



# MAR WALAH

Vol.03 Issue-02 March 2022

"MY LORD, MY GOD"

Santhome Church Bulletin, Hulimavu, Bangalore - 560 076

WITH THANKS,  
ON THE WAY OF THE CRUCIFIED  
"നന്ദിയോടെ ക്രൂശിതന്റെ വഴിയിൽ"





*with Santhome we are one*

**മാൻ വാലാൻ**

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# VICAR'S *Message*



ജൂബിലി വർഷത്തെ നോമ്പ് കാലത്തിലേക്ക് നമ്മൾ കടന്നിരിക്കുകയാണല്ലോ . ദൈവത്തിനു നന്ദി അർപ്പിക്കുവാനും ദൈവത്തിനോടും സഹോദരങ്ങളോടും അനുരഞ്ജനപ്പെടുവാനും ജീവിത നവീകരണത്തിനുമുള്ള വലിയ അവസരമാണ് ജൂബിലി വർഷത്തെ ഈ നോമ്പ് കാലം.

"നന്ദിയോടെ ക്രൂശിതന്റെ വഴിയിൽ" (With Thank, On the Way of the Crucified) എന്നതാണ് 2022 ലെ നോമ്പുകാല സന്ദേശമായി നമ്മൾ സ്വീകരിച്ചിരിക്കുന്നത്. കഴിഞ്ഞ 25 വർഷക്കാലം സാന്തോം ഇടവകയിലൂടെ ദൈവം നമുക്ക് തന്ന എല്ലാ അനുഗ്രഹങ്ങൾക്കും നന്ദി പ്രകടിപ്പിക്കുന്നതാകട്ടെ ഈ വർഷത്തെ നമ്മുടെ എല്ലാ നോമ്പ് ആചാരങ്ങളുമെന്നു എല്ലാവരെയും സ്നേഹത്തോടെ ഓർമ്മപ്പെടുത്തുന്നു.

കോവിഡിന്റെയും യുദ്ധത്തിന്റെയുമെല്ലാം ഉത്ക്കണ്ഠകൾ നമ്മുടെ മുൻപിൽ ഉണ്ടെങ്കിലും, ഭഗവാശ്വാസം, ക്രൂശിതന്റെ സഹനങ്ങളോട് നമ്മുടെ സഹനങ്ങളും നമ്മുക്ക് ചേർത്ത് വക്കാം.

In Jonah 3:4 - 10 , we read,

Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

When the news reached the king of Nineveh, he rose from his throne, removed his robe, covered himself with sackcloth, and sat in ashes. Then he had a proclamation made in Nineveh: "By the decree of the king and his nobles: No human being or animal, no herd or flock, shall taste anything. They shall not feed, nor shall they drink water. Human beings and animals shall be covered with sackcloth, and they shall cry mightily to God. All shall turn from their evil ways and from the violence that is in their hands. Who knows? God may relent and change his mind; he may turn from his fierce anger, so that we do not perish."

When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

യോനാ പ്രവാചകന്റെ വാക്ക് കേട്ട് നിനവേയിലെ ജനങ്ങൾ മനസാന്തരപ്പെട്ടതുപോലെ, ഉപവാസത്തിലൂടെയും പ്രാർത്ഥനയിലൂടെയും സൽക്കർമ്മങ്ങളിലൂടെയും നമ്മുക്ക് ഒരു പുതിയ സൃഷ്ടിയാകാം.

എല്ലാവർക്കും അനുഗ്രഹദായകമായ ഒരു നോമ്പുകാലം ആശംസിക്കുന്നു.

സ്നേഹപൂർവ്വം നിങ്ങളുടെ വികാരിയച്ചൻ,

**Fr. Manoj Ambalathinkal**

# Editorial



## With Santhome We are One!

*"How good and pleasant it is when God's people live together in unity." - Psalms 133:1*

Our parish has entered a Holy Year or a Year of Jubilee. In the Roman Catholic tradition, a Jubilee year is a year of reconciliation, a commitment to serve God with joy, and to remain in peace with our brothers and sisters. When we are unified as a body of believers in the Holy Spirit, we reflect the love of Jesus to the world.

St. Paul appealed to the Corinthians - "I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought." [1 Corinthians 1:10]

The name 'Santhome' is derived from St. Thomas who was courageous and willing to stand by Jesus in dangerous times. Let us also gather courage from him to stand together by Jesus as one strong community.



