The Organ of  
St. MARY’SORTHODOX CATHEDRAL  
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Thought for the Month  
“The Lord is with you when you are with him. If you seek him, he will be found by you, but if you for sake him, he will for sake you.”  
2 Chronicles 15:2

Service Timings

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>Every day</td>
<td>06.30 p.m. - 07.15 p.m.</td>
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<tr>
<td>All Saturdays</td>
<td>05.30 p.m. - 06.30 p.m.</td>
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<td>06.30 p.m. - 07.30 p.m.</td>
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<td>All Sundays</td>
<td>06.45 a.m. - 07.30 a.m.</td>
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<td>07.30 a.m. - 09.00 a.m.</td>
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<td>09.15 a.m. - 09.45 a.m.</td>
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<td>09.45 a.m. - 11.15 a.m.</td>
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<td>Third Sunday</td>
<td>First Holy Qurbana English</td>
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<td>All Tuesdays</td>
<td>06.30 p.m. - 07.30 p.m.</td>
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<tr>
<td>1st &amp; 3rd Sundays</td>
<td>07.30 a.m. - 08.30 a.m.</td>
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<td>Sundays</td>
<td>08.30 a.m. - 10.00 a.m.</td>
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Meetings of Spiritual Organisations

1. Sunday School  All Sundays  9:30 a.m.
2. Youth League  All Saturdays  7:30 p.m.
3. M.G.O.C.S.M.  All Sundays  9:30 a.m.
4. Marth Mariam Samajam  All Sundays  9:30 a.m.
5. Area Prayer  Meetings Venue & Time, as decided by each group

Church Calendar

March

01  Second Sunday of Lent (Garbo – Leper)
02  Memorial of Konatttu Abraham Malpan, Pampakuda
08  Third Sunday of Lent Sunday of Cana (Mshario – Paralytic)
09  40 Martyrs of Sebaste, Ambattu Geevarghese Mar Coorilos, Angamali
15  Fourth Sunday of Lent (Knanaitho - cananite woman)
17  Memory of H G Paulose Mar Severios, Kunnamkulam
18  Middle of Lent, Memorial of Paulose Mar Severios, Arathat, Kunnamkulam
19  Memorial of Sleeba Mar Osthathios Metropolitan, Kunnamkulam
22  Fifth Sunday of Lent (Kipiptho – Crippled woman), Memorial of Geevarghese Mar Julios, Pampakuda
25  Annunciation to the Mother of God (St. Mary), Memorial of Mar Thoma IV, Kandanad
29  Sixth Sunday of Lent (Samiyo – Blind Man) & Catholicate Day

Bible Reading

March

01 Second Sunday of Lent (Garbo – Leper)
   Genesis 7: 6 – 24  2 Kings 5: 1 – 14  Isaiah 33: 2 – 9
08 Third Sunday of Lent (M'Shario – Paralytic)
   Exodus 4: 10– 17  2 Kings 20: 1 – 11  Isaiah 5: 20– 25
   Acts. 5: 12 – 16  Romans 5: 1 – 11  St. Mark 2: 1 – 12
15 Fourth Sunday of Lent (Knanaitho – Cananite women)
   Numbers 17: 1 – 8  1 Samuel 7: 10 – 17  Isaiah 56: 1 – 7
18 Middle of Lent (Pakuthinombu)
   Numbers 21: 4 – 9  Psalms 34: 1 – 10  Zechariah 12: 6 – 14
Dearly beloved
Once again we are progressing through the period of Great Lent, which is a pilgrimage for the believers. This period is considered as the period of struggle. Often, these struggles are confused as a period of physical torments. Even though we undergo certain physical hardship while according with the observance and practices, our aim is purely spiritual.

There is always a conflict between the desire to abide by the moral rectitude and the temptation to fall for the bait of sin. As St. Paul mentions in the letter to Romans “For in my inner being I delight in God's law; but I see another law at work in me, waging war against the law of my mind and making me a prisoner of the law of sin at work within me.” (7:22-23). Lent sets down the way to conquer the sins that we have committed in our life. Let us approach it with endurance and take refuge in it.

In our prayers of Lent, we meditate, to give us strength to overcome all the temptations. Particularly to win over the three struggles as mirrored through Eve. In the book of Genesis, the portion where sin enters to humankind, Eve is mentioned to have committed sin in three ways. As Adam and Eve proceeded in the Garden of Eden according to the commandment of God, the devil enticed them in a cunning manner. Satan presented a distorted view of God’s command and weakened Eve’s resistance against committing sins. “When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.” (Genesis 3:6)

We live in a world where differentiating good from evil is not easy. Evil and carnal addictions are attractively manifested to convince us. In his first epistle, John the Apostle summarizes the basic sinful nature of human life. “For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.” (1 John 2: 16-17). Our Lord, who came to save us from sin, had to fight these three temptations to take away the thorns of sin which is depicted in the
Gospels of St. Mathews and St. Luke (Ch. 4). He has shown us the way of living our life by fighting and defeating them.

