

## INNER CLEANSING

In the process of inner cleansing ourselves we should be aware of certain area of our behavior

1. Speak audibly, sincerely, and honestly, Share your understanding of the insights you gained from your last step experience.
2. Be aware that emotions may surface as part of the powerful cleansing experience taking place.
3. If you admitted your wrongs to God, you can count on his mercy.
4. Describe or count your blessings or experiences about God' mercies.
5. In what ways did you feel God's unconditional love for you.



By Rev Yohannon Panicker.

Our admission to ourselves is the least threatening part of our life and it can be done with the least risk.. We use denial as a coping mechanism- an unconscious tool to protect ourselves from pain. Through denial we are protected from facing the truth about ourselves. Denial is not easily conquered, but if we have done an honest way the barrier of denial is already weakened.

“ if we claim to be without sin, we deceive ourselves and the truth is not un us. If we confess our sins. If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness 1 John 1: 8-9”

Start with a prayer such as, “Lord, I understand that you already know me completely. I am now ready to reveal myself to you openly and humbly- hurtful behaviors, self -centeredness, and negative traits. I am grateful to you for the gifts and abilities that have brought me to this point in my life. Take away my fear of being known and rejected. I place myself and y life in your care and keeping”

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#### Special points of interest:

- \* Great Lent Begins on Feb 19th
- \* All Departed Priests will be remembered on Feb 04th .
- \* All Departed will be remembered on Feb 11th .
- \* Sunday of Cana, Pethrutha is on Feb 18th

## ORTHODOX CENTER

The Lesson from the epistle of St. Paul is read in the second place during the Holy Qurbana. This lesson is read, standing at the southern side of the chancel step below the chancel before the Gospel is read.



It is because St. Paul is called up

to the gentiles. The lesson are

on later to the ministry. Also it points out that gospel is first proclaimed to the Jesus and then only

read both sides which shows that the gospel spreads to all over the world.

The reading invites all the believers to the service of the word and exhorts to rise up from the slumber of sin.

## CALENDAR

### *Young Adults Meeting:*

*Will be held at the residence of Dr. Elizabeth and Mr. Abraham Varughese on Saturday Feb 17th at 5:30PM (Buena Park)*

**Martha Mariam Samajam:** *Meeting will be held at Church on Sunday Feb 4th*

### *Sunday School:*

*Sunday Feb 4th mid term exams.*

### *Prayer meeting:*

*Please call and coordinate with Mrs. Aleyamma Mathew to host monthly Zonal prayer meeting at your residence.*

**We're on the Web!**  
<http://stthomasla.com>



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## CHILDREN'S CORNER

### Three Brave Boys

King Nebuchadnezzar made a huge gold idol. It was 90 feet tall and 9 feet wide. The king told the people, "When you hear the music play, everyone must bow down to the idol. If you don't bow down, you will be thrown into a blazing furnace."

The people of Israel had been taken captive and some of them were now living in the land of Babylon. Among them were three young men who had become leaders in the land of Babylon. They were Shadrach, Meshach, and Abednego. These three young men believed in and worshiped the true God, and they would not bow down to an idol.

They said, "Our God will deliver us from the burning fiery furnace, and even if He doesn't deliver us, O king, we will not serve your gods, nor will we worship the golden image which you have set up." What bravery!

The king had the furnace heated 7 times hotter than usual.

He had the men tied up and thrown into the furnace. The fire was so hot, it killed the men who threw them in. When the king looked into the fire, he was amazed.



The men were untied, walking around, and there was a fourth person in the fire with them! He said, "Didn't we throw three men in the fire? I see four men loose, walking around, and they are not hurt."

The fourth person looked like a heavenly being.

The king called their names and ordered them to come out of the fire. When they came out, they were not hurt at all. Their hair had not been burned, and they didn't even smell like smoke.

The king made a law that everyone should honor the God of Shadrach, Meshach, and Abednego because no other God could deliver like he could.

<http://www.gardenofpraise.com/bibl19s.htm>

## MAR DIONYSIUS - OUR PATRON SAINT

**Vattasseril Geevarghese Mar Dionysius** is popularly known as "Malankara Sabha Bhasuran" (The Great Luminary of Malankara Orthodox Church) which our Church has bestowed on him in recognition of his rich contribution to Malankara Orthodox Church. Vattasseril Thirumeni was a man of prayer, determination and dynamism. He was a saint who never stooped before falsehood. He bravely fought for the establishment of Catholicate to be the symbol of self-identity and independence of the Malankara Orthodox Syrian Church. The unique and historic contribution of Mar Dionysius is the establishment of Catholicate in Malankara in 1912 at Kottayam. He can be called as the architect of the Indian Orthodox Church and thus endeared himself as one of the greatest fathers of the Indian Orthodox Church. He was the founder of spiritual organizations like

Student Movement, Women's Organization, and Society of the Cross. The "Faith of the Church" (Mathopadesam) released by him is still valuable for Malankara Church.



He is known as "The Elite of Malankara Church" (Malankara Sabha Bhasuran) because of his active participation to the stability of the throne of Catholicos. He was Metropolitan of Malankara Church from

1909 to 1934. He entered the eternal life on 23rd February 1934, and the body was buried at Old Seminary, Kottayam. February 23rd is celebrated as his memorial day.

[www.mdrishivalleyschool.com](http://www.mdrishivalleyschool.com)