

SPLASH YOUR COLOUR



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VIVA Teresa.... A Way to Sanctity **Little Flower Forane Church, Nerul**

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Letter to my Little Friends...

Saint Euphrasia ...

Parish News ...

ചെറുപുഷ്പം ...

അരുപിയാൽ നിറയാൻ ...

പന്തക്കുസ്താ തിരുനാൾ ...

50 Year of renewal fire ...

ഓർമ്മിക്കാൻ ആചരിക്കാൻ ...

A Grateful heart is the

beginning of greatness ...

Blessed Pier Giorgio Frassati ...

From YOUCAT ...

പുത്തരി പെരുന്നാളിന്റെ ഓർമ്മയ്ക്കായ് ...

തിരുഹിതം ...

Knowing Being Doing ...

Health Corner ...

Slow down my friend, slow down ...

കാത്തിരിപ്പ് ...

List of Parish Council Members ...

The Promise of the Lord ...

Learn from our mistakes ...

Bible Quiz ...

Splash your colour ...

Editorial

The whistling sound of wind, tongues of fire descending on the disciples, Mother Mary in prayer and the disciples speaking in tongues (other languages) -- this scenario, which is the manifestation of Holy Spirit on the day of Pentecost, is much more dramatic unlike on the day of baptism of Jesus. This event happened 50 days after the Resurrection of Jesus. The perpetual Helper descended upon the once-cowardly and inexperienced disciples and made them audacious people of God who were capable of taking up the greatest mission to proclaim about the Saviour of the human race. This is the day that the Church, or the "called-out ones" of God, was born.

Just as the ministry of Jesus depended on the Holy Spirit descending on Him at His baptism, the ministry of the disciples depended on them receiving the Holy Spirit and relying on His power. The basis of Pentecost is God equipping His church with the power of His Spirit so that He will be glorified among the nations. But this understanding of Pentecost, though correct, is incomplete. In fact, Pentecost was a regular Old Testament festival.

Exactly 50 days after Passover, the Jews celebrated the Feast of Pentecost or the feast of weeks, the only Old Testament festival determined by counting. "Pentecost" is named after the Greek word pentekostos, which means '50th' which is exactly seven weeks after the Feast of First fruits. In the Jewish feast of Pentecost, the Jews used to make a grain offering along with the regular burnt offerings. The grain was to be 'first fruit' of new grain harvested from the land. This was an allusion of the coming of the Holy Spirit on that more famous Pentecost Sunday in Acts 2. And they had been doing so yearly for 1500 years by the time the events of Acts 2 incident happened. In fact, the reason that there were people from all languages were in Jerusalem that day to hear Peter's message was precisely because they were there to celebrate the Old Testament Pentecost.

Pentecost represents the fulfillment of Christ's promise. This contains two notable symbols of the Holy Spirit and His activity: the elements of wind and fire. The wind that appeared on Pentecost was reminiscent of the wind that blew over the waters at the beginning of Creation and calls attention to the Holy Spirit breathing life into the Church. Fire symbolizes the transforming energy of the Holy Spirit's actions. When we are filled with Holy Spirit, God acts through our Spirit-filled bodies. Our human nature becomes God's nature. That's a Pentecostal experience.

Glory to our Lord Jesus Christ

- Chief Editor

ഇടയശബ്ദം



സ്നേഹമുള്ളവരേ,

സഭയെ നയിച്ചു പരിപാലിച്ചു കൊണ്ടിരിക്കുന്ന പരിശുദ്ധാത്മാവാണു് ഉത്ഥിതനായ ക്രിസ്തു നൽകിയ ഏറ്റവും വലിയ സമ്മാനം. നമ്മിൽ വസിക്കുന്ന ഒരു ദൈവമുണ്ടെന്നും, ആ ദൈവ ചൈതന്യം നിത്യവും നമ്മെ നമ്മുടെ വഴിയിൽ നടക്കുവാൻ സഹായിക്കുന്നുവെന്നും നമുക്കറിയാം. നമ്മിലുള്ള ദൈവിക ചൈതന്യത്തെ നഷ്ടപ്പെടുത്താതിരിക്കുക എന്നതാണ് നമ്മുടെ കർത്തവ്യം.

നമ്മിൽ വസിച്ചു് നമ്മെ നയിച്ചു കൊണ്ടിരിക്കുന്ന ദൈവത്തിന്റെ ആത്മാവ് കൂടെയധികം കാര്യങ്ങൾ നമ്മെ ഓർമ്മപ്പെടുത്തുന്നുണ്ട്. 1) നമ്മുടെ ഏറ്റവും വലിയ സമ്പാദ്യം ദൈവമായിരിക്കണം. ദൈവത്തെ നഷ്ടപ്പെടുത്തി മറ്റൊരാളെ നേടിയാലും അതെല്ലാം നഷ്ടം തന്നെ (മത്താ. 16:26) 2) ദൈവം നമ്മുടെ സമ്പത്തും ബലവുമായി

കൂടെ നിൽക്കുമ്പോൾ (സങ്കീ. 121:5-7 നമുക്കൊന്നിനെയും ഭയപ്പെടേണ്ടതില്ല, ഒരു ശക്തിയും പ്രതികൂല സാഹചര്യങ്ങളും നമ്മെ കീഴ്പ്പെടുത്തുകയില്ല (റോമ. 8:35-39, 1 യോഹ. 4:4). 3) മറ്റുള്ളവരിലുള്ള ദൈവസാന്നിധ്യത്തെ കാണാൻ സാധിക്കാത്തവർക്ക് സ്വർഗ്ഗരാജ്യത്തിൽ പ്രവേശിക്കാൻ സാധിക്കാതെ വരും (മത്താ. 25:45).

ആയതിനാൽ പ്രിയപ്പെട്ടവരേ, നമ്മിലുള്ള ദൈവസാന്നിധ്യത്തെ വളർത്തിയെടുക്കുവാനും, നമ്മുടെ സഹോദരങ്ങളിലുള്ള ദൈവസാന്നിധ്യത്തെ തിരിച്ചറിയുവാനും, ബഹുമാനിക്കുവാനും സ്നേഹിക്കുവാനും നമുക്ക് പരിശ്രമിക്കാം. നിത്യ സഹായകനായ പരിശുദ്ധാത്മാവ് നമ്മെ അനുഗ്രഹിക്കട്ടെ.

സ്നേഹത്തോടെ,
ബിജു അച്ചൻ

LETTER TO MY LITTLE FRIENDS



Oh, come Holy Spirit, enkindle us with light of the Faith in our Resurrected Lord... And make us the instrument for witnessing the Divine Love offered on the Cross to sprout to life...

Little friends, it's a great joy to write to you about the renewed life in the Spirit. Holy Spirit is the fire that kindles the ember of faith in each and every person. Without the Spirit the Faith is lethargic. Faith, Hope and Charity are the three Theological Virtues already in us from our very birth. Our conscious sustained effort to develop and grow it seeking the help of the Holy Spirit is what gives the experience of the presence of our Resurrected Lord in our day to day lives.

Holy spirit, the third person in the Trinity, God himself, takes His abode in us through Sacraments. Each person is confirmed in Holy Spirit in the Sacrament of Confirmation. But it is quite interesting that the presence of God, the Holy Spirit becomes evident during intercessory prayers and Adoration of the Blessed Sacrament. It is because in the Divine presence the person is purified and made clean, to the extent that the person becomes an extension of body of the Holy Trinity, the Divine Love itself. We turn to become His loving instruments. And hence, filled with the Spirit. What can be more desirable, than to be the Divine extensions... Let us pray for transforming ourselves in those loving Divine extensions by enkindling the presence of the Holy Spirit in us.

May God bless us all.

Yours Franklinachan

A Way To Sanctity – 18

SAINT EUPHRASIA

The daughter of Anthony and Kunjethy of Elavathingal Cherpukaran, Rose was born in the village of Kattoor, Diocese of Trichur on 17th October 1877. Her mother's deep piety and great devotion to the Virgin Mary, the Mother of God, had a strong influence on little Rose from her childhood. When she grew up she made a total surrender to God. Notwithstanding the strong opposition of her father, she wanted to become a religious Sister. Her intense prayer life, which included the rosary, fasting and abstinence, as well as the sudden death of her younger sister, brought about a change of heart in her father, who granted Rose permission to enter the convent. On 10th May 1897 Rose became a postulant and took the name Sr. Euphrasia of the sacred Heart of Jesus, and on 10th January 1898 she received the holy habit of Carmel. She practised the virtues of humility, charity and renunciation and grew in holiness with the help of the Blessed Virgin Mary. On 24th May 1900 Sr. Euphrasia made her perpetual vows to God.



From 1904 to 1913, Sr. Euphrasia was entrusted to the duty of novice mistress. The novices saw in her the heroic virtues of humility, poverty, penance, obedience and abandonment to God's will. Sr. Euphrasia was chosen as Superior of the convent of St. Mary at Ollur. Euphrasia spent much of her day in the convent chapel before the Blessed Sacrament. Observing her life of prayer and holiness, the local people called her "Praying Mother".

Mother Euphrasia became extremely weak due to a paralytic stroke. Mother Euphrasia passed away on 29th August 1952 at the age of 75. After her death many miracles took place through her intercession and of her canonization process started in 1987. Pope John Paul II approved the Decree of the heroic virtues of the servant of God in 2002, proclaiming her Venerable. On 3rd December 2006, she became the fifth Blessed of Kerala. She was canonized as a Saint by Pope Francis on 23 November 2014.

PARISH NEWS AT A GLANCE

The blessed pilgrimage

March 13, Sunday, was a blessed day for our parish when 630 parishioners, including reverend priests and sisters, visited St Thomas cathedral, Kalyan west to pass through the Door of Mercy for receiving Plenary indulgence from the sins. The journey started from the church with the prayer of Divine Mercy led by parish priest Rev Fr Biju Kollamkunel. The parishioners diligently kept a prayerful mood all the way to the Cathedral reciting the chaplet of Mercy, way of the cross and singing devotional hymns.

Pithrudinam

The pithruvedi members commemorated the St Joseph's day as 'pithrudinam' on March 19. The senior citizens of our parish were felicitated by the Pithruvedi members after the Holy Mass. They also arranged 'oottunercha' for the parishioners.

