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Under the Holy Apostolic See of Antionch \& All the East (Reg. No. SG - 394/78 \& 700000-01)

## In $\operatorname{This}$ Issue

1. Message from Thirumeni (H.G. Mathews Mor Theodosios)
2. Vikaari Samsaarikkunnu
3. Sathyaviswasa Sangathikal
4. Are you a Carrot, an egg or a coffee
5. 2010 March Happenings
6. Announcements
7. Bible Crossword No. 4 - Answers and Winners of Crossword No. 3
8. Quiz No. 4 \& Answers/Winners of Quiz No. 3
9. Sunday School Viseshangal
10. Consider being Considerate
11. Greetings


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B. For Israel

1. Land of Palestine

- Act 7:5, Heb 11: 9

2. Messiah

- Acts 13: 23-33

3. Gospel

- Acts 10:43

4. New heart

- Jer 31: 33
C. For Christian

1. Holy spirit - Luke 24:49
2. Salvation

- Acts 2: 39

3. Kingdom

- James 2: 5

4. Crown of life - James 1:12





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So the soldiers took charge of Jesus. Carrying his own cross, he went out to the place of the skull (which in Aramaic called Golgotha). Here they crucified him, and with him two others - one on each side and Jesus in the middle.
(16) For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. (17) For God did not send His Son into the world to condemn the world, but that the world through Him might be saved.

John 3:16,17
(Jesus is pure and without sin. Only His sacrifice could cleanse us from our sins and offer us eternal salvation. This gift so graciously offered to us can only be received in one way. We must believe that Christ our Lord and Savior, died on the cross for our sins.)

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## aRE YOU A CARROT，AN EGG OR A COFFEE <br> BEAN <br> by Mary Sullivan

A young woman went to her mother and told her about her life and how things were so hard for her．She did not know how she was going to make it and wanted to give up．She was tired of fighting and struggling．It seemed as if as soon as one problem was solved a new one arose．Her mother took her to the kitchen．

The mother filled three pots with water．In the first，she placed carrots．In the second she placed eggs．And the last she placed ground coffee beans．She let them sit and boil without saying a word．About twenty minutes later，she turned off the burners．

She fished the carrots out and placed them in a bowl．She pulled the eggs out and placed them in a bowl．Then she ladled the coffee out and placed it in a bowl．

Turning to her daughter, she said, "Tell me what you see." "Carrots, eggs, and coffee," she replied.

She brought her closer and asked her to feel the carrots. She did, and noted that they felt soft.
She then asked her to take an egg and break it. After pulling off the shell, she observed the hard-boiled egg inside.

Finally, she asked her to sip the coffee. The daughter smiled as she tasted its rich aroma.

The daughter then asked, "So, what's the point, mother?"
Her mother explained that each of these objects had faced the same adversity boiling water - but each reacted differently.
The carrot went in strong, hard, and unrelenting. However, after being subjected to the boiling water, it softened and became weak.

The egg had been fragile. Its thin outer shell had protected its liquid center. But, after sitting through the boiling water, its insides had become hardened.

The ground coffee beans were unique, however. After they were in the boiling water...they had changed the water.
"Which are you?" she asked her daughter. "When adversity knocks on your door, how do you respond? Are you a carrot, an egg, or a coffee bean?"

Think of this: Which am I?
Am I the carrot that seems strong, but with pain and adversity, do I wilt and become soft and lose my strength?

Am I the egg that starts with a malleable heart, but changes with the heat? Did I have a fluid spirit, but after a death, a breakup, a financial hardship, or some other trial, have I become hardened and stiff? Does my outer shell look the same, but on the inside am I bitter and tough with a stiff spirit and a hardened heart?
Or am I like the coffee bean? The bean actually changes the hot water - the very circumstances that bring the pain. When the water gets hot, it releases the fragrance and flavor of the bean. If you are like the bean, when things are at their worst, you get better and change the situation around you instead of letting it change you.