***SUNDAY Holy Mass Timing***  
***6.30 am***

***9.00 am*** (also online through youtube live streaming)

***5.00 pm***

***Monday to Saturday Holy Mass Timing: 6.30 am & 6.30 pm***

Annual Retreat during the Lent in our parish will be held on March 25, 26, 27. Details will be communicated shortly.

First Holy Communion classes for this year is starting soon. Parents please contact Sr Ann Maria or Mr Bobby Paul (Catechism Head Master).

“Jubilee Home” : As a charity activity of our sacrifices from the Lenten Season, (ഞാനുഭവ പരിത്യാഗനിധി), a “Jubilee Home” will be constructed for a deserving family. A committee is formed to work-out the details.

Leader: Jojee Joseph . Members : Nishanth Francis, Jais Joseph, John Kalathil

**New Members to Church Choir**

Inviting new members to serve as part of the parish choir. Those who are interested, please contact Sr Ann Maria or Dawn Kottackal or Sangeetha Jem.

**Mandya Diocese St Joseph's Year competitions**

**WINNERS**

In the St Joseph's Year competitions conducted by the CBC Diocese of Mandya, Ian Jem secured I rank in Mono Act (HSS) and Blessliya Antony secured 4 rank in Solo Singing (UP Section). Congratulations to Ian Jem and Blessiliya Antony !

Mandya Diocese Students Bible Quiz Winners

Mandya Diocese Students Bible Quiz Winners from Santhome Hulimavu -  
Iam Jem (HSS 1 Rank) , Raunak Nevin (HS 2 Rank) Elena Mary (HS 5  
Rank) Esther Jem (UP Award) Rachel Boban (UP Award) - Hearty  
Congratulations to all !

***Santhome Monthly Bible Quiz Winner:***

Albert Shajan - Winner Feb 2022. Congratulations!



# നോമ്പ് കാലം

~ L E N T ~ 2 0 2 2 ~



## വിശുദ്ധ ജോൺ പോൾ രണ്ടാമൻ മാർപാപ്പായോടൊപ്പം ധ്യാനിക്കാം:

'പാപം മായിച്ചു കളയുവാൻ' ഉള്ള പരിശ്രമത്തിൽ, പാപം എന്ന വിപത്തിന്റെ ആഴത്തെ പറ്റിയുള്ള ചിന്ത ആധുനിക മനുഷ്യനു നഷ്ടപ്പെട്ടിരിക്കുന്നു. ദൈവസന്നിധിയിൽ ആയിരിക്കുന്നതിലൂടെ ലഭിക്കുന്ന നന്മയുടെ നല്ല വശങ്ങളെ, മാനുഷിക വ്യക്തിത്വത്തിന്റെ സമ്പൂർണ്ണതയെ, മനസാക്ഷിയുടെ തലങ്ങളെ മനുഷ്യൻ നഷ്ടമായിരിക്കുന്നു.

"അങ്ങയുടെ സന്നിധിയിൽ നിന്ന് എന്നെ തള്ളികളയരുതെ, അങ്ങയുടെ രക്ഷയുടെ സന്തോഷം എനിക്ക് വീണ്ടും നൽകേണമേ." സങ്കീർത്തകന്റെ ഈ വാക്കുകൾ എത്രയോ അർത്ഥവത്താണ്. ദൈവത്തിൽ നിന്നും ലഭിച്ച സന്തോഷം ആധുനിക മനുഷ്യന് നഷ്ടമായിരിക്കുന്നു. എന്നാൽ നോമ്പ് കാലം നഷ്ടമായ ആ സന്തോഷം വീണ്ടെടുക്കുവാൻ സഹായിക്കുന്നു; അല്ലങ്കിൽ ആ സന്തോഷത്തെ കൂടുതൽ ആഴപ്പെടുത്തുവാൻ സഹായിക്കുന്നു.

സങ്കീർത്തകന്റെ മേൽ പറഞ്ഞ വാക്കുകൾ നമുക്ക് പ്രചോദനം നൽകുവാനും മുന്നേറുവാനും സഹായിക്കുന്നു. അതിനുമപ്പുറം, യേശു ക്രിസ്തുവിന്റെ രക്ഷാകര രഹസ്യത്തിലേക്ക് നമ്മെ നയിക്കുന്നു. വിശുദ്ധ പൗലോസ് ശ്ലീഹാ പറയുന്നു, "എന്തെന്നാൽ അവനിൽ നാമെല്ലാവരും ദൈവത്തിന്റെ നീതിയാകേണ്ടതിനു, പാപം

അറിയാത്തവനെ ദൈവം നമുക്കു വേണ്ടി പാപമാക്കി" (2 കൊറിന്തോസ് 5: 21).

