

*For Private Circulation*

## **THE DELHI ORTHODOX CHURCH VOICE**

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Vol. 51. No.: 10

October 2015

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**The Organ of  
St. MARY'S ORTHODOX CATHEDRAL**

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### **Thought for the Month**

"I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship." Romans 12: 1.

### **Service Timings**

Every day	6.30 p.m. – 07.15 p.m.	Evening Prayer
All Saturdays	5.30 p.m. – 06.30 p.m.	Confession
	6.30 p.m. – 07.30 p.m.	Sunday Evening Prayer
All Sundays	6.15 a.m. – 07.00 a.m.	Morning Prayer
	7.00 a.m. – 08.30 a.m.	First Holy Qurbana
	8.30 a.m. – 09.00 a.m.	Morning Prayer
	9.00 a.m. – 10.30 a.m.	Second Holy Qurbana
All Tuesdays	6.30 p.m. – 07.30 p.m.	Evening Prayer and Intercession to St. Mary
1st & 3rd	7.30 a.m. – 08.30 a.m.	Morning Prayer
Sundays	8.30 a.m. – 10.00 a.m.	Holy Qurbana at St. George Chapel Aya Nagar

## Meetings of Spiritual Organisations

1. Sunday School	All Sundays	9.00 a.m.
2. Youth League	All Saturdays	7.30 p.m.
3. M.G.O.C.S.M.	All Sundays	9.00 a.m.
4. Marth Mariam Samajam	All Sundays	9.00 a.m.
5. Area Prayer Meetings	Venue & Time, as decided by each group	

## Church Calendar

- October 1 - Memory of Mar Adai, Mar Abahai Mar Malke  
3 - Late Mar Baselios Yeldo, Kothamangalam  
4 - 3<sup>rd</sup> Sunday after Sleeba Perunal  
Vaideeka Seminary Day  
7 - Feast of St. Sargis and St. Bakos  
11 - 4<sup>th</sup> Sunday after Sleeba Perunal  
12 - Late Philipose Mar Dionysius, Cheppadu  
Late Youhanon Mar Athanasios, Perunad.  
18 - 5<sup>th</sup> Sunday after Sleeba Perunal  
Memory of St. Luke, The Evangelist  
22 - Memory of Mar Sakralla, Kandanadu  
23 - St. James, Son of Alphaï  
25 - 6<sup>th</sup> Sunday after Sleeba Perunal

## Vicar's Message

Dearly beloved

Let us beseech the Lord for blessing us abundantly. In this bulletin, I would like to deliberate a familiar concept on the question: what is good/bad? While reality is universal, each one of us forms a different impression of it based on our psychological development and understanding. In the process, we forget that what we believe as our impressions are generally split into polar categories of good and bad. Thus, we see that certain aspects of reality, the material world and humanity, as positive and rest as negative. Interestingly, the categorization of reality in to good and bad is fluid. What is positive to one person is negative for another.

Two people working with the same boss can have a completely different perception – one may think that the boss is encouraging and supportive,

while the other may find him harsh and discouraging. It is rightly said in the gospel that no servant can serve two masters at a time. Also, for the same individual, what is negative at one point can turn into something positive later. A teenager who hates his parents for telling him to focus on studies may feel a sense of gratitude towards them later in life.

What we think is good or bad, to what extent is it real or imagined? What gratifies and supports our point of view is seen as good and what frustrates us gets labeled as bad. Consequently, we embrace and attribute an exaggerated goodness to one aspect while ridiculing other attributes. The idealized version of any aspect is nothing but a false veneration that refuses to take a critical look at both self and object. Extreme idealizations and exaggerations may be disconnected from reality. We also tend to hate and create an excessively devalued version of the other aspect, the counterpart of what we identify with.

Our mind is inherently programmed to split reality into good and bad. Fear and narcissism are responsible for this splitting. We are scared to encounter pain and wish to restrict ourselves to pleasure. Anything that fulfills our desires becomes good and the rest is considered bad. Secondly, we want people to admire us and fuel our self-love. Hence, anything that makes us feel good about ourselves is exalted and the rest is discarded.

The tendency to split impressions into good and bad becomes the root cause of individual, interpersonal, social, cultural and political problems. When we categorize a person, a group, a community, an ideology, a political party or a nation as bad, we are filled with rage. We refuse to understand or engage with it. We give up the hope that the negative can also have a positive side. All we want is that the negative entity should either adopt our perspective or get destroyed. This paradoxically forms a vicious cycle of hatred and destruction.

In order to liberate, we need to repeatedly remind ourselves that the impressions we form are tentative. Rather than accepting our negative feelings towards other as real, we need to put it through rigorous questioning. As a priest, I have often found that the ability to understand, accept and celebrate difference needs to be cultivated. Anything that is different from your perspective can also be interesting, genuine and wonderful. If this simple practice can be internalized through prayer and meditation, everyone can enjoy the bliss in life.

