



# St. Thomas Malankara Orthodox Church Of India

124 North 5<sup>th</sup> Street Montebello, CA 90640 (323) 838 0353; <http://stthomasla.com> ; mailto: news@stthomasla.com  
Editor: Gigi Kurian Volume No.: 0502 Issue No.: 01 Edition: March - April 2005

## Vicar's Desk



By Rev. Fr. Yohannan Panicker

*LET GOD SEND ALL THE EASTER BLESSINGS TO EACH ONE OF US IN OUR CHURCH*

### Good Friday AND Annunciation to ST. Mary

This year both Good Friday and Annunciation of St. Mary is falling on one day on March 25th. According to the precious history of this event happened in early years, 1597, 1609, 1687, 1692, 1771, 1782, 1855, 1866, 1877, 1939, and the last one was on April 7th 1950. Further it is expected on 2016, 2157, 2168, 2214, 2225, 2236, etc.

## Special Topic

### Purity of Heart

Sometimes we get so caught up with our lives that we miss the gentle presence of god. Is God somewhere beyond the clouds, lost behind the stars? The truth is that God is so big and He's so much around us, that we've grown used to Him and lost our eyes to see him. The Bible says a pure heart is absolutely necessary in order to see God. "Blessed are the pure in heart, for they shall see God" (*Mathew 5:8*) "Who may ascend the hill of the lord? Who may stand in his holy place? He who has clean hands and a pure heart" (*Psalms 24:3*)

So what does it mean to have a pure heart? It means to live by the rule of god, to live a life that is pleasing to god. It is to live for the purpose of god, having a single-minded devotion to god.

(*Mathew 15:19-20*) says "For out of the

heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. These are what make a man unclean."

Is it not strange that we are careful to keep everything clean as seen by others and forget about the things only god can see. For example, we take so much care to dress suitably while coming to church, but we are not that bothered about bringing in an unclean, unrepentant heart before god. In (*1 Chronicles 28:9*) it is said that "Lord Searches ever heart and understands every motive behind the thoughts.

How can we keep our hearts pure? A pure heart is a gift from God and it comes by a new birth, a new creation and by the spirit living in. We in ourselves cannot attain a heart that is morally pure and fully devoted to god. Bible gives us clear instructions. *Psalms (119:9)* "How can a young man keep his way pure? By living according to your word." In order to do that first we should read and meditate on the word of god. *Psalms (119:11)* goes on to say that "I have hidden your word in my heart so that I may not sin against you."

Sometimes it is easy to repent our sins and ask forgiveness from god. But later on when the same situation arises, it is so difficult to walk according to his word. Repenting of something doesn't mean we will ever commit the sin again. It means we don't intend to do that again. So there might be situations we have to confess the same sin again and again. And god knows that, he forgives us every time we confess the sin and fully repent of it from our heart.

Let's humble ourselves before god and ask in faith for a clean heart.

(*Psalms 139:23-24*)

"Search me, O God, and know my heart; Test me and know my anxious thoughts.

See if there is any offensive way in me, And lead me in the way everlasting. Amen

**By Seema Geevarghese**

---

---

## What are the Benefits of Teenagers Observing Lent?

---

---

Most of our parents observe the 50-day lent during this time of year. I started observing the Great lent with my parents starting last year. What are the benefits of us teenagers observing Lent like the adults? Does observing Lent affect our bodies? From my experiences I have gotten many benefits, and because of that I am doing it again this year.

