS, Marthahalli	<b>A+</b>	<b>I</b>
Ria Mathew	IV	Holy Trinity Chapel SBOC SS, Marthahalli	<b>A+</b>	<b>I</b>
Albin Sabu	IV	St. Stephen's OC, Vijayanagar	<b>A+</b>	<b>II</b>
Betsy Sara Bency	IV	St. Stephen's OC, Vijayanagar	<b>A+</b>	<b>II</b>
Abigail Ann Suresh	IV	St. Gregorios Orthodox Cathedral SS	<b>A+</b>	<b>I</b>
Eapen Mathew	IV	St. Gregorios Orthodox Cathedral SS	<b>A+</b>	<b>I</b>
Naina Rachel Jebu	IV	St. Gregorios Orthodox Cathedral SS	<b>A+</b>	<b>I</b>
Sana Benzan	IV	St. Gregorios Orthodox Cathedral SS	<b>A+</b>	<b>I</b>
Yohan Jommy	IV	St. Gregorios Orthodox Cathedral SS	<b>A+</b>	<b>I</b>
Shriyaa Elisabeth George	IV	St. Thomas Orthodox Maha Edavaka	<b>A+</b>	<b>I</b>
Gloria Liza Thajan	IV	Mar Gregorios Orthodox Church SS, Hebbal	<b>A+</b>	<b>II</b>
Jamie P David	IV	Mar Gregorios Orthodox Church SS, Hebbal	<b>A+</b>	<b>II</b>
Prarthana Varghese	IV	Mar Gregorios Church SS, Hebbal	<b>A+</b>	<b>II</b>

Kenneth George	IV	St. Mary's O Valiyapalli SS, Jalahalli	A+	II
Joel Sujo John	IV	St. Mary's O Valiyapalli SS, Jalahalli	A+	II
Anna Prince	IV	St. George O C SS, Indiranagar	A+	I
Habel Kuruvila Mathew	IV	St. George O C SS, Indiranagar	A+	I
Anna Mariam	IV	St. Gregorios Orthodox Church, Mathikere	A+	II
Saira Ann Philip	IV	St. Gregorios Orthodox Church, Mathikere	A+	II
Samuel Mathew	IV	St. Gregorios Orthodox Church, Mathikere	A+	II
Hannah Sarah Sam	V	St. Baselios OC SS, Marthahalli	A+	I
Joel Joy Jayan	V	St. Baselios OC SS, Marthahalli	A+	I
Ken George Koshy	V	St. Baselios OC SS, Marthahalli	A+	I
Raechel Mary Thomas	V	St. Baselios OC SS, Marthahalli	A+	I
Serene Sara Philip	V	St. Baselios OC SS, Marthahalli	A+	I
Rohan Jose	V	St. Baselios OC SS, Marthahalli	A+	I
Stephen C A	V	St. Baselios OC SS, Marthahalli	A+	I
Risa Mary	V	St. Stephen's OC, Vijayanagar	A+	II
Annie Mary Jacob	V	St. Gregorios Orthodox Cathedral SS	A+	I
Liza Sajith	V	St. Gregorios Orthodox Cathedral SS	A+	I
Genesis Ann Varghese	V	St. Gregorios Orthodox Cathedral SS	A+	I
Abel Paul	V	St. Mary's Orthodox Church SS, Begur	A+	I
Jeffin George Jacob	V	St. Mary's Orthodox Church SS, Begur	A+	I
Sanjo Saji	V	St. Mary's Orthodox Church SS, Begur	A+	I
Shema Tharakan	V	St. Mary's Orthodox Church SS, Begur	A+	I
Kevin Manu Mathew	V	Mar Yuhanon Mamdana OC,SS, KR Puram	A+	I
Kevin M Kurien	V	Mar Gregorious OC SS, Hebbal	A+	II
Naethan Hemjith Mathew	V	Mar Gregorious OC SS, Hebbal	A+	II
Rhea Thomas	V	Mar Gregorious OC SS, Hebbal	A+	II
Joshua Roni David	V	St. George OC SS, Indiranagar	A+	I
Thomas Koshy	V	St. Joseph Orthodox Church, Hormavu	A+	I
Adarsh Prasanna	VI	St. Baselios OC SS, Marthahalli	A+	I
Jessica Johnson	VI	St. Baselios OC SS, Marthahalli	A+	I
Nehal Ann Mathew	VI	St. Baselios OC SS, Marthahalli	A+	I
Nia Elizabeth George	VI	St. Baselios OC SS, Marthahalli	A+	I
Rohit Suju	VI	St. Baselios OC SS, Marthahalli	A+	I
Elsa Mathew	VI	Holy Trinity Chapel SBOC, Marthahalli	A+	I
Alan Minu	VI	St. Gregorios Orthodox Cathedral SS	A+	I
Akhil George Kurien	VI	St. Mary's Orthodox Church SS, Begur	A+	I
Norin Roby Isaac	VI	St. Mary's Orthodox Church SS, Begur	A+	I
Sam Sony Eapen	VI	St. Mary's Orthodox Church SS, Begur	A+	I
Shebin Paul	VI	St. Mary's Orthodox Church SS, Begur	A+	I
Angela Varghese	VI	Mar Yuhanon Mamdana OC,SS, KR Puram	A+	I



Rehan Luke Jacob	VI	St. Thomas Orthodox ME, Blore East	A+	I
Neha Susan Baiju	VI	St. Thomas Orthodox ME, Blore East	A+	I
Keith Mathew	VI	Mar Gregorios OC SS, Hebbal	A+	II
Krupa Elsa Shibu	VI	Mar Gregorios OC SS, Hebbal	A+	II
Arpitha Mary J,	VI	St. Mary's Orthodox Valiyapalli SS	A+	II
Sharon Binu Mathew	VI	St. Mary's Orthodox Valiyapalli SS	A+	II
Sania P S	VI	St. Dionysius OC SS, Dasarahalli	A+	II
Anna Sara Joji	VI	St. George OC SS, Indiranagar	A+	I
Shalini Praveen	VI	St. George OC SS, Indiranagar	A+	I
Kevin John David	VI	St. George OC SS, Indiranagar	A+	I
Akshaya Elizabeth	VI	St. Joseph Orthodox Church, Hormavu	A+	I
Nandita Susan Varughese	VI	St. Joseph Orthodox Church, Hormavu	A+	I
Adam G Alexander	VII	St. Baselios OC SS, Marthahalli	A+	I
Nisiya Liz Cherian	VII	St. Baselios OC SS, Marthahalli	A+	I
Ria Susan Biju	VII	St. Baselios OC SS, Marthahalli	A+	I
Albert Thomas	VII	Holy Trinity Chapel SBOC SS, Marthahalli	A+	I
Edlyn Grace Jacob	VII	St. Gregorios Orthodox Cathedral SS	A+	I
Joel John Alex	VII	St. Gregorios Orthodox Cathedral SS	A+	I
Nidhi Binny	VII	St. Gregorios Orthodox Cathedral SS	A+	I
Jessica Jithu	VII	Mar Gregorios OC SS, Hebbal	A+	II
Jomi Maria Sijo	VII	St. Mary's Orthodox Valiyapalli SS	A+	II
Riona Elsa Thomas	VII	St. Joseph Orthodox Church, Hormavu	A+	I
Sarah Anna Vinu	VII	St. Joseph Orthodox Church, Hormavu	A+	I
Tania Elizabeth Manoj	VII	St. Joseph Orthodox Church, Hormavu	A+	I
Rehan Nimesh Easow	VIII	St. Baselios OC SS, Marthahalli	A+	I
Lian M Shine	VIII	St. Baselios OC SS, Marthahalli	A+	I
Rosalyn P Yeldo	VIII	St. Gregorios Orthodox Cathedral SS	A+	I
Rachel Joy Thomas	VIII	St. Gregorios Orthodox Cathedral SS	A+	I
Elaine Mary Alex	VIII	St. Gregorios Orthodox Cathedral SS	A+	I
Sara Varghese	VIII	St. Gregorios Orthodox Cathedral SS	A+	I
Anne Susan Varghese	VIII	Mar Yuhanon Mamdana OC,SS, KR Puram	A+	I
Naina Benny	VIII	Mar Yuhanon Mamdana OC,SS, KR Puram	A+	I
Richa Mariam Kurian	VIII	St. Thomas Orthodox ME, Blore East	A+	I
Shreya Ann Varghese	VIII	Mar Gregorios OC SS, Hebbal	A+	II
Remi R Thomas	VIII	St. Mary's Orthodox Valiyapalli SS	A+	II
Sandra Mariam Biju	VIII	St. Mary's Orthodox Valiyapalli SS	A+	II
Riva Sarah Robin	VIII	St. Mary's Orthodox Valiyapalli SS	A+	II
Amith Saji	VIII	St. Mary's Orthodox Valiyapalli SS	A+	II
Sneha Johnson	VIII	St. Mary's Orthodox Valiyapalli SS	A+	II
Jithin B. George	VIII	St. Dionysius OC SS, Dasarahalli	A+	II
Abin Mathew	VIII	St. George OC SS, Indiranagar	A+	I
Diya Elizabeth Prince	VIII	St. George OC SS, Indiranagar	A+	I
Joseph C. Thomas	VIII	St. George OC SS, Indiranagar	A+	I
Medha Mariam Titus	IX	St. Baselios OC SS, Marthahalli	A+	I

