



# IMMANUEL



Monthly Bulletin of CSI Immanuel Cathedral, Ernakulam

[www.csiimmanuelcathedral.org](http://www.csiimmanuelcathedral.org)

Volume 18 | Issue 03 | March 2022



**CROSS**

A Call to Vicarious Suffering





CSI IMMANUEL CATHEDRAL  
Broadway, Ernakulam - 682 011  
Church Office: 0484 - 2355680

## BISHOP

† Rt. Rev. Baker Ninan Fenn

CSI Diocese of Cochin

## Chairman & Vicar

Rev. John Joseph 9746120602

revjojoseph@gmail.com

## Assistant Vicar

Rev. Aneesh Mathew 9995719836

anymtkm@gmail.com 9207202783

## Church Worker, Mulavukad

Mr. Jijo George 7907859458

jijoin10@gmail.com

## Secretary

Mr. Abraham Simon 9388602722

(Sunny) 9539847485

## Treasurer

Mr. Thomas Thomas 9744425415

## Pastorate Committee Members

Mr. Abraham K D 9895813758

Cdr. Reginald Daniel 9995986888

Mr. George Jacob 9745449385

Mr. Ninan V T 9447404880

Mrs. Asha Varkey 7736623961

Mrs. Liz Verghese 9895800042

Mrs. Roshan Kuruvilla 9447156509

Mr. Sandeep John 8138917201

Mr. Sibin Benjamin 9446492974

Miss. Lynda Varghese 8113084585

## Diocesan Council Members

Mr. Anand Mathew 9645809501

Dr. Thomas Kuruvilla 9447347621

Mr. Manoj Jacob 8129830242

Mr. Billy Graham 9495361819

Mrs. Jessy Kurian 9961133411

Mrs. Soumini Jayan 9447972092

Mr. Adhin Mathew Simon 8089808102

Mrs. Anuja Nidhin 7356437098

Adv. P.K. Joseph 9388844881

## Sexton

Mr. Shibu Joseph 9746473855

Outstation:

CSI ST. JOHNS CHURCH, MULAVUKAD



Rev. John Joseph

Chairman & Vicar



Rev. Aneesh Mathew

Assistant Vicar

## CSI Immanuel Communication

### Sub Committee

Rev. John Joseph

Rev. Aneesh Mathew

Mr. Abraham Simon

Mr. Thomas Thomas

Mr. M J Varkey

Cdr. Reginald Daniel

Mrs. Roshan Kuruvilla

Mr. Jibu Jose



[www.csiimmanuelcathedral.org](http://www.csiimmanuelcathedral.org)

Write to us:

[csiimmanuelekm@gmail.com](mailto:csiimmanuelekm@gmail.com)

Private Circulation only • Cover Photo by  
Kelly Sikkema on Unsplash • Layout by Jibu  
Jose • Print @ Printers Castle



## *From our Vicar*

Dear friends,

Greetings in the precious name of our Lord Jesus Christ!!!

Once again Christian Church is preparing for the Lenten season. Great Lent is the most important season in Christian life. As per the Almanac of our church, March 2nd is Ash Wednesday and the great Lent will begin on that day. God willing, next 40 days we will be observing as Lenten days. During these 40 days faith community will be spending time in the presence of God, meditating on the passion and the sacrificial death of Christ for the salvation of humanity. Actually the Lenten time is the time for re-arranging and re-structuring our life to become more Christ centred and Cross centred. 'Lent' and 'Fasting' are two different experiences, but very often both are observed together. Therefore, we can say that Fasting and Lent are interconnected and intrinsically related. In the history of Bible, many a time people went on fasting and prayer for many reasons. For example, Queen Esther gave a call for fasting and prayer in an overwhelming situation in Jewish History for the intervention of God to save Jewish people from a catastrophe. Likewise, the King of Nineveh also gave his people a call for a fasting for their repentance to escape from the impending judgment of God. Christian church

also had observed fasting on many occasions for various purposes in its long history. Church had observed fasting according to the socio-political and religious context which the church went through. Since we are about to enter into the days of great Lent, let's very **briefly** examine the significance of lent in the life of a Christian, in the light of the Holy Bible.

### **Lent: Time for repentance.**

**Lent is a time for repentance.** In the Biblical context, repentance is recognising that we are sinners and that we are away from God and our sinful nature is offensive to God. Lent is the time to return to God. Prophet Hosea says, "Come let us return to the Lord, for he has torn us, that He may heal us, He has struck us down and He will build us up" (Hosea: 6:1) Let us come back to the Lord.

**Lent: Time for preparation to face God.** In the book of Deuteronomy there are references of Moses' fasting for 40 days. Moses' fasting was a preparation for facing God. In the Book Exodus chapter 19 verse 10, God tells Moses to consecrate the people so that they will be qualified to meet God. Meeting with God requires personal preparation, seeking Him with an individual heart and mind. Lent is the time to seek God fervently with our heart and mind.



**Lent: Time of prayer for God's Grace.** Fasting prayer is a channel of God's Grace. Anna was 84 years old prophetess of God and she had been living in the temple of God. Regarding her life, St. Luke said, "She never left the Temple, serving night and Day with fasting and prayer." (Luke: 2:37) Anna was waiting in prayer and fasting for the outpouring of the Grace of God.

She was one among many 'who were looking for the redemption of Jerusalem'. Lenten time is the time

for fasting and prayer, prayer for the Grace of God. Let us wait for the Lord and for His Grace.

Dear friends, as we are entering into a new Lenten season, let's have retrospection into our life. Let's come to the Lord with repentance and with preparation for God's Grace. God will transform our life into a fruitful one, and we will always be full of sap and evergreen.

SHALOM

**Rev. John Joseph  
Vicar/Chairman**

പ്രിയ സുഹൃത്തുക്കളേ,  
നമ്മുടെ കർത്താവായ യേശുക്രിസ്തുവിന്റെ വിലയേറിയ നാമത്തിൽ ആശംസകൾ!!!  
ക്രിസ്ത്യൻസഭ വീണ്ടും നോമ്പുകാലത്തിനായി ഒരുങ്ങുന്നു. വലിയ നോമ്പുകാലം ക്രിസ്തീയ ജീവിതത്തിലെ ഏറ്റവും പ്രധാനപ്പെട്ട കാലമാണ്. നമ്മുടെ സഭയുടെ പഞ്ചാംഗം അനുസരിച്ച്, മാർച്ച് 2 ചാമ്പൽ ബുധൻ ആണ്, അന്ന് വലിയ നോമ്പ് ആരംഭിക്കും. ദൈവം അനുവദിച്ചാൽ അടുത്ത 40 ദിവസം നമ്മൾ നോമ്പുകാലമായി ആചരിക്കും. ഈ 40 ദിവസങ്ങളിൽ വിശ്വാസ സമൂഹം ദൈവസന്നിധിയിൽ സമയം ചിലവഴിക്കും, മനുഷ്യരാശിയുടെ രക്ഷയ്ക്കുവേണ്ടിയുള്ള ക്രിസ്തുവിന്റെ അഭിനിവേശത്തെക്കുറിച്ചും ത്യാഗപരമായ മരണത്തെക്കുറിച്ചും ധ്യാനിക്കും. യഥാർത്ഥത്തിൽ നോമ്പുകാലം നമ്മുടെ ജീവിതം കൂടുതൽ ക്രിസ്തു കേന്ദ്രീകൃതവും കുരിശ് കേന്ദ്രീകൃതവുമാക്കുന്നതിന് പുനഃക്രമീകരിക്കുന്നതിനുമുള്ള സമയമാണ്. 'നോമ്പും' 'ഉപവാസവും' രണ്ട് വ്യത്യസ്ത അനുഭവങ്ങളാണ്, എന്നാൽ പലപ്പോഴും രണ്ടും ഒരുമിച്ച് ആചരിക്കപ്പെടുന്നു. അതിനാൽ, നോമ്പും ഉപവാസവും പരസ്പരബന്ധി