1. Satan tempted Lord Jesus by asking him to contempt his hunger by transforming the stones to bread, if he is the Son of God. Lord Jesus responded, “Man does not live on bread alone but on every word that comes from the mouth of the Lord.” (Deut. 8:3)

2. Secondly, Satan tempted Lord Jesus by demanding him to throw himself down from the summit of a city and corroborated it with the help of scriptures. Lord Jesus answered “ Do not put the Lord your God to the test ” (Deut. 6:16)

3. Lastly Satan gave a visual treat of worldly splendors and agreed to present it to him provided he bowed down to him. Lord Jesus replied, “Worship the Lord your God and serve him only.” (Deut. 6:13)

The lust of the flesh, the lust of the eyes, and the pride of life appeared in his life in one way or another. But he overpowered them by the power of fasting and Scriptures.

We can recognize that it is the carnal love that motivates us to transform stone into bread during our needs and hardships. Let this practice of fasting help us to conquer all the struggles in our lives.

May this great lent motivate us closer to the Almighty and become partakers in his passion, death and resurrection.

May God bless you all!

Yours in His Service.

Aju Achen.

News

Aravali St. Dionysius Church Perunnal: His Grace Dr. Youhanon Mar Demetrios, our diocesan metropolitan was the Chief Celebrant of this year’s Perunnal held on February 22 and 23.

The Great Lent: The Great Lent (Valiya Nombu) is the most important lent in the Church’s calendar. We have set apart this time to get closer to God through prayer and meditation. It is a time to overcome the temptations of life by practicing fasting. Moses and Elijah, Daniel and David observed fasting. So did Our Lord who knew no sin! He fasted and prayed for forty days in the desert to show us how to overcome the temptations of evil. Though Lord Jesus Christ, the son of God in his human status observed lent and fasting we must think how far it requires for us the sinners in the world. All are requested to observe the Great Lent in true spirit of prayer and purity.

Holy Confession: It is obligatory to do confession and receive Holy Qurbana in this Lenten season prior we enter to the Passion Week. There will be confession in the church from 4 p.m. to 6.30 p.m. followed by evening prayer on all days.
Special Prayer Meetings: During the Great Lent special prayer meetings will be organized in area wise and the details of the same will be published in the church. All our members are requested to make it convenient to attend these prayer meetings.

Memory of Late Fr. V. C. George: Late Fr. V. C. George’s death anniversary falls on 5 March. Special prayers and incense will be offered at Prithviraj Road Cemetery on 5th March at 8.30 a.m. Kindly make it convenient to attend.

Mid-Day of Great Lent: Wednesday the 18 March is the Mid-Day of the Great Lent and special service of installing the Golgotha in the church will be held during the Holy Qurbana on Tuesday 17 March as per the following timings.

   Evening Prayer 6.30 p.m. followed by Holy Qurbana

Feast of Annunciation: Annunciation to St. Mary, the Mother of God is the most important feast in the Church calendar which falls on Monday 25 March. We give prominent place to St. Mary in our faith, theology and order of worship, as she is the one chosen by God to fulfil His divine purpose in this world. Holy Qurbana will be celebrated on Tuesday, March 24.

   Evening Prayer 6.30 p.m. followed by Holy Qurbana

Catholicate Day: The 36th day of Lent is being celebrated as our Church Day (Catholicate Day) which falls on Sunday 29 March. On this day we pray for the Church, its spiritual fathers and its entire activities. We must dedicate ourselves to work for the overall development of the Church. Every year, we contribute one day’s income of each family to the Catholicate Day fund, which is used for the spiritual activities of the Church. Please contribute generously.

Church Bible Quiz 2020: A quiz competition is being organized on Catholicate Day at our School auditorium. All prayer groups are requested to participate the same.

Passion Week: For this year’s Passion Week metropolitan of UK Europe and Africa Diocese His Grace Dr. Mathews Mar Thimothios Metropolitan will be the Chief Celebrant. A detailed program of the Passion Week will be published.

Youth League: Sunday 01 March is Leprosy Day of our Church (Garbo – Leper) and it’s a chance for all of us to stand with our brothers and sisters who are affected by leprosy. We request all of you to contribute to our Youth League’s charity activities and join with them to visit leprosy homes. You are joining a group of caring, compassionate folks who make the commitment to give on a consistent basis to save people suffering from leprosy. Your donations are vital in helping us to continue our work to help the children, women and men affected by neglected diseases like leprosy.
There are so many different ways you can donate, whether it's through a regular gift each month or on your special days such as on anniversaries donate for one-day food at least.