To answer the question of whether Lent affects our bodies I did some research and I found the perfect story, the story of Daniel in the Bible in the book of Daniel chapter 1. Nebuchadnezzar king of Babylon captured Jehoiakim king of Judah. King Nebuchadnezzar asked his chief officer, Ashpenaz, to bring a few of young, wealthy, handsome, and well educated Israelite men with nothing wrong with their bodies to his palace. Daniel and 3 of his companions were chosen to go to the King. And along with the other men they were given food from the Kings table. Daniel and his companions decided no to eat the food because it would make them unclean, so they asked Ashpenaz to give them only vegetables and water. Ashpenaz told Daniel and his companions that he was afraid that they would look different from all the other men who ate the royal food. Then Daniel and his companions told Ashpenaz to take a test and give them only vegetables and water for 10 days and at the end see whether they looked better than the men who ate the royal food. So Ashpenaz agreed and in 10 days it was Daniel and his companions who looked healthier. So this story proves that nothing bad will happen to our bodies if we observe Lent only good will.

From my experience of observing Lent I have gotten many benefits. Three of the main benefits I got were self-control, persistence, and will power. The Great Lent really pushes you to practice these 3 virtues. Once you observe Lent, daily activities that requires self-control or persistence are easier to do because of the benefits gained from this observance. Not only that, but observing Lent waxes your relationship with God stronger and makes you have spiritual peace

The benefits gained differ from person to

person, so to see what you can gain you must observe Lent. Since teenagers are the adults of tomorrow I truly believe that observing Lent is a great preparation for us for the future.

---

---

**By Sarah Mathew (8<sup>th</sup> Grade)**

---

---

---

---

## Trisagion

---

---

**“Holy art thou, O God!  
Holy art thou, Almighty,  
Holy art thou, Immortal,  
Crucified for us,  
Have mercy on us.”**

According to Mor Dianasious Bar Sleebi (10th century AD) three sets of angels came down at the time of burial of Christ. They sang, the first set 'Holy art thou god', the second, 'Holy are Thou mighty', and the third 'Holy art Thou immortal' and Joseph of Arimathea and Nicodemose inspired by the Holy Spirit burst forth 'Thou that was crucified for us have mercy on us'.

## Bible Trivia

1. HOW DID THE HOLY BOOK GET THE NAME "BIBLE"?
2. HOW MANY RIVERS AND MOUNTAIN QUOTED IN BIBLE?
3. THE GREATEST COMMANDMENT IN THE LAW? (IN TEN COMMANDMENT)
4. THE JESUS NEW COMMAND?
5. THE SAME MIRACLE IN ALL GOSPELS?

*Answers in next edition*

**By Lalu Kurian**

## Daily Bible Reading:

March 14<sup>th</sup> Monday before Hosanna: 1 Thessalonians 4: 1-12; Luke 18: 31-19:10

March 15<sup>th</sup> Tuesday before Hosanna: Romans 8: 12-27; Mark 10: 32-45

March 16<sup>th</sup> Wednesday before Hosanna: Galatians 5: 13-26; Mark 4: 35-41

March 17<sup>th</sup> Thursday before Hosanna: 2 Corinthians 6: 1-10; Mark 8: 22-27

March 18<sup>th</sup> Friday before Hosanna (40th Friday): Romans 13: 11 - 14: 9; Matthew 4: 1-11

March 19<sup>th</sup> Lazarus' Saturday - Forty Martyrs: Romans 8: 1 - 17; Mark 8: 34-38

**March 20<sup>th</sup>** Palm Sunday - (Boys' and Girl's Day): Romans 8 : 18 -27; John 12: 12-19

March 21<sup>st</sup> Monday of Holy Week: Romans 8 : 28-39; Matthew 23: 13- 39

March 22<sup>nd</sup> Tuesday of Holy Week.: Romans 9: 1-13; Matthew 22: 15-33

March 23<sup>rd</sup> Wednesday of Holy Week: Colossians 1: 9- 23, John 6: 63-7: 13

March 24<sup>th</sup> Maundy Thursday: 1 Corinthians 5: 1 -8 11: 23 - 34, Luke 22: 14-30

March 25<sup>th</sup> Good Friday - Annunciation to Virgin Mary:  
Hebrews 6: 13-7: 10, Luke 22: 66-71

March 26<sup>th</sup> Holy Saturday - Good News Saturday: Romans 6: 1-14, Matthew 27: 62 - 66