Natasha Marianne Lalu	IX	St. Baselios OC SS, Marthahalli	A+	I
Reyna Marion George	IX	St. Baselios OC SS, Marthahalli	A+	I
Riya Ann Easow	IX	St. Baselios OC SS, Marthahalli	A+	I
Sherin Seby Verghese	IX	St. Gregorios Orthodox Cathedral SS	A+	I
Leah Elizabeth Paul	IX	St. Gregorios Orthodox Cathedral SS	A+	I
Annette Elizabeth Thomas	IX	St. Gregorios Orthodox Cathedral SS	A+	I
Sharon Ann Mathews	IX	St. Gregorios Orthodox Cathedral SS	A+	I
Susanna P Yeldo	IX	St. Gregorios Orthodox Cathedral SS	A+	I
Ashish Eapen	IX	St. Mary's Orthodox Church SS, Begur	A+	I
Aishwarya Ann Joseph	IX	St. Thomas Orthodox ME, Blore East	A+	I
Jeff Mark Joseph	IX	St. Thomas Orthodox ME, Blore East	A+	I
Riya Thomas	IX	St. Thomas Orthodox ME, Blore East	A+	I
Reenu Mariam Raj	IX	St. Thomas Orthodox ME, Blore East	A+	I
Juel Mariam Mathew	IX	St. Thomas Orthodox ME, Blore East	A+	I
Ann C Anil	IX	Mar Gregorios OC SS, Hebbal	A+	II
Rahael Jacob	IX	Mar Gregorios OC SS, Hebbal	A+	II
Angela Suzanna Philip	IX	St. Mary's Orthodox Valiyapalli SS	A+	II
Sini Varghese	IX	St. Mary's Orthodox Valiyapalli SS	A+	II
Thomas V. Philip	IX	St. Mary's Orthodox Valiyapalli SS	A+	II
Namitha Liz Roney	IX	St. Dionysius OC SS, Dasarahalli	A+	II
Abel Mathew Skariah	IX	St. Dionysius OC SS, Dasarahalli	A+	II
Binetta P Biju	IX	St. Gregorios Orthodox Church, Mathikere	A+	II
Sona Saju	XI	St. Mary's Orthodox Church SS, Begur	A+	I
Sherin Johnson	XI	Mar Yuhanon Mamdana OC,SS, KR Puram	A+	I
Sheona T. Joseph	XI	St. George OC SS, Indiranagar	A+	I
Maria C. A.	XI	St. George OC SS, Indiranagar	A+	I
Sandra Mary Saji	XI	St. Gregorios Orthodox Church, Mathikere	A+	II
Stefy Mary Mathew	XI	St. Gregorios Orthodox Church, Mathikere	A+	II

#### CLASS X & CLASS XII

Name	Class	Parish	Grade	District
Helen Mary Shibu	X	Mar Yuhanon Mamdana OCSS, KR Puram	A+	I
Koshy Thomas C	X	St. George Orthodox Church, Indiranagar	A+	I
Arathi Ann Joseph	X	St. Stephens Orthodox Church, Vijayanagar	A+	II
Jarreth Sajjan	X	St. Stephens Orthodox Church, Vijayanagar	A+	II
Manna Abraham	X	St. Gregorios Orthodox Church, Mathikere	A+	II
Karen Susan Abraham	X	St. Mary's Orthodox Valiyapalli, Jalahalli	A+	II

NO A+ IN CLASS XII



## STUDENTS' CAMP NUHRO 2017

Date :

29th Sep to 1st Oct 2017

Venue :

Ecumenical Christian Centre,  
Whitefield, Bangalore

Theme : **ASK**

St. Matthew 7:7

ASK

SEEK

KNOCK



The 8th Zonal level OSSAE-OKR Bangalore Sunday School Students' Camp was held from 29<sup>th</sup> September to 01<sup>st</sup> October 2017 at Ecumenical Christian Centre, a Christian Retreat Centre - a place with scenic beauty filled with greenery everywhere, a serene beauty, situated near the IT Hub of the city of Bangalore. The venue helped in putting Christian principles into practice that builds healthy spirit, mind and body.

The three days Sunday School Camp called "NUHRO" which means Light was inaugurated by H.G. Dr. Abraham Mar Seraphim, Metropolitan of Bangalore Diocese and President of OSSAE-OKR.

A Theme for this year's Camp was discussed at the executive committee meeting and amongst various suggestions, the Theme was finalized as ASK - Ask, Seek, Knock from St. Matthew chapter 7 verse 7. The suggestion put forth by Mr. Kuruvilla Varghese was the theme for the camp, which took the children through a spiritual journey for 3 days.



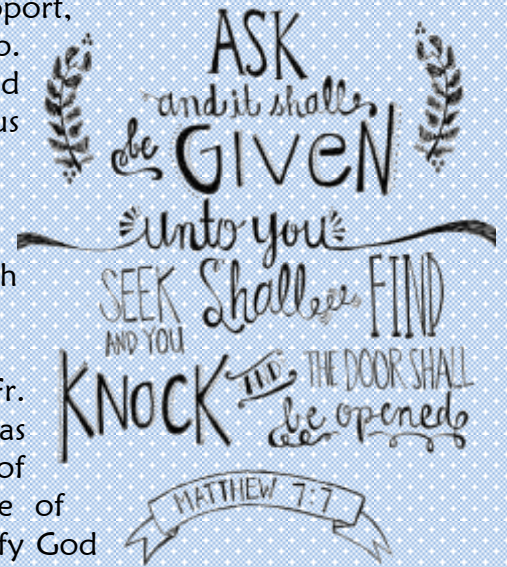
## E-Bodhini

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

We thank our beloved Thirumeni for His Grace's support, presence and prayers for the conduct of this camp. Thirumeni stayed with us on all three days of the camp and guided and facilitated the smooth conduct of the various activities of Camp.

We also thank Very Rev. T K Thomas Cor-episcopa for his presence with us on all three days of the camp. Achen's support, guidance, and prayers facilitated the smooth conduct of the camp.

We had two eminent resource persons this year. Rev. Fr. Jobin Varghese and Mrs. Cincy Mariamma Thomas (Kochamma) led our children through the journey of knowing and understanding Orthodox faith, significance of Holy Qurbana and how our body should be used to glorify God as the Holy Spirit dwells in it. Achen and Kochamma through separate sessions for girls and boys dealt with the issues faced by the teenagers by answering their questions.



Parenting workshop was introduced for the first time during Sunday School camp and Cincy Kochamma led the workshop in the presence of our Thirumeni. Around 30 parents participated in the workshop.

About 74 Students and 15 Teachers/volunteers participated from all the 11 parishes.





Music sessions were led by the Music Ministry Team. Our wholehearted appreciation to the entire team for taking the children to another level of worship through music, games and Gregorian worship. The team was so energetic and kept the children active throughout. Children enjoyed music and realized that one can also spread the word of God through Music.

E-Bodhini's sixth edition was released during the camp by His Grace Dr. Abraham Mar Seraphim. Very few children has contributed their art work with the editorial board. A survey was taken during its release to find out about the awareness of such a magazine among children. Most of the children came up with the same statement that they were not aware. It was quite saddening to read the feedback. Head masters/mistress were requested to bring in awareness amongst children about the magazine and were asked to circulate the same to them.



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

We specially thank Very Rev. P.C. Philip Cor-Episcopa, Rev. Fr. Santhosh Samuel, Rev. Fr. Moncy P. Chacko, Rev. Fr. Philip Kuruvilla, Rev. Fr. Eby K. Daniel and Rev. Fr. Yuhanon who travelled to the Camp venue and helped our children with the Sacrament of Holy Confession.

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

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

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

## Feedback on NUHRO STUDENTS' CAMP 2017 by -

**Lian M. Shine**  
**Class VIII**  
**St. Baslios Orthodox Church**

When I was told to go for the camp I had my own apprehensions but after I came back I realized I would have missed the best if I had not gone. It was the first time I had stayed away from home. It was a totally different experience. Staying away taught me how to do things independently.