യേശുക്രിസ്തു രക്ഷയിലേക്ക് നമ്മെ നയിക്കുന്ന കൃപയുടെ സമ്പൂർണതയാണ്. നിങ്ങൾക്ക് കൈവന്നിരിക്കുന്ന ദൈവകൃപ വ്യർത്ഥമാക്കരുതെന്നു അവിടുത്തെ സഹപ്രവർത്തകരെന്ന നിലയിൽ ഞങ്ങൾ നിങ്ങളോട് അപേക്ഷിക്കുന്നു (2 കോറി 6:1). വിശുദ്ധ പൌലോസ് ശ്ലീഹയുടെ ഈ വാക്കുകൾ നമ്മുക്ക് ധ്യാനിക്കാം. ക്രിസ്തുവിനെ വീണ്ടും കണ്ടെത്തുവാനുള്ള രക്ഷാകര രഹസ്യം ഈ നോവ് കാലം നമുക്ക് പ്രദാനം ചെയ്യട്ടെ എന്ന് നമുക്ക് പ്രാർത്ഥിക്കാം.

(വിശുദ്ധ ജോൺ പോൾ രണ്ടാമൻ മാർപാപ്പ, റോം, 17.2.88)



Key points from Catechesi Tradendae - Pope John Paul II's 1st apostolic exhortation.

### **What exactly is catechesis?**

"Catechesis is an education of children, young people and adults in the faith, which includes especially the teaching of Christian doctrine imparted, generally speaking, in an organic and systematic way, with a view to initiating the hearers into the fullness of Christian life"

- (1) Christo-centricity is the heart of all authentic catechesis.
- (2) Catechesis is the Church's sacred duty and inalienable right.
- (3) Catechesis is intrinsically linked with the whole of liturgical and sacramental activity.
- (4) Catechesis and evangelization integrate & complement each other.
- (5) Catechesis must train missionary disciples
- (6) The Holy Spirit is the principle inspiring all catechetical work

*Ref: <https://prodigalcatholic.com/2017/09/23/7-things-i-learnt-from-catechesi-tradendae-by-jp2/>*





## വി. യൂദാശ്ശീഹായുടെ ഞാലേവന

മിശിഹായുടെ സ്നേഹിതനും വിശ്വസ്ത ദാസനുമായ വി. യൂദാശ്ശീഹായേ, ഏറ്റവും കഷ്ടപ്പെടുന്ന എനിക്കുവേണ്ടി അപേക്ഷിക്കേണമേ. യാതൊരു സഹായവും ഫലസിദ്ധിയില്ലാതെ വരുന്ന സന്ദർഭത്തിൽ ഏറ്റവും ത്വരിതവും ഗോചരവുമായ സഹായം ചെയ്യുന്നതിന് അങ്ങയ്ക്ക് വിശേഷ വിധിയായി കിട്ടിയിരിക്കുന്ന അനുഗ്രഹത്തെ അങ്ങ് ഉപയോഗിക്കേണമേ. എന്റെ എല്ലാ ആവശ്യങ്ങളിലും വിശിഷ്ട (ആവശ്യം പറയുക) അങ്ങേ സഹായം ഞാനപേക്ഷിക്കുന്നു. ഭാഗ്യപ്പെട്ട യൂദാശ്ശീഹായേ, അങ്ങേ ഈ അനുഗ്രഹത്തെ ഞാൻ സദാ ഓർക്കുമെന്നും അങ്ങേ സ്തുതികളെ ലോകമെങ്ങും അറിയിക്കുമെന്നും ഞാൻ വാഗ്ദാനം ചെയ്യുന്നു. ആമേൻ.

**THANKS GIVING**  
**BY SANTHOSH PETER AND FAMILY**

## LENT BIBLE VERSES

Isaiah 58:6

*Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke?*

Joel 2: 12-13

*Yet even now, says the Lord, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing.*

*Return to the Lord, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing.*



# Lent

## Meaning and Significance



Lent is a significant season in the year – a time of solemnity and self-reflection where we confess our failings and resolve to live a more godly life based on the teachings of our Lord, Jesus Christ. It lasts for just over six weeks leading up to Easter.