When the hours are the darkest and trials are their greatest do you elevate to another level?
How do you handle Adversity?
ARE YOU A CARROT, AN EGG, OR A COFFEE BEAN?
Chev. Thomas Abraham - Bahrain

## 2010 OMarch FHappenings



Rev. Fr. Paul Mathews departed from Bahrain on the $05^{\text {th }}$ of March 2010 with fond memories. Thanks to all the members for their wholehearted support and their presence at the occasion.


Reception was accorded to H.G. Mathews Mor Thevodosios Metropolitan who arrived at Bahrain on 24 March 2010 to lead Holy Week Services in our Church. Seen above are H.G with Rev. Fr. Thomas Nediyapalackal, Secretary Mr. Paul Varghese, Committee Members and other Senior Members of the Church


Youth Association distributed the Photo of St. Mary (Kattachira St.Mary's Church) to all members of our Church. His Grace issued the first photo to our Secretary Mr. Paul Varghese.




ヘीிৎ๐ญ๐: Flat No. 24, Building No. 193, Road No. 1204, Salmaniya 311, Near Karimi House, Lulu Road. Time: 7.00 PM

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 11.30 ญอ๐







## Mathew Ninan (M 030)

Sraikkattu, Meenadom P.O., Kottayam.
Present Address: Flat 21, Bldg. 1577, Road 227, Manama 302
Home Parish: St. Mary's Jerusalem Jacobite Church, Meenadom - Diocese: Kottayam

## G10M36000』Mo








## ACROSS

2 Which w oman died after lying to Peter about the value of the possession they had sold?
5 Which lying prophet pyt Jeremiah in stocks?

7 Who murdered Pekah and took over the throne?
8 Which woman tricked Samson into revealing the secret of his strength?
11 Who murdered Shallum and took the throne?
14 Which doting mother lied to procure a blessing for her favourite son?
15 Which traitor killed King Elah, took his throne and then later after seven days committed suicide?

DOWN

1 Which ow ner of vineyard was executed by Ahab because winesses claimed he had blasphemed against God and the king?
3 Which son of David led a major revolt against his father?
4 Who w as turned into a leper for lying to prophet Eisha?
6 Who w as the first person to lie to God about a murder?

9 He was the deceptive father-in -law of Jacob.
10 Who killed Benhadad w ith w et cloth?
12 Who told his beautiful w ife to tell the Egyptians she is his sister?
13 Which king claimed to be a devout w orshipper of Baal in order to gather the Baal w orshippers and kill them?

This is the fourth in the series of Bible crossword puzzles for 2010. All the clues are about the traitors and lies mentioned in the Bible. Solve the crossword. A few references are given. Use them if necessary. Please use King James version of the Bible. Deposit your answers in the box near the door to the church as soon as possible, within 7 days after the release of the newsletter. This contest is open to all; Sunday school students and adults. The winners' names will be published in the church newsletter. The annual award is given only to Sunday School students. You may also send the answers to me by email. My email address is ocalexleela@gmail.com

Useful references: Genesis 4, Genesis 27, Genesis 29, Jeremiah 20, 2Kings 5, 1Kings 21, 2Kings 10, Acts 5, Genesis 12, Judges 16, 2Samuel 15, 2Kings15, 2Kings 8, 1Kings16, 2Kings 15.


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| 2 |  <br>  | 2：10 |
| 3 | ડ̧®0） | 13：13 |
| 4 |  | 1：11 |
| 5 |  | 6：6，7 |
| 6 | வைவை冂1 | 1：17 |
| 7 |  <br>  | 9：3 |
| 8 |  | 2：20，21 |
| 9 | வコフைช் | 5：14 |
| 10 |  | 14：29 |
| 11 | ๑க゙ดைهைலஸs゙ | 15：29 |
| 12 | ๑๒ソูู） | 10：15 |
| 13 |  | 8：19 |
| 14 | カி（イロ） | 11：15 |
| 15 |  |  |

