



# MAR WALAH

Vol.01 Issue-06 Oct-Nov'19 "MY LORD, MY GOD"

Santhome Church Bulletin, Hulimavu, Bangalore - 560 076



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## VICAR'S *Message*



ഒക്ടോബർ - നവംബർ മാസങ്ങൾ നമ്മെ സംബന്ധിച്ചിടത്തോളം വലിയ സവിശേഷതകളുടെയും അനുഗ്രഹത്തിന്റെയും മാസങ്ങൾ ആണല്ലോ. മാതാവിനോടുള്ള ജപമാല ഭക്തി, വി. കൊച്ചുത്രേസ്യായുടെയും വി. ജോൺ പോൾ II ന്റെയും തിരുനാളുകൾ, മിഷൻ മാസം, വാഴ്ത്തപ്പെട്ട മറിയം ത്രേസ്യയെ വിശുദ്ധ പദവിയിലേക്കുള്ള ഉയർത്തൽ, മരിച്ചു പോയവരെ പ്രത്യേകം ഓർത്ത് അവരുടെ ആത്മാക്കൾക്ക് വേണ്ടി പ്രാർത്ഥിക്കുന്ന നവംബർ മാസം... അങ്ങനെ ഒത്തിരി പുണ്യദിനങ്ങൾ നിറഞ്ഞ രണ്ടു മാസങ്ങൾ! പ്രാർത്ഥനയിലൂടെയും പുണ്യ പ്രവർത്തികളിലൂടെയും ഈ രണ്ടു മാസങ്ങൾ കൂടുതൽ അനുഗ്രഹദായകമാക്കുവാൻ നമുക്ക് ശ്രമിക്കാം.

കഴിഞ്ഞ രണ്ടു മാസങ്ങൾ സീറോ മലബാർ സഭയിലും നമ്മുടെ രൂപതയിലും പ്രധാനപ്പെട്ട മാറ്റങ്ങളുടെ സമയമായിരുന്നു. നമ്മുടെ രൂപതയുടെ ഇടയനായിരുന്നുകൊണ്ട് നമുക്ക് വേണ്ടി ശുശ്രൂഷ ചെയ്തു കൊണ്ടിരുന്ന കരിയിൽ പിതാവ് മെത്രാപ്പോലീത്തയായി എറണാകുളം അങ്കമാലി രൂപതയിലേയ്ക്ക് നിയമിതനാവുകയും നമുക്ക് ഒരു പുതിയ പിതാവിനെ നൽകി ദൈവം അനുഗ്രഹിക്കുകയും ചെയ്തിരിക്കുന്നു. മാൺഡ്യ രൂപതയിൽ സ്തുത്യർഹമായ 4 വർഷത്തെ സേവനത്തിനു ശേഷം പുതിയ ഉത്തരവാദിത്തങ്ങളിലേക്കു വിളിക്കപ്പെട്ടിരിക്കുന്ന മാർ ആന്റണി കരിയിൽ പിതാവിന്, ഏറ്റവും സ്നേഹപൂർവ്വം നന്ദിയും ആശംസകളും നേരുന്നു. നമ്മുടെ രൂപതയുടെ പുതിയ ഇടയനായി ചുമതലയേറ്റ മാർ സെബാസ്റ്റ്യൻ എടയന്ത്രത്ത് പിതാവിനെ സാന്തോം ഇടവകയുടെ നാമത്തിൽ ഞാൻ ഏറ്റവും സ്നേഹാദരപൂർവ്വം സ്വാഗതം ചെയ്യുന്നു. ദൈവം ഏൽപ്പിച്ചിരിക്കുന്ന വലിയ ഉത്തരവാദിത്തങ്ങൾ ഏറ്റവും നന്നായി ചെയ്യുവാനും അതുവഴി പിതാവിന്റെ ശുശ്രൂഷകൾ നമ്മുടെ രൂപതയ്ക്ക് വലിയ അനുഗ്രഹമായി മാറുവാനും നമുക്ക് നിരന്തരം പ്രാർത്ഥിക്കാം. നമ്മൾ കൊടുക്കുന്ന സ്നേഹവും സഹകരണവുമാണ് പിതാവിന്റെ പ്രവർത്തനങ്ങൾക്ക് ഊർജ്ജം പകരുക. ആ സ്നേഹത്തിൽ ആരും നമ്മെ പിന്നിലാക്കാതിരിക്കട്ടെ!

ഒക്ടോബർമാസം ജപമാല ഭക്തിയുടെ മാസമാണ്... യേശു വിനെ ഹൃദയത്തിൽ സംവഹിക്കുവാൻ അമ്മയെപ്പോലെ സ്നേഹം പകരുവാൻ, കാനായിലെ കരുതലാകുവാൻ, കുരിശിൻ വഴികളിലും യേശുവിനെ അനുധാവനം ചെയ്യുവാൻ... ഈ അവത്തി മൂന്ന് മണി കൾ നമ്മെ പ്രചോദിപ്പിക്കട്ടെ. എല്ലാ ദിവസവും ഒരു കൊന്തയെങ്കിലും കുടുംബം ഒന്നിച്ചിരുന്ന് പ്രാർത്ഥിച്ചാൽ, തിന്മക്കെങ്ങനെ നമ്മുടെ വീടു കളിൽ സ്വാധീനമുണ്ടാകും. ഈ ഉറച്ച ബോധ്യം പുതിയ തലമുറയ്ക്ക് കൈമാറുവാൻ ഓരോ മാതാപിതാക്കളേയും ഞാൻ സ്നേഹപൂർവ്വം ഒരിക്കൽ കൂടെ ഓർമ്മപ്പെടുത്തുന്നു. പാട്ടുകൾ കൊണ്ടും വൃക്കതിപരമായ പ്രാർത്ഥനകൾ കൊണ്ടും വിശുദ്ധ വചനങ്ങളിൽ അധിഷ്ഠിതമായ വ്യാഖ്യാനങ്ങൾ കൊണ്ടും, ജപമാല പുതിയ തലമുറക്ക് ഉൽസാഹം പകരുംവിധം രൂപപ്പെടുത്തി പ്രാർത്ഥിക്കുന്നത് നല്ലതായിരിക്കും. നമ്മുടെ ഇടവകയിൽ ഈ മാസമവസാനം നടത്തുന്ന 10 ദിവസത്തെ കൊന്തയിലും അതിനോടനുബന്ധിച്ച് നടത്തുന്ന 3 ദിവസത്തെ വാർഷിക ധ്യാനത്തിലും എല്ലാവരും പങ്കു ചേരണമെന്ന് ഏറ്റവും സ്നേഹത്തോടെ അഭ്യർത്ഥിക്കുന്നു.

