

Blessings to my dear parish members in the name of our Lord Jesus Christ our Saviour. By the time you receive this edition of the Gregorian we will be nearing the middle of our Great Lent. Traditionally our Orthodox church gives more emphasis to the mid-lent day, not only to remind the believers that we have reached the middle of the period but also to make us understand that we should be strengthened. Hence the Holy Cross is placed in the middle of the church.



In the Old Testament times during the exodus Moses planted bronze serpent (As commanded by God read Numbers 21: 4-9). This was done to save the Israelites from the "venom of snake" (Satan). In the New Testament period this bronze serpent was replaced by the sacrifice of our Lord Jesus Christ. Venom of the evil enters us through the sting of sin. This spreads in our whole body system. We can purify ourselves from the venom/poison of sin by practising the Holy lent in its true spirit. In our prayer we use to sing " who saw the bronze serpent were they cured; by lent and cross give victory to us O Lord - (Hootomo)".

Why Holy Confession?

1. By this sacrament we have the assurance of divine forgiveness, according to the Words of Christ (Jn 20:23).
2. Holy Confession provides the opportunity to talk about one's deep concerns, to receive counsel and to be encouraged toward spiritual growth.

Practicing the lent and regular prayer make us realize our shortcomings. It makes us realize as to why and when "I" did not listen to the Spirit of God. So realizing this we prepare for the Holy Confession. Preparation for Holy Confession is a prayerful examination of feelings, thoughts, words, acts, attitudes, habits, values, priorities, goals, direction and way of life. This prayerful self-examination includes not only the personal religious life, but also family relationships, social activities, job conduct, business dealings, social-political commitments, educational and communication exercise, and even recreational pursuits, because our entire existence should be lived in under the light of the Holy Spirit, not to condemn ourselves, but to affirm our true selves in Christ who has given us access to God's mercy and forgiveness and who has taught us to live for God's glory. Pray and think of your confession over several days. Ask God to help you perceive your sins and to make a thorough confession before an ordained priest. Prior to the sacrament of Holy Confession, read and meditate Psalms 51. Discern your life pattern in the light of the Ten Commandments and the Beatitudes. Now, without self-justification or self-pity, make a prayerful examination of your conscience regarding all things. Take pencil and paper and specify your sins so that, at the time of the sacrament of Holy Confession, you will be able to make a thorough confession according to the list, without confusion or lapse of memory.

Dear beloved ones in Christ, may these days help you in the pursuit of a tremendous spiritual growth and a blessed, peaceful life.

George Varughese Achan.