## Winners of Quiz No． 3

Aleyamma Thomas
Anju Paulose
Annie Surya George
Biju Thelappillil
Bisy Eby
Blessy Prageesh
Hepsy Binu
Jeepa Shaj
Joji Susan Mani
So

| Lissy Sunil |
| :--- |
| Mercy Abraham |
| Moly Baby |
| Nimmy Jacob |
| Preethi Gijo |
| Reji Solomon |
| Rejina Joseph |
| Reny Eldho |
| Shaiby Baby |

Sheela Manoj
Shelby Jacob
Shiny Saju
Simi Alias
Sindu Joji
Sony Roy
Susan Moby
Zibi Benny
Congratulations


2010 BEMESEMEAJEMI
MEEETINGINAGURETED
On Friday $26^{\text {th }}$ March, 2010 the visiting Metropolitan H.G. Mathews Mor Theodosios inaugurated the Sunday School Balasamajam Meeting for 2010. His Grace explained to the children the importance of Lent and the need to observe it.

Balasamajam competitions were organized between the two groups "Bethel" and "Shalom". Shalom group emerged as winners of this month's balasamajam meeting with 73 points. Bethel group secured 66 points.


## Consider 诌eing Considerate

Leela Alexander

'On 14 April 1912, when the Titanic sank into the icy waters of Atlantic, Captain Edward Smith, with every lifesaving device launched from the decks, was returning to the deck to perform the sacred duty of going down with the ship. A wave dashed over the side and threw him to the ocean. As the Titanic was sinking rapidly, the waves brought him closer to a crowded life boat. Hands reached out, but he wrenched himself away and swam back to the ship and disappeared.' He met the noble death of a noble captain.

This awareness of the needs and feelings of others and loyalty to your duty are what lessons in being considerate mature into later in life. The hardest job our children face today is learning to be considerate without seeing any examples of it around them.

Our children do not live in a joint family where you learn to share, respond to the needs and feelings of others and respect elders. Parents today are so busy and worried about their jobs and livelihood that they ignore setting good behavioral patterns in children.

Consideration for others and politeness should be instilled in children when they are young. That open doors that the best education cannot. These days, when interviews are
conducted for jobs, the candidate's interactions with others are very carefully scrutinized and the most likeable person immediately has a much better chance at getting the job than the rest. Nobody wants an arrogant person in their office, no matter how impressive their exam scores or accomplishments.

What can we do as parents and teachers? Set great examples. Show children how to be polite to others and kind to people who work for you. Greet people with a smile; show children the joy of sharing, whether it is food or other possessions. Correct them when needed and praise them when they behave well. We can be role models for kindness and concern to others. And if despite your best efforts, your child behaves badly with others, don't shout at them in public. They are sensitive to such corrections and they rebel. Mothers, stop yourself every time you hear yourself saying "I will tell your dad." Do not try to portray their father as the only one who can discipline them.

Use words like 'please' and 'thank you' when you ask your children to do something for you. That will ensure it becomes a conditioned reflex in them. If someone pays you a compliment, a 'thank you' should come automatically from you. These two wonderful words are like oil that makes the wheels of our society run smoothly. For a social function you were invited to or for a gift someone sent you, write a quick 'thank you' note. Don't jump queues; everyone has important things to do with their time just as you do.

Lending a helping hand or being kind even has health benefits. The body releases endorphins that instantly make you feel happy, content and calm and this relieves a lot of your everyday stress and makes you feel more confident and in control. So, hold the door open for someone with a push chair or a pram with a baby or someone with a heavy bag. After all, you are doing yourself a favour too!

Remember that your acts of kindness to your fellowmen are often the mark that you leave on the world. We can learn from Major Sandeep Unnikrishnan who was killed when he tried to intervene to save a fellow commando on 28 November 2008 at the time of Mumbai terrorist attack. He was posthumously decorated with the Ashoka Chakra for his incredible sacrifice.

So take a moment to reassess your interactions with others and what sort of an example you want to set for your children. To quote from an old Chinese proverb, 'A bit of fragrance always clings to the hand that gives Roses'.