ഒക്ടോബർ മാസത്തിന്റെ മറ്റൊരു പ്രത്യേകത, ഇത് മിഷനുവേണ്ടി സമർപ്പിച്ചിരിക്കുന്ന മാസമാണെന്നുള്ളതാണ്. സഭയിലെ മിഷൻ പ്രവർത്തനങ്ങൾക്ക് വലിയ പ്രചോദനം നൽകിയ ബനഡിക്ട് XV മാർപാപ്പ എഴുതി 1919 ൽ പ്രകാശനം ചെയ്ത Maximum Illud (Missionary Encyclical) - ന്റെ നൂറു വർഷ ജൂബിലി ആഘോഷിക്കുമ്പോൾ, ഇതൊരു അതിസാധാരണ മിഷൻ (extra-ordinary mission month) മാസമായി ആചരിക്കുവാൻ, പരി. പിതാവ് ഫ്രാൻസിസ് മാർപാപ്പ നമ്മോട് ആഹ്വാനം ചെയ്തിട്ടുണ്ട്. ഇതുമായി ബന്ധപ്പെട്ട പരിപാടികൾ വരും ദിവസങ്ങളിൽ നിങ്ങളെ അറിയിക്കുന്നതാണ്. ഭാരത സഭയ്ക്ക് പ്രത്യേകിച്ചും സീറോ മലബാർ സഭയ്ക്ക് സന്തോഷത്തിന്റെയും അഭിമാനത്തിന്റെയും ദിനമാണ് 13 October 2019 എന്ന് നിങ്ങൾക്കറിയാമല്ലോ. വാഴ്ത്തപ്പെട്ട മറിയം ത്രേസ്യയെ ഫ്രാൻസിസ് പിതാവ് വിശുദ്ധയായി പ്രഖ്യാപിക്കുമ്പോൾ, അമ്മയുടെ ജീവിതം നമുക്ക് വലിയൊരു മാതൃകയാകട്ടെ എന്നു ഞാൻ ആശംസിക്കുന്നു. നമ്മുടെ ഈ തലമുറയിലും വരും തലമുറകളിലും ദൈവസ്നേഹത്തിൽ ജ്വലിക്കുന്ന, പരസ്നേഹത്തിൽ വളരുന്ന മക്കൾ ധാരാളമായി ഉണ്ടാകട്ടെ എന്ന് പ്രാർത്ഥിക്കുന്നു.

നവംബർ മാസം ആത്മാക്കളുടെ മാസമാണ്. മരിച്ചുപോയ വർക്ക് വേണ്ടി പ്രാർത്ഥിക്കുന്നത് നമ്മുടെ കടമയാണ്... അത് അവരുടെ ആത്മാക്കളുടെ രക്ഷയ്ക്ക് ആവശ്യമാണ്. അത് അവരോടുള്ള ആദരവിന്റെയും സ്നേഹത്തിന്റെയും അടയാളമാണ്... അവരുടെ പ്രയത്നങ്ങളോടുള്ള നന്ദി പ്രകാശനമാണ്... ഇതെല്ലാം പുതിയ തലമുറയെ പ്രത്യേകം പഠിപ്പിക്കുവാനുള്ള സമയമാണ്... നമ്മളും ഒരുന്നാൾ മരിക്കും എന്ന ഓർമ്മപ്പെടുത്തൽ കൂടിയാണ്... സിമിത്തേരി സന്ദർശിച്ചും മരിച്ചവർക്കുവേണ്ടി പ്രാർത്ഥിച്ചും ദാനദാർമ്മങ്ങൾ ചെയ്തും ഈ ദിനങ്ങൾ ആചരിക്കണമെന്ന് പ്രത്യേകം ഓർമ്മപ്പെടുത്തുന്നു.

നമ്മൾ ദൈവത്തിന്റെ മക്കളാണ്... അവിടുത്തെ വിശുദ്ധജനം... അവിടുത്തെ സ്വന്തം ജനം! (നിയമാവർത്തനം 14:1-4) ഈ വചനത്തിന്റെ പ്രത്യാശയിൽ നമുക്ക് സന്തോഷത്തോടെ ജീവിക്കാം. ദൈവം നമ്മെ അനുഗ്രഹിക്കട്ടെ!