Prayer Meeting Schedule for March 2010								
Date	Time	Host	Group	Bldg #	Floor #	Flat #	Location	Telephone
27/03/2010	6:15 PM	Roy Abraham	St. Andrew	30	4	11	Sari House Bldg. Salmiya.	2566 4032
05/03/2010	5.30 PM	Sabu Alias	St. Behnan	47	1	5	Beside Electrical Workshop.	2431 2692
12/03/2010		Rajanish Philipose		31	3	17	Opposite Kerala Saloon.	2433 6204
19/03/2010		Anil Varghese			4	11	Near Makka Store.	2431 6434
26/03/2010		Thomas Thomas (Chachen)		24	8	24	Freshway Supermarket Bldg.	2431 9872
05/03/2010	5:00 PM	Binson John	St. Elias		5	18	Double Bldg., Right Wing, Near ALH.	6656 4913
12/03/2010		Varghese P.V.			6	24	Near Al-Muad Supermarket, Left Bldg.	6760 1256
19/03/2010		Jaison			7	28	Near Al-Muad Supermarket, Left Bldg.	9722 0129
26/03/2010		Shaji George			3	14	Opp. Shahi Tandoori Rest.	2433 9784
05/03/2010	5:00 PM	John Kurian	St. George	128	2	4	Behind Telecommunication.	2434 1517
12/03/2010		Joshua P.J		40	1	5	Timeout Corner Old Bldg.	2433 1247
19/03/2010		Biju C Mathew		1016	3	12	Behind Al-Lewa Stores, Rest 21 Bldg.	2431 3821
26/03/2010		Syriakutty M.P			5	22	Old Pakistani Mosque Bldg.	2431 5596
26/03/2009	7:00 PM	Varghese George	St. James	8	G	4	Nasser Al-Bader Bldg., Opp. Al Rashid Hospital.	9798 1068
26/03/2010	8:00 PM	Mrs. Sreeba Vinod	St. John	20	3	11	Back line of O.K. Laundry.	2562 8066
05/03/2010	8:00 PM	Christy Kulathooran	St. Joseph		8	283	Block-C, Durrar Complex, Old Riggae.	2489 6405
05/03/2010	5.30 PM	Kochukoshy John	St. Luke	1703	2	9	Choice Center Bldg.	9945 0116
12/03/2010		Santhosh Koshy Mathew		58	0	22	New Bahrain Exchange Bldg.	9760 8625
19/03/2010		Thomas Daniel		1714	3	16	Al Razi Pharmacy Bldg.	9924 1876
26/03/2010		Biju George		1714	0	1	Al Razi Pharmacy Bldg.	6628 8212
05/03/2010	5.30 PM	Varghese K.A	St. Mark		3	10	Dyna Rest. Bldg.	9918 8162
12/03/2010	8:00 PM	Shoby Philips	St. Mary		3	16	Al Sanea Building, Behind KFC Kheitan.	2471 2789
05/03/2010	5:00 PM	Shibu Kakkanattil George	St. Mathew		3	12	C.A/c Bldg, Near Dhriya Studio.	2433 7923
12/03/2010		Varghese John (Sabu)			4	25	Opp. Nayna Sweets (New Bldg.)	9769 5791
19/03/2010		Sleeba Cherian			3	13	Robin Store Bldg.	6659 2246
26/03/2010		Saji Mathew			2	9	Robin Store Bldg.	2434 6914
05/03/2010	5:30 PM	Adv.Thomas Panicker P.O	St. Paul	115	4	10	Saif Household Right Side.	9720 3939
12/03/2010		Giji John Madukkamoottil		157	4	13	Paradise Restaurant Bldg.	9975 3802
19/03/2010		Varghese P.M		29	3	12	Opp. Apsara Beauty Parlour.	6618 4514
26/03/2010		Maibu Mathew		New	8	35	Udupi Palace Rest. Right side	6693 2061
05/03/2010	5:00 PM	Zachariah P C	St. Philipose	29	1	2	Beside Ardiya Spare Parts.	2431 9785
12/03/2010		Thomas Thattakunnel			2	1	Boubyan Travels Bldg., Opp. Dollarco.	2431 5675
19/03/2010		Ebey Samuel		2413	5	18	Rainbow Building, Near IIS.	2434 6401
26/03/2010		Mohan P Chacko		2/315	1	4	Opp. German Clinic.	2431 4703
17/03/2010	8:00 PM	Abraham T.G.	St. Stephens A	14025	G	2	Near Pakistani English School, Nugra, Hawally.	9724 0946
05/03/2010	5:30 PM	Alex Zachariah	St. Thomas	24	2	3	Behind Family Center.	2434 1192
12/03/2010		Thomas Jacob		51	2	7	Anwar Al Kuwait.	2434 5209
19/03/2010		Thomas Varghese		21	1	2	Golden Tree Restaurant.	2434 4748
26/03/2010		Saju Cherian		20	2	9	Total Workshop Bldg.	2433 7657

*Hearty Welcome to
His Beatitude Paulose Mar Milithios Metropolitan*



(Successor and Assistant to the Catholicos of the East and Malankara Metropolitan)

H.B Paulose Mar Milithios Metropolitan will be the chief celebrant for the Passion Week Service. H.B will be with us from March 24th to April 5th, 2010.

Parish extends a Hearty Welcome to His Beatitude.

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