Thought for the Month

“For no good tree bears bad fruit, nor again does a bad tree bear good fruit; for each tree is known by its own fruit. For figs are not gathered from thorns, nor are grapes picked from a bramble bush.”

Luke 6:43-44

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
- **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

01 August  
Soonoyo Nombu Begins (15 Day Lent)  
Memorial of H G Paulose Mar Pachomios OIC  
(Ranni Betheny Ashram)

06  
The Feast of Transfiguration (Koodara Perunal)  
Memorial of H G Alexios Mar Theodosios OIC  
(Ranni Betheny Ashram)

07  
St. Demetrois of Thessaloniki

12  
Mar Assayel

13  
First Sunday after Feast of Transfiguration  
(Koodara Perunal)

14  
Feast of Prophet Micha

15  
Soonoyo Perunal  
Memorial of Patriarch Mar Ignatius Abded Massiha  
(Devalokam – Kottayam)

16  
Memorial of Mar Ivanios Hidayathulla (Mulanthuruthi)

19  
Memorial of H G Joseph Mar Pachomios  
(Mulamkulam, Karmelkunnu)

20  
First Sunday after Soonoyo

24  
St. Mathias the Apostle.

27  
Second Sunday after Soonoyo

29  
St. John the Baptist.

31  
Memorial of H G Mathews Mar Ivanios  
(Pampady Dayara)

Bible Reading - August

06 August  
Sunday Feast of Transfiguration  
Joshua 03: 01-17, Zechariah 14: 16-19, Isaiah 60:12-15,
Dearly beloved

Greetings to all in the name of our Lord, Jesus Christ. The month of August is highly esteemed for the parishioners, for we observe the feast of the parish and seeking the intercession of St. Mary, Mother of God. May her intercession be a great relief and fortress for us. Let us be enriched by the spiritual gifts. In this bulletin, I would like to deliberate on the topic, how we can build the spiritual capital for happiness.

Spiritual awareness is an important component in human development. Spirituality is relating to a higher power that is benevolent and good. Emotional people tend to align with a personal god. Intellectuals think of a transcendental Being that pervades the universe and beyond.

Children are born with a natural sense of the spiritual. Lisa Miller, psychologist, says spiritual awareness surges in adolescence. Teenagers commonly feel a loss of meaning, confidence and identity. Some try to fill the void with alcohol and drugs. A few cultivate their spiritual instincts. According to Miller’s research, adolescents with a strong connection to the transcendental are 80% less likely to engage in substance abuse. A strong spiritual sense protects against depression.

Not everyone is born intelligent, has high IQ or access to education and wealth. But everyone has the spirit in equal measure. Once you tap into the spirit you soar above shortcomings and achieve perfection. This vast resource in human beings has been totally neglected.
In ancient India, everyone was exposed to spiritual knowledge at age seven. This led to the unique personalities or spiritually enlightened, who were kingly externally but sagely within. When they lost their spiritual wealth they lost their kingdoms! Spiritual values will empower people and give them a sense of direction. Their talent and energies will be used positively. Yet, there is little attempt at cultivating this most important advantage.

Sages prescribed different paths to the spirit to suit varied natures of people. The spiritual journey begins with an understanding of the world, the individual and the technique of right contact with the world.

The world is made of pairs of opposites. Pleasure – pain, joy – sorrow and honor – dishonor …etc, are all inherent features of the world. Do you ride over them or succumb to their influence? The world is in a constant flux of unpredictable change. It would be foolish to depend on the world. Even the mighty ocean liner is rocked by the waves because it rests on them. A lighthouse is unaffected as it is anchored to the ocean bed. You may live in the world, enjoy its resources and transact with it but do not depend on it. Only the spirit is dependable, connect with it. Marvel at it. And the same world that is now traumatizing you will become enjoyable.

You know only the body, mind and intellect. Rise above their limitations to experience the power, serenity and bliss of atman, your real self.

To be spiritual you only have to change your thinking. Do not give up your business or family. Just discard foolish concepts and false notions. Shift from an attitude of taking to that of giving. Think of how you can add value to others, give, contribute, serve; you will receive much more in return. Grab you lose, give you gain. You will be happy and grow spiritually. At the emotional level, replace hatred, separateness and disgust with understanding, love and oneness. People will work with you, yielding success. You will be happy and desires will reduce. Intellectually, focus on the permanent. You will gain clarity and sharpness which will bring success and happiness. You will grow in to a towering personality.