തവും ആന്തരികമായി ബന്ധപ്പെട്ടതുമാണെന്ന് നമുക്ക് പറയാം. ബൈബിളിന്റെ ചരിത്രത്തിൽ, ആളുകൾ പല കാരണങ്ങളാൽ ഉപവാസത്തിലും പ്രാർത്ഥനയിലും ഏർപ്പെട്ടിട്ടുണ്ട്. ഉദാഹരണത്തിന്, എസ്തേർ രാജ്ഞിയെപ്പറ്റി ചരിത്രത്തിലെ ഒരു വലിയ സാഹചര്യത്തിൽ ഉപവാസത്തിനും പ്രാർത്ഥനയ്ക്കും ആഹ്വാനം നൽകി, യഹൂദരെ ഒരു ദുരന്തത്തിൽ നിന്ന് രക്ഷിക്കാൻ ദൈവത്തിന്റെ ഇടപെടലിനായി. അതുപോലെ, നിനവേയിലെ രാജാവും തന്റെ ജനത്തിന് ദൈവത്തിന്റെ ആസന്നമായ ന്യായവിധിയിൽ നിന്ന് രക്ഷപ്പെടാൻ അവരുടെ മാനസാന്തരത്തിനായി ഉപവാസത്തിന് ആഹ്വാനം നൽകി. ക്രിസ്ത്യൻ പള്ളിയും അതിന്റെ നീണ്ട ചരിത്രത്തിൽ വിവിധ ആവശ്യങ്ങൾക്കായി പല അവസരങ്ങളിലും ഉപവാസം ആചരിച്ചിരുന്നു. സഭ കടന്നുപോയ സാമൂഹിക - രാഷ്ട്രീയ, മതപരമായ സാഹചര്യങ്ങൾക്കനുസൃതമായി സഭ ഉപവാസം ആചരിച്ചിരുന്നു. മഹത്തായ നോമ്പിന്റെ നാളുകളിലേക്കാണ് നാം പ്രവേശിക്കുന്നത് എന്നതിനാൽ, വിശുദ്ധ ബൈബിളിന്റെ വെളിച്ചത്തിൽ ഒരു ക്രിസ്ത്യാനിയുടെ ജീവിതത്തിൽ നോമ്പിന്റെ പ്രാധാന്യത്തെക്കുറിച്ച് വളരെ ചുരുക്കമായി പരിശോധിക്കാം.



നോമ്പുകാലം: മാനസാന്തരത്തിനുള്ള സമയം. നോമ്പുകാലം മാനസാന്തരത്തിനുള്ള സമയമാണ്. ബൈബിൾ പശ്ചാത്തലത്തിൽ, പശ്ചാത്താപം എന്നത് നാം പാപികളാണെന്നും നാം ദൈവത്തിൽ നിന്ന് അകന്നിരിക്കുകയാണെന്നും നമ്മുടെ പാപസ്വഭാവം ദൈവത്തിന് അരോചകമാണെന്നും തിരിച്ചറിയുന്നതാണ്. ദൈവത്തിലേക്ക് മടങ്ങാനുള്ള സമയമാണ് നോമ്പുകാലം. ഹോസിയാ പ്രവാചകൻ പറയുന്നു, 'വരൂ, നമുക്ക് കർത്താവിലേക്ക് മടങ്ങാം, കാരണം അവൻ നമ്മെ സുഖപ്പെടുത്താൻ നമ്മെ കീറിമുറിച്ചു, അവൻ നമ്മെ അടിച്ചു തകർത്തു, അവൻ നമ്മെ പണിയും' (ഹോസിയാ: 6:1) നമുക്ക് യഹോവയിങ്കലേക്കു തിരിച്ചുവരാം.

നോമ്പുകാലം: ദൈവത്തെ അഭിമുഖീകരിക്കാനുള്ള തയ്യാറെടുപ്പിനുള്ള സമയം. ആവർത്തനപുസ്തകത്തിൽ മോശയുടെ 80 ദിവസത്തെ ഉപവാസത്തെക്കുറിച്ച് പരാമർശമുണ്ട്. മോശയുടെ ഉപവാസം ദൈവത്തെ നേരിടാനുള്ള ഒരുക്കമായിരുന്നു. പുറപ്പാട് പുസ്തകം 19-ാം അദ്ധ്യായം 10-ാം വാക്യത്തിൽ, ദൈവത്തെ കണ്ടുമുട്ടാൻ അവർ യോഗ്യരായിത്തീരുന്നതിന് ആളുകളെ വിശുദ്ധീകരിക്കാൻ ദൈവം മോശയോട് പറയുന്നു. ദൈവവുമായുള്ള കൂടിക്കാഴ്ചയ്ക്ക് വ്യക്തിപരമായ തയ്യാറെടുപ്പ് ആവശ്യമാണ്, അവനെ അന്വേഷിക്കുക വ്യക്തിഗത ഹൃദയവും മനസ്സും. നോമ്പുകാലം നമ്മുടെ ഹൃദയത്തോടും മനസ്സോടും കൂടി ദൈവത്തെ തീക്ഷ്ണമായി അന്വേഷിക്കേണ്ട സമയമാണ്.

നോമ്പുകാലം: ദൈവകൃപയ്ക്കു വേണ്ടിയുള്ള പ്രാർത്ഥനയുടെ സമയം. ഉപവാസപ്രാർത്ഥന ദൈവകൃപയുടെ ഒരു ചാനലാണ്. അന്ന 84 വയസ്സുള്ള ദൈവത്തിന്റെ പ്രവാചകനായിരുന്നു, അവൾ ദൈവത്തിന്റെ ആലയത്തിൽ താമസിച്ചു വരികയായിരുന്നു. അവളുടെ ജീവിതത്തെക്കുറിച്ച് വിശുദ്ധ ലൂക്ക് പറഞ്ഞു, 'അവൾ ഒരിക്കലും ദേവാലയം വിട്ടിട്ടില്ല, രാവും പകലും ഉപവാസത്തോടും പ്രാർത്ഥനയോടും കൂടി സേവിച്ചു.' (ലൂക്കോസ്: 2:37) അന്ന ദൈവകൃപ പകരുന്നതിനായി പ്രാർത്ഥനയ്ക്കും ഉപവാസത്തിനും കാത്തിരിക്കുകയായിരുന്നു.

