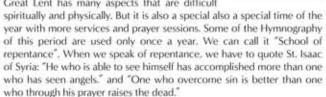
Come, ye sinners, and implore, Seek forgiveness here: To one knocking at the door, Openeth the Lord. He that asketh, doth receive, He that seeketh, he shall find.

Lent is a season for soul-searching, repentance, reflection and taking stock. Lent originated in the very earliest days of the Church as a preparatory for initiation into the Christian community. The Great Lent has many aspects that are difficult



This is the time for us to return from the abyss as Prodigal Son of the scriptures did. He assessed his position correctly, drew the right conclusion and returned to his right mind and his Father's House. Similarly we have to make proper self assessment and lay aside every weight and the sin that prevent us running the race. (Hebrew 12:1)

Crucial part of the observation of the Great Lent is the participation in the Crucifixion, Death and Resurrection of our Lord Jesus Christ. We start the journey forty days ahead of the Passion Week, remember the sufferings of Christ on the cross and finally on Easter day, see Him resurrected. This enables us to understand clearly the fall of man, his exile from Paradise and what the Son of Man has done for mankind. Adam was expelled from the Garden of Eden and with him; mankind is essentially in exile from the Kingdom of Heaven. We are outcasts exactly as was Prodigal son in the distant land subsisting on bran. Witnessing and participating in this salvation plan increases our joy and understanding of His Life, Death and Resurrection.

One question frequently raised about the observation of the Great lent is: "Why lent? Why not do this on all days of the year? Why are you satisfied with just 50 days of a year for this?

We have to understand that traditions of the Orthodox Church prescribe five fasting seasons in the year and fasting on all Wednesdays and Fridays. Some would quote St. Paul in Colossians 2:16: "So let no one judge you in food or regarding a festival or a new moon or Sabbaths" and Romans 14:5: "Some people regard one day above another and some regard every days the same" But St. John the Chrysostom has clarified both these verses as: "It doesn't says do not to observe them, he says not to judge them" Lent is all about fasting and self – discipline and is continual through all seasons. Church is about Christ and not any philosophical school. The goal of lent is to transform ourselves in to the image of God. We have to submit to spiritual discipline, guided and directed by the authority of the Church to actually make progress in spiritual life.

May Almighty bless our observation of this Great Lent and help us to progress in spiritually. In His Service