**May God bless you all!**

സ്നേഹപൂർവ്വം നിങ്ങളുടെ വികാരിയച്ചൻ,

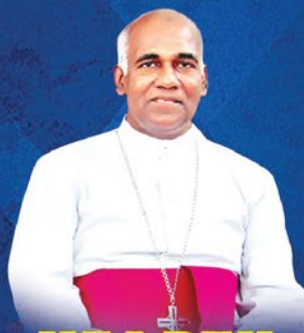
**Fr. Manoj Ambalathinkal**





**CONGRATULATIONS  
& PRAYERFUL WISHES**

**Mar Antony Kariyil**  
Archbishop of Ernakulam-Angamaly



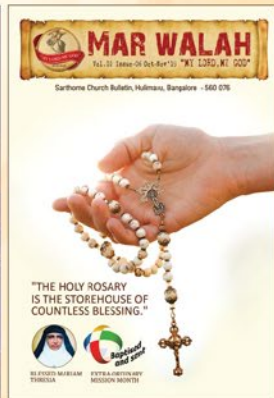
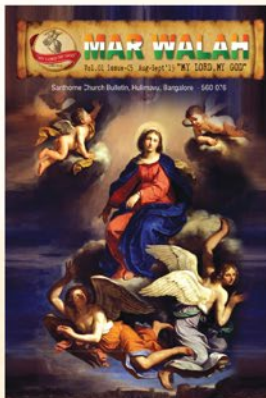
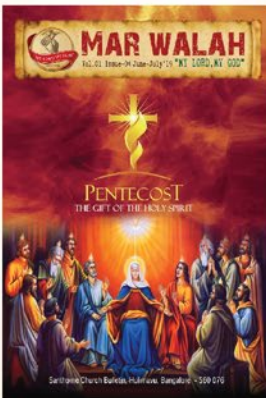
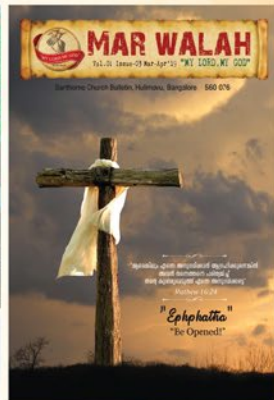
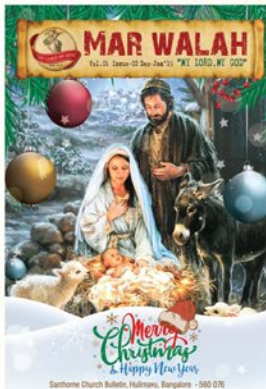
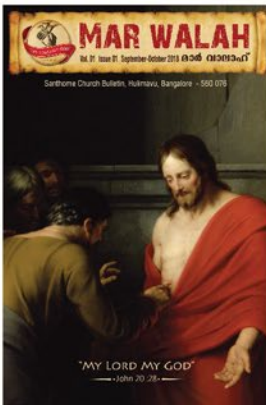
**HEARTY  
WELCOME**

**Mar Sebastian Adayanthrath**  
New Bishop of Mandya



# Editorial

**HAPPY BIRTHDAY TO MAR WALAH!** As our Parish bulletin is celebrating its first birthday in October, we would like to thank all parishioners for your support in terms of articles, feedbacks and advertisements. It is a happy and proud moment for all of us. We believe that the bulletin has started acting as a medium of communication which help us to develop identity of a true christian, unite and strengthen us to work for the kingdom of God. May God continue to bless us in this journey!



October and November are the two important months in the liturgical calendar of the Catholic Church. October is the Month of Mission as well as the Month of Rosary, while November is the Month of the Souls in the Purgatory.

Our life is so much attached to Mother Mary. October is the month to renew and strengthen that relation further. Prayer is the foundation of the Church's mission, and the rosary supports the mission of proclaiming good news to all.

You might have heard the hymn:

"Angels, all your praises bring, Earth and heaven, with us sing,  
All creation echoing:  
Salve, salve, salve Regina!"

Pope Francis has declared October 2019 to be an Extraordinary Missionary Month (EMM) to foster greater awareness of sharing the good news of Jesus Christ to all people. So it becomes a special month of prayer and action through which we are committed to renew our missionary zeal with greater enthusiasm. October 2019, even otherwise, will be marked as an extraordinary month in the annals of the Holy Catholic Church. On the 13th of this month, Pope Francis is to canonise blessed Mariam Theresa and four others.

What better gift we can present to the departed souls in the month of November than prayers for their souls in the purgatory. And what better prayer we can offer than that of the prayer of St. Gertrude, through which thousand souls are believed to be elevated to heaven.

### **Eternal Father,**

*I offer You the most precious blood  
of thy Divine Son, Jesus,  
in union with the Masses said throughout the world today,  
for all the Holy Souls in Purgatory,  
for sinners everywhere,  
for sinners in the universal Church,  
for those in my own home,  
and in my family. Amen.*

Yet another reason for us to rejoice in these prayerful months is the installation of our new bishop, Most Rev. Mar Sebastian Adayantharath. His presence and association with us here is a great blessing to our parish and we thank God for the same.

- Editorial Team

Dear All,

Next edition of the Parish Bulletin will be for the period Dec - Jan. Please send your articles on Christmas, New Year, etc to [santhome.bulletin@gmail.com](mailto:santhome.bulletin@gmail.com) by Nov 30, 2019



### Holy Mass Timings

#### **SUNDAY**

6:30 AM, 8.30 AM, 10.30 AM & 5 PM

#### **FRIDAY**

6 :30 PM

#### **MONDAY, WEDNESDAY, THURSDAY, SATURDAY**

6:30 AM

#### **TUESDAY**

6.30 AM (in Marillac Convent)



### TEN DAYS ROSARY

Ten days Rosary Devotion starting from Oct 22 Tuesday, evening

### FEAST OF ST. JOHN PAUL II

Oct 22 is the feast of ST. John Paul II, the patron saint of youth.