'യെരൂശലേമിന്റെ വീണ്ടെടുപ്പ് അന്വേഷിക്കുന്ന' അനേകരിൽ ഒരാളായിരുന്നു അവൾ. നോമ്പുകാലം ഉപവാസത്തിന്റെയും പ്രാർത്ഥനയുടെയും സമയമാണ്, ദൈവകൃപയ്ക്കു വേണ്ടിയുള്ള പ്രാർത്ഥന. നമുക്ക് കർത്താവിനും അവിടുത്തെ കൃപയ്ക്കും വേണ്ടി കാത്തിരിക്കാം.

പ്രിയ സുഹൃത്തുക്കളേ, നാം ഒരു പുതിയ നോമ്പുകാലത്തിലേക്ക് പ്രവേശിക്കുമ്പോൾ, നമുക്ക് നമ്മുടെ ജീവിതത്തിലേക്ക് ഒരു തിരിഞ്ഞുനോട്ടം നടത്താം. മാനസാന്തരത്തോടെയും ദൈവകൃപയ്ക്കു വേണ്ടിയുള്ള തയ്യാറെടുപ്പോടെയും നമുക്ക് കർത്താവിലേക്ക് വരാം. ദൈവം നമ്മുടെ ജീവിതത്തെ ഫലപുഷ്ടിയുള്ള ഒന്നാക്കി മാറ്റും, നാം എപ്പോഴും സ്രവവും നിത്യഹരിതവും നിറഞ്ഞതായിരിക്കും.

ശാലോം  
റവ. ജോൺ ജോസഫ്  
വികാർ/ചെയർമാൻ

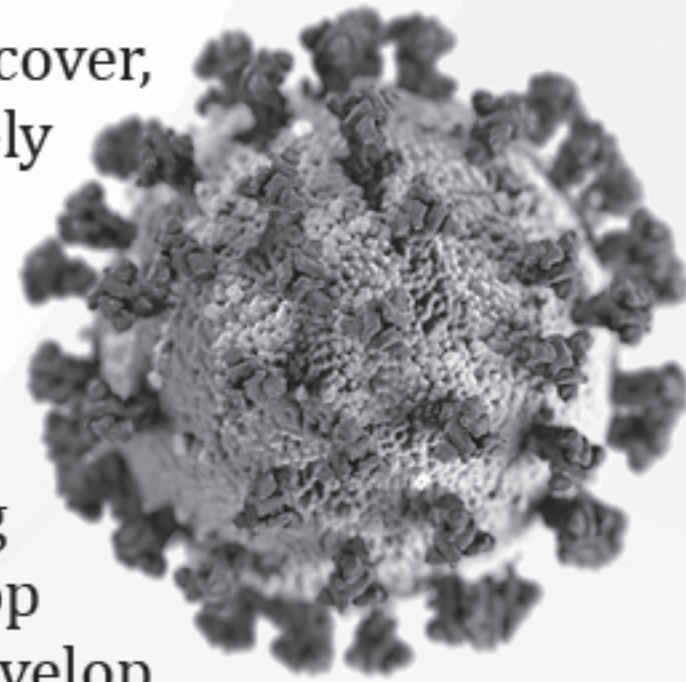




# **A BRIEFING ON POST COVID -19 CONDITIONS**

**By Dr. Clifford Johnson, MBBS**

Most people who develop COVID-19 fully recover, but current evidence suggests approximately 10%-20% of people experience a variety of mid- and long-term effects after they recover from their initial illness. These mid- and long-term effects are collectively known as post COVID-19 condition or long COVID .While most people who develop COVID-19 fully recover, some people develop a variety of mid- and long-term effects like fatigue, breathlessness and cognitive dysfunction (for example, confusion, forgetfulness, or a lack of mental focus and clarity). Some people also experience psychological effects as part of post COVID-19 condition.



## **Definition**

Post COVID-19 condition is defined as the illness that occurs in people who have a history of probable or confirmed COVID -19 infection; usually within three months from the onset of COVID-19, with symptoms and effects that last for at least two months or more.

## **Symptomatology and complications of Post COVID -19**

The most common symptoms of post COVID-19 condition include- Easily Fatigued, shortness of breath or difficulty in breathing, reduced endurance while doing daily activities, memory concentration and sleep problems, persistent cough, chest pain and increased heart rate, trouble speaking while doing work, headaches, muscle aches, loss of smell or taste, depression or anxiety, fever, diarrhoea, mood changes, irregular menstrual cycles. Post-exertional malaise (PEM) is the worsening of symptoms following even minor physical or mental exertion, with symptoms typically worsening 12 to 48 hours after activity and lasting for days or even weeks.



Older patients and those with underlying health conditions might have an increased risk for severe disease, young people, including those who were physically fit before COVID-19 infection, have also reported symptoms lasting several months after acute illness. People who are suffering from any acute and chronic disease like diabetes, heart and lung problems are likely to be affected by post COVID-19 infection and those on daily medication for life style diseases are also at higher risk to develop complications, hence additional care be taken when working out.

### **Return to exercise Post COVID -19 infection**

Those who had COVID-19 should resume workout only if they are asymptomatic. Work out should be slowly started and introduce new activities gradually. Set realistic targets each week and take rest when feeling tired. If symptoms persist even at mild workout, get medical advice and then restart work out and try to stay within safety limits. Too much exertion while exercise can be risky for the body. Walking is the simplest exercise that anyone can start with.

### **Post COVID-19 recovery**

Body needs time to get back to near normal and that needs time and we have to support it. Getting adequate energy and nutrition is a key factor in recovery. Eat small frequent meals; drink plenty of water and fluids to keep body hydrated. Increase amount of protein intake and add vegetables and those foods containing fibre and fish and meat products into daily diet .Vitamins like vitamin C and D and mineral supplementation like Zinc can also help boost immunity and aid in faster recovery. Getting adequate sleep and avoiding over exertion while working also helps.

If anyone who recovered from COVID- 19 infections feels they are still symptomatic or are not near normal of what they used to be before getting infected, they should seek medical advice so that appropriate management can be done and timely intervention can save lives.



# Cathedral News

## Sunday School

*"Giving thanks always for all things unto God and the Father in the name of our Lord Jesus Christ" Ephesians 5:20*

We thank our Lord for His mercy and grace throughout the past month. We praise God that we have registered 236 children with the Christian department of our Cochin Diocese. We have received the books for the Sunday School children. Please pay the registration fee of Rs. 200 and collect the books from the Church. By the grace of God, we were able to conduct parent-teacher meetings in batches. The parents and teachers from Nursery to Junior grades and the Intermediate to young adult grades of Malayalam and English medium Sunday school met on 15th and 16th of February respectively. Rev. Aneesh Mathew started the meetings with opening prayer and our Vicar, Rev. John Joseph encouraged our parents to introduce Jesus, Word of God, and Kingdom values to the children through the ministry of Sunday School in the Church. Our Sunday

School superintendent Mr. Benjamin explained the various activities, including retreat, Diocesan competition and exam and requested support from the parents. We thank our Achens for their whole hearted support and encouragement to Sundayschoolministry. We also thank our parents for their participation, valuable suggestions and their support. We thank our teachers for their dedication. The Sunday School classes were happening through the zoom platform till 20th February. However, owing to the restrictions being completely removed from the schools, we have planned to conduct the Sunday Schools physically from 27th February. Our Sunday School teacher, Mrs. Mary George lost her only son, Mr. Dijo on 17th February. Please pray for teacher, her husband, Dijo's wife and child. Please pray for our children as they will be going to their schools after almost 2 years. Also pray for their upcoming annual and board exams.