Jose Mathew Achan

Prayer Meeting Schedule for March 2011

03/12/5/2011 6:00 PM Shibu Varghese St. Andrews 32 8 29 Old Chicken hut Building Opp. Junior ICSK 97772812 03/10/4/2011 Suby George 25 10 30 Hayard Optical Shop Building 977281267 03/11/2011 5:30 PM Anil Varghese St. Behnans 4 11 Near Makka Store 243/16434 03/18/2011 Tinkumon Joice 7 2 8 Asia Store 28 03/24/2010 03/25/2011 Tinkumon Joice 3 11 Beside Keyber Supermarket 243/16434 03/25/2011 Tool PM George Paul Paret St. Dionysius 5 14 Takkar Building 6638640 03/25/2011 Oso PM George Paul Paret St. Dionysius 5 14 Takkar Building 6638640 03/25/2011 Oso PM Perry Jacob Mathew St. Elias 3 1 Near New Building backside ALH 97286528 03/11/2011 Oso PM Perry Jacob Mathew St. Elias 3 1 Near New Building backside ALH 97286528 03/11/2011 Oso PM Anian Thomas 5 17 Anivar Supermarket building 66284523 03/25/2011 Abraham Thomas 7 64 Cochin Gift House Building 66284523 03/25/2011 Oso PM Varghese Samuel 1337 3 12 Old Pakstani Mosque- Ist Bidg 9749770 03/18/2011 Roy Varghese Samuel 1337 3 12 Old Pakstani Mosque- Ist Bidg 9749770 03/25/2011 Roy PM Sajir Ninan Philip St. James 3 9 Near Indian Public school 6508904 03/25/2011 8:00 PM Sajir Chacko St. Joseph 15 5 6 Old Nurses hostel next Fathair shop, New Riggal 03/04/2011 Roy PM Sagir Chacko St. Joseph 15 5 6 Old Nurses hostel next Fathair shop, New Riggal 03/04/2011 Roy PM Sagir Chacko St. Joseph 15 5 6 Old Nurses hostel next Fathair shop, New Riggal 03/04/2011 Roy PM Sagir Chacko St. Joseph 15 5 6 Old Nurses hostel next Fathair shop, New Riggal 03/04/2011 Roy PM Sagir Chacko St. Mary 7 36 Street Zellock 6-New Abed Building 243/3400 03/11/2011 5:30 PM Santon Koshy Mathew St. Lae 9 40 Street Zellock 6-New Abed Building 243/3400 03/11/2011 Sign PM Sage Puthukulangra 17 50	DATE	TIME	HOST	GROUP	BG.#	FL.#	FT.#	LOCATION	Tel. No.
03/11/2011 5.30 PM Anil Varghese St. Behnans 4 11 Near Makka Store 24/316434 24/316414 23/3167011 Bejoy Eapen 27 2 8 Asia Store 2 Bidg. 24/347300 23/25/2011 Tinkumon Joice 3 3 11 Beside Kyber Supermarket 24/319846 23/25/2011 5.00 PM George Paul Paret St. Dionysius 5 14 Takkar Building 6.58/36440 6.58/3	03/25/2011	6:00 PM	Shibu Varghese	St. Andrews	32	8	29	Old Chicken Hut Building Opp. Junior ICSK	97772812
0.3718/2011 Rejoy Eapen 27 2 8 Asia Store 2 Bildg. 24347300 24317300 23725/2011 5:00 PM George Paul Paret St. Dionysius 5 14 Takkar Building 6:568640 03/04/2011 5:00 PM George Paul Paret St. Dionysius 5 14 Takkar Building 6:568640 03/04/2011 5:00 PM George Paul Paret St. Dionysius 5 14 Takkar Building 6:568640 03/04/2011 5:00 PM Jery Jacob Mathew St. Elias 3 1 Near New Building backside ALH 97286528 03/18/2011 Naian Thomas 5 17 Anwar Supermarket building 6:284523 03/18/2011 Abraham Thomas 5 17 Anwar Supermarket building 6:284523 03/04/2011 K S Vargherse (Sam) 6 18 Chachoose Rest Building 6:623384 03/04/2011 K S Vargherse (Sam) 6 18 Chachoose Rest Building 6:623384 03/04/2011 Roy Varghese Samuel 1537 3 12 Old Pakistani Nosie 18 03/04/2011 Roy Varghese Samuel 1537 3 12 Old Pakistani Nosie 18 03/04/2011 Roy Varghese Samuel 1537 3 12 Old Pakistani Nosie 18 03/04/2011 8:00 PM Sajin Ninan Philip St. James 3 9 Near Indian Public school 6:508904 03/04/2011 8:00 PM Sajin Ninan Philip St. James 3 9 Near Indian Public school 6:508904 03/04/2011 8:00 PM Sajin Ninan Philip St. James 3 9 Near Indian Public school 6:508904 03/04/2011 8:00 PM Sajin Ninan Philip St. James 3 9 Near Indian Public school 6:508904 03/04/2011 8:00 PM Sajin Ninan Philip St. James 3 9 Near Indian Public school 6:508904 03/04/2011 8:00 PM Sajin Ninan Philip St. James 3 9 Near Indian Public school 6:508904 03/04/2011 8:00 PM Sajin Ninan Philip St. Mark 4 6 Public Public Public 9:508039 03/04/2011 Silvan Public P	03/04/2011		Suby George		25	10	30	Hayat Optical Shop Building	97218267