**March 27<sup>th</sup>** Sunday of the Resurrection of our Lord: 1 Corinthians 15: 1- 19, Matthew 28: 1-20

March 28<sup>th</sup> Resurrection Monday: Romans 6: 12-23, John 2: 18-25

March 29<sup>th</sup> Resurrection Tuesday: Ephesians 6: 10-20, Mark 8: 11-21

March 30<sup>th</sup> Resurrection Wednesday: Hebrews 3: 1-13, Mark 8: 27-33

March 31<sup>st</sup> Resurrection Thursday: Hebrews 11: 3-6, Matthew 16: 13-27

April 1<sup>st</sup> Resurrection Friday: Hebrews 11: 32-40, Mark 9: 9-13

April 2<sup>nd</sup> Resurrection Saturday: Philippians 2: 1-11, Matthew 22: 23-33

**April 3<sup>rd</sup>** New Sunday - The Sunday of the Youth: 2 Timothy 2:1 - 13, John 20: 19-31

April 4<sup>th</sup> 2 Timothy 2:14-19; Mark 9:14-29

April 5<sup>th</sup> 2 Timothy 2:20-26; Mark 9:33-49

April 6<sup>th</sup> 2 Timothy 3:1-9; Mark 10:1-12

April 7<sup>th</sup> 2 Timothy 3:10-17; Mark 10:13-31

April 8<sup>th</sup> 2 Timothy 3:1-9; Mark 10:32-45

April 9<sup>th</sup> 2 Timothy 4:1-8; Mark 10:46-52

**April 10<sup>th</sup>** First Sunday after New Sunday: Ephesians 6: 10-20, St. John 21: 1 - 14

April 11<sup>th</sup> 2 Timothy 4:9-15; Matthew 17: 14-21

April 12<sup>th</sup> 2 Timothy 4:16-22; Matthew 18:1-9

April 13<sup>th</sup> Titus 1:1-9; Matthew 18:10-14

April 14<sup>th</sup> Titus 1:10-15; Matthew 18:15-20

April 15<sup>th</sup> Titus 3:1-8; Matthew 18:21-35

April 16<sup>th</sup> Titus 1:9-15; Matthew 19:1-12

**April 17<sup>th</sup>** Second Sunday after New Sunday  
Hebrews 3: 1-13, John 21: 15 -19



## Schedules

### Sunday Service:

Namaskaram	: 9.00 am – 9.45 am
Holy Qurbana	: 9.45 am onwards
English	: 1 <sup>st</sup> & 2 <sup>nd</sup> Sunday
Malayalam	: 3 <sup>rd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Sunday

### Sunday School:

Every Sunday After the Church:

**3/20 & 3/27/05:** Easter Break (No Class)

**4/9/05 (Sat):** LA Clipper Basketball Game  
(Vs San Antonio Spurs)

**4/30/05 (Sat):** OVBS Conference / Workshop  
(Western Region)

### Church Events:



HG Zachariah Mor Nicholovos will be visiting our parish during the Passion week. His Grace will be the chief celebrant for the Passion Week Services at our church.

Passion week schedule is available at church. For copies, Please contact Sectary.



## Prayer Corner

### Prayer Group Meeting:

Marthamariam Samajam, one day retreat will be held on **March 19<sup>th</sup>** at Church between **9.00 AM and 12.30 PM**. HG Zachariah Mor Nicholovos will be chief speaker.

Prayer meeting will be held at the residence of Mrs. Aleyamma Mathew on Saturday **March 19<sup>th</sup> at 6.00 PM**. HG Zachariah Mor Nicholovos will lead the prayer meeting.

**Have any Questions?**

**OR**

**Your Comments may be directed  
Editorial Board**

Rev. Fr. Yohannan Panicker  
Mr. Gigi Kurian, Mr. Mathew Varughese  
And Mr. John P. Varughese