## Women's Fellowship

*"I will bless the Lord at all times; His praise shall continually be in my mouth" (Psalm 34:1)*

Greetings in the name of our Lord

and Saviour Jesus Christ.

In the month of January 2022, on 29th Saturday at 7.00 pm, we conducted our monthly Retreat. The speaker was Rev. Dr. T. I. James.



The Theme for the day was 'LIGHT'. Based on Mathew 5:14-16, achen gave an inspiring message on how we can be a light to the dark world. We thank achen for the message.

Bible study on every Wednesday is going on effectively and there is good participation from members. This is very encouraging. Friday fasting prayer is also very effective and the Lord is answering our prayers.

Bible Quiz competition of our church will be held on February 27th Sunday after Malayalam Service.

Lenten Scripture examination will be conducted on April 24th Sunday. Portion – Ezra, Nehemiah and the Gospel of Mathew.

While thanking all the existing participants, we call upon all other

members to regularly attend our Bible Study and Fasting Prayer which is the need of the hour.

For fund raising to help church maintenance, we are starting a project called "LYDIA" with the sale of plants, food items and also garage sale.

We thank Rev John Joseph achen, Kochamma, Rev Aneesh Achen and Kochamma and Jijo George Upadesi for all the support and encouragement given to the fellowship.



**Please participate in our programmes**

Wednesday Bible study 10.00 a.m.  
Friday Intercessory prayer at 10.00 a.m.

**Feeding the Needy**

The Feeding the Needy Programme is going on in full swing. Due to the COVID Situation, we had been distributing PACKED FOOD KITS every Friday between 7.30am to 8.30 am. The number of kits has come up to 150 Kits at present and it will be increased as per the need of attendees. Christmas cake was distributed on Christmas Eve in December 2021. On 18th February 2022, after the FTN Programme, we had a get together to see off one of our Senior Members, Daniel Selvaraj uncle, who was a strong volunteer and supporter, both physically and financially for the

past 15 years. We also thank all the sponsors who had been a support for Feeding the Needy Programme. Looking forward to your support and prayers throughout the year 2022 too.





## Family Care Fellowship

*"Every good and perfect gift is from above" James 1:17*

The monthly meeting was conducted on 20th February 2022 in the church chapel. The meeting started with an opening hymn followed by prayer by Mr.W.J. Iype.

The fellowship secretary welcomed the members to the meeting and expressed condolences to the bereaved family members of those who left us for their heavenly abode in the last week. The fellowship Secretary presented the monthly reports and accounts and the same was passed in the fellowship meeting. The initial bye-law of the fellowship also was passed in the meeting. The fellowship decided to conduct an awareness session on behalf of the fellowship for creating awareness about the outcomes and health issues, reasonable precautions and exercises to be taken after being affected with COVID so as to stay

healthy and fit. The fellowship decided to search and arrange for competent doctors and mentors to conduct the session. The fellowship also decided to select various Area coordinators for different areas during the meeting. The meeting ended with prayer and benediction by the church Vicar. A total of twenty members attended the meeting.

The prayer meetings scheduled on Tuesday, every two weeks will be on 8th of March and 22nd of March. The next monthly meeting is scheduled for 20th March 2022.



### Monthly Programme

#### March 2022

- 08. Family care Fellowship Prayer programme - 7pm.
- 20. Family Care Fellowship meeting - after Eng & Mal Service
- 22. Prayer meeting - 7pm online

## Youth Fellowship

*"Young people, enjoy your youth. Be happy while you are still young. Do what you want to do, and follow your heart's desire. But remember that God is going to judge you for whatever you do" - Ecclesiastes 11:9-10*

Glory to God

By the immense grace of Lord Almighty, the Youth Fellowship restarted the Prayer Cell on 18th February, 2022 with the vision 'A day's family prayer with the youth'. The same commenced with a prayer by Rev.Shinu John ( Vicar, St.Francis CSI Church, Fortkochi). Achen inspired us with a blessed message.

March 2022 **IMMANUEL**

We would like to express our sincere thanks to each and every member who took part in it and we heartily invite all our youth and church members to prayerfully take part in our prayer cell and make it a blessed gathering.

Youth Retreat is being planned to be conducted in the month of March. We do cordially invite all youth members to attend the same.

Diocesan Youth Registration has been done, and hence we look forward for an active participation in all the upcoming events of Diocese.







## Holy Matrimony

1. The marriage between **RICKY THOMAS** S/o Mr. Thomas Thomas & Mrs. Elizabeth Thomas, member of CSI Immanuel Cathedral and **ANSU ELIZABETH TOM** D/o Mr. Tom C John & Mrs. Suni Elizabeth Tom was solemnized in the Cathedral Church on 10th February 2022.
2. The marriage between **LIN GEORGE VARGHESE** S/o Late Mr. Varghese P G & Mrs. Sheeba Varghese, member of CSI Immanuel Cathedral and **JULIE RAJAN** D/o Late Mr. Rajan P Thomas & Mrs. Jolly Thomas, was solemnized in the Cathedral Church on 14th February 2022.
3. The marriage between **VIVEK PETER** S/o Mr. Peter K J & Mrs. Latha Peter, member of CSI St. John's Church, Muluvukad, out station of CSI Immanuel Cathedral and **AKXA MERIN TITUS** D/o Mr. Titus Joseph & Mrs. Sherly K.M, was solemnized in the CSI St. John's Church, Muluvukad on 28th February 2022.

## Baptism

1. Baptism of **EYDIN LUCA DAVID**, S/o Mr. Lijin David & Mrs. Neenu Gorge was held at the Immanuel Cathedral on 12th February 2022
2. Baptism of **REBECCA RACHEL NINAN**, S/o Mr. Rohith Ninan & Mrs. Anna Mohan (Dir. No.L-11) was held at the Immanuel Cathedral on 26th February 2022.

## Heavenly Call

1.  **Mrs. Betty Elizabeth Kurian** (88yrs.) (Former Immanuel Church committee member), W/o Late Mr. J.E Kurian (Dir. No. L-13) passed away on 27th January 2022 and Burial service conducted on 4th February 2022.
2. **Mr. Dharmaraj A** (91 yrs), member of CSI Immanuel Cathedral (Dir. No. M-20) passed away on 5th October 2021 and burial service conducted on 21st February 2022.
3. **Mrs. D Lilly Saraswathy** (83 yrs), member of CSI Immanuel Cathedral (Dir. No. M-20) passed away on 12th October 2021 and burial service conducted on 21st February 2022.
4.  **Mr. DIJO K JOSE (35 yrs)**, S/o Mr. Daniel Joseph (Dir. No. B-08 / 07) passed away on 17th February 2022. Funeral service conducted on the same day at 4.00pm at Holy Emmanuel CSI Church Cemetery, Koovappally.