	03/11/2011	5:30 PM	Anil Varghese	St. Behnans		4	11	Near Makka Store	24316434
03/04/2011 S-00 PM George Paul Paret St. Dionysius 5 14 Takkar Building 66368640 03/10/2011 S-00 PM Varghese P V 6 24 Anwar Supermarket building 67601256 03/11/2011 S-00 PM Parry Jacob Mathew St. Elias 3 1 Near New Building backside ALH 97286528 03/18/2011 Abraham Thomas 5 17 Anwar Supermarket building 66283643 03/18/2011 S-00 PM Abraham Thomas 5 17 Anwar Supermarket building 6628364 03/18/2011 S-00 PM Varghese V G St. George 18 GF 13 Behind Alt Lewa storelivext to Parsonage Building 66623844 03/18/2011 S-00 PM Varghese V G St. George 18 GF 13 Behind Altewa storelivext to New building 97952910 03/18/2011 Roy Varghese Samuel 1537 3 12 Old Pakistan House 1848 03/18/2011 Roy Varghese Samuel 1537 3 12 Old Pakistan House 1848 03/18/2011 Roy Varghese Samuel 1537 3 12 Old Pakistan House 1848 03/18/2011 Roy Varghese Samuel 1537 3 12 Old Pakistan House 1848 03/18/2011 Roy Varghese Samuel 1848	03/18/2011		Bejoy Eapen		27	2	8	Asia Store 2 Bldg.	24347300
03/04/2011 Varghese P V	03/25/2011		Tinkumon Joice			3	- 11	Beside Kyber Supermarket	24319846
	03/25/2011	5:00 PM	George Paul Paret	St. Dionysius		5	14	Takkar Building	66368640
O3/18/2011	03/04/2011		Varghese P V			6	24	Anwar Supermarket building	67601256
O3/12/2011 Abraham Thomas Foundation Color C	03/11/2011	5:00 PM	Jerry Jacob Mathew	St. Elias		3	1	Near New Building backside ALH	97286528
O3/04/2011 K. S. Vargherse (Sam) 6 18 Chachoose Rest.Build.(Next to Parsonage Building 66623384 O3/11/2011 Soo P.M. Varghese V. G. St. George 18 GF 13 Behind Al Lewa store/lext to New building 97952910 O3/25/2011 Roy Varghese Samuel 1537 3 12 Old Pakani Mosque- Ist Bldg 97419770 O3/25/2011 Nathew A. G. (Joji) S. S. S. S. S. 23 Unique store # 3, building 66812495 O3/25/2011 P.00 P.M. Sajin Ninan Philip St. James 3 9 Near Indian Public school 66812495 O3/25/2011 8:00 P.M. Sajin Chacko St. Joseph 5 5 6 Old Nurse hostel next Eathair shop, New Riggai 9910934 O3/25/2011 8:00 P.M. Shaji Thankachen St. John 25 GF 2 Near Salmiya Garden round about 25646251 O3/04/2011 Kurien Varkey 40 3 11 Royuel A. C. Building 97560329 O3/11/2011 S.30 P.M. Santhosh Koshy Mathew 38 2 6 Opp. Electric Sub Station 9760825 O3/18/2011 John Mathew 38 2 6 Opp. Electric Sub Station 9760825 O3/18/2011 John Mathew 38 2 6 Opp. Electric Sub Station 9760825 O3/18/2011 John Mathew 38 2 6 Opp. Lovely store old bldg 97569908 O3/25/2011 John Mathew 38 2 6 Opp. Lovely store old bldg 97569908 O3/18/2011 John Mathew 38 2 6 Opp. Lovely store old bldg 97569908 O3/18/2011 John Mathew 38 2 6 Opp. Lovely store old bldg 97569908 O3/18/2011 John Mathew 38 2 6 Opp. Lovely store old bldg 97569908 O3/18/2011 John Mathew 38 2 6 Opp. Lovely store old bldg 97569908 O3/18/2011 John Mathew 38 2 6 Opp. Lovely store old bldg 97569908 O3/18/2011 Saju Baby St. Mark 4 15 Variety Building 2431406 O3/18/2011 Saju Baby St. Mark 4 15 Variety Building 2431406 O3/18/2011 Saju Baby St. Mark 7 O3 Street Rajan Funiture Building C3/13/14/201 Soo P.M. Mathew Philip St. Mark 7 O3 Street Rajan Funiture Building C4/13/14/201 O3/18/2011 Soo P.M. Mathew Philip St. Mark 7 O3/18/2011	03/18/2011		Naian Thomas			5	17	Anwar Supermarket building	66284523