Holy week

Starting with Palm Sunday on March 20, the Holy week was observed with much piety and devotion. On Maundy Thursday, Parish priest Rev Fr Biju Kollamkunel washed the feet of twelve altar boys. Rev Fr Shibu Pulickal, Rector of St Thomas Minor Seminary, delivered the festal message. On Good Friday, the parishioners joined in large numbers for the solemn procession of the Way of the Cross around the town. The night Service of Easter was noted by the depiction of Easter events aesthetically arranged by the youth members of the parish.

Youth seminar

As part of All Saints day celebrations, the Sisters of Apostolic Oblates arranged a seminar for the Youth of our parish on April 3. The enlightening seminar was conducted by Rev Fr Francis Eluvathingal. About 95 youth members participated in the seminar.

AGM

The annual general body meeting of the parish was held on April 10. The Annual report and Accounts were submitted and

passed. Mr EP Devassy and Mr Sanju Thomas were re elected as the 1st and 2nd trustees. New Forane representatives were elected and the names of new Parish council members announced.

Relic Installation anniversary

April 14 was the fifth anniversary of the installation of St.Teresa's relic in our church. It was commemorated with adoration, Holy Mass, Ladeenj and Novena prayer. The reliquary was opened for veneration.

Unit annual get together

Feast celebrations and unit annual get together of St Joseph Unit (April 3) and St George Unit (April 10) were held with various cultural programmes.

ചെറുപുഷ്പം

Babykutty, Cherupushpam Unit

ലിജിപ്പു പോലെ നിർമ്മലയായ
ലിസുവിലെ കൊച്ചുനാണി,
നിൻ തിരുചിത്തം ദൈവസ്നേഹത്താൽ
നിത്യം ജ്വലിച്ചുവല്ലോ
നിൻഹൃദയമെല്ലാം ദൈവത്വപ്പാദ,
നി സമർപ്പിച്ചുവല്ലോ ...

നിൻദേഹമെല്ലാം കുന്തിരിഞ്ച പോൽ
വിണ്ണിലുയർന്നുവല്ലോ...
നിൻ സഹനങ്ങൾ യേശുവിനേറ്റം
പ്രിയമായ് തീർന്നുവല്ലോ

വിണ്ണിലെ നോസാപ്പുവിതളെല്ലാം
നി പൊഴിച്ചിടുമല്ലോ ...
മണ്ണിലി മണൽ തൻ കണ്ണുനീരെല്ലാം
നി തുടച്ചിടുമല്ലോ ...

അരുപിയാൽ നിറയാൻ...

Sr. Mollykutty, Apostolic Oblates



കൈസ്തവ ജീവിതം അരുപിയുടെ നിറവിലുള്ള ജീവിതമാണ്. എഫേ സുസുകാർക്ക് എഴുതിയ ലേഖനത്തിൽ പൗലോസ് ശ്ലീഹാ ഉത്ബോധിപ്പിക്കുന്നുണ്ട്, “വീഞ്ഞുകുടിച്ച് ഉന്മത്തരാകരുത്. മറിച്ച് ആത്മാവിൽ പുരിതരാകുവിൻ”. കൈസ്തവ ജീവിതത്തിന്റെ അനന്യത തന്നെ ദൈവാത്മാവിന്റെ നിറവിനെ ആശ്രയിച്ചാണ്. അരുപിയുടെ നിറവിലൊരതെ യഥാർത്ഥ കൈസ്തവ ജീവിതം നയിക്കുവാൻ സാധിക്കുകയില്ല. പൂർവ്വ പിതാക്കന്മാർക്ക് വാഗ്ദാനം ചെയ്യപ്പെട്ടിരുന്ന ഈ ദൈവാത്മാവിനെക്കൊണ്ടാണ് ദൈവം നമ്മിൽ മുദ്ര വെച്ചിരിക്കുന്നത്. ആകയാൽ വിശ്വാസികളായ നാം പ്രധാനമായും പ്രാർത്ഥിക്കേണ്ടത് അരുപിയാൽ നിറയപ്പെടുവാനാണ്. സഭയിലുള്ള അരുപിയുടെ പ്രവർത്തനങ്ങളെ പ്രത്യേകമായി ഓർക്കുകയും ധ്യാനിക്കുകയും ചെയ്യുന്ന ശ്ലീഹാക്കാലത്തിൽ സഭയോട് ചേർന്ന് “കർത്താവേ ! നിന്റെ പരിശുദ്ധാത്മാവ് എഴുന്നള്ളി വരട്ടെ !” എന്ന് ഉണർവ്വോടെ, തീക്ഷ്ണതയോടെ നമുക്കു പ്രാർത്ഥിക്കാം.

ഈശോ പരിശുദ്ധാത്മാവിനെ അവതരിപ്പിക്കുന്നത് ‘സഹായകനായിട്ടാണ്’. “എന്റെ നാമത്തിൽ എന്റെ പിതാവ് അയയ്ക്കുന്ന സഹായകനായ പരിശുദ്ധാത്മാവ് ” എന്നാണല്ലോ. ഈശോ ആത്മാവിനെക്കുറിച്ച് പറയുക. ഇസ്രായേൽ ജനം ഈജിപ്തിൽ നിന്നും കനാൻ ദേശത്തേക്കുള്ള പുറപ്പെട്ടലിലാണ് സഹായകനായ ദൈവാത്മാവിന്റെ ശക്തി അനുഭവിച്ചറിഞ്ഞത്. ദൈവം വാഗ്ദാനം ചെയ്ത തേനും പാലുമൊഴുകുന്ന കനാൻ ദേശത്തേക്ക് മരുഭൂമിയിലൂടെ തങ്ങളുടെ നയിക്കുന്ന ഈ ദൈവാത്മാവ് ശക്തനും സഹായകനുമാണെന്ന് അവർ അനുഭവിച്ചറിഞ്ഞു. ആ ശക്തിയുടെ ചിറകിൻ കീഴിൽ അവൻ സുരക്ഷിതരായിരുന്നു. സ്വർഗ്ഗത്തെ ലക്ഷ്യമാക്കിയുള്ള നമ്മുടെ ഈ ജീവിത യാത്രയിൽ, മരുഭൂമിയാകുന്ന ഈ ലോകത്തിലൂടെ ലക്ഷ്യത്തിലേക്ക് നടന്നടുക്കുവാൻ ഈ സഹായകൻ നമുക്ക് വലിയ അനുഗ്രഹം തന്നെ. ആത്മാവിൽ വ്യാപരിക്കുന്നവൻ ആത്മാവിന്റെ ഫലങ്ങൾ ഉളവാക്കണം. സഹായകനായ അരുപിയാൽ നയിക്കപ്പെടുമ്പോൾ നാമും സഹായകരായി മാറണം. പ. അമ്മയിൽ അരുപി വന്നു

വസിച്ചപ്പോൾ അവൾ തിടുക്കത്തിൽ പോയി, മലമ്പ്രദേശത്തുള്ള ഗർഭവതിയായ തന്റെ ഇളയമ്മ ഏലീശയെ സഹായിക്കുന്നത് വി. ഗ്രന്ഥത്തിൽ നാം വായിക്കുന്നുണ്ട്. ആത്മാവിൽ നിറഞ്ഞ ആദിമ കൈസ്തവ സമൂഹം പരസ്പരം സഹായകരായി മാറി. തങ്ങൾക്കുള്ളതെല്ലാം പങ്കുവെച്ച് അവൻ പരസ്പരം സഹായിച്ചു. (നട. 2/45-45). നമ്മിൽ വസിക്കുന്ന ഈ ആത്മാവ് സഹായകനായതുകൊണ്ട് ആത്മാവിനാൽ നയിക്കപ്പെടുന്ന നാമും സഹായകരാകണം. മറ്റുള്ളവരിലേക്കു നമ്മുടെ ജീവിതത്തെ തിരിക്കുവാനും അവരുടെ കണ്ണീരൊപ്പുവാനും ആത്മാവിനാൽ നയിക്കപ്പെടുന്ന നമുക്കു സാധിക്കണം. ജീവിതയാത്രയിൽ വഴിയിൽ തളർന്നുറങ്ങുന്നവർക്ക് താങ്ങാകുവാൻ, തണലാകുവാൻ നമ്മിൽ വസിക്കുന്ന ആത്മാവ് നമ്മെ സഹായിക്കട്ടെ.

പരിശുദ്ധാത്മാവ് ആദ്യമായി പ്രത്യക്ഷമായി നമ്മിൽ പ്രവർത്തിക്കുന്നത് മാമ്മോദീസാ വേളയിലാണ്. മാമ്മോദീസായിൽ ആത്മാവ് ഇറങ്ങിവന്ന് നമ്മെ അവിടുത്തെ ആലയങ്ങളാക്കി മാറ്റുന്നു. അതുകൊണ്ട് നമ്മുടെ തന്നെ സത്തയുടെ ഭാഗമായ പ. ആത്മാവിനെ പാപങ്ങളാൽ നാം വേദനിപ്പിക്കരുത് (എഫേ. 4:30), കൃപാദായകമായ ആ ചൈതന്യത്തോട് നാം മല്ലടിക്കരുത് (നട. 4:15), നമ്മിൽ എപ്പോഴും പ്രവർത്തനനിരതമായ ദൈവാത്മാവിനെ നാം നിർവീര്യമാക്കുകയുമരുത്. മറിച്ച് മാമ്മോദീസായിലൂടെ ലഭിച്ച പ. ആത്മചൈതന്യം മറ്റു കൂദാശകളിലൂടെ വർദ്ധിപ്പിക്കുകയും ശക്തിപ്പെടുത്തുകയും ചെയ്യാം.