May god bless us all.

Yours in His Service,
Shaji Achen.

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**News**

**St. Thomas Day:** Youth League organized a “MarthomanSmriti” program on 16 July 2017 at St. Paul’s School Auditorium. **Adv. Kuriakose Varghese**, legal consultant in Sabha case addressed the gathering.

**Soonoyo Nombu and Feast of Assumption of St. Mary:** The lent for fifteen days in the name of St. Mary, the mother of God, will be observed from 1st to 15th August. The lent is one among the five canonical Lents of the Church which has to be observed by all in view of the preparation to celebrate the Feast of Assumption of St. Mary. Evening prayers and intercessory prayer will be conducted on all days.
Feast of Transfiguration (Koodara Perunal): Another important feast during the month is Transfiguration, which falls on Sunday 6th August.

Church Perunal: The feast of Assumption of St. Mary, the mother of God and the patron saint of our Cathedral will be celebrated as Parish Perunal on August 14 and 15, 2017. His Grace Dr. Zacharias Mar Aprem, the Metropolitan of Adoor-Kadampanadu will be the Chief Celebrant. The notice of the detailed program of Perunal will be published separately.

Bible Convention and Devotional evenings for three days will be conducted in our church as part of the Perunal celebrations (Saturday, Sunday and Monday August 12, 13 & 14). On Saturday 12th Rev. Fr. Leni Chacko, Sunday 13th Rev. Fr. Robins Daniel and on Monday 14th August His Grace Dr. Zacharias Mar Aprem will lead the convention. All our members are requested to attend the Bible Convention with prayers and dedication.

Sunday school: Diocesan Sunday school day will be on August 6. Please contribute generously for the activities of the Sunday school through the cover collection.
Sunday school unit level cultural competition for the year 2017 will be held on August 27 immediately after the first Holy Qurbana at St. Paul’s School. All our students are requested to participate in the competition.

Youth League: 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 liberally to the various charity activities which is undertaken by the youth league. Under the “Snehadeepthi” Housing Project, SMOCYL has taken the initiative to build a house for a deserving poor family at Kallely in Kerala with a cost of Rs. 7 lakhs and the foundation stone was laid on 23rd June 2017 and the construction work is in full swing. SMOCYL is all set to do more such projects for the deserving poor families.

Youth League members are visiting destitute homes and serving food to the inmates. All our church members who celebrate their birthdays and wedding anniversaries and other special occasions are requested to join with the Youth League and support their charity activities.

Award/Consolation Prizes to the Board Exam Winners: Meritorious students of Class XII board examinations will be given prizes. All our students are requested to contact Church office/Youth League secretary for more details.

Youth Week valedictory function and Onam celebrations will be held on Sunday 10th September from 10.00 a.m. onwards at St. Paul’s School. Those who wish to participate in the cultural programs may contact youth league office bearers.
Prayer Meeting

August 06 Sunday:
1. Mount Horeb Prayer Group at 4.30 p.m.
   Mr. Koshy M.C.
   J-3/23 2nd Floor, Khirki Extn.,