O3/18/2011	03/25/2011		Abraham Thomas			7	64	Cochin Gift House Building	66185184
1537 3 12 Old Pakistani Mosque- Ist Bidg 9741970	03/04/2011		K S Vargherse (Sam)			6	18	Chachoose Rest.Build.(Next to Parsonage Building	66623384
03/25/2011	03/11/2011	5:00 PM	Varghese V G	St. George	18	GF	13	Behind Al Lewa store(Next to New building)	97952910
03/25/2011 7:00 PM Sajin Ninan Philip St. James 3 9 Near Indian Public school 65058904 03/04/2011 8:00 PM Saji Chacko St. Joseph 15 5 16 Old Nurses hostel next Fathair shop, New Riggai 99109344 03/25/2011 8:00 PM Shaji Thankachen St. John 25 GF 2 Near Salmiya Garden round about 25646251 03/04/2011 Kurien Varkey 40 3 11 Royal A C Building 97560329 03/11/2011 5:30 PM Santhosh Koshy Mathew St. Luke 29 4 44 Between Jas Cargo& Electrical sub station 97608625 03/18/2011 John Mathew 38 2 6 Opp. Electric Sub Station - New Bildg 24341082 03/04/2011 Jacob V Job 18 8 48 Sreeragam Furniture Building 24339467 03/11/2011 5:30 PM Shinu Baby St. Mark 4 15 Variety Building 24342405 03/18/2011 Lal Ommen 18 9 49 Sreeragam Furniture Building 2431440 03/11/2011 8:00 PM Varghese M I St. Mary 7 36 Street Z, Block 6, New Arbeed Building, Corner Bildg 2431547 03/18/2011 Soo PM Mathew Philip St. Mathew 2 11 Opp. Mosque Near Safari Restaurant 24315247 03/18/2011 Sight Sam P Joseph St. Pauls 29 GR 22 Opp. Jopansa Beauty Parlour 66835334 03/18/2011 Sight Sam P Joseph St. Pauls 29 GR 22 Opp. Apsara Beauty Parlour 66835334 03/18/2011 Sight Sam P Joseph St. Pauls 29 GR 22 Opp. Apsara Beauty Parlour 66835334 03/18/2011 John George St. Pauls St. Peter 5 14 Opp. German Clinic 24319785 03/18/2011 Sight Sam P Joseph St. Peter 5 14 Opp. German Clinic 24319785 03/18/2011 No PM Right Samuel St. Stephens 8 Street Street Stephens St. Peter St. Pauls St. Peter St. Pete	03/18/2011		Roy Varghese Samuel		1537	3	12	Old Pakistani Mosque- Ist Bldg	97419770
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O3/25/2011 8:00 PM Shaji Thankachen St. John 25 GF 2 Near Salmiya Garden round about 25646251 O3/04/2011 Kurien Varkey 40 3 11 Royal A C Building 97560329 O3/11/2011 5:30 PM Santhosh Koshy Mathew St. Luke 29 4 44 Between Jas Cargo& Electrical sub station 97608625 O3/03/18/2011 John Mathew 38 2 6 Opp. Electric Sub Station - New Bldg 24341082 O3/25/2011 C T Kochumman 1716 2 5 Opp. Lovely store old bldg 97569908 O3/04/2011 Jacob V Job 18 8 48 Sreeragam Furniture Building 24339467 O3/11/2011 S:30 PM Shinu Baby St. Mark 4 15 Varget Station - New Bldg 24342405 O3/18/2011 Lal Commen 18 9 49 Sreeragam Furniture Building 24313440 O3/11/2011 S:00 PM Varghese M I St. Mary 7 36 Street 2.Block 6.New Arbeed Building. Corner Bldg 25646251 O3/04/2011 Saju Baby 2 6 Pulari Fabrics Building 66180813 O3/11/2011 S:00 PM Mathew Phillip St. Mathew 2 11 Opp. Mosque Near Safari Restaurant 24315247 O3/18/2011 Varghese Puthukulangra 5 K. Mathew 2 11 Opp. Mosque Near Safari Restaurant 24315247 O3/04/2011 Sleeba Cherian 5 St. Pauls 29 GR 22 Opp. Abgara Beauty Parlour 66398599 O3/11/2011 Sign P Joseph St. Pauls 29 GR 22 Opp. Abgara Beauty Parlour 66398334 O3/18/2011 John George 5 14 Opp. Ritz Hotel 6659475 O3/18/2011 Varghese Samuel 5 Pulari Fabrics Building 2431667 O3/18/2011 Varghese Samuel 5 Pulari Fabrics Building 2431667 O3/18/2011 Varghese Samuel 5 Pulari Fabrics Building 243167 O3/18/2011 Varghese Samuel 5 Pulari Fabrics Building 243167 O3/18/2011 Varghese Samuel 5 Pulari Fabrics Building 243167 O3/18/2011 Sign P Joseph St. Philipose 10 40 Opp. German Clinic 24310866 O3/18/2011 Varghese Samuel 5 Pulari Fabrics Building 243167 O3/18/2011 Sign P Mathew (Shaji) St. Stephens 8 Freet 5 14 Opp. German Clinic 24310866 O3/18/	03/25/2011	7:00 PM	Sajin Ninan Philip	St. James		3	9	Near Indian Public school	65058904