Traditionally it was a time of abstaining from certain foods such as eggs, meat, fish and fats. Nowadays people might give up a luxury food – such as chocolate. They may also give up an activity such as using social media or drinking alcohol. It is called Lent in English because it is the time of the year when days are lengthening in the northern hemisphere.

The 40-day period of Lent is based on two episodes of spiritual testing in the Bible: the 40 years of wilderness wanderings by the Israelites after the exodus from Egypt (Numbers 33:38 and Deuteronomy 1:3) and the Temptation of Jesus after he spent 40 days fasting in the wilderness (Matthew 4:1-11; Mark 1:12-13; Luke 4:1-13).

Syro Malabar church term this period as “anpathu nombu” (50 days of lent), including the Sundays and other feast days that come within this period.



# ARE YOU LIVING A LIFE OF LOVE, JOY AND PEACE?

A eulogy is a speech made in remembrance of someone who has died. The eulogy speech is typically made at funeral, and pays tribute to the person who died.

God has blessed us with a beautiful life on this earth, but one day we have to travel alone, back to our home. As you would have seen, it is customary to speak about the deceased before the final moments of the eternal journey.

**EVERY MAN DIES.  
NOT EVERY MAN  
REALLY LIVES.**

William Wallace

This is very much true, because many of us tend to forget the purpose of life in the hustle and bustle of everyday struggle.

Take an hour and write a eulogy for yourself. It is an interesting exercise and it may become a life changing experience. What would you like to hear in your eulogy? What would others say?

## ARE YOU LIVING YOUR LIFE?





# May God Bless Us All

## ST. JOSEPH

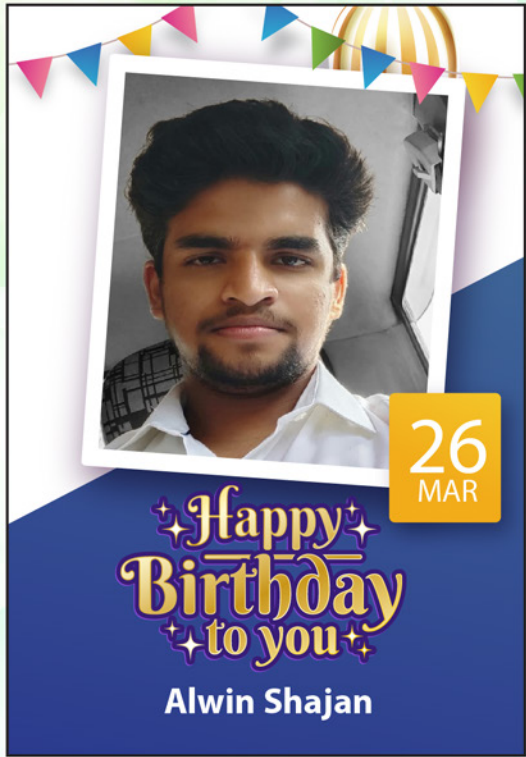
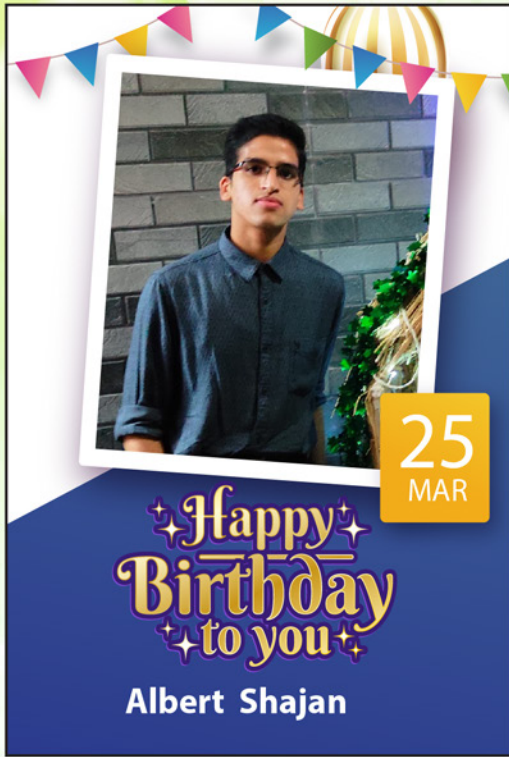
St Joseph was a Jewish carpenter from Nazareth specially chosen by God to be the earthly guardian of Virgin Mary and the foster-father of Jesus. Together they are the Holy Family. When Joseph and Mary were engaged, the mysterious conception of a baby nearly drove Joseph to leave Mary secretly. An angel in a dream convinced Joseph about Mary's Divine Conception. Thereafter this devout man protected Mary and later Jesus also with abiding love and utmost care.