It was a blessing to have our Bishop H.G. Dr. Abraham Mar Seraphim with us throughout the camp teaching us about the Orthodox faith. Our resource persons Cincy kochamma and Fr. Jobin Varghese took the camp to another level with their meaningful and inspirational speeches.

To go into details on the first day we were divided into groups and we were made to introduce ourselves within the group and make new friends from other churches. The music ministry ensured that we remained energetic throughout the day by teaching melodious songs

and setting up games for us. It is really a beautiful experience when we connect to God through music.

The second day schedule was similar to the previous day, we were taught the importance of the Holy Confession and the meaning of the Holy Qurbana so that on Sunday all of us would participate with full attention and devotion.

On the last day of our camp which was a Sunday all the students collectively participated in the Holy Qurbana. Later that day we were given takeaway tips from Fr. Jobin Varghese and Cincy kochamma which enlightened us. That evening brought us to the end of our camp. This camp taught me so much and gave me a wonderful opportunity to make new friends. At the end - the camp served its purpose of making us students true Orthodox Christians. I really enjoyed the camp and I would love to come back next year.

## Feedback on NUHRO STUDENTS' CAMP 2017 by -

Ryan John Abraham  
Class VIII  
St. Baselios Orthodox Church

### NUHRO - 2017

The STUDENTS' CAMP (NUHRO ~ 2017) was an awesome camp. It was held at Ecumenical Christian Centre (ECC), Whitefield, Bengaluru from 29<sup>th</sup> Sept - 1<sup>st</sup> October 2017. The theme ASK as in Ask SeeK Knock was taken from the Gospel of St. Matthew 7:7. The camp was filled with lots of Fun, Games, Songs, Activities and, of course, the sessions. There were sessions on various topics like 'Orthodox way', 'Bible studies', 'Church' etc. H.G. Dr. Abraham Mar Seraphim (Seraphim Thirumeni) was present in the camp too. There were 2 resource persons, Cincy Kochamma and Rev. Fr. Jobin Varghese, who took the sessions. And, how can I forget the best part of the camp, THE MUSIC MINISTRY TEAM. They were the people who gave us energy and taught new songs.

The food was delicious and the venue was so beautiful with trees and butterflies. There were lots of games like Bible Quick Reference, Quiz and even outdoor games. We were divided into 8 groups for games. We had campfire on the first day and Gregorian worship on the second day which was amazing.

I loved the 3-day camp. It was fun and I would love to go next year too. I am thankful to God and my teachers and my achen who gave me this wonderful opportunity.



RYAN JOHN ABRAHAM  
ST. BASELIOS ORTHODOX CHURCH  
MARATHAHALLI

# GROWING CHILDREN ALONG THE VIRTUOUS WAY

- M.K.Uthup  
St. Gregorious Orthodox Cathedral

Sunday School is the most important spiritual organisation of our Church as we are engaged in our responsibility to “train a child in the way he should go”.

Every parent wants their children to grow disciplined so that they will be useful to the society when they grow up and not a menace to the society. This responsibility is shared by the parents and the Sunday School. The best example is of Timothy who learned the Scriptures from infancy from his mother and grandmother “ which were able to make you wise for salvation through faith in Christ Jesus”. So it is through the Scriptures that we train up a child by creating a desire within the child so that he is internally motivated (rather than externally compelled) to do what God wants him to do.



Now ,what are the various virtuous ways which are pleasing to God?

## **Respect for parents:**

Honour your father and mother-the fifth commandment.

Let us see what the scripture says. “ Children, obey your parents in the Lord, for this is right. “ Honour your father and mother” which is the first commandment with promise” that your days may be long.( Eph. 6:-1,2) .” Children, obey your parents in all things, for this is well pleasing to the Lord.”( Colossians 3:20). Here St. Paul exhorts children to obey their parents IN ALL THINGS. When you grow old, honouring parents should not be seen as a duty but a devotion and joyous act with love. Jesus showed us His obedience to God the Father in Gethsemane when He uttered “ Yet not as I will, but as you will”

## **Respect for elders and disabled:**

“ you shall rise before the grey-headed and honour the presence of an old man” (Lev. 19:32) We are to always respect elders whether they are our parents or not. Parumala Thirumeni used to stand in the presence of his teachers, thus showing his respect for them. It is our moral duty to guide and help differently abled people. New testament tells us a number of instances where Jesus and his disciples healed sick. Our respect for the elderly and disabled can be put forth in many ways, some of which are:

Help blind people in crossing roads;  
Offer seats to elderly and handicapped.



Visit orphanages and old age homes and spend some time with the inmates. Smile at them and make them smile.

### **Love your neighbour:**

“Love your neighbour as yourself” St Mathew 22:39 Jesus has taught us through the parable of good Samaritan in St Luke 10: 29..... as to who is our neighbour. A friend in need is a friend indeed. Practice this with small instances like helping a friend to search and find his lost pen or lend an eraser to your friend who forgot to bring one.

Obedience;

Samuel tells Saul “Obedience is better than sacrifice” (1 Sam. 15:22) . Samuel continued....” Because you rejected the word of the Lord , and the Lord rejects you from remaining king over Israel”. See how serious is act of disobedience in God’s sight! Saul lost his kingdom for an act of disobedience. God did not even accept his confession. In the early years, children demonstrate honour by obedience. As the child matures, his obedience out of duty evolves to a devotion out of submission, that is a desire to do right because he understand that it is the right thing to do. For a disobedience Adam and Eve lost the Eden Garden. Telling lies and stealing are also equally grave sins. We cannot hide anything from God. Try and recollect what happened to Ananias and Sapphira.(Acts 5:1....)

### **Kindness toward all men;**

This is what St. Paul advise in his letter to Titus: “ remind them ( Christians in Crete) to be subject to rulers and authorities, to obey, to be ready for every good work, to speak evil of no one, to be peaceable, gentle , showing all humility to all men.”

### **Participate in Holy Qurbana:**

Worship is our main response to God’s love for us .Right from Noah (Gen.8:20) we see all our forefathers making an altar and worshiping God wherever they experience God’s love and care . Climax of God’s love is seen in St. John 3:16 “ For God so loved the world that he gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life”. Jesus instituted the Holy Eucharist and asked us to “do this in remembrance of Me” which we are following by participating in the Holy Qurbana. We confess all our sins before we receive the Holy Eucharist as we are receiving the body and blood of Jesus. This anaphora is mercy, peace, sacrifice and thanksgiving. It is also necessary to spend some time in communion with God before we go to bed and when we rise in the morning.

These are the essentials for a strong foundation in a child to help him grow in a virtuous way.

The Major Prophetic books include Isaiah, Jeremiah, Lamentations, Ezekiel, and Daniel. These books were declared "major" because of the amount of text, and not because they were considered more important than the "minor" prophetic books. The Old Testament prophet tended to be revealed during times of crisis. God used the prophets to provide direction and wisdom during times of crisis. They were also used by God to remind the people of their covenantal promises.



The relevance of biblical prophecy is not only the information revealed to the audience about the circumstances being faced in their time or in a time to come, but also what the message reveals about the nature of God. Prophecy in the Bible is part of God's self-revelation, by which we come to know God through what he has done in the past and what He plans to do in the future.

## Isaiah

Isaiah called Judah and its kings to repent and come back to God or face judgment. There are many prophecies in Isaiah related to the coming Messiah (Isaiah 53:4-6)

**I READ THE BIBLE  
AND IT OPENED MY  
HEART AND MIND.**

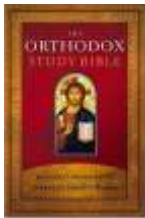
## Jeremiah

Jeremiah was a "doom and gloom" prophet who warned Judah of judgment if they did not repent. Unfortunately, they didn't repent and the judgment he foretold came true.

## Lamentations

Lamentations is sort of like a long Psalm by Jeremiah about just one topic: Jerusalem and Judah's sin.

BIBLE & PRAYER



*"Visit many good books, but live in the Bible."  
C.H. Spurgeon*

## Ezekiel

Ezekiel prophesied to Judah during their time in exile in Babylon.

## Daniel

Daniel was also a prophet to Judah during their captivity in Babylon. We will learn about some of the more famous stories in the book Daniel in coming lessons.

**DON'T SAY  
GOD IS SILENT  
WHEN YOUR  
BIBLE IS CLOSED**

## OUR TEACHERS



"Teaching  
creates  
all other  
PROFESSIONS."

- Anonvmous



**H.G. Kuriakose Mar Gregorios  
Metropolitan**  
(Pampady Thirumeni)

Birth: April 5, 1885

Entered into  
eternal rest: April 5, 1965

Entombed: Tabore Dayara.