### ANNUAL RETREAT :

Three days annual retreat is planned on **Oct 30, 31, and Nov 1, 2019.**

*All parishioners are invited and expected to attend the retreat.*

*Preacher: Rev Fr Jacob Manjali*



### COMMEMORATION OF THE DEPARTED SOUL:

Cemetery Visit is planned on Nov. 9 Saturday, after the 6 30 AM Holy Mass. All catechism/CML students are expected to be part of this visit.

### Advertisement rates in the Parish Bulletin For parishioners:

**Last page: Rs. 5000/- (Booked)**

**Last but one page (C3) : Rs. 3500/-**

**Inside Full page : Rs. 2500/-**

**Inside Half Page : Rs. 1500/-**

**Inside Quarter Page : Rs. 750/-**

For Those Outside our Parish 20% Additional charges on the rates specified above

For Details, Please contact;

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## GLOBAL CHURCH

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### Extra-Ordinary Mission Month

100 years ago, Pope Benedict XV released the encyclical *Maximum Illud*, which called on Catholics to bring the Good News to all people (*Missio Ad Gentes*). To commemorate this anniversary, Pope Francis has declared October 2019 to be an Extraordinary Month of Mission (EMM). This special month of prayer and action calls us all to renew our missionary commitment. We are called to share the Good News of Jesus Christ with all people. Revitalise, Renew, and Reawaken

### Aim of the Extraordinary Month of Mission (EMM) is:

1. A personal encounter with Jesus Christ - To encourage Catholics into a deeper relationship with Jesus through prayer.
2. The witness of missionary saints and martyrs - To look to, and learn from, the actions and sacrifices of our saints, martyrs and living missionaries.
3. Biblical, catechetical, spiritual and theological formation for mission - To financially support mission
4. Missionary charity as a commitment to support the Church's missionary activity - To rediscover and renew our understanding of mission. Pope Francis calls us to renew our missionary commitment to share the Good News with all people. By supporting Mission through your prayers and donations, you:
  - help missionaries share the love of Jesus
  - train tomorrow's Priests and Sisters
  - give hope to the world's poorest children
  - create a vibrant Catholic Church for the futureThrough these dimensions the Holy Father invites us to renew and reawaken our commitment to mission.

### Extraordinary Month of Mission (EMM) Prayer

God our Father, when your Son Jesus Christ rose from the dead, he commissioned his followers to 'go and make disciples of all nations'. Through our Baptism you send us out to continue this mission among all people. Empower us by the gifts of the Holy Spirit to be courageous and enthusiastic in bearing witness to the Gospel, so that the mission entrusted to us, which is still far from completion, may bring life and light to the world. May all people experience the saving love and generous mercy of Jesus Christ, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever. Amen.

## HAIL MARY.....



**Mrs. (Dr.) Bincy Cyriac**

(Author has served the Santhome Sunday School  
as Headmistress for more than 10 years)



October is the month dedicated to the rosary. 'Hail Mary' - the small, simple yet powerful prayer - is the central prayer of the rosary. In Malayalam, rosary is referred as 'ambathi moonu mani japam' - prayer of fifty-three beads - meaning the prayer that has fifty-three Hail Marys. We often recite this simple prayer so hastily without paying attention to the meaning of the words. 'Hail Mary' is a prayer with a lot of heavenly blessings and graces embedded within. This prayer is bestowed to us by heaven; with its meaning a little beyond simple human comprehension fully. St. Jerome tells us that "the truths contained in the 'Hail Mary' are so sublime, so wonderful that no man, no angel could fully understand them." St. Thomas Aquinas, the prince of theologians, took forty days to explain the deep meaning in 'Hail Mary'.

One of the oldest, most repeated and most powerful prayers used by Christians, its first part is a combination of angelic salutation and salutation by St. Elizabeth - used by the faithful from 1050 AD. The second part, the petition, was subsequently added to, at the Council of Trent in 1566.

The prayer begins with "Hail Mary full of grace, The Lord is with you" [Luke 1:28] which came from heaven as it was first pronounced by Archangel Gabriel during the annunciation. At that moment, Mother Mary was filled with the Holy Spirit, heavenly graces and joy. As we say these verses, we render to God Almighty the highest praise and thanks for filling our Mother with all heavenly blessings and graces while presenting Virgin Mary our respectful and fervent congratulations. The next verse, "Blessed art thou among women and blessed is the fruit of thy womb Jesus" [Luke 1: 42], is spoken by St. Elizabeth, inspired by the Holy Spirit during Mother Mary's visit. When we recite this part of 'Hail Mary', like Mary and

Elizabeth, we are also blessed with the grace, gifts and fruits of the Holy Spirit. Heaven rejoices on hearing these words. Blessed Alan de la Roche said: "as all heaven rejoices when Hail Mary is said, so also do the devils tremble and take flight".

In the second part – the petition – we ask Mother Mary to "pray for all the sinners". Since God alone is holy, when we say this part of the prayer it becomes an intercession for the entire mankind. Mary's spiritual motherhood extends to all generations, all caste, creed, nationality, sinners or saints. As we accept and refer to ourselves as sinners, we are rendering ourselves in front of the almighty God, in complete humility.