May God bless you.

Yours in His Service  
**Shaji Achen**

## News

**Catholicos of the East and Malankara Metropolitan :** H.H. The Catholicos and Malankara Metropolitan Baselios Mar Thoma Paulose II will be in our Cathedral on 9 and 10 October. His Holiness is arriving Delhi on October 9. All our members are requested to be present for the evening prayers on Friday, 9 October at 6.30 p.m. It is a privilege and matter of joy for the Cathedral and all members for such an opportunity to welcome the Supreme Head of our church.

**Rev. Fr. Sam V Gabriel:** The consecration Ceremony of Rev. Fr. Sam V Gabriel as Cor Episcopos is scheduled to be held on Saturday October 10, 2015 at our cathedral. Catholicos H.H. Baselios Mar Thoma Paulose II and our Diocesan Metropolitan H.G. Dr. Youhanon Mar Demetrios will lead the Holy Service starting at 6.45 a.m. All our members are requested to extend their cooperation and support to make this event a grand success.

**Catholicate Day Collection:** Catholicate Day collection from all the parishes in our diocese will be received by H.G. Dr. Youhanon Mar Chrisostomos, Metropolitan of Niranam Dioces on Tuesday 6 October in our Cathedral at 10.00 a.m.

**MGOCMSM:** The annual cultural competition OLIVE 2015 was held at St. Paul's School on Sunday September 13, 2015. Congratulations and thanks to all who have contributed for making this a grand event.

The Diocesan Annual Conference LOGOS will be held at St. Thomas School Indirapuram on 23 and 24 October 2015.

**Youth Movement:** The Diocesan One Day Conference of the Youth Movement will be held at St. Mary's Orthodox Church, Faridabad on 4 October. Those who wish participate may register their names with youth league secretary.

In the Diocesan Youth Movement General Assembly held at our Cathedral on 20 October the following were elected from our cathedral:

Secretary : Mr. Samuel George

Treasurer : Mr. Anil V. John

Central Committee Members : Mr. Varghese Abraham T  
Ms. Shyla Sotter

Diocesan Committee Members : Mr. Thomas P.T., Ms. Jincy George  
Mr. Joji Ninan

OCMF Coordinator : Mr. Jiju P. Joy

DOCIB Editor : Mr. Alex Mathew A

Congratulations.

**Marth Mariam Samajam:** Annual examinations will be held on Sunday 18 October in our Cathedral.

**Sunday school:** Diocesan level Teachers' Conference will be held at St. Stephen's Church, Dilshad Garden on October 2. Junior Students camp will be held on 23 and 24 October at St. Paul's School.

**Vaideeka Seminary Day:** The Vaideeka Seminary Day falls on Sunday, 4 October. This day we dedicate and pray for the Seminaries of our Church. Kindly contribute for the seminary activities through the cover collection.

**Youth Week & Onam:** Valedictory function of Youth Week programs and Onam celebrations for the year 2015 was held on 6 September at St. Paul's School. Shri Venu Rajamaony IFS inaugurated the programme. Various cultural programs and melodrama were organized. A grand traditional Ona Sadhya served to all. Thanks to one and all who have contributed to make this function a grant success.

**House visiting:** The area-wise house visiting by parish priests have been started. All our members' houses will be visited by our priests and we request all our parishioners to be present during the visit and also make the arrangements for the house blessings if you desire so during this visit. House visiting timings will be intimated by the area committee members/prayer group secretaries of the respective area.

### Prayer Meetings

- |         |   |        |   |
|---------|---|--------|---|
| October | 4 | Sunday | 1. Mount Horeb Prayer Group at 4.30 p.m.<br>Mr. Thankachan Thomas<br>E-12/1A, Hauz Rani. (M) 9818459218                       |
|         |   |        | 2. St. Mark Prayer Group at 6 p.m.<br>Mrs. Aleyamma Jacob<br>K-19H, Sheikh Sarai-II. (M) 9810483419                           |
|         |   |        | 3. St. Luke Prayer Group at 7.30 p.m.<br>Mr. Mathew T. Chandy<br>K-34E, Saket. (M) 9871426971                                 |
|         |   |        | 4. St. James Prayer Group at 4.30 p.m.<br>Mr. Yohannan PK.<br>B-101/7, Sree Ganesha Apts., Sector-7<br>Dwarka. (M) 9871524359 |
|         |   |        | 5. Mar Dionysius Prayer Group at 6 p.m.   |
|         |   |        | 6. Mar Bursauma Prayer Group at 7.30 p.m.<br>Mr. Achankunju K.K., 62F, Humayunpur,<br>S.J. Enclave. (M) 9810774713            |