ആകയാൽ സഭയോടു ചേർന്നു നമുക്കും പ്രാർത്ഥിക്കാം. പരിശുദ്ധാത്മാവേ, അങ്ങ് ഞങ്ങളിലേക്ക് എഴുന്നള്ളി വരണമേ ! അങ്ങയുടെ കൃപാവരം ഞങ്ങളിൽ നിന്നു നീക്കിയാൽ ഞങ്ങളിൽ നന്മയായതൊന്നും ശേഷിക്കുന്നില്ല. ആകയാൽ, സ്നേഹത്തിൻ ജ്വാലയായി നീ ഞങ്ങളിൽ വന്നു നിറയണമേ. ഞങ്ങളുടെ ജീവിതത്തിന്റെ ആഴങ്ങളിലേക്ക് നീ ഇറങ്ങി വരണമേ. അവിടുത്തെ സ്നേഹം കൊണ്ട് ഞങ്ങളെ നിറയ്ക്കണമേ. ഞങ്ങളുടെ ജീവിത യാത്രയിൽ നിത്യസഹായകനായി ഞങ്ങളോടൊപ്പമായിരുന്നു കൊണ്ട് ഞങ്ങളുടെ ആത്മാവിന്റെ പുതുചൈതന്യമായി, ജീവിതത്തിന്റെ വഴികാട്ടിയായി, തളർച്ചയിൽ ശക്തിയായി കടന്നു വരണമേ. അറ്റുപോയ ബന്ധങ്ങളെ കൂട്ടിയിണക്കുന്ന സ്നേഹത്തിന്റെ നിറവായി മാറുവാൻ, മുറിവുകളെ തൊട്ടുണക്കുന്ന സാന്നിധ്യമായി മാറുവാൻ, അരുപിയെ ഞങ്ങളിൽ വന്നു നിറയണമേ !

പന്തക്കുസ്താ നിരൂനാൾ

Sr. Lizy, Apostolic Oblates



“പന്തക്കുസ്താ ദിനം സമാഗതമായപ്പോൾ അവരെല്ലാവരും ഒരുമിച്ചു കൂടിയിരിക്കുകയായിരുന്നു. കൊടുങ്കാറ്റടിക്കുന്നതുപോലുള്ള ഒരു ശബ്ദം പെട്ടെന്ന് ആകാശത്തുനിന്നുണ്ടായി. അത് അവർ സമ്മേളിച്ചിരുന്ന വീടു മുഴുവൻ നിറഞ്ഞു. അഗ്നിജ്വാലകൾ പോലുള്ള നാവുകൾ തങ്ങളോരോരുത്തരുടെയും മേൽ വന്നു നിൽക്കുന്നതായി അവർ കണ്ടു.” (അ. പ്ര. 2:1-3).

‘പന്തക്കുസ്താ’ എന്ന പദം ഗ്രീക്കു ഭാഷയിലെ ‘പെന്തക്കോസ്റ്റേ’ എന്ന വാക്കിൽ നിന്നും ഉരുത്തിരിഞ്ഞതാണ്. ഈ പദത്തിന്റെ അർത്ഥം ‘അമ്പതാമത്തെ’ എന്നാണ്.

യഹൂദർക്ക് 3 പ്രധാന തിരുന്നാളുകളാണ് ഉണ്ടായിരുന്നത്:

- 1) പെസഹാ തിരുന്നാൾ
- 2) ആഴ്ചവട്ടങ്ങളുടെ തിരുന്നാൾ അഥവാ പന്തക്കുസ്താ തിരുന്നാൾ
- 3) കൂടാര തിരുന്നാൾ

ഈജിപ്തിൽ നിന്ന് അന്ത്യതകരമായി പുറപ്പെട്ടു പോന്നതിന്റെ ഓർമ്മ യാചരണമാണ് പെസഹാ തിരുന്നാൾ.

വിളവെടുപ്പിന്റെ തിരുന്നാളാണ്, ആഴ്ചവട്ടങ്ങളുടെ തിരുന്നാൾ അഥവാ പന്തക്കുസ്താ തിരുന്നാൾ. വിളവെടുപ്പ് ഏഴ് ആഴ്ചകൾ നീണ്ടുനിൽക്കും. അത് ആരംഭിക്കുന്നത് ബാർളി കൊയ്യുന്നതോടെയാണ്. ഏറ്റവും ആദ്യം പാകമാകുന്ന ധാന്യമാണ് ബാർളി. ബാർളി പാകമാകാൻ മൂന്നുമാസം മതി. അന്ന് പുതിയ വർഷം ആരംഭിക്കുന്നു. അതിനാൽ അന്ന് പഴയ പുളിമാ വിന്റെ അംശമൊന്നും ചേർക്കാതെ അപ്പം ചുടുന്നു. ഏഴ് ആഴ്ച കഴിഞ്ഞ് അവസാനമാണ് ഗോതമ്പിന്റെ വിളവെടുപ്പ്. വിളവെടുപ്പ് അവസാനിക്കുന്നത് അമ്പതാമത്തെ ദിവസമായതുകൊണ്ട് ഈ തിരുന്നാളിനെ പന്തക്കുസ്താ തിരുന്നാൾ എന്നു വിളിച്ചിരുന്നു.

മുതിരിപ്പഴങ്ങൾ ശേഖരിക്കുന്ന നാളിലെ തിരുന്നാളാണ് കൂടാരത്തിരുന്നാൾ.

പഴയനിയമ പന്തക്കുസ്തായുടെ പശ്ചാത്തലത്തിലാണ് പുതിയ നിയമത്തിലെ പന്തക്കുസ്താ സംഭവിക്കുന്നത്. അപ്പോസ്തോല പ്രവർത്തനങ്ങളിൽ (അ. പ്ര. 2:1) പറയുന്നു; “പന്തക്കുസ്താ ദിനം സമാഗതമായപ്പോൾ അവരെല്ലാവരും ഒരുമിച്ചു കൂടിയിരിക്കുകയായിരുന്നു”വെന്ന്. പന്തക്കുസ്താ തിരുന്നാൾ ആഘോഷിക്കുവാൻ ശിഷ്യന്മാർ എല്ലാവരും ജറുസലേമിൽ ഒരുമിച്ചു കൂടിയതായിരുന്നിരിക്കാം.

ശിഷ്യസമൂഹം ഈശോയുടെ മരണത്തോടെ നിരാശരായി ഭയചകിതരായി കഴിയുകയായിരുന്നു. ഗുരുവിന്റെ അസാന്നിദ്ധ്യം അവരെ നിഷ്ക്രിയരാക്കി. ഈശോ അവർക്ക് മുന്നറിയിപ്പും വാഗ്ദാനവും ഒക്കെ നൽകിയിരുന്നിട്ടും അവർ ഒന്നുമറിയാത്ത ശിശുക്കളെപ്പോലെയാകുകയായിരുന്നു. അങ്ങനെ അവരെല്ലാവരും കൂടി ഒരുമിച്ചു കൂടിയിരിക്കുമ്പോഴാണ് കൊടുങ്കാറ്റിന്റെ ശബ്ദത്തോടും അഗ്നിജ്വാലകൾ പോലുള്ള നാവുകളുടെ സാദൃശ്യത്തിലും പരിശുദ്ധാത്മാവ് ശ്ലീഹന്മാരുടെമേൽ വന്നിറങ്ങുന്നത്. യേശുവിന്റെ നാമത്തിൽ പിതാവായ സഹായകനായ പരിശുദ്ധാത്മാവ് അവരുടെ ആത്മാവിൽ പ്രവേശിച്ചപ്പോൾ ശിഷ്യസമൂഹം പ്രബുദ്ധരായി. തള്ളിപ്പറഞ്ഞവരും ഉപേക്ഷിച്ചോടിയവരുമൊക്കെ യേശുവിന്റെ ധീരസാക്ഷികളും വചനപ്രഘോഷകരുമായി. അരുപിയുടെ നിറവിൽ അവർ പുതിയ മനുഷ്യരായിത്തീർന്നു. ഒരു സഹായകനെ നൽകാമെന്ന യേശുവിന്റെ വാഗ്ദാനമാണ് ഇവിടെ പൂർത്തിയായത്.

മത്താ. 5:48 ൽ നാം വായിക്കുന്നു: “സ്വർഗ്ഗസ്ഥനായ നിങ്ങളുടെ പിതാവ് പരിപൂർണ്ണനായിരിക്കുന്നതുപോലെ നിങ്ങളും പരിപൂർണ്ണരായിരിക്കുവിൻ” എന്ന്. സ്വർഗ്ഗസ്ഥനായ പിതാവിന്റെ പരിപൂർണ്ണതയിലേക്ക് നമ്മെ നയിക്കുന്നതിനാണ് അവിടുന്ന് പരിശുദ്ധാത്മാവിനെ നമുക്ക് നൽകിയിരിക്കുന്നത്. പരിശുദ്ധാത്മാവ് തന്റെ ഫലങ്ങളും (ഗലാ. 5:22-23) വരങ്ങളും (1 കൊറി. 12:8-10) ദാനങ്ങളും നമ്മിൽ ചൊരിഞ്ഞുകൊണ്ട് നമ്മെ നയിക്കുന്നു.

പന്തക്കുസ്താ തിരുന്നാളിനായി ഒരുങ്ങിക്കൊണ്ടിരിക്കുന്ന നമുക്കും ശിഷ്യന്മാരെപ്പോലെ അരുപിയാൽ നിറയപ്പെടാനായി ആഗ്രഹിക്കാം. അവിടുത്തെ ഫലങ്ങളാലും വരങ്ങളാലും ദാനങ്ങളാലും നിറയപ്പെടാനായി ദാഹിച്ച് പ്രാർത്ഥിക്കാം. അങ്ങനെ ധീരതയോടെ ഈശോയ്ക്ക് സാക്ഷ്യം നൽകാം.

50 YEARS OF RENEWAL FIRE

Sheena George, St.Mary's unit



Searching for a spiritual experience, some professors of Duquesne University, a Catholic university in Pittsburgh, USA, attended the Congress of the Cursillo movement in August 1966. Here, they were introduced to the book 'The Cross and the Switchblade' written by David Wilkerson which emphasized the Holy Spirit and the Spirit's charisms. This book became the focus of their studies and further led them to pursue the Holy Spirit and the Baptism in the Holy Spirit.

On a cold winter day in January 1967, Ralph Keifer and Patrick Bourgeois, professors from Duquesne University, attended a unsupervised prayer meeting in Pittsburgh where they received the baptism in the Holy Spirit - a Pentecostal experience in the Catholic Church.

It didn't stop there. The following week, Keifer laid hands on other Duquesne professors, and they also had an experience with the Spirit. One month later in February, during a prayer meeting at Duquesne University, more people including students asked Keifer to pray over them. This led to the event at the chapel where they too received the Holy Spirit and spoke in tongues. This news reached the University of Notre Dame, Indiana, where a similar event later occurred, and the Renewal began to spread in the Catholic Church.

The year 2017 will mark the 50th anniversary of the beginning of the Renewal fire in the Catholic church. The groundwork for the Charismatic renewal started in 1966, one year before the Pittsburgh prayer meeting.