By saying "now and at the hour of death" we submit each moment of our lives in the precious and safe hands of our loving mother. Like at the marriage of Cana, she will intercede for us saying "they don't have wine" and ask Jesus to help us in our worldly and spiritual needs. At one point of our life, 'now' and 'the hour of death' become one. How blessed we would be if our dear mother is praying for us at the time of our death! How lucky we would be if we are reciting 'Hail Mary' with a rosary in our hand and Mother Mary is by our side at our last moment! As St. Louis Montfort put it, "we have to ask Mary's help to light our path through the valley of death and also lead us to her son's judgement seat and intercede for us to forgive us and let us into the ranks of the Blessed."

This prayer is a central pillar of Marian devotion where we express our love for Virgin Mary using words from scripture and ask her assistance for each moment of our life and for entire mankind. This prayer delights our mother. Once Mother Mary appeared to St. Mechtilde who was striving to compose a beautiful prayer in honour of our Mother and said, "Desist dear child from your labour, for no prayer you could possibly compose would give me the joy and delight of Hail Mary." Jesus once told St. Gertrude, "My daughter, every time you pray calm, fervent and loving 'Hail Mary' to My Mother, I deposit a golden coin in the treasury of heaven for you." Let us try to recite this prayer meditating on each verse, thus obtaining the abundant blessings of heaven and the company of Mother Mary.



# Christus Vivit



**Allen Joshy, Catechism Teacher**

Christus Vivit (*Christ is Alive*) is an apostolic exhortation from Pope Francis. I was fortunate to attend a seminar on Christus Vivit by Rev Fr Gilbert Choondal, SDB, which was arranged by Syro Malabar Youth Movement(SMYM) of our diocese. An excerpt of the seminar is reproduced below. These are very important points for everyone, especially for the young people.

## **BE ALIVE**

Christ is alive and He wants us to be alive! Being alive doesn't mean that there is just life in our body. We have to speak, walk, carry that liveliness in all aspects of our daily life. Be positive and spread the positive energy around us. Jesus was an interactive God. He was always with group of people, always talking, teaching and doing things for them. Are we fully alive?

## **REMAIN ONLINE WITH JESUS**

When we say we are online, we are connected live to someone or something. Here Jesus expect us to be connected with him always. He longs for our friendship. The song "What a friend we have in Jesus" is appropriate here. It is for us to keep His friendship alive while being connected. We have to fall in love and stay in love with Jesus. It is easier to fall in love, but difficult to stay in love. Just as we try not to lose our Internet connection, let us make sure that we stay connected with the Lord always.

## **BE ORIGINAL**

Be yourself. Each one is a mission on earth. Don't compare or imitate others. Contribute in our own way and become another saint. Every human being is unique. God created in that way with a particular mission. Carlos Acutis, the 15 year old computer 'professional' who is on the way to sainthood said, "Every one is born as original, but ends up dying as photocopies. Don't let that happen to you."

## **BE MISSIONARIES**

Apostles are not only the twelve disciples of Jesus; each one of us is called to be an apostle. Being an apostle doesn't mean that carrying a torch in hand possessing the light, but being that light ourselves. "Every saint has a past and every sinner has a future", a missionary is a catalyst to transform a sinner to a saint.

## BE HOLY

Holiness is for everyone. Call to holiness is the vocation for all. Doing all our work with good intentions, good thoughts, not harming anybody, and for the welfare of everyone is what holiness truly is.

## WALK TOGETHER

Human beings perform well in groups, than being single. In the name of privacy and self sufficiency, we are confining ourselves which is not good. Let us fight against individualism and make friendship by being available and helping each other. As an African proverb says, "If you want to go fast, walk by yourself, if you want to go far, walk with others."

## BE HAPPY

God wants us to be happy. The young needs to be cheerful. Bible says, "Rejoice young man, while you are young and let your heart cheer you..banish anxiety from your mind." [Ecclesiastes 11:9-10]

## BE COMMITTED

Commitment is essential in personal vocation. Whether it is Holy order or married life, total life long commitment is required. In every vocation, each individual faces hurdles, but with faith in God, you can hold on till end.

## BE THE GOOD NEWS ON SOCIAL MEDIA

The young being the digital natives, they can effectively make use of social media and technology for faith building. Pope gave the example of Carlos Acutis, who used the Internet technologies to transmit the Gospel messages.

## BE THE CHURCH

The young are the missionaries of the church. They need to build and strengthen the wounded church by being the "now" of the church. The young are the active animators of the church.

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## OUTDOOR CATERING



## two greatest mothers



- Alice K Jose

### **MOTHER MARY GAVE BIRTH TO ONE SAINTLY MOTHER TERESA, NONE!**

MARY Blessed Virgin, Mother of SON  
Ocean of mercy, denied aid to none.  
Truthful, humble and obedient, yet with grit  
Heeding God's words, became spouse of Spirit  
Earthly husband Joseph, e'er there to mind  
Radiant saviour JESUS rose for mankind.

Magnificat, hymn of maiden spotless,  
A solace and high hope for the guileless.  
Rarely do we find a life so faithful  
Yielding goodness and mercy plentiful.



Mother to millions, giving birth to none  
Other than TERESA, do we have one?  
Tenderness personified laboured she  
Helping the poor folk with services free  
Ethereal figure of angel got  
Rightly the Nobel Peace prize for deeds wrought

The sari-clad noble nun, Indian by choice  
E'er all in the globe praise her in one voice.  
Rarely do we find a spirit so good  
Emulate her in real earnest, we should  
Seeing JESUS in all, served with solemn vow  
Agnes then, Saint Mother Teresa now.

