

THE DELHI ORTHODOX CHURCH VOICE

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September 2017

The organ of St. MARY'S ORTHODOX CATHEDRAL

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Thought for the Month

"For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope."

Jeremiah 29:11

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
	8.45 a.m. - 09.15 a.m.	Morning Prayer
	9.15 a.m. - 10.30 a.m.	Second Holy Qurbana
Third Sunday	Frist Holy Qurbana in English	
All Tuesdays	6.30 p.m. - 07.30 p.m.	Evening Prayer and Intercession to St. Mary
1st & 3rd Sundays	7.30 a.m. - 08.30 a.m.	Morning Prayer
	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

1. Eight days Lent Begins
2. Late Youyakim Mar Coorilos, Mulanthuruthy
3. Third Sunday after Shoonoyo
8. Feast of the Birth of St. Mary, the Mother of God.
9. Feast of Yuyakim and Hanna
10. Fourth Sunday after Shoonoyo
14. Feast of the Holy Cross (SleebaPerunal)
15. 105th Anniversary of the Establishment of Catholicate in Malankara
17. First Sunday after Feast of Holy Cross
23. Late Alwaris Mar Julios, Panchim, Goa
24. Second Sunday after the SleebaPerunal
28. Memory of Late H G Philipose Mar Theophilos, Aluva.

Bible Reading - September

03.09.2017

Sunday Third Sunday After Assumption

Exodus 24:12-17, 1 Samuel 03: 16-21, Ezekiel 18: 21-24
James 05: 01-06, 2 Corinthians 10: 01-07, St. Matthew
17: 22 -27

10.09.2017

Sunday Fourth Sunday After Assumption

Exodus 03: 01-02, 11-14, Job 01: 01-05, Isaiah 01: 16-20
1 Peter 02: 01-05, 1 Corinthians 03: 16-23, St. Matthew
05: 38-48

14.09.2017

Thursday Feast of Holy Cross (SleebaPerunal)

Genesis 48: 13-20, Numbers 21: 04-09, Joshua 10: 12-15
1 Samuel 17: 37-53, Daniel 07: 21-28, Isaiah 65: 01-07
Acts. 13: 26-39, Galatians 02: 17- 03: 14, St.Luke21:05-28

17.09.2017

Sunday First Sunday After Feast of Holy Cross

Genesis 42: 01-08, Hosea 05: 01-05, Daniel 04: 04-09

Isaiah 57: 14-20, Acts. 03: 21-26-1 Corinthians 02: 10-16

St. Mark 13: 30-37

24.09.2017

Sunday Second Sunday After Feast of Holy Cross

Genesis 42: 09-17, 1 King 03: 05- 09, Daniel 04: 04-09

Isaiah 48: 12-16, Acts. 05: 17-32,

1 Corinthians 02: 14-03:09, St. Matthew 16: 05-12

Vicar's Message

Dearly beloved

The month of September, we commemorate the birth of St. Mary, the mother of God. During the lent we should imbibe the qualities of St. Mary in true sense and spirit. May the intercession of St. Mary be a strong fort for us. In this bulletin I would like to deliberate on the topic, how can we differentiate between self-respect and Ego.

Self-respect is conducive to a wholesome life. The key to it being useful in the real sense lies in one's prudence in exercising it. In the right proportion, self-respect is good. But excessive and unjustified respect loses its sublimity and positivity. It becomes insidious and mutates in to the negative, pernicious force called ego.

Ego is the big, ugly sense of 'I' and 'mine' that leads to unnecessary complexities in life. It is inordinate self-obsession, narcissism, bigotry, rigidity and vanity to the point of being a pain for self and others. An unbridled ego can cripple one's development in all facets of life. It can obscure one's inherent virtues, eclipse one's rationality and dwarf one's personal growth. By and large, an egoist will be lacking in reason, sensitivity, clarity of thought, confidence, courage, transparency in speech and conduct and above all, a clear conscience. The sole aim of his life becomes the gratification of his sense of 'I' and 'Mine'.

To prove this point, an egoist may go to any length – however unethical or inimical to others. He is blind to reason. Deep down, he is weighted down by misery and discontent and is starved of happiness. Hence one needs to keep one's ego well in check and be wise in practicing self-respect.