## Kuriakose Mar Gregorios Metropolitan (Pampady Thirumeni)

**Class 8 students of  
Mar Yuhanon Mamdana SS,  
KR Puram**

**H.G. Pampadi Kuriakose Mar Gregorios** was a simple and humble priest of the Most High Lord of Heaven and a man of great faith who possessed the spiritual gift of love. He shared his spiritual gifts of love and kindness to countless numbers of people around him from all religious and social sects. Though he was not attributed or claimed for building big churches, instituting any significant organizations, acquiring great worldly knowledge and academic distinctions or for exposition of great administrative excellence, his life was a true testament of his faith, humility and charity. Beyond the Church administration, he was a bishop concentrated more in celibacy, holy life and compassion to poor. His blameless life, ascetic vigour and compassion to poor had attracted people of all religion.

### BIRTH OF THIRUMENI

- ▶ Pambady is a beautiful village in Kottayam district of Kerala, India. Majority of the people there belonged to Orthodox Syrian Christian denomination.
- ▶ "Karinganamattom" family is a famous Orthodox Syrian Christian family, a branch of which is the 'Moolakara family' into which our Thirumeni was born.
- ▶ Thirumeni's parents were Chacko and Illachi who were blessed with four sons and six daughters, of which Thirumeni was the fifth among them.
- ▶ Thirumeni was born on April 5<sup>th</sup> 1885 and his baptismal name was Kuriakose.

### CHILDHOOD

- ▶ Thirumeni's father used to teach the young Kuriakose prayers by making him sit on his lap.
- ▶ Thirumeni's mother taught him psalms since his childhood days.
- ▶ All these instilled Thirumeni to lead a prayerful life from the very young days.
- ▶ He started his schooling at Karakuzha, Erivaloor. His later education was under Mandathil Ashram.
- ▶ Though Thirumeni's parents were not very rich, it used to never hinder their family's prayer life.

### THIRUMENI & THE CHURCH

- ▶ From the very young days, Thirumeni loved taking part in the Qurbana. He used to stand right in front of the church to have a full view of the Mass and even jostled his way up. He longed to serve on the 'madhbaha' and take part in the Holy Mass. The parish priests at that time helped Thirumeni fulfil his wish. He was so devoted in his duties that the achen decided to ordain him as a Priest. Many church fathers, including Kadavil Mar Athanasius Thirumeni told this news to Pampady Thirumeni's father Chacko. But owing to financial difficulties at home, Chacko did not approve of the idea in the beginning. This denial of the offer led to several mishaps at their home, including Kuriakose nearly incapacitating his right hand in a crusher when he was feeding sugar cane into it. Thirumeni's right hand had a slight handicap which led him to be a Left Hander. This made Chacko realize that God's will was the supreme and it was not right to go against the Lord God's decision. Realising his mistake, Chacko sent word of his willingness to have his son ordained.

## Kuriakose Mar Gregorios Metropolitan (Pampady Thirumeni)

### PRAYER THAT BROUGHT RAIN

When Thirumeni was staying in Pampady Church as a deacon, there was a drought. On Sunday after Qurbana, he asked the church members to fast three days for rain. The whole village fasted and prayed with tears for three days and nights. Even on the third afternoon, there was no sign of a single cloud in the sky. A prayer followed by distribution of gruel was arranged in the evening to mark the end of the fasting. All eyes were on the sky for a sign of rain. The gruel was ready to be served. Suddenly, the sky darkened with clouds. It started to drizzle and soon started to rain heavily. The people were overwhelmed with happiness. It was a rain of faith, showering over the tiny village. For hours, the rain continued to descend on Pampady. When the rain stopped, everyone were searching for the deacon. They found him inside the church, praying with tears, thanking the Almighty.

### THIRUMENI'S WORKS AMONG THE PEOPLE

- ▶ When he was a Ramban, he stayed sometime in Pampady church. Some of the maintenance and construction works happened when Ramban was there. He was very particular that those who come for work, be it workers or parishioners, should be given food after their work. It was his quality of love towards his fellow being that is reflected here.
- ▶ Once there was an epidemic plague in the Kunnamkulam area. He rushed and started serving the affected people and desired to live with them and extended all possible services and shown his willingness even to die with them. He visited house by house, prayed and extended all the helps to them. Many people prevented Thirumeni to go to the epidemic area. But nobody could prevent this human lover as he ventured and continued his services saying, 'Let me die if God will so'.
- ▶ Thirumeni was a man who not only preached what his Master in heaven did, but also practically followed the same. Once, a beggar, affected by leprosy visited Pampady Dayara. But he didn't have the courage to come inside and stood out. Thirumeni, seeing this beggar, asked him to come in. He still didn't come in. Thirumeni walked towards the beggar, caught him by his hand and led him into the dayara. He gave food, and later, some money when the beggar left.

Kadavil Paulose Mar Athanasius, the first Metropolitan of the Kottayam diocese admires Thirumeni because of his amazing kindness, care and love he showed to the congregation

### THIRUMENI'S TEACHINGS

- ▶ My dear children love God don't forget that death is certain. Do good turns, pray and fast regularly. That is what our LORD has done. Live and be prepared.

- ▶ Children, help those in need. Don't keep grudges. Love everyone. Avoid dissension and litigation.
- ▶ Dear ones, whose is the church? Not ours. It is God's. Don't fight there. We have heard what has happened to those who have dismantled rafters or shaken off pillars of the church. Church is for love.
- ▶ Husbands, when you eat remember also your wives. See that they also eat. You should be concerned about them.
- ▶ Children, you should love God. Obey your parents and respect your teachers.

### HOW DOES THIRUMENI INSPIRE US?

- ▶ The tearful prayers of this saint, while sitting at a corner of the Pothenpara Dayara off Pampadi Town, was a great source of inspiration, courage and for providences from God for the Church and to all its layers of administration and leadership.
- ▶ At the age of five, as per the custom of that time, Kuriakose started his alphabetic education under the discipleship of Madathil Asan. That was an age in which it prevailed racial and occupational untouchability.
- ▶ He was very prompt in writing his daily diary, which exposed his grandeur and discipline of his life.
- ▶ His main theme was to utilize with all materialistic blessings and abilities to love each other with out any boundaries or limit to all human.
- ▶ His preaching was well manifested by his own life pattern. He always reminded the people to be aware and conscious of four things: death, judgment, salvation and hell.
- ▶ Thirumeni was very strict in lent and fasting and considered the compassion to poor as equal and important as prayer.
- ▶ He also spent long hours in prayer and meditation because of which he overcame the fear of death and lived a life totally unaware of this world and virtually was travelling to heaven throughout his life.

### HIS LAST MOMENTS

- ▶ Due to severe fasting and night prayers, Thirumeni became sick before ageing. 1965 March he became sick and bedridden and hospitalized. Augen Mar Themotheos gave Holy Unction to Thirumeni. April 5, 1965 this great sage of Tabor breathed his last and his tomb is at Tabor Dayara.
- ▶ Thirumeni had his 'Kabar' prepared in the Dayara palli. He spent most of his day time reading or meditating in that room. He knew that it was resplendent beyond the dark veil of death. Like Paul, he believed that it was a gain for him to die. Day by day he longed to be with his Lord and Master Christ.
- ▶ On April 4, Sunday his condition became critical. Doctors warned that there were only few hours left for him. Minutes ticked away into the night. People continued to pour out their hearts through the 'yama prardhanas' and prayers for the time of death. By 2 A.M. Mar Ivanios Thirumeni marked the cross on his forehead. By 2.35 his blessed soul flew away to eternal bliss leaving behind the mud house for which he never cared. The dayara church bell tolled informing all the faithful about the sad demise. The watch that Thirumeni had been using also stopped at 2.35 A.M.

## KANNADA (The language of Karnataka state)

### KANNADA NUMERALS

೦	೧	೨	೩	೪	೫	೬	೭	೮	೯	೧೦
ಒಂದು	ಎರಡು	ಮೂರು	ನಾಲ್ಕು	ಐದು	ಆರು	ಏಳು	ಎಂಟು	ಒಂಬತ್ತು	ಹತ್ತು	
omdu	eraḍu	mūru	nāḷku	aidu	āru	ēḷu	emṭu	ombattu	hattu	
1	2	3	4	5	6	7	8	9	10	



ಅ	ಆ	ಇ	ಈ	ಉ	ಊ	ಋ	ೠ
a	ā	i	ī	u	ū	r	r̄
ಏ	ಉ	ಋ	ೠ	ಋ	ೠ	ಋ	ೠ
e	ē	ai	oi	ā	ā	ā	ā
ಕ	ಖ	ಗ	ಘ	ಙ	ಚ	ಛ	ಜ
ka	kha	ga	gha	ṅa	ca	cca	ja
ಝ	ಞ	ಟ	ಠ	ಡ	ಢ	ತ	ಥ
ca	cha	ṭa	ṭha	ḍa	ḍha	ṭa	ṭha
ಪ	ಫ	ಬ	ಭ	ಮ	ಯ	ರ	ಲ
pa	pha	ba	bha	ma	ya	ra	la
ಷ	ಸ	ಹ	ಝ	ಞ	ಞ	ಞ	ಞ
ṣa	sa	ha	ṣa	ṣa	ṣa	ṣa	ṣa

## LET'S LEARN



"What we learn with pleasure we never forget."