  
**RELEASE OF ISSUE 05  
OF MAR WALAH  
ON AUG 15, 2019**



HAPPY 25<sup>th</sup>  
WEDDING

ANNIVERSARY

JOSHEY LAZAR  
&  
MINI JOSHEY

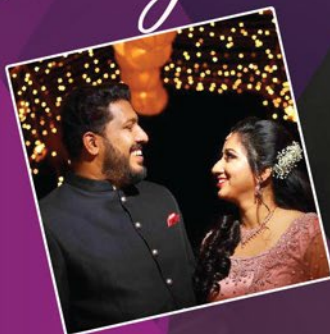


October 24 2019



*Best wishes*

*Sharath  
&  
Athulya*





# Maalaakha

## Children's Corner



### CONTEST 1:

Quotes by saints and short essay on bl. Mariam thresia

Winner: Nimisha Maria nishant, Class VIII



#### St. Alphonsa:

1. No matter what my suffering may be, I will never complain and if I have to undergo any humiliation, I will seek refuge in the sacred heart of Jesus.
2. Compared to what my Lord had to suffer, my own suffering pales into insignificance. I must empty the dregs (remains) of the cup of suffering he extends to me.
3. Each act of abstinence is a floral bouquet to the Blessed Virgin Mother.
4. The desire to become a saint came to my heart after I happened to read the biography of St. Therese of Lisieux
5. Whatever you do, do it for the love of Jesus. Don't only work to please others.

#### St. John Maria Vianney

1. There is nothing so great as the Eucharist. If God had something more precious, He would have given it to us.
2. We put pride into everything like salt. We like to see that our good works are known. If our virtues are seen, we are pleased; if our faults are perceived, we are sad. I remark that in a great many people; if one says anything to them, it disturbs them, it annoys them. The saints were not like that – they were vexed if their virtues were known and pleased that their imperfections should be seen.
3. The saints did not all begin well, but they all ended well.
4. It is always springtime in the heart that loves God.
5. The Devil writes down our sins – our Guardian Angel all our merits. Labor that the Guardian Angel's book may be full, and the Devil's empty.

#### St. Mother Theresa

1. It is not about how much you do, but how much love you put into what you do that counts.
2. Spread love everywhere you go. Let no one ever come to you without leaving happier.
3. Intense love does not measure, it just gives.
4. Not all of us can do great things. But we can do small things with great love.
5. The hunger for love is much more difficult to remove than the hunger for bread

## CONTEST 2:

### Short Essay on Importance of Word of God in My Life

Winner: - Leo George Sijo, Class VIII



## Power and Importance of Word of God

Holy Bible is a book filled with God's love and compassion. It is the greatest love story ever told - the story of God's love. When we study the Holy Bible, it will affect our life and lives of others too. I have some reasons to study the Word of God which I would like to share with you. I write one verse from Bible every day which gives me lot of grace from God.

Holy Bible leads us to Holiness, salvation and eternal life. It is filled with God's love, care, blessings and promises. There are more than 8000 promises from God in the Bible. If we lead a life according to the Bible, we can have a life on earth that Jesus want us to be and attain eternal life!

Word of God is inspiring to live a happy life. As Psalm 118:24 says, "This is the day that the Lord has made. Let us rejoice and be glad in it." . When I feel sad in my life, I read this verse and it makes me happy. Thank yo Lord for such motivating Word! Word of God is guiding: In Psalm 119:105, Bible says, "Your word is a lamp for my feet, a light on my path". I fully trust in these verse. When I am at the cross roads of my life, seeking direction which way to turn, I read Bible and get clear message from the Word of God.

Word of God is strength giving: There are many occasions in my life when I felt helpless, powerless and weak. Then I started listening to God through Bible. In Isaiah 40:29, we read "He gives power to the faint, and strengthens the powerless". In Isaiah 40:29, we read, "He gives power to the faint and strengthen the powerless". In Joshua 1:9, we read, "Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go." God has given me enormous strength through these verses.

Word of God leads us to holiness: Mathew 16:26 says, "For what will it profit them if they gain the whole world but forfeit their life? Or what will they give in return for their life?" - a verse that inspire us to lead a holy life.

Word of God is a powerful weapon against evil: In Hebrews 4:12, we read "Indeed, the word of God is living and active, sharper than any two-edged sword..". When we have such a powerful weapon against evil, we are not wise if we don't know about it.

Dear friends, Knowing Word of God is the best way to follow Jesus. Through the liturgy of Word in every Holy Mass, through our catechism classes and Bible classes, we learn the Word of God. But learning becomes more in-depth, only when we read it every day and meditate on it. If you have not yet started reading the Word of God every day, let today be the starting point.

### CONTEST 3:

#### Short Essay on "I Love Mother Mary"

Winner: - Elena Mary Joseph, VI Std.

### I Love Mother Mary

Jesus said to his mother," Woman, here is your son."

Then he said to his disciple," Here is your mother." ( John19:26,27)

Thus Jesus gifted us with the most precious gift ' His loving mother '.

In all aspects of mother Mary's life her commitment to God's will is evident. She is the symbol of spirituality, purity and eternal love. Her love for us is boundless and everlasting.

It is manifested in manifold in our lives.

Mary, the mother of perpetual help, is beside anyone who is in a tight corner.

Mary, the cause of our joy rejoices with us when we are happy.

Mother most merciful shows us her kindness when we require it.

Mary the comforter of the afflicted also comforts us when we are miserable.

Mary, the queen of heaven, fulfils all our necessities.

Mary, the morning star guides us in the journey to heaven.

She is the gate of heaven and she lights up our path to heaven.