## Cathedral News

1. Women's fellowship intercessory meeting will be conducted on every Friday at 10.00 am.
2. Women's Fellowship Online Bible study will be on every Wednesday at 10.00 am. through ZOOM.
3. Mid-week communion service will be conducted on every Wednesday at 8.30 am at the chapel.
4. Confirmation classes will be conducted on every Sunday at 12.00 noon through ZOOM.
5. Youth prayer cell will be conducted on every second Friday at 7.00 pm. Through online.
6. Choir practices will be conducted on every Sundays at 11.30 am.

**Sunday School classes for this academic year was started.**

**Kindly join in the Sunday school.**

**For more details, kindly contact**

**Mr. Benjamin Vedanayakam: 9496275929 / Mrs. Benitta: 9447716828.**

**Dearly beloved in Christ,  
This is to inform all of you that  
the maintenance work at our  
Cathedral has officially begun on  
February 21st.**

**The work will involve complete  
painting and re-furbishment  
of the cathedral. It is expected  
to take around 2-3 months to  
complete.**

**At this juncture we would like  
to request all our members for  
their continuous and fervent  
prayer and your thoughtful  
monetary assistance towards the  
maintenance fund.**

**May God bless you all.**

**Thanking you**

**Rev. John Joseph**





## MONTHLY CONTRIBUTIONS - 27<sup>th</sup> JAN. to 25<sup>th</sup> FEB 2022

Please verify your contribution. If any addition, deletion or clarifications is needed, kindly contact: Vicar - 9746120602 or Secretary - 9388602722 or Treasurer - 9744425415

**MD** = Monthly Donation **MF** = Mission Fund **CMF** = Church Maintenance Fund

### FELLOWSHIP MEMBERS

	MD	MF	CMF		MD	MF	CMF
Helen Stanly FM134b	1200			Stanly Emerson J M FM 134a	1200		
Mathew K. Joseph FM 32a	3000						
Sarah Kuruvilla FM 148a	3000			<b>Grand Total</b>	<b>8400</b>		

### MONTHLY CONTRIBUTIONS - MEMBERS

**MS** = Monthly Subscription **MF** = Mission Fund **CMF** = Church Maintenance Fund

	MS	MF	CMF		MS	MF	CMF
<b>Subscription Ac Zone A</b>				Roy Varghese Paul I 36a	2400		
Aleyamma Joshua A 15b	50	50	50	<b>Subscription Zone J</b>			
Joshua A. G. A 15a	50	50	50	Alexander John V. J 42a	200	200	200
<b>Subscription Ac Zone B</b>				Amrita Annie Joseph J 31e		500	
George Jacob K. B 12a	2000		1000	Amith Mathew Joseph J 31d	500		
Koruth T. C B 22a	50	100	50	Annamma Alexander J42b	200	200	200
Mathew George Chandy B 55a	800	100	100	Blossom Cecil J 42b	1200		
Shoba Chandy B 55b	800	100	100	Hemaraj Vivan Cecil J 42a	1200		
Susamma Jacob B 37a	3600	1200	1200	Mary Chanchal Joseph J 31b	500		
Thankamani Koruth 22b	50	100	50	Rajan Philips J 29a	900		
Thomas Kuruvilla B 40a	5000	2500		Ronnie M Joseph J 31a	500		
<b>Subscription Ac Zone D</b>				Senoj Alexandr V J42d	400		
Achamma Oommen D 36c	3000	1500	1500	Sheldon Dale Cecil J 42c	1200		
Issac K O D 36a	3000	1500	1500	Solly R. Philips J 29b	900		
Rosemary Issac D 36b	3000	1500	1500	Suceena Alexander Dr. J42c	400		
Susan Anne Issac D36e	3000	1500	1500	<b>Subscription Zone K</b>			
Susan Paul Princherry D 28a	200	2000	200	George Varghese K. K 07a	4500	3000	1500
Thomas K Issac D 36d	3000	1500	1500	Georgie K Varghese K 07c	600		
<b>Subscription Ac Zone E</b>				Leela Varghese K 07b	600		
Preethy Thomas E 16b	600	400	300	Mathew K. Varghese K 07d	300		
Thomas Jose Chandy E 16a	600	1900	1200	<b>Subscription Zone L</b>			
<b>Subscription Ac Zone F</b>				Boby Joseph Lt. Col (Retd) L 78a	500		
Jacob Mathew Cdr F 08a	600		400	Christie Marianne Thomas L 55c	500	500	
Kunjamma Mathew F 14b	2400	600		Elizabeth Joseph L 78b	500		
Mary Jacob F 08b	600		400	John L. Paul L 25a	1200		
Well Wisher F 27a	25000	5000		Joseph K. G. L 27a	600		
Well Wisher F 27b	25000	5000		Lena Joseph L 55b	500	500	
<b>Subscription Ac Zone G</b>				Meena John L 25a	1200		
Gunningham. G.P G 07a	600	300	600	Sonnet Joseph L 27d	600		
Molly Sathyan G 28b	750			Tessy Joseph L 27b	600		
Rohit Chacko G 28c	750			Thomas Samuel L 55a	500	500	
Sathyan Chacko G 28a	750			<b>Subscription Zone M</b>			
Winston G. Cunningham G 07b	600	300	600	Angel Mathew M 15b	2400	3600	
<b>Subscription Zone H</b>				Cherian John Dr. M 07a	500	2000	500
Annamma Varghese H 39b	100			Immanuel Samraj M 18e	50		
Elizabeth Varghese A H-39c	100			Jeyanthi M18d	50		
Esmy Rajan H 31b	840			Mathew P. Thomas M 15a	2400	3600	
George Fenn H 08a	1200		700	Rajapandi A. M 18a	100		
George Varghese K H 11a	300	600	600	Rajith J. Cherian M 07d	500	1000	500
Jeffy V. George H11d	300	300	300	Revin C. Cherian M 07e	500	1000	500
Jenin P. George H 11e	300	300	300	Selvasutha M 31b	50		
Jessy Fenn H 08b	1200		700	Stephen Michael M 31a	50		
Joe George Fenn H 43a	1200			Susan Cherian Dr. M 7b	500	2000	500
Juby M George H56b	300	300	300	Thanaseeli R. M 18b	50		
Rajan Henry C H 31a	840	480	240	<b>Subscription Zone N</b>			
Saramma George H 11b	300	300	300	Joseph T. Jacob N 05a	600		
Sherine Shakespeare H 11e	300	150	150	Josna Sara Joseph N 05d	600		
Thomas Varghese A. H 39a	100			Lijo Joseph N 05c	600		
Vinod K Thomas H56a	300	300	300	Punнан T. I CMDE N 08a	1800		
<b>Subscription Zone I</b>				Rebecca Punnan N 08b	1800		
Biju George Paul I 05a	2400			Shirly Joseph 05b	600		
				<b>Grand Total</b>	<b>132280</b>	<b>48530</b>	<b>21590</b>