During the 10th century, March 19th was dedicated to St. Joseph in some Western countries and the observance was established in Rome by the end of 15th century. On December 8 in 1870, Pope Pius IX proclaimed him as the 'Patron Saint of the Universal Church'. In 1955, Pope Pius XII added the title, 'Patron Saint of Workers' for St. Joseph and the feast is celebrated on 1st May. St. Joseph is also invoked for a happy death. Some argue that Joseph and Mary had other than Jesus, some children inferred from certain expressions in the Gospels. If there were other children, Jesus need not have entrusted his Mother to the care of St. John. Moreover, Joseph would have treated Mary with great reverence as the Mother of the Son of God. He could not have approached her seeking physical union. In the Gospels we never hear a word uttered by St. Joseph. His humility was such that even when Jesus, aged 12 was found in a temple on the third day, it was Mary who voiced their anxiety on behalf of Joseph.

St. Joseph is a role model for husbands and fathers everywhere. In conclusion let me quote St. Thomas Aquinas: "Some Saints are privileged to extend to us their patronage with particular efficacy in certain needs, but not in others; but our Holy Patron St. Joseph has the pow



- Alice K. Jose  
Bangalore



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• POC പ്രസിദ്ധീകരിച്ച സുവിശേഷങ്ങളുടെ പരിഷ്കരിച്ച പതിപ്പിന്റെ ഓഡിയോ ആപ്പ് ഇപ്പോൾ പ്ലേ സ്റ്റോറിലും, ആപ്പിൾ സ്റ്റോറിലും ലഭ്യമാണ്.



# STATIONS — OF THE — CROSS



The Stations of the Cross devotion is called “Stations” because it invites us to wait on the Lord in our own journey of faith. We are pilgrims on the way to heaven, and this devotion helps us walk closely with Jesus so that we may be ever more conformed to the Way of Love, which is the Way of the Cross.

(<https://www.ncregister.com/commentaries/this-lent-enter-the-divine-fire-of-love>)

Dear children,  
**wish you all great success in your annual  
examinations.**

**May the holy spirit guide you and help you to perform  
to the best of your abilities.**

## ST VINCENT DE PAUL SOCIETY

Society of St Vincent de Paul bid farewell to Lijo Achan as he moved back to his congregation.

We thank Lijo Achan for the great support and guidance provided to us during his stay with Santhome.

We thank you for introducing ROG cakes which added a different flavour to our annual charity cake sale during Christmas....



## മാതൃദേവീ



Mathruvedi\_Fr Lijo Farewell



Mathruvedi\_Mary Statue



*Jesus didn't call the qualified  
He qualified the called*

**Mission Mandya welcome you.**

For Vocation Counselling, please contact:

**Fr. Benny Asharikunnel 94474 56464**

**Fr. Martin Thattaparambil 94972 33140**



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# 10 നല്ല ചിന്തകൾ



1. പരദുഷണം പറയരുത്
2. ദക്ഷണം പാഴാക്കരുത്
3. മറ്റുള്ളവർക്കായി സമയം കണ്ടെത്തുക
4. ഷോപ്പിങ്ങിനായി വളരെ കുറച്ചുമാത്രം ചെലവഴിക്കുക
5. പാവപ്പെട്ടവരെ സഹായിക്കുക
6. മറ്റുള്ളവരെ വിധിക്കാതിരിക്കുക
7. എതിർക്കുന്നവരോടൊപ്പം സൗഹാർദ്ദപൂർവ്വം പെരുമാറുക
8. ഉത്തരവാദിത്വങ്ങൾ, പ്രത്യേകിച്ച് കുടുംബജീവിതത്തിലെ ഉത്തരവാദിത്വങ്ങൾ വേണ്ടവിധം നിർവ്വഹിക്കുക.
9. എല്ലാക്കാരുടെയും ദൈവത്തോട് ചോദിക്കുക എന്നത് ഒരു ശീലമാക്കുക
10. സന്തോഷത്തോടെയിരിക്കുക.