There is a thin line between self-respect and ego. When we stand firmly for a just cause involving us, it is self-respect and when not for a just cause, it is ego. The following illustrates this subtle difference: an old couple, in dire need of money, may refuse the grudging financial help from their apathetic children. The refusal is rightly inspired by self-respect. Another old couple, also in financial crunch, but blessed with loving, caring children, may still refuse the financial aid from their devoted children. Now this refusal is unjustified and simply the corollary of ego.

There are many factors contributing to the growth of ego like insecurity, inability to face life's challenges and high aspirations not in sync with one's capabilities. Self-justification is

a major contributor to ego development. We keep justifying our wrongs under the façade of safe guarding our self-respect, when in reality it is the undeterred havoc of the ego. This can be highly injurious to our personalities, behavior and relationships.

Conversely, self-respect is a propelling, uplifting force. A meek, unassuming and well behaved employee, when persecuted unjustly by his boss, may depict unprecedented courage and tenacity in his retaliation. This unexpected show of mettle is driven by self-respect. Hence, self-respect is a pre-requisite to a qualitative life. It is synonymous with self-love. It bolsters our innate instinct of self-preservation.

Transcending ego is a Herculean task. All the same, we need to work at it continuously. Sublimating the ego also helps mitigate it. When we live a virtuous life of profound awareness, we become deeply connected to ourselves. In such a state, we start becoming aware of our frailties. We start observing the ego in ourselves, thereby beginning to beyond it.

Ego can be a major blockade in one's advancement on the spiritual path and in receiving Divine grace. The extent of its harm can be gauged from the saying of a great philosopher, "The water of God's grace cannot collect on the high mound of egoism. It runs down".

May through the intercession of St. Mary, let us have a self-evaluation and self-realization to differentiate between self-respect and ego. With self-respect we can surrender ourselves for the glorification of Thy Name.

May God bless you.

Yours in His Service,
Shaji Achen.

News

Church Perunal& Devotional Programme: The Assumption Feast of St. Mary had been celebrated as our Church Perunal from 1st to 15th August. We are thankful to **His Grace Dr. Zacharias Mar Aprem** the Metropolitan of Adoor-Kadambanadu Diocese for his presence and leading the perunal services. We are also thankful to Rev. Fr. Robins Daniel and Rev. Fr. Lani Chacko for their devotional addresses and all the priests present for the Raasa and Perunal services.

Youth Week & Onam Celebration: Youth Week valedictory function of the Youth League will be held on Sunday 10 September from 10.00 a.m. onwards at St. Paul's school. **Shri George Kurien**, Vice Chairman, National Minority Commission has kindly consented to be the Chief Guest for the function. Various stage programs to be performed by the members of the

spiritual organizations followed by a traditional Ona Sadhya. **There will be only one Holy Qurbana on 10th Sunday** and the timings : 06.45a.m. Morning Prayer followed by Holy Qurbana. **His Grace Dr. Youhanon Mar Demetrios** will be the Chief Clebrant.

Our Youth League members are visiting the houses of our parishioners as part of the Youth Week programs with an aim to strengthen the spirit of unity and fellowship. All are requested to cooperate with them by contributing generously to the various charity activities which is undertaken by the youth league. Prayer group secretaries and Church managing committee members are requested to coordinate the area wise visits.

Feast of the nativity of St. Mary (Ettu Nombu): The feast of the nativity of St. Mary we celebrate on 8th September. Evening prayers and intercessory prayers will be conducted on all days from 1st September to 7th September. Ettu Nombuveedal falls on Friday September 8. The Holy Qurbana will be held on 7th and the Timings : 06.15 p.m. - evening prayer followed by the Holy Qurbana and special intercessory prayers.

Feast of the Holy Cross (Sleeba Perunal): Sleeba Perunal falls on Thursday 14th September and Holy Qurbana and special prayers will be conducted on Wednesday 13th as per the following time schedule:

Evening Prayer, Holy Qurbana and Special Prayers: 6.15 p.m.-8.15 p.m.

Sunday school: Unit level cultural competition will be held on Sunday 24th September, 2017 immediately after the first Holy Qurbana in the school auditorium. The first prize winners have to prepare for the diocesan level competitions.