2. St. Mark Prayer Group at 6.00 p.m.
   Mr. Biju George
   K-23 E, Sheikh Sarai, Phase-II

   Mr. George K. Babu
   125-C, Flat No. B, Dhankar Apts, Neb Sarai

4. St. James Prayer Group at 4.30 p.m.
   Mr. Varghese Cherian
   RZ-D1/51A, 3rd Floor,
   Street No-6, Mahavir Enclave

07 Monday :
St. Mary’s Prayer Group at 6.00 p.m.
AIIMS Nurses Hostel

18 Friday :
Mount Hermon Prayer Group at 7.30 p.m.
Mr. P. C Baby
B-231, Chattarpur Enclave, Phase-III

20 Sunday
1. St. Thomas Prayer Group at 6.00p.m.
   Mrs. K. P Thomas
   Flat No. 26, LIG DDA, Motia Khan

2. St. Paul’s Prayer Group at 7.30 p.m.
   Mr. Jose P.T
   G-1, CWC, Palika Housing Colony
   Lodhi Colony

3. St. Athanasios Prayer Group at 4.30 p.m.
   Mr. Sunil T. Mathew
   A-23, 3rd Floor, Savitri Nagar

4. St. Mar Dionysius Group at 6.00 p.m.
   Mr. Viji
   Qtr. No. 1024, Sector-VIII, R.K Puram
5. St. Peter’s Prayer Group at 7.30 p.m.
   Mr. John A.J
   Qtr. No. 70, Type-III
   Ayur Vigyan Nagar

21 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. Babu K.K
   C-4, Nakshatra Apts, Ward No.7
   Mehrauli

2. St. Andrews Prayer Group at 6.00 p.m.
   Mrs. Cissy Koshy
   397, Pocket-C, Sector-A,
   Vasant Kunj

3. St. George Prayer Group at 7.30 p.m.
   Mr. Prince Mathew
   203, SS Apartment, Phase-V, Aya Nagar

4. Mount Sinai Prayer Group at 4.30 p.m.
   Mr. T.O Thomas
   Flat No.204, Tower 27
   Commonwealth Games Village

5. St. Mathew’s Prayer Group at 6.00 p.m.
   Mr. Thomas Viju
   93, Country Wide Apts.
   Gautham Nagar

6. Mar Philoxenos Prayer Group at 7.30 p.m.
   Mr. M.B Joseph
   Qtr. No14, Kamdhenu, IUAC
   JNU Campus

28 Monday

1. St. Stephen’s Hospital Chapel
   Holy Qurbana at 5.00 p.m.

2. AIIMS- Nurses Hostel
Obituary

Ms. Kunjamma George wife of late Mr. M V George K-23 E, Sheikh Sarai II left for her heavenly abode on 7 July 2017. Funeral was held at St. Thomas Cemetery Tughlakabad after the prayers at our church on 9 July 2017

Very Rev. M S Skariah Ramban
Former Delhi Diocesan Secretary Very Rev. M S Skariah Ramban left for his heavenly abode on 1 August 2017 at Kerala. He served in many parishes in Delhi diocese and worked as our Diocesan Secretary for more than 15 years. His life and work stands testimony to his valuable contribution to our Church and the Diocese. Funeral was held at St. Thomas Orthodox Church, Umayattukara, Chengannur, Kerala on 4 August 2017

May the God Almighty keep their soul in the heavenly abode and we extend our prayerful condolences to the bereaved family.

We remember their services to the Cathedral and thanking God Almighty for the life of them especially for their work and contribution to our Church and the Society.

Prayer

Lord Eternal and Creator of all things, Who of Thy inscrutable goodness called me to this life; Who bestowed on me the grace of Baptism and the Seal of the Holy Spirit; Who imbued me with the desire to seek Thee, the one true God: hear my prayer. I have no life, no light, no joy or wisdom; no strength except in Thee, O God. Because of my unrighteousness I dare not raise my eyes to Thee. But Thou said to Thy disciples, 'Whatsoever you shall ask in prayer believing, you shall receive.' and 'Whatsoever you shall ask in my name, that will I do.'

Wherefore I dare to invoke Thee. Purify me from all taint of flesh and spirit. Teach me to pray aright. Bless this day which Thee give unto me, Thy unworthy servant. By the power of Thy blessing enable me at all times to speak and act to Thy glory with a pure spirit, with humility, patience, love, gentleness, peace, courage and wisdom: aware always of
Thy presence. Of Thy immense goodness, O Lord God, show me the path of Thy will, and grant me to walk in Thy sight without sin. O Lord, unto Whom all hearts be open, Thee know what things I have need of. Thee are acquainted with my blindness and my ignorance, Thee know my infirmity and my soul's corruption; but neither are my pain and anguish hid from Thee.

Be with me, O Lord, at that dread hour and grant me the joy of salvation. Cleanse me from secret faults, from all iniquity that is hidden in me; and give me a right answer before Thy judgment-seat. Yea, Lord, of Thy great mercy and immeasurable love for mankind.

Amen

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