"Pat (Bourgeois) and I asked to be prayed with for the baptism of the Holy Spirit. They broke up into several groups because they were praying over several people. They simply asked me to make an act of faith for the power of the Spirit to work in me. I prayed in tongues rather quickly," Keifer wrote about the prayer meeting.

The rest is history. Charismatic Renewal is now strong in India with Kerala leading the way.

Ten years later in 1977, Divine Retreat Centre in Potta, started by Rev Fr Mathew Naickomparambill and other priests from the Vincentian Congregation, played a leading role in the spread of Renewal in India, especially in Kerala. Today, Divine Retreat Centre is the largest Catholic retreat centre in the world. "Since 1990, over 10 million pilgrims from all over the world have attended retreats here. Weekly retreats in 7 languages are held non-stop every week of the year. It is truly an achievement possible only by the grace of God," says its website.

The Catholic Church gave its stamp of approval. Four popes have acknowledged the movement: Pope Paul VI, Pope John Paul II, Benedict XVI, and Pope Francis. Pope Paul VI said the movement brought vitality and joy to the Church and also urged for people to be discerning of the spirits. Speaking at the International Conference on the Catholic Charismatic Renewal on May 19, 1975, Pope Paul VI encouraged the attendees in their renewal efforts and especially to remain anchored in the Church.

Pope John Paul II also supported the Renewal. John Paul II -- as well as then-Cardinal Ratzinger who is now Pope Emeritus Benedict XVI -- acknowledged good aspects of the movement but emphasised that members must maintain their Catholic identity and communion with the Catholic Church. "I am convinced that this movement is a very important component of the entire renewal of the Church," John Paul II said while speaking to a group of international leaders of the Renewal on December 11, 1979. "I can understand all these charisms. They are all part of the richness of the Lord. I am convinced that this movement is a sign of His action," he said.

On November 30, 1990, the Pontifical Council for the Laity promulgated the decree which inaugurated the Catholic Fraternity of Charismatic Covenant Communities and Fellowships. Brian Smith of Brisbane, elected President of the Executive of the Fraternity, called the declaration the most significant event in the history of the charismatic renewal since the 1975 Holy Year international conference and the acknowledgment it received from Pope Paul VI at that time. "It is the first time that the Renewal has had formal, canonical recognition by the Vatican," Smith said.

"At the heart of a world imbued with a rationalistic skepticism, a new experience of the Holy Spirit suddenly burst forth. And, since then, that experience has assumed a breadth of a worldwide Renewal movement. What the New Testament tells us about the charisms - which were seen as visible signs of the coming of the Spirit - is not just ancient history, over and done with, for it is once again becoming extremely topical," Cardinal Joseph Ratzinger, Prefect for the Congregation for the Doctrine of the Faith, wrote in the forward to a book by Cardinal Suenens, at that time the Pope's delegate to the Charismatic Renewal.

Catholic Church has not looked back after Vatican supported the movement. Priests from Syro-Malabar Catholic Church from Kerala are in the forefront of spreading Charismatic Renewal across the world.

"The charismatic renewal movement became the most formidable religious revival of the 20th century: a global phenomenon that had left almost no Christian community untouched by the time it began to taper off in the mid-1970s," writes Molly Worthen, Assistant Professor at the University of North Carolina-Chapel Hill. "Protestants and Catholics who had always preferred calm and 'respectable' worship, who viewed Pentecostals as their embarrassing cousins, embraced Pentecostal practices like praying in tongues, divine healing, and surrendering physical control of their bodies to

the Holy Spirit," Worthen said.

WHAT'S CHARISMATIC?

The word "charismatic" comes from the Greek word for "gift." There are many charisms, and God distributes them differently to different people. 1 Corinthians 7:7 shows us that everyone "has a particular gift (charisma) from God, one of one kind and one of another."

Catechism of Catholic Church (CCC) says, "whether extraordinary or simple and humble, charisms are graces of the Holy Spirit which directly or indirectly benefit the Church, ordered as they are to her building up, to the good of men, and to the needs of the world." Charisms are to be accepted with gratitude by the person who receives them and by all members of the Church as well. They are a wonderfully rich grace for the apostolic vitality and for the holiness of the entire Body of Christ, provided they really are genuine gifts of the Holy Spirit and are used in full conformity with authentic promptings of this same Spirit, that is, in keeping with charity, the true measure of all charisms, CCC says.

According to CCC, it is in this sense that discernment of charisms is always necessary. No charism is exempt from being referred and submitted to the Church's shepherds. "Their office (is) not indeed to extinguish the Spirit, but to test all things and hold fast to what is good," so that all the diverse and complementary charisms work together "for the common good."

It's all about shedding your old self and becoming a new person in Spirit. Ephesians 4:22-24 says, "to put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness."

According to Italian author and journalist Alessandra Nucci, Pope Francis' frequent mentions of the Holy Spirit -- whom he has described as someone who "annoys us" and "moves us, makes us walk, pushes the Church to move forward" -- as well as his unprecedented frequent references to the devil (rather than to a generic "evil"), indicate his affinity for the Charismatic Renewal. "The election of such a back-to-basics man as Supreme Pontiff provides us with an opportunity to look at the road traveled by the Charismatic Renewal and to "hold on to what is good" (1 Thess 5:21)," Nucci writes.

That said, it's beyond any doubt that Charismatic Renewal, which started nearly 50 years ago, has brought about new hope and life in Spirit among millions of people across the world. We're living witnesses to this great work of our Lord. This is a Fire that will last till the end of the world. It's Pentecostal Fire.

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- 3 വി. പിലിപ്പോസ്, യാക്കോബ് ശ്ലീഹന്മാർ
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- 6 ആദ്യവെള്ളി
- വി. ഡൊമിനിക്കു സാവിയോ
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ജൂൺ 2016

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A grateful heart is the beginning of greatness

Sincy Thomas, Don Bosco Unit



As the Jan Shatabdi Express pulled out from the crowded Dadar railway station, Mira was happy to have secured a window seat. She was always excited about any journey she would undertake and this trip would take her to the destination, Aurangabad, by late evening. After an hour into the journey, Mira noticed a girl sitting next to her father and tried to strike a conversation. The girl's name was Tanya and she was going to Aurangabad, leaving this city forever.

Mira reached home, but could not fall asleep easily. She was tired after the journey but she kept thinking about Tanya. Tanya was a very happy girl, only daughter of her working parents. A fire broke out in the building where her mother worked. She was not so lucky and Tanya lost her mother. Tanya's dad worked in a call centre with erratic timings, so Tanya was being sent to her aunt's place who would take care of her.

Mira could not sleep the whole night. The next day Mira was a new person. She realized the value of her mother. She suddenly had a sense of gratitude for everything her parents did for her. She could imagine and feel what Tanya would have been feeling, without her mother around.

We all need such wake up calls to realise how lucky we are in so many things God has given us.

The feeling of gratitude, is a very powerful process for shifting your energy and bringing more of what you want in your life. Gratitude dissolves negativity. Gratitude actually turns what you have into enough. Being grateful for whatever you have is a very positive feeling and it attracts positive things into your life.

In all circumstances we should be thankful for what we have; and we may end up having more in life and if you only concentrate on what you don't have, you will never have enough.

Gratitude means thankfulness, it's counting all the small blessings we have received. Gratitude helps us to shift our focus from what we don't have in our life, to all the abundance that we already have in our life.

Let's be grateful to God for

Having a home... There are so many who don't have a proper roof over their head

For being able to speak, hear and see... Life would have been difficult without these senses.

For the love and support we have always received from our family, and friends.

For the good health God has gifted us.

For having a wonderful life partner and children...

For being understanding parents ... there are so many being brought up by one parent and there are also children in the orphanages.

For education opportunity and for the wonderful teachers who influenced us.

For all the pains and struggles we go through... to understand and help out those who are going through the same troubles

For being employed.... Even if you don't enjoy your job or you are unsatisfied

And this list can go on.....

It's not the happiness that brings gratitude, but gratitude that brings us happiness and abundance.

Thanksgiving...

Novena To St. Jude



Most Holy Apostle, St. Jude, faithful servant and friend of Jesus, the Church honors and invokes you universally, as the patron of difficult cases, of things almost despaired of, Pray for me, I am so helpless and alone. Intercede with God for me that He bring visible and speedy help where help is almost despaired of. Come to my assistance in this great need that I may receive the consolation and help of heaven in all my necessities, tribulations, and sufferings, particularly -

(make your request here)

- and that I may praise God with you and all the saints forever. I promise, O Blessed St. Jude, to be ever mindful of this great favor granted me by God and to always honor you as my special and powerful patron, and to gratefully encourage devotion to you.

Amen

Inserted by :

K. T. Paul & Family

Blessed Pier Giorgio Frassati

He was fond of challenges. His special attractions were the mountains. How he loved scaling difficult ones! He was happy to praise God for all those great heights. Skiing and Fencing were his favorite sports; he was a riding master, fond of cars too. His birth on the 6th of April, 1901 was like the appearance of a comet.

Pier Giorgio's father was an important officer. His mother was an esteemed painter. He began to go to school most willingly. His grandmother was the one who pointed out to him God's presence in the beauty of the sky and of the various celestial bodies. She took him to this church for the first time. Actually there were three objects most dear to his heart. The Eucharist, the Gospel and the Poor.

One day, his father and he met a beggar. He was like a skeleton and was very hungry. His father turned down his plea, saying he was a drunkard. But Pier Giorgia stopped for a moment. He could see how pathetic the beggar's condition was for lack of food. He told his father that he was sorry that he had no compassion on Jesus disguised as a pauper.

Unfortunately, father and mother differed in many ways. That pained him immensely, but ever kept respecting them as God's representatives. On June 10, 1915, he received the Sacrament of Confirmation.

When on high mountains he would never miss the recitation of the Holy Rosary. Insults were quite frequent. He never lost composure and would answer, "shall we rather say a practising Christian?"

Charity was his constant passion. He would visit people in attics, giving them money, food, medicines and a winning smile. He was never drawing money for the poor from his father. He was saving money in different ways. He would deprive himself of breakfast and donate everything.

His contact with all sorts of diseases made him contract poliomyelitis, a fatal sickness. Paralysis of both his legs was a sign that death was near. He passed away on 4th July, 1925. His lady cook recorded his death writing on the kitchen calendar. "Today St. Pier Giorgia has gone for his eternal reward". Her note was prophetic. Pier Giorgio was declared blessed 65 years later. At his funeral, the whole of Turin turned up to pay homage.