# HAPPY BIRTHDAY

<b>01-Mar</b>					
Dr. Missnamitha Mathew	E-17	9538417351	Mrs. Venus Thomas	N-11	9496213392
Mrs. Jency Susan Jose	D-13	9895783983	Mrs. Suma Mammen Mathew	G-32	7994130227
Mrs. Anna Thomas Chacko	B-01	8086108888	Mr. Rajeev Punnen	C-31	9895297897
Mrs. Saro Issac	L-30	9895847254	Mr. Ninan M George	L-51	8111921772
Mrs. Betsy Sunil	F-20	9895285885	Mrs. Anna Mohan	L-85	9663974147
Miss. Emma Anne Philip	H-44	2347338	Dr. John M J (Dr) Comdre	J-20	9746241975
<b>02-Mar</b>			<b>09-Mar</b>		
Miss. Elizabeth Mathews	E-29	2392633	Mr. Rajenish Kumar J	E-27	8129931208
Mr. Eldhose M S	K-34	9995441847	Dr. Anoop Mathew (Dr)	M-03	8281502606
Mrs. Rona Thomas (Mrs)	H-31	9447804581	Miss. Isabel Varghese	B-52	9447200401
Mrs. Leela P G	D-15	2366304	<b>10-Mar</b>		
Mr. Bittu Tom Varkey	G-07	9895225627	Miss. Catherine Anna Mathew	G-01	7356787200
<b>03-Mar</b>			Dr Mrs. Elizabeth Koruth	I-26	2349341
Mrs. Sutha Ponraj	FM 069(H)	9387227163	Mr. Alphones I	N-03	9048103827
Master. Lucas Alex Varkey	G-07	9447986337	Mr. Vinod George Maliyekal	G-45	9930199052
Miss. Anshita Ann Kuruvilla	H-40	9447347621	<b>11-Mar</b>		
Mr. Satheesan M	K-34	8943419332	Dr Mrs. Manu Susan David	G-31	9895297897
Mr. Roshan Chandy	C-35	9846076075	Master. Asher Paul J P	FM 022(L)	9961558225
Mr. Rency Nainan Philip	F-17	8086943892	Miss. Tanya Allen	I-17	2970363
<b>04-Mar</b>			Mrs. Jaisy Manoj	FM 121(E)	9495930234
Mr. Vibin Chacko Issac	L-78	9916576348	Mrs. Mini Shaji	H-35	9495315360
Mr. Moti J Mathew	E-26	9497788852	Mrs. Rita Trevor Maveettil	E-36	9349793236
<b>05-Mar</b>			<b>12-Mar</b>		
Mrs. Aneetta Merine Varkey	F-31	9895403616	Mr. Nebu Koshy Thomas	I-34	9846041193
Mr. Jiji Kurian George	O-14	9947210952	Mr. Idikula Mathew	G-26	9961432200
Mrs. Saramma Mathew	F-11	8547339100	Mr. Danie Gleetus	N-15	6806769709
Mr. Riju P John	G-17	9846066618	Miss. Shreya Sally Kurien	F-23	9946136274
Miss. Ruelle Rino	L-61	9746121346	Mrs. Mini Mary Ranjan	F-16	9447774209
Mr. Biju George Paul (O)	I-05	9745858351	Dr. Vijit Koshy Cherian (Dr)	G-44	9176644481
<b>06-Mar</b>			Daniel Paul John	L-37	2803096
Miss. Elizabeth Ipe	B-17	2665134	Mrs. Annu Manoj	FM 127(K)	8089187993
Mr. Sonnie Joseph Joseph	J-35	2344805	Mrs. Jane Elizabeth John (Dr)	L-70	2807531
Miss. Riya Achu Kurien	FM 094(K)	8086245245	Santhosh Chandy	K 036 2011	6585060
Ms. Jini Thomas	G-41	9895185888	Rincy Cyril	V-05	9846729258
Mrs. Elizabeth Idicula	B-16	2664996	<b>13-Mar</b>		
<b>07-Mar</b>			Mrs. Mallika Solomon	H-48	9447603345
Mrs. Retty Johnson	G-18	9447984366	Mr. Steve K Eapen	B-42	9446475293
Miss. Megna Ann Dheeraj	B-10	8281507917	Mr. Johnson T John (Adv)	A-04 (C)	9446208503
Miss. Belna P E	J-08	9447509408	Miss. Jovita Dijo	B-08	8281859154
Mr. Navamani Arulraj T	FM 034(I)	9567838325	Mr. John C S	J-21	9447089380
Mr. Paulson Joseph K	L-53	8606122791	Adv. Tharakan P K G (Adv)	G-35	9745518144
Mr. Steve Solomon	E-32	2706099	Mr. Assaria V J	B-05	9446030067
Shikha Mary Philip	V-08	0484 2750273	<b>14-Mar</b>		
Miss. Jewel Johnson	H-20	2402155	Mr. Philip K Philip	L-07	9387902422
Mr. Abraham Simon	J-28	9388602722	Miss. Linda Varghese	M-32	9526277540
<b>08-Mar</b>			Mrs. Elsie Alexander	G-02	7356405217
Mrs. Lisha Elizabeth Anand	FM 122(L)	9895449911	Mrs. Vishoosha V	B-23	9995926119
Mrs. Aleyamma George	E-38	9400313779	Mrs. Lalitha Fenn	K-22	9947555533
Mrs. Mary John Madathil	I-47	2349142	Mrs. Linda Hermon	B-39	9349922738
Mrs. Roseline George (O)	I-16	2347334	<b>15-Mar</b>		
Krischan Chandy	K 036 2011	6585060	Mr. Naveen Philip	B-36	9846072117
			Ancy Benjamin	V-04	9846853921



Mrs. Daisy Chacko	L-19	9497024544
Mrs. Viji Annamma Thankachan	F-17	8086945269
Mrs. Shivanthi John	I-49	2337033
Master. Abin P	FM 035(A)	9037106201

#### 16-Mar

Mr. Wilson J	B-55	9995374147
Mr. Josh Cherian	I-10	2344458
Mrs. Rachel Jacob	J-14	9961475899
Master. Abraham Nathaniel	FM-141 (B)	9345278440
Miss. Ann Mary David	I-13	8007178696
Mrs. Juliet Cunningham	G-08	9895071600

#### 17-Mar

Dr Mrs. Miriam Jacob (Dr)	K-27	
Mrs. Phimy Sharon Varkey	K-15	2532638
Mr. Biju Mathew George	FM 092(L)	9048659044
Mr. Jibu Jose	F-09	9746574933
Mr. Mulakal Daniel George	A-09	2232981
Mr. George K Mathew	FM 066(J)	9846032646
Mr. Saji C Thomas	FM 130(C)	9769250155
Mr. Anil Sam George	B-15	2663429
Mr. Justin Prince	FM 039(B)	9846022461

#### 18-Mar

Mr. Rohan Vergis John	K-17	2556796
Mr. Jijo Thomas	L-12	9995186900
Mrs. Lena Joseph	L-76	9495985098
Master. Rohan Paul	I-45	8113983680
Ms. Ann Vedha Jaice	FM 077(E)	8606186836
Mrs. Baby George	G-11	9447305859
Mr. Boobi C Chandy	L-17	9633702983
Master. Sanjay Raj	I-44	2347809

#### 19-Mar

Nathan Anoop Elanjickal	M-03	8281502606
Mr. Anand Mathew	G-04	9895395001
Mr. Santhosh Babu Jacob	L-67	9447105482
Mrs. Molly Hermon	M-23	8714830305
Mrs. Elsy Mathew	B-09	9448997100