Alfred Mercier



## BASIC DOCTRINES OF OUR CHURCH

... handed over by our fathers.

Translation of MATHOPADESHA SARANGAL

by St Geevarghese Mar Dionysius.

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

Let's Recap!

### Chapter 7

#### ABOUT THE HOLY QURBANA (EUCHARIST)

Holy Qurbana is the Sacrament that makes us partake in The Holy Body and blood of our Lord Jesus Christ as food and drink, for the well being and salvation of our souls. (1) Because the Word united with human nature, just as His humanity is called "God", the Holy Spirit dwells in the bread and wine offered in the Holy Qurbana, (2) Therefore it is to be believed that they are the 1 Holy Body and Blood of the Lord, according to His command that 'this is My Body, and this is My Blood', (3) Though the substance does not change in sight and taste, to become the Holy

**Body and Blood, (4) those who receive them with faith and devotion get remission of sins and eternal life as the fruit of the Holy Body and Blood of our Lord. (5) But those who partake of it, without discrimination and devotion shall be condemned (6) It is not only that the Holy Qurbana is participation in the Holy Body and the Blood of Jesus, (7) but also it is a sacrifice and offering according to the New Testament. (8) This sacrifice is more fruitful and glorious than sacrifices according to the Law and Old Testament like blood offerings which foreshowed that the one sacrifice of Christ to take place. (9) By this, it is shown that the sacrifice of Christ, for the sake of salvation of the world has been accomplished; and it recalls his birth, public ministry, death, burial, resurrection etc. The articles like bread, wine, Tablet (portable Altar) etc; used in Holy Qurbana and actions like fraction (breaking of the bread) and elevation of mysteries, symbolise the articles and actions used by Christ in His one and only sacrifice. It is not authorised to give Body alone, or Blood alone to the people, without the 'fraction' service in which Body and Blood are mixed. (10) Since through the service of fraction, Blood is mixed in the Body and Body is mixed in the Blood, Qurbana can be dispensed either from the cup or from the chalice; and it is unnecessary to give twice, since Body and Blood are there in both. Those who receive the Holy Qurbana shall take Holy Confession sincerely, and receive it with true faith, devotion and prayer, and also preparing oneself with fasting, for the honour of the Holy Qurbana. (11) The bread that is used in the Holy Qurbana must be leavened, just as the bread used by Christ in his last supper was leavened. (12) Thus, through this, it is shown that Christ is the leaven that gives life to the whole world.**

### *Chapter 7*

*(1) Heb. 2:9. so that by the Grace of God he might taste death for everyone.*

*(2) Mark. 14:22-23. While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, "Take; this is my body" Then he took up a cup, and after giving thanks he gave it to them, mid all of them drank from it. He said to them, "This is my blood of the covenant, which is poured out for many." John 6:55. for my flesh is true food and my blood is true drink. Matthew 26: 26-28. Luke.22: 19, 20. 1 Cor. 11:24-29.*

*(3) 1 Cor. 11:26 For as often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes.*

*(4) 1 Cor. 11:28 Examine yourselves, and only then eat of the bread and drink of the cup. Matthew 26:28. for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. John 6:51,53,54,56,57 I am the living bread that came down from heaven. Who-ever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh". 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. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day." Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me.*

*(5) 1 Cor. 11:29-30 For all who eat and drink without discerning the body eat and drink judgement against themselves. For this reason many of you are weak and ill, and some have died.*

*(6) 1 Cor.10:16. The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ?*

*(7) Ma1.1:11. For from the rising of the sun to its setting my name is great among the nations, and in every place incense is offered to my name, and a pure offering; for my name is great among the nations, says the LORD of hosts. Matthew 5:23,24 So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar*

and go; first be reconciled to your brother and sister and then come and offer your gift. Eph. 5:2. Christ loved and gave himself up for us, a fragrant offering and sacrifice to God.

(8) Heb 10:1 Since the law was only a shadow of the good things to come and not the true form of these realities. Heb.9:13,14 For if the blood of goats and bulls, with the sprinkling of the ashes of a heifer, sanctifies those who have been defiled so that their flesh is purified, how much more will the blood of Christ, who through the eternal Spirit offered himself without blemish to God, purify our conscience from dead works to worship the living God!

(9) Luke. 22:19. Do this in remembrance of me. 1 Cor. 11: 20,24-26.

(10) Rom. 6:9. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. Isa. 6:6-7 Then I the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said "Now that this has touched your lips, your guilt has departed and your sin is blotted out." John 6:51.

(11) Mark. 14:22. While they were eating, he took a loaf of bread. 1 Cor. 5:8 Therefore, let us celebrate the festival, not with the old yeast, the yeast of malice and evil, but with the unleavened bread of sincerity and truth.

(12) Matthew 13:33. He told them another parable: "The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened."\*

\* The syriac word "Ammeera" here used for bread, is used for bread made with leavened dough, and not for making bread with unleavened bread (Patheera).



## Chapter 8 ABOUT HOLY CONFESSION

**Confession is a sacrament in which we receive remission of sins through repentance before God, by confessing our sins before the priest, who is the representative of God. It is also known as the sacrament (mystery) of repentance (1) It is right and becoming on the part of priests, as representatives of God, to preach to the people, correct them, admonish them about their open sins, and lead them in the path of righteousness. Besides, as far as possible, the priest should try to know their activities, and also their inner spiritual condition, and give each of them the necessary counsel, and save them from their wrong ways. The priest shall admonish the people about their sins Sympathetically like a loving father. They shall prescribe appropriate amends to be made by the people for their sins, like fasting, giving alms and the like; they should tell the people and make them fear the justice of God, comfort them by making them depend on God's grace by telling them about His mercy, (2) saying on them the prayer of absolution, and bless them. For priests to do these things, it is necessary to know about the activities and inner condition of each person. (3) Those who made their confession should reveal to the priest, all their sins, and the state of their conscience. (4) The priest should never reveal to any one, the sins revealed to him. Any priest who violates this and reveals them, shall be liable for condemnation and punishment. (5) Priests do not acquire the authority to forgive sins by their own righteousness or their own power. (6) They pronounce forgiveness of sins by their advice, (7) by their prayers and by the grace they have received from the Lord. If it is right to say that the woman resurrected by the Lord by the prayer of Peter, was resurrected by Peter, then it is equally right to say about the Lord forgiving sins through confession and other sacraments, that the priests**

**have authority to forgive sins. This agrees with the command of the Lord, “If you forgive someone his sins, he shall be forgiven, ”and shall not amount to blasphemy.**

(1) *Mal 2: 7 For the lips of the priest should guard knowledge, and people should seek instruction from his mouth, for he is the messenger of the Lord of hosts Isa 3: 17 21 Mortal, I have made you a sentinel for the house of Israel; whenever you hear a word from my mouth, you shall give them warning from me. If I say to the wicked, “You shall surely die” and you give them no warning, or speak to warn the wicked from their wicked way, in order to save their life ..... etc Tit. 1:9 He must have a firm grasp of the word that is trustworthy in accordance with the teaching, so that he may be able both to preach with sound doctrine and to refute those who contradict it. 1 Tim. 5:20 As for those who persist in sin, rebuke them in the presence of all, so that the rest also may stand in fear.*

(2) *Lev. 5:5-6 When you realize your guilt in any of these, you shall confess the sin that you have committed. And you shall bring to the Lord, as your penalty for the sin that you have committed ..... etc. and the priest shall make atonement on your behalf for your sin.*

(3) *Deu. 26:3-3-10. You shall go to the priest who is in office at that time, and say to him, ..... etc. Psal. 1 1 1 :1 . I will give thanks to the Lord with my whole heart, in the company of the upright, in the congregation. Matthew 3 :6 and they were baptized by him in the river Jordan, confessing their sins. Matthew 8:4 Then Jesus said to him, “See that you say nothing to anyone; but go, show yourself to the priest, and offer the gift that Moses commanded, as a testimony to them.” Act. 19:18 Also many of those who became believers confessed and disclosed their practices. James 5:16 Therefore confess your sins to one another, and pray for one another, so that you may be healed. 'I he prayer of the righteous is powerful and effective. Num. 5 :6,7 Lev. 13. P1028: 13*

(4) *Pro. 11:13 A gossip goes about telling secrets, but one who is trustworthy in spirit keeps a confidence. Pro. 25:9. Argue your case with your neighbour directly, and do not disclose another’s secret.*

(5) *Act. 321;. When Peter saw it, he addressed the people, “You Israelites, why do you wonder at this, or why do you stare at us, as though by our own power or piety we had made him walk?”*

(6) *James 5:19, 20. My brothers and sisters, if any one among you wanders from the truth and is brought back by another, you should know that whoever brings back a sinner from wandering will save the sinner’s soul from death and will cover a multitude of sins.*

(7) *1 Tit. 2: 1,2 First of all, then, I urge that supplication and thanksgivings be made for everyone, for kings and all who are in high positions, so that we may lead a quiet and peaceful life in all godliness and dignity.*

(8) *John 20,22,23 When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; If you retain the sins of any, they are retained.” 1 Tim. 4:14 Do not neglect the gift that is in you, which was given to you through prophecy with the laying on of hands by the council of elders.*

to be continued .....