- 05 Monday : St. Mary's Prayer Group at 6.00 p.m.  
AIIMS - Nurses Hostel
- 11 Sunday : 1. Mar Kuriakose Prayer Group at 4.30 p.m.  
Mr. V.O. Rajan, Qtr. No. 614, Type IV  
Laxmibai Nagar. (M) 9868877003
2. St. Mary's Prayer Group at 6.00 p.m.  
Mrs. Lilly Kurian  
Flat No. 309, Tara Apartment-I  
Khanpur. (M) 9810026762
3. St. Ignatius Prayer Group at 7.30 p.m.  
Mr. Philip K.C., Qtr. No. 202, Block-6  
Nurses Resi. Complex, Srinivaspuri.
4. Mount Tabore Prayer Group at 4.30 p.m.  
Mr. Raju John, Flat No. 105  
Ashiana Apts., Ward No. 4, Mehrauli  
(M) 9811534258
5. St. Gregorios Prayer Group at 6.00 p.m.
6. St. George Prayer Group at 7.30 p.m.  
Mr. Paulose V.J., D-58, Phase IV  
Aya Nagar. (M) 9810276951
- 12 Monday : St. Mary's Prayer Group at 6.00 p.m.  
AIIMS - Nurses Hostel
- 16 Friday Mount Hermon Prayer Group at 7.30 p.m.  
Mr. Abraham P.K., 7/1, Rajpur Khurd Extn.  
(M) 9873025973
- 18 Sunday : 1. St. John's Prayer Group at 4.30 p.m.  
Mr. Samuel Thomas  
C-23, Mirdard Lane, Delhi Gate
2. St. Thomas Prayer Group at 6.00 p.m.  
Mr. Cherian K.A., 202-A, LIG DDA Flats  
Motia Khan. (M) 8882777093
3. St. Paul's Prayer Group at 7.30 p.m.  
Mr. Thomas Paul, Qtr. No. C-2/19  
Lodhi Colony. (M) 9873928422
4. St. Athanasios Prayer Group at 4.30 p.m.  
Mr. John Peter John, 95-A, UGF  
Savitri Nagar. (M) 9818335706
5. Mar Dionysius Prayer Group at 6.00 p.m.  
Mr. Raju A.S., Qtr. No. 853, Sector-VIII  
R.K. Puram. (M) 9811344087

6. St. Peter's Prayer Group at 7.30 p.m.  
Mr. Babu M.T., Qtr. No. 143, Type-III  
Ayur Vigyan Nagar. (M) 9560597185
- 19 Monday : St. Mary's Prayer Group at 6.00 p.m.  
AIIMS - Nurses Hostel
- 27 Sunday : 1. Mount Tabore Prayer Group at 4.30 p.m.  
Mr. Prasad Abraham  
A7, Park View Apts., Ward-1, Mehrauli
2. St. Andrews Prayer Group at 6.00 p.m.  
Mr. Georgie Pathrose  
B-7/5163, Vasant Kunj. (M) 9871094105
3. St. George Prayer Group at 7.30 p.m.  
Mr. P.M. John, A-1/48, Phase-V  
Aya Nagar. (M) 9810460791
4. Mount Sinai Prayer Group at 4.30 p.m.  
Mr. Rajan K.G.  
A-59, Ramprastha, Chandra Nagar
5. St. Mathew's Prayer Group at 6.00 p.m.  
Mr. Thomas Viju, 93-A, Countrywide Apts.,  
Gautam Nagar. (M) 9868957811
6. Mar Philoxenos Prayer Group at 7.30 p.m.  
Mr. George Varghese, C-7/141, SDA  
Hauz Khas. (M) 9958301939
- 26 Monday : 1. St. Stephen's Prayer Group at 5.00 p.m.  
St. Stephen's Hospital Chapel  
Holy Qurbana
2. St. Mary's Prayer Group at 6.00 p.m.  
AIIMS - Nurses Hostel

### **Obituary**

**Master Aaron Chacko (6)** son of Mrs. & Mr. Ajay Chacko (Grandson of Mrs. & Dr. K.M. Chacko) resident of C-1/1027 Vasant Kunj, New Delhi left for his heavenly abode on 28 September 2015. The funeral service and condolence were held on 30 September 2015. May his soul rest in peace! We extend our prayerful condolences to the bereaved family.

## Prayer

O God, may we today and always live in Your peace. May we, each day, come to know your love ever more deeply, your love, which is the path to peace, a peace that surpasses anything that the world can give. May we see you in every person we meet today, and may your love pour forth upon them, your precious children, so that they might come to know your peace.

Fill our hearts with Your love, O God. Yours is the love that is true. Yours is the love that fills our hearts and radiates to all the world. And so, as we are filled with Your love, O God, may we radiate your peace to all the world.

Amen

### **Vicar**

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