Pope John Paul II spoke to a massive crowd; "Pier Giorgio Frassati knew what answer to give to the demands Jesus was requesting of him "it was that of a modern lad, open to problems of culture, sports, social questions, life's values, all in a man of profound faith, nourished at the Gospel springs, all ardour in being of service to the brethren and of compassion to the poor."

*Compiled by : Aleesha Joykutty,
Holy Rosary unit*

From YOUCAT

What happened on Pentecost?

Fifty days after his Resurrection, the Lord sent the Holy Spirit down from heaven upon his disciples. The age of the Church began.

On Pentecost the Holy Spirit transformed fearful apostles into courageous witnesses to Christ. In a very short time, thousands had themselves baptized: it was the birthday of the Church. The miracle of the languages on Pentecost shows that the Church is there for all peoples from the very beginning: She is universal (= the Latin term for the Greek *kat' holon*, catholic) and missionary. She speaks to all men, overcomes ethnic and linguistic barriers, and can be understood by all. To this day the Holy Spirit is the "soul" of the Church, the essential principle of her life.

What does the Holy Spirit do in the Church?

The Holy Spirit builds up the Church and impels her. He reminds her of her mission. He calls people into her service and sends them the necessary gifts. He leads us ever deeper into communion with the Triune God.

Even though the Church during her long history has often seemed "abandoned by all good spirits", the Holy Spirit has been at work in her despite all the human failings and inadequacies. The mere fact of her two-thousand-year existence and the many saints of all eras and cultures are the visible proof of his presence. The Holy Spirit is the one who maintains the Church as a whole in the truth and leads her ever deeper into the knowledge of God. It is the Holy Spirit who works in the sacraments and brings Sacred Scripture to life for us. Even today he gives his gifts of grace (charisms) to those who are completely receptive to him. (YOUCAT questions 118-119)

Dig Deeper : CCC section (731-747)

[YOUCAT, or The Youth Catechism, which is written in language suitable for young people deals with the entire Catholic faith as it was presented in the Catechism of the Catholic Church (CCC)]

പുത്തരി പെരുന്നാളിന്റെ ഓർമ്മയ്ക്കായി



P. M. Jose, Holy Family Unit

പഴയകാലത്ത്, ചിങ്ങമാസത്തിൽ പള്ളികളിലും വീടുകളിലും പുത്തരി പെരുന്നാൾ ആഘോഷിക്കാറുണ്ട്. പുത്തരി കണ്ടം കൊയ്ത്ത് പുണെല്ലുകൊണ്ട് അവിൽ ഇടിച്ച്, പുത്തരികൊണ്ട് പാച്ചോറും ഉണ്ടാക്കി അവിലും പാച്ചോറും പുതിയ കൃഷി വിളകളും പള്ളിയിൽ നേർച്ചയായ് സമർപ്പിക്കുന്നു. അതിനുശേഷം അവിലും പാച്ചോറും അയൽപക്കങ്ങളിൽ വിതച്ചു കൊടുത്ത്, ഗൃഹനാഥനും മറ്റെല്ലാവരും ഒന്നിച്ചിരുന്നു സന്തോഷത്തോടെ സദ്യ ഉണ്ണുന്നു. പഴയ ആചാരങ്ങൾ പലതും ഇന്ന് അന്യായീനപ്പെട്ട് പോയിട്ടുണ്ടെങ്കിലും പഴയകാല സൗഹൃദങ്ങളും, കൂട്ടായ്മയും ഇന്നും നില നിൽക്കുന്നുണ്ടെന്നതിൽ സന്തോഷം. പഴയകാലത്തെ പുത്തരി പെരുന്നാളിന്റെ ഓർമ്മയ്ക്കായ് ഒരു നാടൻ പാട്ട്.

വയലാകെ ഉഴുത് മറിച്ച്, കട്ടകൾ മെല്ലെ തട്ടിയുടച്ച്
വയനാടൻ ചെമ്പാ നെൽവിത്തേറിത്തു കന്ന് പൂട്ടി
നെന്മണികൾ കൊത്തിക്കൊരിയ്ക്കാൻ കുഞ്ഞാറ്റകിളികളിറങ്ങി
പെൺമണി വന്നപ്പോൾ വള കിലുങ്ങി, കിളികളെങ്ങോ പോയൊളിച്ചു

മഴകാത്ത് രണ്ടല്ല, അഞ്ചാറ് ദൈവസങ്ങൾ പോയ്...
മഴയൊന്നും വന്നില്ലല്ലോ, മാനം വെൺ പട്ടുടുത്തു
മഴ പെയ്യാൻ, വിത്ത് മുളയ്ക്കാൻ ദൈവത്തോട് പ്രാർത്ഥിച്ചു
മഴയൊന്നും കണ്ടില്ലല്ലോ, പുണ്യാളന്മാരും കത്തോളണേ

എങ്ങുന്നോ കാറ്റ് വന്നു, കുളിരും കൊണ്ട് മഴക്കാരും
വയലാകെ പൂമഴയായ്, ഭൂമിദേവിയ്ക്കൊരു നീരാട്ടം
ഒന്നല്ല, മൂന്നല്ല, അഞ്ചെട്ട് ദൈവസങ്ങൾ പോയ്...
വയലാകെ പച്ചകുത്തി, മരതക പൂ പട്ടുടുത്തു

കള പറിച്ച് വളമിടുവാൻ പെൺമണികൾ നിരന്നല്ലോ
കളഗാനം കേട്ടപ്പോൾ വയലാകെ കോരിത്തരിച്ചു !
കള പിഴുത്, പാഴ്നോക്കി, വളമിട്ടു, ചാരം ചിന്നി
നെൽചെടികൾക്കൊരുസ്നാഹം മത്സരമായ് വളരാനും

കാറ്റ് വന്നു, കുളി പരഞ്ഞു, കാതിലോതി കിന്നാരം
കാറ്റിലാടി നെൽചെടികൾ പൂവിട്ടു, പാലുറച്ചു
കർക്കിടകം പൊയ്പോയി ചിങ്ങം വന്നു പിറന്നപ്പോൾ
മാനത്തുള്ള മഴക്കാറൊക്കെ ഓടി ഓടി ഒളിച്ചല്ലോ

കതിരൊക്കെ കാറ്റിലാടി, കതിർകുടങ്ങൾ നൃത്തമാടി
കൊയ്ത്ത് പാട്ടും കേൾക്കായ്, പുത്തരിക്കണ്ടം കൊയ്യാറായ്
കതിർ കറ്റ തല്ലി മെതിച്ച്, പൊലിയളന്നു, പൂവിളിയായ്
കളമാകെ പുണെല്ലിൻ കനക കുമ്പാരങ്ങളായ്

നെല്ല് കുത്തി, അവിൽ ഇടിച്ചു, ചോറ് വെച്ചു, പാച്ചോറും
നേർച്ചകളും, കാഴ്ചകളും, പള്ളിയിൽ സമർപ്പിച്ചു
തൃഗനിലേൽ ചോറും, കറീം, പപ്പടവും, പാച്ചോറും
എല്ലാരും ഒന്നിച്ചിരുന്ന് ചോറുണ്ടു, പാച്ചോറും തിന്നു

എല്ലാവർക്കും സന്തോഷമായ്, പുത്തരിനാള് പെരുന്നാളായ്...

Thanksgiving...

PRAYER FOR THE ACCEPTANCE OF GOD'S WILL

O Lord, I do not know what to ask you. You alone know my real needs, and you love me more than I even know how to love. Enable me to discern my true needs which are hidden from me. I ask for neither a cross nor a consolation I but simply wait in patience for you. My heart is open to you.

For your great mercy's sake, come to me and help me. Put your mark on me and heal me. I silently adore your holy will and your inscrutable ways. I offer myself in sacrifice to you and put all my trust in you. I desire only to do your will. Teach me how to pray.

Thank you Jesus, Mother Mary and all Saints.

Inserted by :

Ashna Abraham, Holy Family Unit



With Best Compliments from :

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MAY - 2016

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
1 Act.10:9-16 Eph.2:11-22 Jn.17:20-26	2 1 Pet.2:1-5 Mt.23:23-28	3 1 Cor 9:16-23 Jn 14:1-6	4 Eph 5:1-5 Jn 15: 11-17	5 Act.1:6-11 1Tim.2:1-7 Lk.24:44-53	6 Phil 3: 12-15 Jn 3: 31-36	7 1 Cor 7: 32-35 Mt 3: 7-12
8 Act.1:15-26 Phi.2:1-11 Mk.16:14-20	9 2Thess 2:13-17 Jn 4: 3-15	10 1 Cor 8: 8-13 Lk 12: 13-21	11 1 Jn 4: 12-21 Jn 17: 1-5	12 1 Jn 1: 1-3 Lk 14: 25-35	13 1 Jn 2: 22-25 Mt 24: 7-14	14 1 Cor 9:13-18 Mt 18:23-35
15 Act.2:1-13 1 Cor.12:1-11 Jn.16:5-15	16 1 Cor 14:26-33 Mt 11:25-30	17 2 Thess 1: 3-12 Mt 20: 29-34	18 1 Cor 11:31-34a Mt 13:31-35	19 Heb 8: 7-13 Jn 2: 13-25	20 1 Cor 12:31-13:13 Lk 7:11-23	21 1 Cor 12: 12-20 Jn 6: 25-29
22 Act.4:8-22 1 Cor.6:1-11 Lk.7:36-50	23 Phil 3: 16-21 Jn 11: 17-27	24 1 Cor 9: 1-12 Jn 6: 64-71	25 1 Cor 6: 12-20 Jn 6: 37-44	26 1 Cor. 11:23-30 Jn. 6:51-59	27 1 Cor 3: 18-23 Jn 6: 45-50	28 1 Cor 10: 14-22 Jn 6: 1-15
29 Is.1:1-9 1 Cor.7:1-7 Lk.10:25-37	30 1 Cor 12: 18-27 Jn 6: 30-36	31 1 Cor 4:15-21 Mt 18:6-9				