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

Kukilion	:	A verse of Psalms
Masumoor	:	Psalms
Oritha	:	The five books of Moses
Praksees	:	Acts of the Apostles
Evangelion (Greek)	:	Gospel

.... to be continued



OUR TALENT



I believe that every person is born with talent.

- Maya Angelou.



Matthias Mathew Kanianthara  
Class 3,  
St. Baselios SS. Marathahalli

*"Keep me  
as the apple  
of Your eye;  
Hide me  
in the shadow  
of Your wings."  
~Psalm 17:8*



E-Bodhini



If I were a fish  
in the sea

I would be  
thankful.



That I can  
wriggle and  
giggle with  
glee.



**Heizel Mariam Denny**

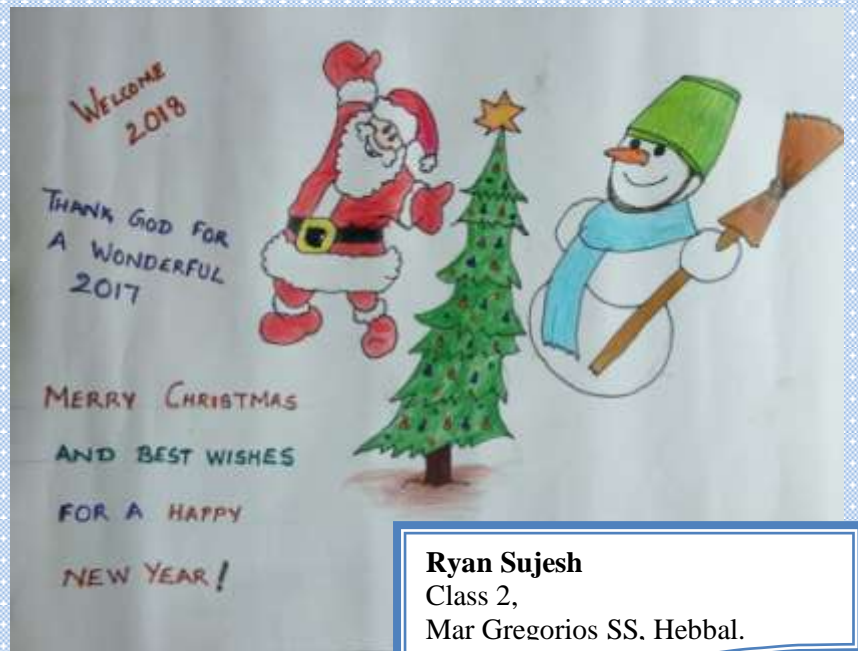
Class 3,

St. Baselios SS, Marathahalli

**God provides for  
the birds of the air  
what more will He  
provide for You.**



**Immanuel C Chacko**  
Class 3,  
St. Baselios SS, Marathahalli



**Ryan Sujesh**  
Class 2,  
Mar Gregorios SS, Hebbal.



**Maria Eldo**  
Class 2,  
Mar Gregorios SS, Hebbal.



**Aradhana Ann Santosh**  
 Class Prep,  
 Mar Gregorios SS, Hebbal.



**Anugraha Ann Santosh**  
 Class 7,  
 Mar Gregorios SS, Hebbal.



**What is impossible  
 with men is possible  
 with God.**

[ LUKE 18:27 ]



**Rachel Mariam John**  
 Class 2,  
 Mar Gregorios SS, Hebbal.



**Kenith M Kurian**  
Class Prep,  
Mar Gregorios SS, Hebbal.

**IF GOD  
BRINGS  
YOU TO IT  
HE WILL  
BRING YOU  
THROUGH IT**



**Adel Saji**  
Class 2,  
Mar Gregorios SS, Hebbal.

Malavika

Class 2

St. Mary's Valiyapalli SS, Jalahalli



I LOVE  
SUNDAY SCHOOL

My parish is St. Mary's Orthodox Valiyapalli Jalahalli. I go to church every Sunday to attend the holy mass. I am also a 3rd standard Sunday school student. I learn Holy Bible, prayers and songs in Sunday school. I learned the lesson Offerings that please our Lord. It explains the importance of helping others. We should help others with good will. The story of Cain and Able teaches us how our offerings should be. Offer only the best things with whole heartedly and with happiness. God bless only those who give with pleasure.

I love to go to Sunday school to learn such stories and morals.

Ryan Aji George

Class 3

St. Mary's Valiyapalli SS, Jalahalli

“All thy children shall be taught of the Lord; and great shall be the peace of thy children.”

Holy Bible, Isaiah 54:13



**Jeffin George Cherian**  
Class 1,  
St. Baselios SS, Marathahalli

**THE HANDS  
THAT MADE  
THE STARS  
ARE HOLDING  
YOUR HEART**

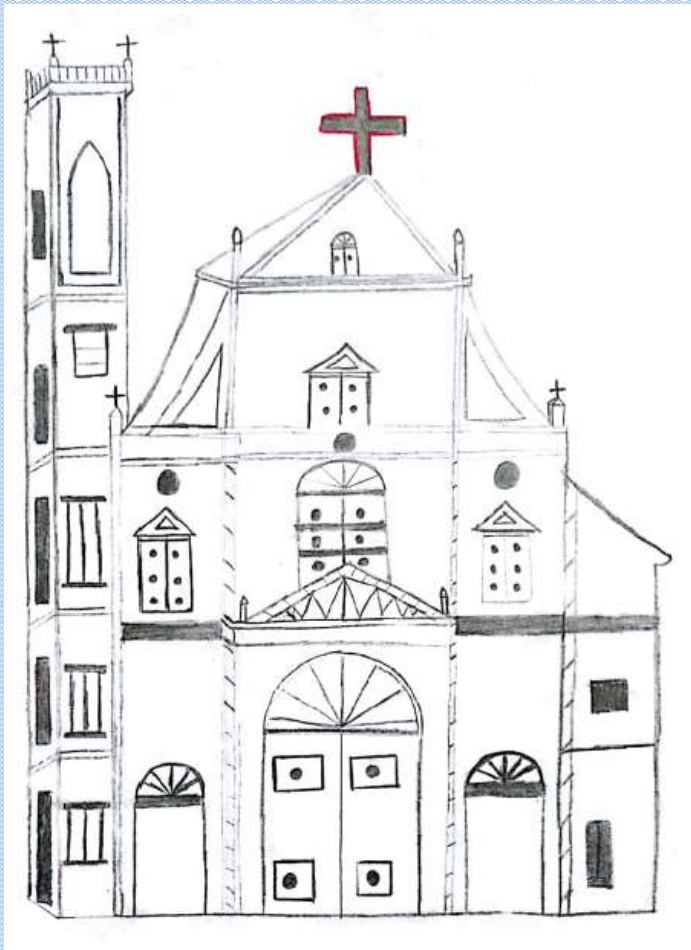


**Rhea Elizabeth Jaison**  
Class 6  
St. George SS, Indiranagar



**Lord  
Teach  
us to  
Pray**  
Luka 11:1

**Lian M Shine**  
Class 8,  
St. Baselios SS, Marathahalli



**Jerrell**  
Class 10  
St. Gregorios SS, Mathikere

*Let everything that has breath  
Praise the Lord!*  
*Palm 150:6*



**Riya**  
Class 3  
St. Thomas SS, B'lore East

**Richa**  
Class 9  
St. Thomas SS, B'lore East





# THE MESSAGE OF GOOD FRIDAY AS IT APPLIES TO US EVERY DAY

By Nisha Sara Abraham  
St. Gregorios Orthodox Cathedral

Christians around the world observe Good Friday to commemorate Jesus Christ's Passion, crucifixion, and death. It is the day when Jesus Christ died on the cross for humanity so that he could save them from their sins. As we observe Good Friday every year, this time also provides an excellent opportunity for self-introspection and assessment on the influence Christ has on our lives.