#### 20-Mar

Mrs. Mary Vanitha Chandy	G-07	9895723210
Mr. Femics George	O-16	9633838830
Master. Rohan Sam	I-46	2534118
Miss. Sneha Elizabeth	K-36	9746473855
Miss. Hannah R Ben	FM 041(M)	9645010000
Mr. Fenics George	O-16	9633838830
Mr. Varghese K I	L-77	9895777531
Dr Mrs. Mariam Mathew	E-17	9995289625
Mr. Varghese Issac (O)	N-12	9495764190
Master. Rushil P John	B-36	9846072117

#### 21-Mar

Mrs. Bindu Sam (O)	I-46	2534118
Mr. Reginald Daniel Cdr.	G-32	9995986888
Mrs. Mercy Jaidevan	M-11	9847107050
Mrs. Mariamma Vitlog	M-33	9495715604
Mr. Nithin Thomas Mathew	I-36	9995822665
Mrs. Rekha Jacob	J-04	8589051965
Mrs. Albey Reena John	B-06	8547564026

#### 22-Mar

Mr. Anil John E	B-04...(I)	9447372102
Mr. Jacob K C	H-16	9495772798
Mrs. Sheela Joseph	D-28	9895395116

Mrs. Smitha Anish	A-01	9895569491
Miss. Naveena Sara Philip	G-28	2291051
Mr. Wesley Veda J	FM 060(J)	9633634060
Adv. Sarathkumar T S	FM-143 (E)	9961216663
Miss. Merlee Sam Issac	L-64	9744566052
Mr. Allen John	FM 024(G)	9400539008

#### 23-Mar

Dr. Thomas Kuruvilla Dr.	H-40	9447347621
Ms. Joan Raichel Paulson	L-53	9961359333
Mrs. Rebecca Jacob	FM 109(B)	8606673251
Mr. John P Samuel	FM 080(C)	9446401855
Master. Ryon S Reuben	L-36	2809240
Miss. Nidhi Elizabeth Thomas	D-27	6454545
Mr. Abraham Jason Samuel	L-45	9846037037
Mrs. Sicily Benjamin	M-06	9400091909
Mrs. Ramani John	I-24	8281204316
Miss. Norah Susan George	H-37	2347864
Mrs. Sarah Molly Eapen	B-42	9446475293
Mr. Sajith Paul Charles	FM 095(F)	9567782528
Mr. Manoj Babu	FM 121(E)	9048054460
Ms. Ashia Eliza Benjamin	L-01	9741350224

#### 24-Mar

Rayhan Koshy John Kurian	M-22	9747630009
Mrs. Saramma George	H-10	2330631
Mr. Aashlee Mathew George (O)	I-43	9846593699
Dr. Jacob S Mathew	J-15	9895780915
Sibin Joseph George	I-16	2347334
Dr Mrs. Mercy John Idikula	N-04	9895835323
Mr. Genu George Kurien	H-21	2347057

#### 25-Mar

Mr. Shiny Renji (O)	D-22	97 4662272875
Mr. Anand Varkey M Valsan	O-13	8136932475
Mrs. Mariakutty Johny	B-22	9495389102
Mrs. Asha Elizabeth Kurian	G - 42	9946237505

#### 26-Mar

Mr. Anu John	B-22	9495389102
Master. Ryan Steve Ribu	K-37	8975007134
Mrs. Shirin Chandy	G-12	2539146
Master. Jenile M	M-31	9946042265

#### 27-Mar

Miss. Shreya Koshy	FM 059(C)	9446923707
Mrs. Susan Varghese	G-40	9995604652
Miss. Nora Jacob	H-01	2349698
Mrs. Benitta Margaret S	M-07 (C)	9447716828

#### 28-Mar

Mr. Solomon A W	E-32	9495218599
Mrs. Annamma John	FM 128 (I)	9645144966
Mrs. Reshma John	L-40	9449408100
Jonathan Jacob Noble	D-18	9605489469
Mr. Dharmaraj A	M-20	9995437460
Mrs. Shylamma K J	J-08	9847154789
Mr. Adwaith Philip George	J-24	2333834
Miss. Emma Elizabeth Joseph	I-17	2970363
Miss. Anamika Saju	M-25	9605972539
Mr. Stephen Korah Thomas	N-16	9539262207
Mrs. Leena Santhosh	N-02	7736945722

#### 29-Mar

Mr. Sandeep John	J-21	8138917201
Mr. Mathew V I	G-26	9961432200



Mr. Mathew K J	FM 029(J)	2334487
Mr. Anil John (O)	H-06	97 1505344150

### 30-Mar

Mr. Shahin James Zubin	I-57	2347305
Dr Mrs. Suja Mathew (Dr. )	J-15	9562818129
Mrs. Nisha James (Dr)	H-02	2347864
Jessy Arun	V-03	8447642257
Mr. Sujit John	B-20	9945617342
Mrs. Valsa Shibu	K-36	9797408553
Mr. George Varghese	L-29	9388809775
Mr. Babu Thomas	L-11	9447015565
Mr. Abraham P V	E-01	9567260840
Dr Mrs. Mallie Abraham	L-81	9847433372
Mastervurgese George	A-03	9895014108
Mr. Joji George Philip	J-24	97 1508878923

### 31-Mar

Mr. Stephen Michael R	M-31	9946042265
Mrs. Swapna Jacob	J-14	2801899
Master. Joshua Arun John	FM 107(M)	9946261278
Miss. Ashitha Asok	FM 006(M)	2303561
Miss. Hanna Mary George	K-10	2555825
Mrs. Rini Sarah Gabriel	D-10 (N)	9947606054
Mr. Rahul John Mohan	L-50	91 8075769447
Libu George	FM 017 (M)	9747537116
Miss. Ria Ann Sam	I-46	2534118
Mr. Roy Thomas Philip	G-28	9447701051

### 01-Apr

Miss. Gabrielle Mary Prince	Fm 039(B)	9846022461
Mr. George Cherian (Jr.)	D-06	98400041956
Mrs. Sujatha John	D-23	9846037234

### 02-Apr

Mr. Shajan Koshy	J 024 2011	2342807
Mrs. Sobana Christopher	N-09	9533617497
Mrs. Marykutty James	D-11	9446586547
Mrs. Dhanya J P	Fm 098(L)	9446390097
Miss. Nikita Elizabeth Joseph	E-05	9946850882

Mr. Abraham P I	L-03	9496450589
Dr. James P Joy (Dr. )	L-34	9446006808
Mr. Thomas Varghese	N-14	9895444056
Mrs. Buella Rajammal N	Fm 034(I)	9995863061
Mr. Jaice Johnson	Fm 077(E)	7025750557
Master. Alby Joel R	Fm 098(L)	9995323892
Mr. Sam George	E-30	9446447240

### 03-Apr

Punnen T I (Cmdr)	N 008 2011	2608737
Miss. Mariam Susan Joseph	F-19	2530745
Mr. Dijo Daniel	M-09	9447728644