- ഫ്രാൻസിസ് മാർപ്പാപ്പ

# LOGOS 2022

**Syllabus: Joshua 1-12, Sirach 23-26, St Mark 9-16, 1 Corinthians 9-16**

*JOSHUA CHAPTER 1-4*

***Last month (February) Bible Quiz answers***

Answers

- At Gibeath-haaraloth
- At Gilgal
- On the fourteenth day of the first month
- The Manna ceased on that day
- A man standing before him with a drawn sword in his hand
- 7 days
- Israelites charged straight ahead the city and captured it
- At the cost of his first he shall lay its foundation and at the cost of his youngest he shall set up its gates
- Rahab, the prostitute
- Carmi's
- Judah
- He stole a mantle from Shinar, two hundred shekels of silver and a bar of gold weighing fifty shekels
- He was stoned to death and burned with his family
- Jericho
- On mount Ebal
- The meeting place facing the Arabhah
- Thirty thousand
- The king of Ai was taken alive and brought to Joshua
- It was an Altar of unhewn stones, on which no iron tool has been used
- The law of Moses

# LOGOS 2022

**Syllabus: Joshua 1-12, Sirach 23-26, St Mark 9-16, 1 Corinthians 9-16**

## ***JOSHUA CHAPTER 5-8***

### **Questions**

- *Where did Joshua circumcise the Israelites?*
- *Where did people camp after crossing the river Jordan?*
- *When did the Israelites eat the Passover while they were camped in Gilgal?*
- *What was the specialty of the Passover celebrated in Gilgal?*
- *Who did Joshua meet when he looked up on the way to Jericho 5:13?*
- *For how many days did the Israelites march around the city of Jericho?*
- *What did the Israelites do to the people of Jericho after the fall of the city wall?*
- *What would be the punishment for anyone renovating Jericho?*
- *Who was along with the members of that house, saved when Jericho was destroyed?*
- *Whose son was Achan?*
- *Which tribe did Achan's belong to?*
- *What was Achan's sin?*
- *What was the punishment to Achan and all those who belong to them?*
- *From where did Joshua send people to spy on Ai?*
- *Where did Joshua build an altar, after capturing Ai?*
- *Where did the king of Ai face the Israelites in the battle?*
- *How many warriors did Joshua choose to send to Ai?*
- *What did Israelites do to the king of Ai (8:23)?*
- *What was the special about the altar built on Mount Ebal as per Joshua 8:31?*
- *And there, in the presence of Israelites Joshua wrote on the stones a copy of ----- which he had written 8:32?*

**25 questions must be followed by**  
**Send your answers to [santhome.bulletin@gmail.com](mailto:santhome.bulletin@gmail.com)**

## **NOBODY IN THIS CITY OF 30,000 HAS EVER BEEN DIVORCED!**

There is a town in Bosnia-Herzegovina, which is part of the Balkan Peninsula, called Široki-Brijeg, where no one in living memory has ever been divorced. About 30,000 souls inhabit the place, nearly all of whom are Catholic. What is the secret for this strong bonding? They are to go to the Cross of the Jesus whenever troubles arrive, kneeling before it to ask Jesus to help them carry it -That is the secret!

Ref: <https://www.ncregister.com/blog/the-city-without-divorce>



This year in catechism we learnt how to lead a good Christian life in the church and society. We learnt about the personality of Jesus and that he is our only savior.

We are created in his own likeness and image and so we must live a life according to His.

We learnt that every single life on earth, including our own is precious and none but God has a right over it.

We were made to love and to be loved.

We must live our life in a way that pleases God .

We learnt that that the wealth we possess must be earned by hardwork and and not by unjust claims.

Labour is the most accepted and dignified means of one's livelihood.

Any human activity using intellectual , mental and bodily capabilities to make this world more beautiful and useful can be called labour.

All works are noble.

Labour calls us to be co-creators with God.  
We also learnt about how we are to respond to social evils like injustice, violence, discrimination, etc.

We must act appropriately at the right time if we come across any evil act.

We must be an example and help others walk through the right path.

Christians are the salt of the earth and light of the world, and we must lead a pure life, through the path of God and inspire others to do the same.

Iris Hormis - Class XI

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: Timings :  
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