The people involved in the crucifixion of Christ can be segregated into 4 groups. The **first group** is the people who framed Jesus and are agents of evil. They are blind to the message of God. The chief priests and soldiers would come in this group. The **second group** is those who failed to see the goodness and glory of Christ. As a result, they succumbed to evil and hence supported the crucifixion of Christ. Pilate would come in this group. The **third group** is



those who would have seen the miracles of God and heard the teachings of Christ, but they did not yet realize who Jesus was nor fully experienced the love of Jesus. As a result, they would probably have thought their life was in danger if they supported Christ and hence remained passive. Disciples of Christ would come in this group. The **fourth group** is the people who were saved by Jesus but too meek to resist the voice that wanted to crucify Christ. Mother Mary and those who were healed by Christ would come in this group.

Applying this classification to our everyday lives we could evaluate ourselves when put to test. The situation where we are put to test in our day to day lives may not be as magnanimous as the crucifixion of Christ, but they are instances where Christ wants us to apply his teachings. This situation can be disharmony in family, disagreements in marriage, quick to anger, problems at work place, prayerlessness, evil thoughts, bad habits, discord between two people etc. Bible defines sin in Old Testament and more so in Mathew 5: 21-47. When we do not know Christ, we would automatically choose to be in one of the above-mentioned groups depending on the situation to make ourselves safe in the eyes of the world. The message of Good Friday is very clear that Christ does not want us to be in any of the four groups and for this reason he gave up his life to pay for our sins and was resurrected three days later to conquer all evil forces. Good Friday opens up our eyes, provides opportunity to repent our sins and walk in path of Christ so that we can come out of group 1. He wants us to pray to our father continuously so that we can stay away from group 2. Christ wants to apply beatitudes and parables in our lives so that we can come out of group 2 and group 3. Christ always had a firm stance which exemplified his values in Colossians 3:12 (*compassion, kindness, humility, gentleness, and patience*). The strongest example of this is the story of the adulterous women in John 8:1-12. He has promised to give his children strength so as to take them out of group 4.

Without Christ we are vulnerable to sin. The biggest message of Good Friday is that he wants us to pray continuously and submit ourselves to God who will give us strength and wisdom to handle situations of life just like Christ would have dealt with grace and love.

A STORY OF A GIRL WHO  
HATED HER OWN MOTHER

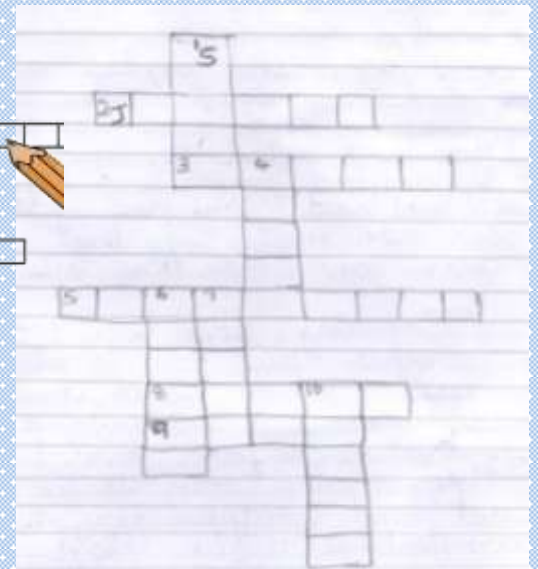
Once upon a time, there was a girl who hated her own mother. She even one day told her mother openly that she didn't want a mother like that since she was looking very ugly. She wanted a nice, fair one. Her mother was heart broken, sitting near a corner, weeping. Her aunt was watching what was happening. Her aunt called her kindly and told her about the incident which had happened in her childhood. Her aunt said "My dear child, you cannot call your own mother like that, especially the one who gave you birth. Here listen to this

"One day, when you were a baby, your mother put you to sleep in a cradle and was cooking food inside the kitchen. All was well. But suddenly a fire broke down the house, and started to spread everywhere. Your mother ran to the cradle, took you out and wrapped you nicely with a comfortable woolen cloth. When you and your mother were out, the top portion of the door fell on your mother's head. She was injured very badly, but not a scratch was there on your body. That's why you call your mother ugly." The daughter ran to her mother, hugged her and said she was very sorry about this. They both were living happily (The End)

Ashly Vinod Samuel

Class 4

St. Stephens SS, Vijayanagar



ACROSS

2. River where Christ was
4. Baptized
5. A Prophetess
5. Place where Christ was born
8. Leader of Israelites
4. First man made by God

DOWN

1. Wife of Abraham
4. Brother of Cain
6. First Apostle of India
7. A cruel King
8. The Prophet who anointed "David as the king of Israel"

Jerusha Sajjan

Class 5

St. Stephens SS, Vijayanagar



GODS BEAUTIFUL CREATIONS



Evlyn N

Class Prep

St. Stephens SS, Vijayanagar

- Who am I
1. I was stoned to Death.  
- St. Stephen
  2. I became the second King of Israel.  
- David
  3. I was the first man created by God.  
- Adam
  4. I was martyred at the age of 3.  
- Mar Kuriakose
  5. I am Father of the Faithful.  
- Abraham
  6. I built an Ark as per God's wish.  
- Noah
  7. I was sold by my Zealous brothers.  
- Joseph
  8. I had long hair and my Strength was in my hair. - Samson
  9. I received the Ten Commandments.  
- Moses
  10. I am an example of patience in suffering. - Job
  11. I was swallowed by a giant fish.  
- Jonah
  12. I climbed on a tree to see Jesus.  
- Zaccheus
  13. I betrayed Jesus by kissing him.  
- Judas



**Sneha Valsa Mobin**  
 Class 3  
 St. Stephens SS, Vijayanagar



**Neha Anna Mobin**  
 Class 3  
 St. Stephens SS, Vijayanagar

**JESUS**

Born in Bethlehem  
 Seen 3 wise men came  
 Baptised by John the Baptist  
 Tempted by Satan the Worst  
 Made wine from water  
 Calmed storm and walked on water  
 Healed the daughter of Jairus  
 Raised Martha's brother Lazarus  
 Crucified for all our sins  
 Resurrected to prove his love.

NEHA ANNA MOBIN

## TRUE FRIENDSHIP

Young Lovella went to a new school.  
 How she longed to be among the cool.  
 She acted her very best,  
 Trusting God to do the rest.  
 Alas! They brushed past her, without even a glance,  
 Since she was just a new girl  
 So, to gain her place,  
 She spun a web of lies, one upon another, they made a huge tower.  
 Her stories were so enthralling,  
 that they fell for them head, toe and nail.  
 They decided to pay her, or rather her house a visit.  
 So, on her birthday, they all trooped in a file, to this grand mansion.  
 Grand ? what they found was anything but that ...  
 It was just a humble abode without much to boast of.  
 Seeing her "cool" friends, Lovella burst into tears.  
 "I'm sorry" she cried, "all this was just to be your friend."  
 They cast uneasy glances at her yearning the meaning of  
 true companionship dawned on them.  
 "Friends should be chosen for who they are and not for what they have".  
 Realizing this, they linked their arms with the sobbing girl;  
 comforting her and thanking God for bonding them.  
 Yes, now this, indeed is true friendship !