Mary the mother of good health heals us when we are wounded and takes care of us when we are hurt.

Being the refuge of sinners, she forgives our sins.

She prays to Jesus not to forsake us.

#### Issue 6

**Contest 1:** Write a short essay based on St Little Flower's autobiography - why is she called 'Little Flower'?

**Contest 2:** Why do we celebrate the feast of Saints?

**Contest 3:** My Mission Month (Your activities in Oct. to support the Mission)

**Maximum 15-20 lines (for each contest).**

Last date to submit: Oct 31, 2019 (please send your answers to [santhome.bulletin@gmail.com](mailto:santhome.bulletin@gmail.com) or whatsapp to 9008028905)

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നാടൻ വിഭവങ്ങൾ  
നിങ്ങളെ കൊതിപ്പിക്കാറുണ്ടോ?  
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**FEAST OF ST. VINCENT DE PAUL**  
September 22



East Zone - St.Vincent De Paul Unit



### **Flood Relief Activities**

The youth along with the members of the church gathered in extending a helping hand to the flood affected victims of the Kerala. Food items, clothes, and basic necessities were donated in bulk by the parishioners, over the days. Coordinated efforts by the youth and golden youth enabled efficient sorting, repacking and loading of items at St. Thomas Forane Church.

### **Chavara Cup Football Champions**

The Chavara Cup, an initiative by St Chavara church, Ejipura, was hosted on 25th August 2019. Both the boys and girls of Santhome youth had participated in the tournament's respective football and throwball matches. Despite best efforts, the girls failed to qualify in throwball. However, the youth's spirits were lifted as the boys emerged champions of the football tournament. This was considered a commendable feat considering the whopping 25+ teams that had participated overall. The joyous day wound up with the boys receiving a prize, medals, certificates, and holding their trophy proudly up high.



**Santhome Youth (Men)  
won the St Chavara Football  
Tournament this year.**



### **Xposantse Thiruvathira Winners**

On 22nd September, Santhome youth participated in Xposantse Tournament, hosted by St Mary's Church, Anapalya. The boys played football while the girls danced to the authentic dance form of Kerala, Thiruvathira. Weeks of practice turned fruitful as the girls bagged the third place in the tournament.

**Santhome Youth (Women) won third prize in Thiruvathira organised  
by St Sebastian Church, Anapalya**



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Stick No Bits



STYLE NAME : MILO

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## CHERUPUSHPA MISSION LEAGUE



### Rich Man

[from WhatsApp, relevant in this Mission Month!] - CML Animator, Santhome, Hulimavu

Someone asked the richest man in the world, Bill Gates, "Is there anyone richer than you in the world?" Bill Gates replied, "Yes, there is a person who is richer than me."

### He then narrated a story.

"It's during the time when I wasn't rich or famous. I was at the New York Airport when I saw a newspaper vendor. I wanted to buy one newspaper but found that I don't have enough of change. So I left the idea of buying and returned it to the vendor. I told him of not having the change. The vendor said, "I am giving you this for free." On his insistence I took the newspaper. Coincidentally, after 2-3 months, I landed at the same airport and again I was in short of change for a newspaper. The vendor offered me the newspaper again. I refused and said that I can't take it for I don't have a change today too. He said, "You can take it, I am sharing this from my profit, I won't be at loss." I took the newspaper. After 19 years I became famous and known by people. Suddenly I remembered that vendor. I began searching for him and after about 1½ month of searching I found him. I asked him, "Do you know me?" He said, "Yes, you are Bill Gates." I asked him again, "Do you remember once you gave me newspaper for free?" The vendor said, "Yes, I remember. I gave you twice."

I said, "I want to repay the help you had offered me that time. Whatever you want in your life, tell me, I shall fulfill it." The vendor said, "Sir, don't you think that by doing so you won't be able to match my help?" I asked, "Why?" He said, "I had helped you when I was a poor newspaper vendor and you are trying to help me now, when you have become the richest man in the world. How can your help match mine?"

That day I realised that the newspaper vendor is richer than me because he didn't wait to become rich to help someone. "People need to understand that the truly rich are those who possess a rich heart rather than lots of money. It's really very important to have a rich heart to help others."

### Activities:

- Nine students from Santhome attended Leadership training at St Alphonsa Forane Church Sultanpalya.
- CML Team members took the lead and made a pookalam as part of Onam (theme of the pookalam "Mission")
- CML started Adoration on every second Saturday (5 PM) for children at Nithyaradhana chapel.
- CML Founder Director, Late Rev Fr Joseph Malipramabil's death anniversary was observed. Ms. Angel Theresa Ajay from Class IX highlighted his contributions for CML in her speech.
- CML members created a video based on the life of Bl Mother Mariam Thresia to learn more about her life (and to create more awareness on the occasion of her canonisation).



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## *Illuminous*

IGNITE YOUR MINDS!



**Teena Paul**

Mother Theresa Unit

As parents we are overly concerned about the physical wellbeing of our children. But what about mental health? Are we even aware what our children go through, their little worries and tensions...Even in the rare instance, when the child tries to open up about this, we as parents brush it aside and say it is all part of school life. Be it bullying, or being ignored by friends, or having no close friend at all ...

Increased academic demands, parent's expectations from the child to do well not only at school but in sports and extracurricular activities, peer pressure to "fit in" and "to be cool"...all of this add to their stress and anxiety. These pressures can often lead to feelings of low self-esteem/confidence, development of anxiety disorders and depression, particularly in teens.