JUNE - 2016

SUN.	MON.	TUE.	WED.	THU.	FRI.	SAT.
			1 Phil 2:12-16 Jn 4: 39-42	2 1 Cor 3:1-9 Lk 8:4-15	3 Rom. 10:1-10 Jn. 19:30-37	4 Eph. 1:2-8 Lk. 2:41-51
5 Is.1:10-20 1 Cor.9:19-27 Lk.6:27-36	6 2 Cor 1: 3-7 Mk 5: 25-34	7 Phil 1:12-18 Lk 10: 38-42	8 Gal 2:19-21 Mt 25:31-40.	9 Rom 5:1-5 Mt 5:13-20	10 Gal 2:15-18 Mk 5:21-24	11 1 Chr 16:8-12 Mt 10:16-22
12 Is.1:21-31 1 Cor.14:1-12 Lk.12:22-34	13 2 Cor 1: 8-11 Jn 16: 25-33	14 Col 2: 20-23 Mt 11:1-6.	15 Rom 5: 12-21 Mk 12: 1-12	16 2 Pet 1: 3-9 Jn 6: 60-63	17 1 Pet 3: 14-18 Mt 13: 24-30	18 Rom 7: 7-13 Mk 12: 38-44
19 Is.2:1-5 1 Cor.10:23-31 Lk.13:1-5	20 Rom 11:30-35 Mt 12: 33-37	21 Cor 5: 1-7 Mk 4: 21-25	22 2 Cor 1: 12-15 Lk 15: 8-10	23 Rom 11: 1-10 Mk 10: 46-52	24 Rom 13:1-6 Mt 22:15-22	25 2 Cor 11: 1-6 Jn 7: 14-24.
26 Is.5:8-20 1 Cor.16:1-14 Lk.13:22-30	27 2 Cor 2: 5-11 Mt 12: 38-42	28 Rom 13: 7-10 Mk 1: 29-34	29 2 Cor 11:21b-33 Jn 21:15-19	30 2 Cor 4: 1-6 Mt 23: 13-22		

തിരുഹിതം

Babykutty, Cherupushpam Unit



എത്രയത്ര നന്മകളാൽ
എന്നെ സ്നേഹിച്ചു
എത്രയത്ര ക്ലേശങ്ങളിൽ
കാത്തുപാലിച്ചു...
എന്റെ നല്ല ദൈവമേ നീ
എന്നരുകിലായിരുന്നോ ...
എങ്കിലുമെൻ മിഴികൾ നിന്നെ
കണ്ടറിഞ്ഞില്ല ...

ദുഃഖത്തിന്റെ കാലങ്ങളിൽ
നിൻ കരങ്ങൾ നീണ്ടു വന്നു ...
കണ്ണുനീർ തുടച്ചു..
നിറുകയിലുമ്മ വെച്ചു...
ഇത്രയേറെ സ്നേഹിച്ചിടാൻ
ദൈവമേ, ഞാനാർ ... ?
ഇത്രയേറെ കൃപ ലഭിപ്പാൻ,
എന്താണെൻ യോഗ്യതകൾ ... ?

സന്തോഷത്തിൻ പുലരിവെട്ടം
ഓർമ്മ മാത്രമായിരിക്കേ,
ചിരിപ്പക്ഷി ചിറകിച്ച്,
ദൂരെ നിന്നു പറന്നു വന്നു...
നല്ലകാലം വീണ്ടുമെന്റെ
ഉമ്മറത്ത് കളം വെച്ചു...
എല്ലാമെല്ലാം നിന്റെ ഹിതം ...
വൈകി ഞാൻ തിരിച്ചറിഞ്ഞു...

Inviting articles for the next issue of Viva Teresa
(July - August)

Subject : Grandparents

The articles written in English must be send to
vivateresabulletin@gmail.com

Knowing Being Doing

Bijitha Joyce, Cherupushpam Unit



I was introduced to this profound and phenomenal concept -- Knowing Being Doing -- about two years ago and since then it has really enriched my relations with people at home, work and other spheres of my life. It has also equipped me to handle disagreements and conflicts with a HEART of PEACE.

Knowing Being Doing is a concept christened by Arbing Institute, an organisation that works very closely in resolving conflicts and transforming relations especially individuals within family, organisations and teams.

It helps people who are in conflict and want solutions, be it at home, work or society. But it's noticed that the preferred solution in each case is that let others change, not self. All that it may need to change is our being (the way we look at others) and replace anger, bitterness, envy, resentment with hope and reconciliation and thereby cultivating a heart at PEACE.

We are human beings, not human doings. We know many things, and our being (how we see others) relates to our doing.

Let me use a metaphor here to help you comprehend this simple and powerful concept. Let's consider a vacant chair lying besides you. You may use the chair for sitting or resting purpose or you may wish to clean the ceiling by standing on the chair. For either of the purposes you are using the chair. The chair now becomes a USEFUL OBJECT.

The same chair if it is positioned in a place that obstructs your movement, you may choose to move it by just pushing it aside. The chair now becomes an OBSTACLE or a BARRIER for you.

The same chair, if left unattended, in a corner is absolutely irrelevant or USELESS.

Many a time we look at people as OBJECTS that are USEFUL, as OBSTACLES or IRRELEVANT. We fail to see them as PEOPLE. We see them with a HEART at WAR rather than a HEART at PEACE. We

can choose to see our children, spouse, our neighbours, colleagues and strangers as people like ourselves or as objects. They either count like me or they don't. When we regard them as ourselves, our heart is at PEACE towards them.

'Seeing an equal person as an inferior object is an act of violence' and I can't remember the number of times I might have done this. A recent experience was when I was coming from Hyderabad to Mumbai. I reached the airport after a long working day only to know that my flight was delayed. This news disturbed my balance. And the airport lobby was getting crowded. Immediately I slipped my bag to an empty chair on my right just to ensure that I relax with more space. After a few seconds, my being alarmed me and I asked myself, "How am I looking at Others who are standing?" I had two choices, either to look at them as OBJECTS or as PEOPLE who are equally tired and disturbed. This realisation evoked a kind and a fair response from my side. I moved my bag making place for someone else. My DOING changed depending on the way at look at others.

The reason why I love this more and consciously put it into practice (it's difficult to practice it always) is because I believe its roots are from the Bible.

I'd like to quote an incident from the Bible where Mary Magdalene was pelted with stones for her 'not so accepted profession', and Jesus in a very thoughtful and mindful manner responded, "He that is without sin among you, let him first cast a stone at her".

It talks about two different beings. Jesus looked at Mary as a person whereas the people who pelted stones looked at Mary Magdalene as an IRRELEVANT Object who had no right to live.

Conflicts that arise in a parent-child relationship will be dissolved when we start looking at each other as a person, and stop looking at our parents as an OBSTACLE (objects that do not understand the need of the current generation) or stop looking at our children as IRRELEVANT(an USELESS OBJECT). The way you look at the person determines your feeling towards that person and hence the behaviour.

All it may need is to be MINDFUL when we spend time with our family, friends, colleagues, children and not MINDFULL. ■

HEALTH CORNER

TUBERCULOSIS IS PREVENTABLE

Tuberculosis (TB) is a disease caused by Mycobacterium tuberculosis infection. It is an airborne bacterial infection that usually affects the lungs but can also attack almost any part of the body. People suffering from TB in their lungs can spread the bacteria in the air when they cough, laugh, sneeze, sing, or even talk. If any other person breathes these germs, he can become infected with tuberculosis. TB is a top infectious disease killer worldwide.

Things you need to know :

- . It is not easy to become infected with tuberculosis.
- . Most infected people have latent TB which means that they have the tuberculosis bacteria in their bodies, but their immune systems protect them from becoming sick and they are not contagious.
- . TB can always be treated and cured if you take medicine as directed.
- . There are forms of TB that are drug resistant or multi-drug resistant.
- . Do not discontinue TB medication without completing the full cycle.
- . Symptoms such as a persistent cough, constant fatigue, weight loss, loss of appetite, fever, blood or mucous in the cough, night sweats need immediate attention.

Assess your risks:

People in close contact with others who are infected with TB are at a higher risk of catching the infection. These maybe family and friends of a person who has an infectious TB disease, people who have immigrated from areas of the world with high rates of TB, people living with HIV infection, people working or residing in hospitals, homeless shelters, correctional facilities, nursing homes, and residential homes for those with HIV are also at a higher risk of catching the disease.

People with weakened immune system are at the highest risk of developing active TB disease. Babies and young children, people with conditions like diabetes, kidney disease, and AIDS/HIV infection,

organ transplant recipients, cancer patients undergoing chemotherapy come under this category.

Prevent TB by following these measures:

1. Cover your mouth when you cough and nose when you sneeze.
2. If you do not have TB symptoms or an active disease, you must take medications as instructed by your healthcare provider to prevent it from becoming an active tuberculosis disease.
3. If you have been in contact with people with tuberculosis infection, you should get yourself tested.
4. New-born children and infants should be given Bacillus Calmette-Guerin (BCG) vaccine to provide protection against TB.

DID YOU KNOW?

Tobacco use greatly increases the risk of TB disease and death. More than 20% of TB cases worldwide are a result of smoking.

SOURCES: WORLD HEALTH ORGANIZATION, NATIONAL INSTITUTES OF HEALTH, AMERICAN LUNG ASSOCIATION.

Compiled by : **Johnson Ambatt,**
Don Bosco Unit

LONG LIVE DON BOSCO

We, the young, open our hearts for you
Show the way, make us worthy today
Your dreams may be true, for ever, ever and more

You are the Saint, the Saint of the youth,
God has sent us to lead our way
Long live Don Bosco, long live Don Bosco

Kind, and holy, is your feelings for the young,
Faith in the Church to joyfully serve the Lord,
Your words and deeds are the guides for our salvation,

You hold our hands, for confidence and virtue,
You know our soul, made the purpose of our life,
We take an oath to live for the Lord our God.

O. A. Vincent
Don Bosco Unit

SLOW DOWN, MY FRIEND, SLOW DOWN ...

Joyce Issac, Cherupushpam Unit

“There is more to life than increasing its speed.”

- Mahatma Gandhi

In school, we're encouraged to join as many events as possible to make the most of our educational experience. At work, it's expected that we are super productive and will take on more and more responsibility. Even at home, there is this never ending list of things to do to maintain and to upgrade our lives. We go on with this way of life as if there's nothing wrong with this system. We do this to prove that we are better than the next person and also sort of become the most efficient species on the planet.

Then why are many of us not happy with our lives? Why are so many on medications to control anxiety, stress, and depression?