**Sandra Mary Saji**  
 Class 12  
 St. Gregorios SS, Mathikere



**Abrana M**  
 Class 2  
 St. Gregorios SS, Mathikere

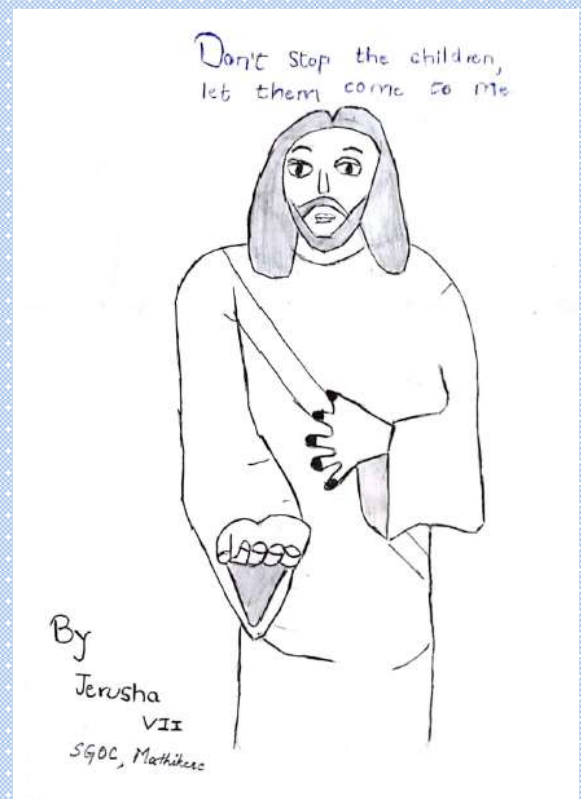
## STORY - God saves Tina

Once upon a time there was a girl called Tina. She was 8 years old. She was a Christian. But she would not pray with her family, would not go to Church and would not read the Bible. So one day her mother said to her, please Tina pray with us, go to Church and read the Bible, so that when you are in any trouble Jesus will save you. Then Tina said, who believes in God or Jesus mom. Then her mother said to her don't say like that. Then her mother went from her bedroom. And days kept on going and school vacation started for Tina. They decided to go for a picnic. So they reached their spot. Tina and her family enjoyed there. One morning, only Tina woke up, but here family did not wake up. Tina went outside and went for walking alone. She walked and walked and was far away from her family. She was scared and she didn't know the way to reach her family and she was worried. Suddenly she saw a bear coming in front of her, and she was more scared now. But, then she remembered what her mother said, if you pray, read the Bible and go to Church, Jesus will always keep you safe. So she started praying. She prayed and prayed. Jesus heard her voice praying for help. Jesus reached over there in time. Jesus saved Tina. Tina was very happy that here life got saved. So like that even she started praying everyday with her family, went to Church and read the Bible every day. Her parents and God was very happy about that thing. She started trusting God.



**Moral - Always pray to God and follow his commandments.**

Anna Mariam Sanjay  
Class 5  
St. Gregorios SS, Mathikere



Jerusha  
Class 7  
St. Gregorios SS, Mathikere



*Mothers are for loving you,  
If you are good or bad  
Mothers are for sharing  
Whatever makes you glad.*

*Mothers are for laughing  
at your favourite jokes.  
Mothers are for helping you  
Get on other folks.*

*Mothers are for telephones  
when they ring  
Mothers are for pushing  
When you're on a swing.*

*Mothers are for loving  
When you snuggle up so tight.  
Mothers are for kissing you  
A sweet and kind good night*

*Mothers are for baking  
yummy birthday cakes  
Mothers are for nursing you  
When your tummy aches.*

*Mothers are for cuddling  
When you have to weep.  
Mothers are for covering you  
When you fall asleep.*

**Saira Ann Philip**

Class

St. Gregorios SS, Mathikere



**Shaun P Biju**

Class 5

St. Gregorios SS, Mathikere



**Riya Biju Ann**

Class 2

St. Gregorios SS, Mathikere



HE WILL COVER  
YOU WITH HIS FEATHERS  
and UNDER HIS WINGS  
YOU WILL FIND REFUGE.

PSALM 91  
1000

**ME**

THE SWEET TRUTH OF EASTER

These candies tells a story, the best news you'll ever hear. Its about jesus dying on the cross so that we could be brought near. So hold them and turn them and you will see the "M" become a "W" an "E" and then a "3" the "E" stands for Easter... Gods everlasting love and eternal plan It reminds us of the cross and the way god rescued sinful man The "3" represent the 3 days jesus spent in the grave.. By his death his children he did save. The "M" reminds us of the mercy of messiah showed as he died in our place. and the miracle of the resuraction so we can see him face to face

The "W" reminds us... that he alone his worthy of our worship and praise and call us to be his witnesses around the world for all of our days.

THE END

**Jibin T Shaji**  
Class 6  
St. Gregorios SS, Mathikere



**Jibin T Shaji**  
Class 6  
St. Gregorios SS, Mathikere



**Jerusha Susan Siju**  
Class 7  
St. Gregorios SS, Mathikere

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*

Answers to Vol 6

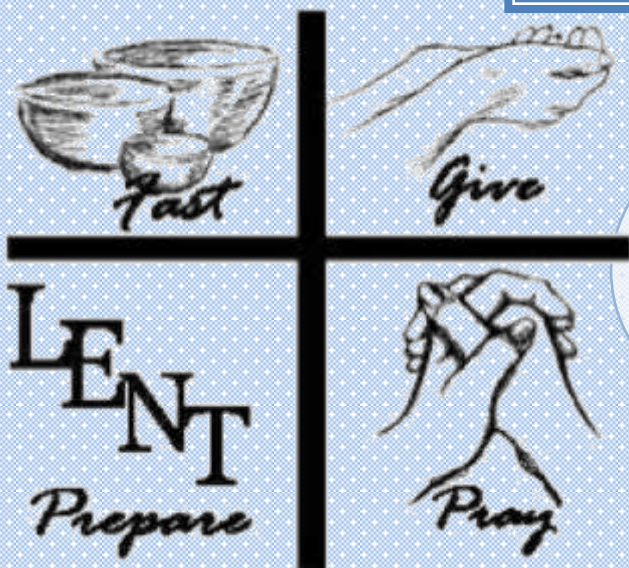
Find (Old testament books of the Bible)

Daniel, Exodus, Haggai, Hosea, Joel, Jonah, Joshua, Malachi, Micah, Numbers, Obadiah

**Hidden Bible book names puzzle?**

**Example - Amos & Mark are shown in bold print , how many more can you find.....**

There are many books of the Bible in this paragraph. Can you find them? This is **a most remarkable** puzzle. It was found by a gentleman in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much, he passed it on to some friends...One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo, Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving, she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or a scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fund raising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new record. The local paper, The Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "The books are all right here in plain view hidden from sight." Those able to find all of them will hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind, that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus, there really are 27 more books of the Bible lurking somewhere in this paragraph waiting to be found. God Bless.



**Activity:**

**Find out how Easter date is decided each year?**





*St Gregorios Orthodox Sunday School, Mysore*

Mysore Sunday School conducted OVBS 2017 from 26th September to 1st October 2017.

On Sunday 1st October 2017, it concluded with a rally and valedictory program. By God's grace, this year's OVBS was a great experience to the participants.

Bro. Manu Joseph Renji from STOTS Nagpur did a great job in making the OVBS a grand success. About 30 children participated.

The press clipping of the event reported by Malayala Manorama dtd 3rd October is attached herewith.

Prayerful Regards  
AJISH K. ABRAHAM  
Co-ordinator - OVBS 2017,  
Mysore Sunday School



## ANNOUNCEMENTS



*Contribute some interesting original articles and win some prizes.*

**We hope you'll join us.**

### **Next Edition planned**

**Tentative Date : Oct 2018.**

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

*Note : Please do mention your Name & Church and send articles to reach before 15-Sep-2018.*

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

### **Editorial**

*Dear Friends in Christ,*

We are living in a digital age where everything is available by a click of a button. Everything from what we eat, to wear and to live is available easily and quickly. As life becomes so easy, so quick, so informal to socialize, so does inviting sin in our lives. Just idling with a phone can snatch away valuable minutes, sometimes hours from our day.

Sin can enter in our lives now by a click of a button and even before we realize, it can make us its slave. Beware that we are fattening ourselves for the day of slaughter. The only way to remain unscathed by this easy life is to choose a life that sets us apart! The role model being 'Daniel' who denied Babylonian pleasures and comforts to remain holy unto the Lord.

Bodhini is a platform for the young minds of the orthodox church to exhibit their talents, skills and time to the Lord. We pray that this will enrich each of its reader to come closer to God and to experience the Unconditional Love of God through Jesus Christ.

We express our gratitude to our Sunday School Diocesan President H.G Dr. Abraham Mar Seraphim for his continued support and wisdom in guiding us. We thank the Bodhini editorial team, all the Sunday Schools of Bangalore Zone for being an enthusiast in contributing to this newsletter. We positively seek more articles and talents showcased by our children and encourage the Sunday School Teachers to motivate and inspire the students as they always do.

Finally with prayers I conclude that each of us will be vigilant with prayer and fasting, which is much needed in this Digital Age!

"Blessed is the man who walks not in the counsel of the ungodly, nor stands in the way of the sinners, nor sits in the seat of the troublesome; But his will is in the law of the Lord, And in His law he meditates day and night" Psalm 1: 1-2

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

*With love,*

**Ajoy Kandathil Joseph**

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#### **Editorial Board –**

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Region 2 – Mrs.Sharon Rajesh, Mrs.Roshini K.K

Chief Editor : Mr.Biju Prasad

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