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O3/18/2011	03/04/2011		Kurien Varkey		40	3	11	Royal A C Building	97560329
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O3/04/2011	03/18/2011	772-1171-11	John Mathew		38	2	6	Opp. Electric Sub Station - New Bldg	24341082
03/11/2011 5:30 PM Shinu Baby St. Mark 4 15 Variety Building 24342405 03/18/2011 Lal Oommen 18 9 49 Sreeragam Furniture Building 24313440 03/11/2011 8:00 PM Varghese M I St. Mary 7 36 Street 2.Block 6.New Arbeed Building. Corner Bldg. 25646251 03/04/2011 Saju Baby 2 6 Pulari Fabrics Building 66180813 03/11/2011 5:00 PM Mathew Philip St. Mathew 2 11 Opp. Mosque Near Safari Restaurant 24315247 03/18/2011 Varghese Puthukulangra 6 46 Opp. Mosque Near Safari Restaurant 24315247 03/18/2011 Sleeba Cherian 3 13 Robin Store Building 24334106 03/04/2011 Byju Sam Varghese 7 50 Opp. Uduppi Palace - Right 66398599 03/11/2011 5:30 PM Sam P Joseph St. Pauls 29 GR 22 Opp. Apsara Beauty Parlour 66835334 03/18/2011 Wilson AV 5	03/25/2011		C T Kochumman		1716	2	5	Opp. Lovely store old bldg	97569908
O3/18/2011	03/04/2011		Jacob V Job		18	8	48	Sreeragam Furniture Building	24339467
03/11/2011 8:00 PM Varghese M I St. Mary 7 36 Street 2,Block 6,New Arbeed Building, Corner Bldg. 25646251 03/04/2011 Saju Baby 2 6 Pulari Fabrics Building 66180813 03/11/2011 5:00 PM Mathew Philip St. Mathew 2 11 Opp. Mosque Near Safari Restaurant 24315247 03/18/2011 Varghese Puthukulangra 6 46 Opp. Madina Supermarket 97255101 03/25/2011 Sleeba Cherian 3 13 Robin Store Building 24334106 03/04/2011 Byju Sam Varghese 7 50 Opp. Uduppi Palace - Right 66398599 03/18/2011 John George 3 14 Eden Store-Right Corner Building 66635334 03/18/2011 John George 3 14 Eden Store-Right Corner Building 66604227 03/25/2011 Wilson AV 5 17 Dyna Super Market, Right 99241667 03/18/2011 Sco PM Roy Zachariah St. Peter 5 14 Opp. German Clinic 24319785 <td>03/11/2011</td> <td>5:30 PM</td> <td>Shinu Baby</td> <td>St. Mark</td> <td></td> <td>4</td> <td>15</td> <td>Variety Building</td> <td>24342405</td>	03/11/2011	5:30 PM	Shinu Baby	St. Mark		4	15	Variety Building	24342405
03/04/2011 Saju Baby 2 6 Pulari Fabrics Building 66180813 03/11/2011 5:00 PM Mathew Philip St. Mathew 2 11 Opp. Mosque Near Safari Restaurant 24315247 03/18/2011 Varghese Puthukulangra 6 46 Opp. Madina Supermarket 97255101 03/25/2011 Sleeba Cherian 3 13 Robin Store Building 24334106 03/04/2011 Byju Sam Varghese 7 50 Opp. Uduppi Palace - Right 66398599 03/11/2011 5:30 PM Sam P Joseph St. Pauls 29 GR 22 Opp. Apsara Beauty Parlour 66835334 03/18/2011 John George 3 14 Eden Store-Right Corner Building 66604227 03/25/2011 Wilson AV 5 17 Dyna Super Market, Right 99241667 03/18/2011 8:00 PM Roy Zachariah St. Peter 5 14 Opp. German Clinic 24319785 03/10/2011 5:00 PM Biju Thomas St. Philipose 10 40 Opp. German Cli	03/18/2011		Lal Oommen		18	9	49	Sreeragam Furniture Building	24313440
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GREAT LENT SCHEDULES