We are so “busy” that our minds are overloaded. We want to check our mails all the time. And now with “Whats App”, it has become worse. We have become addicted to our mobiles. We feel guilty sometimes when we take a break, go for a movie or the park etc – like we are forgetting some important work or we are missing something of value to our lives. It seems we are unable to finish everything and just take a break. And that is making it difficult, if not impossible to be joyful, to find a reason to smile or laugh... we fear that something bad will happen if things don't get done. To overcome that fear we work harder, and longer, and harder, and longer only to realize that there's even more to do. It is a never ending story.

But life need not be like this, all rushed up and not reaching anywhere. It's time to SLOW down. I know it's a radical thought. How can we slow down when the rest of the world is apparently living the good life, traveling everywhere and apparently achieving so many things.

“He has made everything beautiful in its time.” – Ecclesiastes 3:11

As the verse above clearly says, there is a time for everything. A few habits can help slow you down and ensure the time spent is fruitful and as per the Almighty's will.

Check your email / phone only two or three times a day. This is the most important point for this day / generation. That includes WhatsApp, Facebook, stocks, sports scores, news – anything. These things are addictive and take away time that you could enjoy better. And 90% of the time those things are irrelevant anyways.

• **Choose 3 things to complete every-day.** Have you realized how things that seemed important, but when you look back you realize they were not so important? Make a list of all the things to be done, and when you decide to do only three things out of those, only the priority points get done. That is 21 important tasks a week.

• We Indians are too polite to say “no”. **Stop taking on more responsibility- Say NO.** Quality of work over quantity of the work is more important. Politely say you have some really important work that needs attention and focus.

• **Be unproductive.** Even if it is only for half an hour every day. Do something absolutely useless – watch the clouds move across the sky, play “pakda-pakdi” or “lappa-chuppi” with your kids. Do the things that you did as kids, happiness starts there.

• **Find a hobby.** Try yoga, planting trees in your neighborhood, cooking, painting, learning an instrument (piano, guitar), blogging, chess – anything that excites you.

• **Be present.** It’s not enough to just slow down — you need to actually be mindful of whatever you’re doing at the moment. That means, when your mind wanders when doing any task... gently bring yourself back to the present moment. Focus on what’s going on right now. On your actions, on your environment, on others around you.

• **Spend time with people you love.** The one piece of advice that ultimately matters. Relationships form the backbone of a purposeful life. Sharing stories, fears, and hopes with another human is the surest way to slow down and enjoy life. Make time every single day to spend with loved ones.

• **Eat slower.** Including myself most people eat while watching TV, or checking mobile. Instead eat slowly – with family/ friends – you could say a short thanksgiving prayer as well. Be mindful of each bite. Appreciate the flavors and textures. Eating slowly has the double benefit of making you fuller on less food and making the food taste better. Best time to catch up with friends and family. It’s a world-wide movement today, as an opposite force to the fast –food culture, where everything is fast and convenience oriented.

• **Unitask.** The opposite of multi-tasking. Focus on one thing at a time. When you feel the urge to switch to other tasks, pause, breathe, and pull yourself back.

• And lastly, **just Breathe.** When you find yourself speeding up and stressing out, pause, and take a deep breath. Take a couple more. Really feel the air coming into your body, and feel the stress going out. By fully focusing on each breath, you bring yourself back to the present, and slow yourself down.

Living life to the fullest is what God designed us for. And that can be achieved only when we take the time to do it well. Going through life fast is not the answer. Go Slow.....

കാത്തിരിച്ച്

Sheena George, St.Mary's unit

ലോകമോഹങ്ങൾ വേട്ടയാടുമ്പോൾ
പാപഗർഭത്തിൽ സാത്താൻ ക്ഷണിക്കുമ്പോൾ
വിളിച്ചില്ലേ നിൻ സഹായകനാത്മനെ
മറന്നുവോ നീയെൻ സ്നേഹത്തെ
നിനക്കായ് ഞാനേറ്റു പീഡകളും
നിനക്കായ് ഞാനേറ്റു മുറിവുകളും
പാഴിലായോ എൻ യാതനകൾ തീർത്തും

എരിയുന്ന സ്നേഹത്താൽ നിന്നെ ജ്വലിപ്പിക്കാൻ
എൻ ഹൃദയം എത്ര ശ്രമിച്ചുവെന്നോ
എന്നാൽ നിനക്കായ് ഏകീയ സ്വാതന്ത്ര്യം
തിന്മയ്ക്കായ് എടുത്തെന്നെ അവഗണിച്ചു
എത്ര നീറിയെന്നോ ഈ ഹൃദയം നിനക്കായ്
തകർക്കപ്പെട്ടെൻ ശരീരം നീ മറന്നതോർത്ത്
അടികൾ ഞാനേറ്റതും വ്യഥാവിധിയായതോർത്ത്

സ്നേഹാഗ്നിയാലേരിയുമെൻ ഹൃദയം വീണ്ടും
വീണ്ടും നിന്നെ ക്ഷണിക്കുന്നു
തിരികെ വരികയെൻ സ്നേഹഭാജനമെ
മിഴിയും മനവും തുറന്നെന്നെ കാണാൻ അറിയാൻ
സ്നേഹത്തിൽ നിറഞ്ഞ് ഒന്നാകാൻ
അനന്തമാം സ്നേഹത്താൽ എരിയും കരളുമായ്
തുടരുമീ കാത്തിരിപ്പു നിൻ ജീവിതാന്ത്യം വരെയും

Congratulations & Best wishes**THE LIST OF THE PARISH COUNCIL MEMBERS
FOR THE YEAR 2016 - 18**

1	FR. BIJU KOLLAMKUNNEL	PARISH PRIEST
2	FR. FRANKLIN CHERUVATHOOR	ASST. PARISH PRIEST
3	MR. E. P. DEVASSY	1ST TRUSTEE
4	MR. SANJU THOMAS	2ND TRUSTEE
5	MR. T. D. JOHNY	FORANE COUNCIL REP
6	MR. C. J. NELSON	FORANE COUNCIL REP
7	MRS. REJEENA MOHAN	FORANE COUNCIL REP
8	SR. MOLIAMMA	RELIGIOUS H. W. REP
9	SR. LIZY	CAT. TEACHER REP
10	MR. V. A. MATHEW	PITHRUVEDI REP
11	MRS. BEA THOMAS	MATHRUSANGAM REP
12	MR. JOEL MATHEW	KEY REP
13	MR. K. T. PAUL	CHOIR REP
14	MR. P. J. ANTONY	KKK REP
15	MRS. KUNJUMOL THOMAS	CHARIS REP
16	MR. M. C. SIBICHAN	ST. ALPHONSA
17	MR. JOY V. D	ST. ANTONY
18	MR. BIJU MATHEW	ST. CHAVARA
19	MR. V. I. VARGHESE	CHERUPUSHPAM
20	MR. JOSE MATHEW	DOMINIC SAVIO
21	MR. JIMMY LUKOSE	DON BOSCO
22	MRS. JENNIFER VICTOR	FATIMA MATHA
23	MR. K. X. GEORGE	ST. GEORGE

23	MR. K. X. GEORGE	ST. GEORGE
24	MR. THOMAS VARGHESE	HOLY CROSS
25	MR. LALSON GEORGE	HOLY FAMILY
26	MR. M. K. THOMAS	HOLY ROSARY
27	MR. JOSEPH FRANCIS	HOLY TRINITY
28	MRS. THRESIAMMA THOMAS	INFANT JESUS
29	MR. GEORGE KURUVILLA	ST. JOHN
30	MR. SABU SCARIA	ST. JOSEPH
31	MR. T. D. PAUL	ST. JUDE
32	MR. JERRY JOSEPH	ST. MARTIN
33	MR. T. P. VARGHESE	ST. MARY
34	MR. FRANCO THOMAS	BL. MOTHER THERESA
35	MR. JOHNSON ANTONY	ST. PAUL
36	MRS. MERCY FRANCIS	ST. PETER
37	MR. JITTO THOMAS	SACRED HEART
38	MR. SANTHOSH KOSHY	ST. SEBASTIAN
39	MR. MAJU MATHEW	ST. THOMAS
40	MR. BIJU ALEX	ST. FRANCIS XAVIER
41	MR. TONY THOPPIL	NOMINATED
42	MR. BABY ANTONY	NOMINATED
43	MRS. BIJITHA JOYCE	NOMINATED
44	MRS. TESSY MELVIN	NOMINATED
45	MRS. JESSY SHAJI	NOMINATED
46	MR. AMAL JOY	NOMINATED
47	MS. ANGEL MOHAN	NOMINATED
48	MS. SHEENA VARGHESE	NOMINATED

**Congratulation & best wishes to
The newly appointed
Mrs. Bijitha Joyce (Youth Animator) &
Mr. K.T. Paul (Choir Leader)**

Pithruvedi Parish Executives

- | | |
|------------------------------|-------------------|
| 1. President | Mr. V. A. Mathew |
| 2. Vice president | Mr. Jose Mathew |
| 3. Secretary | Mr. P. J. Antony |
| 4. Joint Secretary | Mr. Lalson George |
| 5. Treasurer | Mr. Siby Joseph |
| 6. Central committee members | Mr. Jimmy Luckose |
| | Mr. V. D. Joy |

Mathrusangam Parish Executives

- | | |
|-----------------------|---------------------|
| 1. Animator | Sr. Moliamma |
| 2. President | Mrs. Bea Thomas |
| 3. Vice President | Mrs. Dolly Johny |
| 4. Secretary | Mrs. Jancy Joseph |
| 5. Joint Secretary | Mrs. Jessy Shaji |
| 6. Treasurer | Mrs. Lathika Joseph |
| 7. Committee Members | Mrs. Laly Thomas |
| | Mrs. Gracy Pathrose |
| | Mrs. Leena Johnson |
| 8. Forane members | Mrs. Tessy Melvin |
| | Mrs. Neena Pullan |
| | Mrs. Elsy George |
| 9. Nominated members | Mrs. Lissy Mathai |
| | Mrs. Geoji Thomas |
| | Mrs. Suji Jimmy |
| 10. Internal auditors | Mrs. Rani Franco |
| | Mrs. Treesa Mathew |
| 11. Ex-officio | Mrs. Jiji John |
| | Mrs. Jini Biju |

Youth Parish Executives

- | | |
|--------------------|--------------------|
| 1. Animator | Mrs. Bijitha Joyce |
| 2. President | Joel Mathew |
| 3. Vice President | Riya Davis |
| 4. Secretary | Sheena Varghese |
| 5. Joint Secretary | Frango Varghese |
| 6. Treasurer | Jaion Joseph |
| 7. Forane Rep | Nithish Thomas |
| 8. Forane Rep | Angel Mohan |
| 9. Key Army | Christy Shaji |
| | Martin Joseph |

THE PROMISE OF THE LORD

Tony Chacko, St. Martin Unit

**What is Pentecost ?**

Pentecost is a day on which we commemorate the coming of the Holy Spirit on the early followers of Jesus. Before the events of the first Pentecost, which came a few weeks after Jesus' death and resurrection, there were followers of Jesus, but no movement that could be meaningfully called "the church." Thus, from a historical point of view, Pentecost is the day on which the church started. This is also true from a spiritual perspective, since the Spirit brings the church into existence and enlivens it. Thus Pentecost is the church's birthday.