### 04-Apr

Mr.rohit Ninan Thomas	L-85	9632721117
Mrs.jaya Jacob	L-83	4069111
Master.alvis Jerson S	Fm 134 (E)	9995700509
Mr.vitlog T M	M-33	9446347603
Master.daniel Jorim Nibu	J-34	9656414693
Miss.blessy Jerin B	M-07 (C)	9447716828
Mr.christy Pothen John	C-29	9562221118

### 05-Apr

Mrs.sumi Abraham	J-13	2344949
Ms.elen Abraham	L-32	8281518589
Mrs.chithirai Selvi I	N-03	9048103827
Mrs.beena Deepak	B-10	8281507917
Mr.john Daniel	I - 58	9847453748
Mr.vishal Koshy	Fm 059(C)	9446005066
Mrs.asha Thomas	Fm 097(C)	9847063251
Mrs.susan Asha Mathews	L-49	9895494008
Mrs.prestina John	L-36	9895660944
Miss.angel Jolly	E-13	9446290892

### 06-Apr

Mrs.shantimol George	J-24	8281905293
Mr.thushan M Philip	O-12	6496242164
Mr.stanly Emerson J M	Fm 134 (E)	9995700509
Mrs.tara Ittira Chandy	G-11	9744705500
Mrs.smitha Kurian	G-21	9961890329



# Happy Wedding Anniversary

01-Mar	Mr. John P Samuel	& Mrs. Annamma John	FM 080(C)	9446401855
01-Mar	Mr. Daniel M C	& Mrs. Mariamma Daniel	M-09	9446479964
06-Mar	Mr. Sunil Kallivalapil	& Mrs. Annie Sunil	C-41	9387475118
10-Mar	Mr. Jeljit Mani	& Mrs. Francina Mani	M-28	8301888124
24-Mar	Mr. Denny Philip	& Mrs. Shiji Annie Chacko	E-08	9446096556
27-Mar	Mr. John Oommen	& Mrs. Usha John	H-19	9447048468
01-Apr	Mr. Biren J Thoompunkal (Dr.)	& Mrs. Sunitha Biren Thoompunkal	C-06	9847047716
03-Apr	Mr. Rajaseelan Kingsly D	& Mrs. Angel Swarnaseeli J	FM 099(C)	9497480813
04-Apr	Mr. Madhu Mathew Ancheril (Dr)	& Mrs. Naomy Ancheril	I-29	9895973003
04-Apr	Mr. George Vijay Easow (O)	& Mrs. Shiny Easow	L-09	3240105
05-Apr	Mr. George Mathew (O)	& Mrs. Resma George	F-10	2530332
05-Apr	Mr. Jacob Jacob	& Mrs. Anjana Jacob	J-41	2801899



# CROSSWORD - 22

Crossword created by Liz Verghese John

D	E	P	T	A	H	H	Y	U	S	K	F
I	X	M	W	J	E	R	E	T	E	P	H
S	H	A	I	R	A	H	C	E	Z	S	P
P	K	H	Q	M	V	H	A	T	V	L	S
M	L	A	Z	H	J	S	A	Q	Y	D	E
O	G	R	U	A	V	P	M	O	R	Y	L
S	C	B	O	D	O	F	C	E	N	I	O
E	M	A	I	S	E	G	H	B	H	A	E
S	Q	U	T	N	S	P	V	S	D	R	M
J	F	L	R	X	E	L	I	J	A	H	T
Z	E	J	T	H	E	S	U	W	S	O	K
S	M	G	S	O	N	J	X	B	L	X	Y

Answers will be published in the next issue of the newsletter.

## QUESTIONS

- \_\_\_\_\_ was twice visited by an ange whol brought him food & drink.
- An angel appeared first to \_\_\_\_\_ wifte to tell her she would have a son Samson.
- The angel Gabriel appeared to \_\_\_\_\_ to announce that he has wife would have a child in their old age.
- An angel appeared to \_\_\_\_\_ on Mount Moriah to prevent him from sacrificing his son.
- A host of angels appeared to the \_\_\_\_\_ proclaiming the birth of Christ.
- \_\_\_\_\_ were arrested for preaching but an angel released them from prison.
- “Angel of the Lord” appeared to \_\_\_\_\_ in a burning bush.
- Angels were seat to destroy Sodom & Gomorrah, but \_\_\_\_\_ & his daughters were saved.
- Angel Gabriel appeared to \_\_\_\_\_ to announce that she would have a child Jesus.
- \_\_\_\_\_ was freed from prison by an angel.

## Answers for the CROSSWORD - 21

- |           |             |
|-----------|-------------|
| 1. ABNER  | 6. DAVID    |
| 2. GIDEON | 7. JONATHAN |
| 3. URIAH  | 8. SAMSON   |
| 4. JOSHUA | 9. SAUL     |
| 5. ZADOK  | 10. GOLIATH |



# Almanac - March, 2022



**March 2, 2022, Wednesday**

**Ash Wednesday**

**Cross: A Call to Vicarious Suffering**

OT 1 Kings 17: 12 – 24

Psalm Ps.102

Epistle Phil.2:1-11

Gospel Mark 8:31-38

**March 6, 2022, Sunday**

**6th Sunday before Easter /  
1st Sunday in Lent**

**Being with Outcasts and Marginalized**

OT Esther 4:1-17

Psalm Ps.43

Epistle Acts 15:12-21

Gospel Mark 1:40-45

**March 13, 2022, Sunday**

**5th Sunday before Easter /  
2nd Sunday in Lent**

**Releasing from the Burden of Sin**

OT 2 Sam.12:1-14

Psalm Ps.32

Epistle Acts 8:9-25

Gospel Mark 2:1-12

**March 20, 2022, Sunday**

**4th Sunday before Easter /  
3rd Sunday in Lent**

**Acknowledging Faith beyond Boundaries**

OT Isa.44:28-45: 8

Psalm Ps.125

Epistle Acts 10:24-33

Gospel Matt.15:21-28

**March 27, 2022, Sunday**

**3rd Sunday before Easter /  
4th Sunday in Lent**

**Transforming the Oppressive Structures**

OT Nahum 1:1-15

Psalm Ps.113

Epistle Acts 4:32- 37

Gospel Luke 13:10-17

**April 3, 2022, Sunday**

**2nd Sunday before Easter /**

**5th Sunday in Lent Passion Sunday**

**Cross and a New Paradigm to Discipleship**

OT Gen.26:12-33

Psalm Ps.92

Epistle 2 Cor.11:21-31

Gospel Mark 10: 46-52

**April 10, 2022, Sunday**

**Palm Sunday**

**Hosanna: Lord Save Us**

OT Zech.9:1-12

Psalm Ps.118:19-29

Epistle I Tim.4:6-16

Gospel Luke19:29-40

**April 14, 2022, Thursday**

**Maundy Thursday**

**Eucharist: Communion of Suffering  
Humanity**

OT Exod. 12:1-7

Psalm Ps.116

Epistle I Cor.11:23-34

Gospel Mark14:17-25

**April 15, 2022, Friday**

**Good Friday**

**Cross: Accomplishment of Salvation**

OT Exod.14:15-22

Psalm Ps.22

Epistle Heb.13: 8-17

Gospel John 19:23-30





**Feeding the Needy programme**



**Maintenance and painting of our Cathedral starting with prayers**





*Best Wishes*  
**Nevil & Ashitha**



28th December 2021