Evening Prayer Schedule

Day	Time	Venue Both parsonages	
Sunday	6:30 PM to 7:30 PM		
Monday	6:30 PM to 7:30 PM	Both parsonages	
Wednesday	6:30 PM to 7:30 PM	Both parsonages	
29th March (Tuesday)	Holy Qurbana (Pathi Nombu) Mid Lent	NECK	

^{*} There will be no Holy Qurbana on Tuesdays during Great Lent *

Confession							
Day	Time	Venue					
Sunday	5:30 PM to 6:30 PM	Both parsonages					
Monday	5:30 PM to 6:30 PM	Both parsonages					
Tuesday	5:00 PM to 6:30 PM	NECK					
Vednesday	5:30 PM to 6:30 PM	Both parsonages					
Thursday	5:15 PM to 6:30 PM	NECK					
Saturday	11:00 AM to 1:00 PM	Both parsonages					

Please contact priests and confirm the availability of other timings.
 NO CONFESSIONS AFTER 40th FRIDAY OF GREAT LENT

General Body

Election General Body will be held on Tuesday, 22nd March in NECK and ward election of committee members will be held on Friday 18th March at both parsonages

Bhramavar Prayer Group

The Bhramavar Prayer meeting will be held on March 4, 2011 at 8:00 PM at the residence of Mr. Daniel D'souza, Behind Metro Cinema, Farwaniya Tel: 24757358

Orthodox Christian Youth Movement

Annual picnic will be on Friday March 4, 2011 from 9:00 AM to 3:00 PM at Reggae Gardens

Monthly Prayer meeting will be held on Thursday March 17, 2011 from 7:00 PM at the residence of Mr. Shaiju Kurien (Flat # 34, Floor # 3, Opposite Chennai Restaurant, near Shai Tandoori restaurant Abbasiya; Phone; 99594221)

Election General Body Meeting will be on Friday March 18, 2011 at Abbasiya Parsonage from 11:30 AM