MGOCSM – Olive 2017: MGOCSM diocesan level cultural competition Olive 2017 will be held on Sunday 17 September, 2017 at St. Paul's School Auditorium.

Indian Orthodox Diaspora - Bible Study: On Thursday 21st September we would be having Bible Study from 7:30 p.m. to 8:30 p.m. at the Cathedral. We would be focusing on the Gospel Reading for the following Sunday (2nd

Sunday after Feast of Holy Cross) i.e. St. Mathew 16: 5 - 12 on the Yeast of the Pharisees and Sadducees. All are encouraged to benefit from this attempt to the study the Word of God organized by the Indian Orthodox Diaspora.

Prayer Meeting

- Sept. 03 Sunday:
1. Mount Horeb Prayer Group at 4.30 p.m.
Mr. Achankunju. T
Khirki Extension
 2. St. Mark Prayer Group at 6.00 p.m.
Mr. Varghese O.V
K-58 B, Sheikh Sarai, Phase-II
 3. St. Luke Prayer Group at 7.30 p.m.
Mr. Babu Varghis
Qtr No. 97/11, Sector -I, Pushp Vihar
 4. St. James Prayer Group at 4.30p.m.
Mr. John T.M
RZD-68, 3rd Floor,
Pratham Apt. Street-4, Mahavir Enclave
 5. Mar Barsauma Prayer Group at 7.30p.m.
Mr. Babu Thomas
Qtr No. 1597, Sector-V, R.K Puram
- 4 Monday : St. Mary's Prayer Group at 6.00p.m.
AIIMS Nurses Hostel
- 08 Friday : Mount Hermon Prayer Group at 7.30 p.m.
Mr. Chacko M.C
B-232, 2nd Floor, Street-5,
Chattarpur Extn., Phase-II
- 11Monday : St. Mary's Prayer Group at 6.00p.m.
AIIMS Nurses Hostel
- 17 Sunday 1. St. Thomas Prayer Group at 6.00 p.m.
Mrs. Chinnamma Daniel
71-C, DDA Flats, Motia Khan

2. St. Paul's Prayer Group at 7.30 p.m.
Mr. George Philip
F-7, CWC, Palika Housing Complex, Lodhi Colony
3. St. Athanasios Prayer Group at 4.30 p.m.
Mr. Anil V. John
B-01, 124 Meo Appartment, Savitri Nagar
4. Mar Dionysius Prayer Group at 6.00 p.m.
Mr. Raju A.S
Qtr No. 853, Sector-VIII, R.K. Puram
5. St. Peter's Prayer Group at 7.30 p.m.
Mr. Varghese K.V
Qtr No. 389, Type-III, Ayur Vigyan Nagar

18 Monday

- : St. Mary's Prayer Group at 6.00p.m.
AIIMS Nurses Hostel

24 Sunday

1. Mount Tabore Prayer Group at 4.30 p.m.
Mr. Raju John
Flat No. 105, 85/4, Ashyiana Apt. Mehrauli
2. St. Andrews Prayer Group at 7.30 p.m.
Dr. Chacko K.M
C-1/1027, Vasant Kunj
3. St. George Prayer at 6.30 p.m.
Mr. Raji Thomas
D-11, Phase- IV, Aya Nagar
4. St. Mathew's Prayer Group at. 6.00 p.m.
Mr. Kochumon A.J
House No. 4, Gautam Nagar

26 Monday

- : St. Stephen's Prayer Group at. 5.00 p.m.
St. Stephen's Hospital Chapel
Holy Qurbana
- : St. Mary's Prayer Group at 6.00p.m.
AIIMS Nurses Hostel

Prayer

Oh Lord and Master of my life, take away from me the spirit of laziness, cowardliness, lust for power, and malicious and idle speech. But rather give me, throughout the day to come, an ample spirit of vitality and force in your service, to the benefit of your glory and the good of my fellow men. Let me act in humility, patience, and decency at all times, seeing my own error and overlooking the faults of others; and let me always know the presence of your Holy Spirit, to remind me of what I have asked, in the name of my savior Jesus Christ,

Amen.

Vicar

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