**Youth Fest 2020:** Mr. Tiju Thomas won the second prize in solo song competition held in Youth Fest 2020. Congratulations!

**Sunday School:** Anna Sam got first position in Class X Board Exam. Basil Aju Abraham got the second position and Aaina Ranil, Sayan Sam and Sharon Varghese got third positions. Arun Saji got the first position in Class XII Board examination and Basil Sajan Varghese and Nitish G Saji got the second position and Jenit A John got the third position. Our unit got the first position in the diocesan level competitive examinations. Congratulations!

**Marth Mariam Samajam:** Marth Mariam Samajam Akhila Malankara Leadership Conference hosted by our diocese has been conducted on February 11, 12 and 13 at St. Thomas Nagar, Lucknow. Eleven members from our parish participated in the conference. His Grace Yuhanon Mar Policarpos, His Grace Dr. Youhanon Mar Demetrios, Dr. Roshan Jacob IAS, Sh. M. S. Varghese, Mr. Santosh Joy, Prof. Mary Mathew, Rev. Fr. John Samuel and Rev. Fr. Aju Abraham led the conference.

**Choir practice:** There will be choir practices on all Saturdays at 5.30 p.m. in our parish starting from March 17. Those who wish to participate may please come to the church on time.

**Year ending:** As we are nearing to the financial year ending, all are requested to clear the contributions/dues towards the church. If any change in address and phone numbers are to be intimated for updating the records.

### Prayer Meeting

**March**

**01 Sunday**

1. Mount Horeb Prayer Group at 4:30 p.m. Mr. Thankachen Thomas E–12/1 A, Hauz Rani

2. St. Mark Prayer Group at 6:00 p.m. Mr. Simon Varghese K-29 F, Sheikh Sarai Phase - II

3. St. Luke Prayer Group at 7:30 p.m. Mr. Saji Kochummen 29/922, First Floor, DDA Flats, Madangir

4. St. James Prayer Group at 4:30 p.m. Mr. Varghese Cherian RZ D1/51 A, 2nd Floor Gali No. 6, Mahavir Enclave
5. St. Gregorios Prayer Group at 6: 00 p.m.  Mr. Zachariah K Varghese
60-DDA Flats,
Lado Sarai.

02. Monday
St. Mary's Prayer Group at 6.00 p.m.  Nurses Hostel AIIMS

8 Sunday
1. St. Mary's Prayer Group at 6: 00 p.m.  Mr. James George
20/167, DDA Flats,
Dakshinpuri.

2. St. Ignatius Prayer Group at 7: 30 p.m.  Mr. Jiji Varghese
Qtr. No: 3, Block No – 8
Nurses Resi. Complex, Srinivasapuri

3. Mount Tabor Prayer Group at 4: 30 p.m.  Mr. John K S
Flat No. B-1, Vidya Apts.
Ward No. 4, Mehrauli

3. Mount Hermon Prayer Group at 6: 00 p.m.  Mr. Mathew P K
7/11, Rajpur Khurd Extn.
Chattarpur.

5. St. George Prayer Group at 7: 30 p.m.  Mr. Samkutty P M
A-1/60, Phase – V,
Aya Nagar

09 Monday
St. Mary's Prayer Group at 6.00 p.m.  Nurses Hostel, AIIMS.

15 Sunday
1. St. Thomas Prayer Group at 6: 00 p.m.
2. St. Paul's & Mar Kuriakose Prayer Group at 7: 30 p.m.  Mr. Jacob Mathew
C-2, MCD Flats, B-Block,
Defence Colony.

3. St. Athanasius Prayer Group at 4: 30 p.m.
4. Mar Dionysius & Mar Bursauma Prayer Group at 6: 00 p.m.
5. St. Peter's Prayer Group at 7:30 p.m.  Mr. Varghese KV
Qtr. No. 389, Type – III,
Ayur Vigyan Nagar.
Prayer

Lord our God, light of the world and light of our human life, we thank you for sending your Word into our hearts. Your Word works within us and allows us to rejoice. Even if we often experience hard and bitter times here on earth, we can rejoice already, as the world shall rejoice when your will and your Word are fulfilled. Protect us, and keep us pure and free in spirit, that we may be your servants, that we may sometimes be allowed to say a little word in harmony with the great, powerful Word which you have sent into the world. Lord our God, protect us in your Spirit. Strengthen our hearts especially when we often have to bear suffering, that we may be steadfast in hope and may again and again experience a day of salvation. Protect us in every way. Accept our praise and thanks, and let our hearts rejoice in what you have already done for us. We want to discern your ways more and more so that we may please you as your servants.

Amen.

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