What does the word "Pentecost" mean?

The English word "Pentecost" is a transliteration of the Greek word pentekostos, which means "fifty." It comes from the ancient Christian expression pentekoste hemera, which means "fiftieth day."

It was borrowed from Greek-speaking Jews who used the phrase to refer to a Jewish holiday. This holiday was known as the Festival of Weeks. It was originally a harvest festival (Exod 23:16) but in time turned into a day to commemorate the giving of the law on Mount Sinai.

What actually happened on that day of Pentecost ?

This event is recorded in the New Testament book known as The Acts of the Apostles. Chapter 2 begins, "And when Pentecost day came, they were all together in one place" (2:1). All of a sudden a sound came from heaven like a strong wind, filling the house where the people had gathered. Something like tongues of fire rested on their heads. "And they were all filled with the Holy Spirit and began to speak in other languages as the Spirit gave them the ability to speak" (2:4).

The languages spoken by them were intelligible and were heard by thousands of Jewish pilgrims who had come to Jerusalem to celebrate Shavuot. The content of the miraculous messages had to do with God's mighty works (2:11). Many who heard these messages in their own languages were amazed, though others thought the

Christians were just drunk (2:12).

At some point, Peter, one of the leading followers of Jesus, stood up and preached his first sermon. He interpreted the events of that morning in light of a prophecy of the Hebrew prophet Joel. In that text, God promised to pour out his Spirit on all flesh, empowering diverse people to exercise divine power. This would be a sign of the coming “day of the Lord” (Acts 2:16-21; Joel 2:28-32).

Peter went on to explain that Jesus had been raised and had poured out the Spirit in fulfillment of God’s promise through Joel (2:32-33). When the crowd asked what they should do, Peter urged them to turn their lives around and be baptized in the name of Jesus. Then they would be forgiven and would receive the gift of the Holy Spirit (2:37-39). Acts reports that about 3,000 people were added to the church that day (2:41). Not a bad response to Peter’s first sermon. ■

അനുഭവസാക്ഷ്യം

“ഞാൻ കർത്താവിനെ തേടി, അവിടുന്നെനിക്കു ഉത്തരമരുളി, എന്നോടൊത്ത് കർത്താവിനെ മഹത്വപ്പെടുത്തുവിൻ, നമുക്കൊരുമിച്ച് അവിടുത്തെ നാമത്തെ സ്തുതിക്കാം” (സങ്കീ. 34:3,4).

കഴിഞ്ഞ ഫെബ്രുവരി 10-ന് എന്റെ അനുജത്തി സിസ്റ്റർ ഷാൻസി ഒരു മീറ്റിംഗിൽ പങ്കെടുത്തുകൊണ്ടിരുന്നപ്പോൾ പെട്ടെന്ന് നെഞ്ചു വേദനയും പുറംവേദനയും അനുഭവപ്പെട്ടു. ഉടനെ തന്നെ ഹോസ്പിറ്റലിൽ പോയി ഒരു കാർഡിയോളജിസ്റ്റിനെ കാണിച്ചു. ഇ.സി.ജി.യിൽ വ്യത്യാസം കണ്ടിരുന്നു. മാത്രമല്ല Eco എടുത്തപ്പോൾ Minimal Pericardial Effusion (Heart ന് ചുറ്റും Fluid നിറഞ്ഞ അവസ്ഥ) എന്ന് റിപ്പോർട്ട് കിട്ടുകയും ചെയ്തു. പിറ്റേന്ന് നമ്മുടെ പള്ളിയിൽ ലൂർദ്ദ് മാതാവിന്റെ തിരുനാൾ ദിവസം നടത്തിയ രോഗശാന്തി ശുശ്രൂഷയുടെയും ആരാധനയുടെയും സമയത്ത് അനുജത്തിക്കുവേണ്ടി ഞാൻ പ്രത്യേകം പ്രാർത്ഥിക്കുകയും ഇനി പരിശോധിക്കുമ്പോൾ Fluid അപ്രത്യക്ഷമായി, അവൾ സുഖപ്പെട്ടാൽ അത് സാക്ഷ്യപ്പെടുത്താമെന്ന് നേർച്ച നേരുകയും ചെയ്തു. രണ്ടു ദിവസത്തിനകം തൃശൂർ ജൂബിലി മിഷൻ ഹോസ്പിറ്റലിൽ പോയി പരിശോധിച്ചപ്പോൾ Fluid എല്ലാം ക്ലിയർ ആയതായി റിപ്പോർട്ട് കിട്ടി. പിറ്റേന്ന് തന്നെ സിസ്റ്ററിനെ ഡിസ്ചാർജ്ജ് ചെയ്തു. വി. കൊച്ചുതേന്യുടെയും ലൂർദ്ദ് മാതാവിന്റെയും മദ്ധ്യസ്ഥതയാൽ ഈശോ നൽകിയ ഈ സൗഖ്യത്തിന് കോടാനുകോടി നന്ദി.

Leelamma Sebastian, St. Sebastian Unit

Learn from your mistakes

Chiara Maria Benn, Don Bosco Unit

There are occasions when you plan something and try to implement it, often making mistakes in the process. For example, when you plan the birthday party for your friend, you start from the first step -- the cake. You decide the flavour she might want, the way the birthday wish will be written in an elegant way and the small decorations.

Then you go to the next step -- the venue. After short-listing a number of places, you finally decide on one of them. You plan how the venue will be decorated in all her favourite designs and colours.

In this way, you plan out the whole party, the fun you are going to have, the happiness your friend will cherish her whole life .

When the day of the party arrives, your happiness reaches its peak. You go to the neighbourhood shop to buy the cake with thoughts of perfection and taste in your mind.

However, fate has something else in store for you and things start getting out of hand. When you reach the cake shop, you are disappointed to know that the last sample of the cake, which you wanted, had been sold out just minutes ago.

You proceed to the next step -- the venue. However, luck does not favour you even there.

When you reach the location, you are again disappointed to see that the place you had decided for has already been booked by another team. You slowly see things falling apart.

And your day, your party, your surprise -- everything is ruined. You finally settle for just a simple birthday wish by calling your friend on phone, like all other birthdays.

It's all about learning from mistakes. What's mentioned in the beginning is something that is common, or that happens to most people. However, the subsequent events are something that happen to some people, but not all of them. Bad luck often comes to a person who is overconfident. A modest person rarely gets disappointed. He won't generally end up doing that would cause regret or guilt. Why do you think that happens? It is because a modest person is someone who takes his plans, including external factors, into serious consideration. He reminds himself every moment that he's small and the world and

everything else around him is bigger. He knows the world and the risks involved if he is not careful.

The very thought that you are small safeguard you from disappointments. It also makes you strong to endure the downfalls and get up again stronger than ever before.

Going back to the birthday party, you will find that if you are a modest person you are not the protagonist in the story. You might be more experienced who would never fall into such a pitiable condition. However, if you are not modest, you will be the protagonist -- the victim. You are a person who never thinks about the external factors. You slowly start thinking that things would have turned out much better if you had simply booked the cake and the venue for the party in advance.

In addition, you would also think that you should have checked beforehand for the proper arrangement. Once bitten twice shy, you swear that you will be much more careful next time. Now, the decision to be much careful next time is another phase. There are various types of people who emerge from the crossroads.

First, they can be the people who will stay firm on their word and learn from their mistakes. They will actually be careful next time.

Second, they can be the people who will never learn from their failures. They will make the same mistake next time also.

Third, they can be the ones who will do as they please. It is up to them if they plan well for the next ride or not. Their graph is always fluctuating.

You might find yourself in any one of these categories but always remember that you are the only one who has the power to change it, especially if you are a person in the second or the third group. If you are a person in the first group, remain where you are, following the same set of principles.

BIBLE QUIZ ANSWERS (March - April 2016)

- | | |
|----------------|------------------|
| 1. Wisdom | 6. Mercy |
| 2. Honour | 7. Father's |
| 3. Fear | 8. Abandon |
| 4. Calm | 9. Appreciate |
| 5. Humiliation | 10. Stubbornness |

Bible Quiz

May - June 2016
Revelation (Chapter 1 to 4)

- 1) "This is the message from the one who holds the seven stars in the right hand and who walks among the seven gold lamp stands" is addressed to the church in the city.
- 2) "This is the message from the one who is the first and the last, who died and lived again" is addressed to the church in the city.
- 3) "This is message from the one who has sharp two edged sword" is addressed to the church in the city.
- 4) "This is message from the Son of God, whose eyes blaze like fire " is addressed to the church in the city.
- 5) "This is message from the one who has seven spirits of God and seven stars " is addressed to the church in the city.
- 6) "This is message from the Amen, the faithful and true witness who is the origin " is addressed to the church in the city.
- 7) "This is message from the one who is holy and true " is addressed to the church in the city.
- 8) And all around the throne there was a the colour of emerald.
- 9) Surrounding the throne on each of its sides were living creatures.
- 10) Each of the living creatures had wings.

CONGRATULATIONS !!!

BIBLE QUIZ WINNERS

(Mar – Apr 2016)

Kevin Tony (St. Mary Unit)

Allen Jospheh (Don Bosco Unit)

Melvin Thomas (Holy Rosary Unit)

Winner of **SPLASH YOUR COLOUR** Competition

(Mar - Apr. 2016)

Daniela Basil (Sacred Heart Unit)