Some of the prominent signs and symptoms of clinical depression are: social isolation - the child will prefer to be alone, increased irritability sadness, increased/decreased sleep and appetite, low energy, low motivation, low concentration, feelings of worthlessness, hopelessness and thoughts of self-harm.

However, helping them to navigate these issues and emotional pains can be a huge step towards making them more resilient and capable of managing life's unpleasant surprises (that we cannot shield them from even if we wish to) as

they grow older and independent.

***What we have to understand is, children are growing up in an environment that is very different from the one we grew up.*** Most of them do not have the comfort of large families. With both parents working, distractions of media, mobile and what not, real communication suffers.

A child should be nurtured to identify the source of their emotional issue and tackle it. Some simple but powerful practices that can make a huge difference, if practiced with fair regularity are:

- It is good to talk about their day at school, about their friends etc. This will give them the confidence to confide in us.
- Give each child a special time to talk to them, this can be while you do an activity that you both enjoy, like playing a board game, going for a walk, or cycling.
- It is important to listen actively and allow them to express their views and be non-judgemental. We have to accept our children as they are despite their shortcomings and failures.
- Try to focus on their areas of strength and not weakness. However do avoid appreciation even for very small wins, since they are really good in knowing authentic kudos from less sincere ones, and learn the value of efforts, occasional failures and appreciation for the winner (whoever they may be).
- Teach them empathy, kindness, compassion and gratitude. This will help them go beyond themselves, and resonate with the blessings they have received, and a willingness to share the same.
- Teach them mindfulness and relaxation exercises to manage stress in everyday life. In short empower them to tackle stress and anxiety and be their pillar of strength.

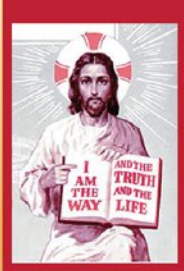
In short empower them to tackle stress and anxiety and be their pillar of strength.

*"I have no greater joy than to hear that my children walk in truth."* -3 John 1:4



celebrating the feast of  
st Vincent de paul -  
by sr benedict, scd,  
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# CATECHISM CORNER



## ANGELS' MEET 2019



Children received First Holy Communion in 2019, with Bishop Mar Sebastian Adayanthrath and Rev Fr Cyriac Madathil CMI.



First Term examination is conducted for Classes XI and XII

## Bible Kalothsavam

Parish Level competitions are completed.

Forane level competition will be held on Oct 26 and 27 at St Thomas Dharmaram.

## Logos Quiz

Out of the 230 candidates registered, 57 candidates participated in the Logos Bible Quiz 2019.



## FEAST OF ALTAR BOYS:

Santhome Altar Boys with Teachers



## Onam Activities

On 15th September, the church gathered under one hood in Carmel Academy grounds, to celebrate Onam. The day and its festivities were well planned by the golden youth and supported by the youth. Everyone thoroughly enjoyed the Thiruvathira dance and array of programs and games arranged for all age groups. The day summed up by everyone relishing their sumptuous sadhyas.



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## EXCERPTS FROM ONE DAY LEADERSHIP SEMINAR

Allen Tomy, Class X

Cherupushpa Mission League (CML) of Mandya diocese organised a one day Personality Development, Vocation & Study Techniques seminar for the 10-th class students at St Alphonsa Church Sulthanpalya on Aug 11, 2019. I was one of the students who attended the seminar from Santhome Church. The program started with the Holy Mass.



After the Mass, we attended a very interesting class by Ms. Jaicy George. She told us about the world's tallest tree - The Redwood California tree, as a metaphor relating to our lives. Like the tree, she asked us to dream big and reach for the sky. Though its seeds are small, it grows to its full potential of more than 100 m height. One interesting question was how does such a tall tree stand firm on the ground? The magic lies in its roots. The roots grow outwards instead of deep under the ground. And when these roots come in contact with roots of the another Redwood tree, they wrap around each other multiple times and form a strong bond. Each tree shares a bond with another tree through its roots, and eventually, every single Redwood tree is connected to each other. This bonding gives it strength to withstand any kind of storm or even an earthquake! She reminded us that as human beings we get our strength by supporting each other around us. This was a great insight for us. This enriching seminar concluded with useful tips for our studies, like SQ3R - which is Survey Question Read Recite Recall and PQRS - Preview Question Read Summarise and Test.

On behalf of CML Unit, Santhome Parish, I would like to thank the organisers for arranging this training for us.



## LIFE OF ST. JOHN VIANNEY- George S Edakkara, VIII B

Jean-Baptiste-Marie Vianney (commonly known as Saint John Vianney) was an ordinary priest when he was appointed as the parish priest of Ars, a town in France, after his priestly ordination. What was special about him that made him an extraordinary person and the patron saint of priests everywhere?

As a parish priest, Fr. Vianney soon realised that his parishioners' faith in the God was weak. Most of them also heavily indulged in worldly pleasures. Fr. Vianney prayed incessantly and fervently for them, worked hard along with them in their fields, and showed great zeal for their sanctification. Fr. Vianney spent 12 - 16 hours per day in the confessional and often delivered homilies on repentance which touched the hearts of the people. He made Ars a model parish and from where reports of his holiness and his supernatural powers soon spread.

In 1925, Fr. Vianney was canonised by Pope Pius XI, who in 1929 made him as patron saint of parish priests. Saint John Vianney is now considered as the patron saint of all priests, everywhere.

St John Vianney's loving devotion to Jesus in the Eucharist and his ardent desire to dispense God's grace through the Sacraments, especially through the sacrament of reconciliation are the two important points that I learned from his life.

Let us pray for more vocations and to have many more priests like St John Vianney in the Catholic Church.



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