





LOGOS

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ഉയിർപ്പ് ഞായറാഴ്ചയേ! സമാധാനത്തോടെ വരിക...

കർത്താവായ യേശുക്രിസ്തുവിന്റെ ഉയിർപ്പ് ഞായർ സമാധാനത്തിന്റെ സുവിശേഷമാണ്. എന്നാൽ ദുഷ്ട ന്മാർക്ക് അസമാധാനത്തിന്റെയും ലജ്ജയുടെയും ദിനമാണിത്. മരണത്തെ ജയിച്ച തമ്പുരാൻ നമുക്ക് നിതൃ ജീവൻ വാഗ്ദത്തം ചെയ്തിരിക്കുന്നു. പരിശുദ്ധ സഭയുടെ വലിയ പെരുന്നാളാണ് ഉയിർപ്പ് ഞായർ. സഭ യുടെ സൗന്ദര്യം കർത്താവിന്റെ ഉയിർപ്പിന്റെ മഹത്വം ആണ്. കർത്താവിന്റെ ഉയിർപ്പാണ് നമ്മുടെ വിശ്വാസ ത്തിന്റെ ആധാരം. കർത്താവിന്റെ നാമത്തിൽ വരുന്ന രാജാവിന് ഉയരങ്ങളിൽ ഊശാന എന്ന പാട്ടിന് അർത്ഥവും പാകവും വന്ന് കർത്താവ് പരിശുദ്ധൻ എന്ന് ഈ ഞായറാഴ്ച കീർത്തിക്കപ്പെടുന്നു. ഒളിച്ചു പോയവർ ഇന്ന് ഒരുമിച്ച് കൂടി സന്തോഷിക്കുന്നു. കരഞ്ഞും വിലപിച്ചുമിരുന്ന സ്ത്രീകൾക്ക് സന്തോഷത്തിന്റെ ദുത് ആയി മാറി ഉയിർപ്പ്. സ്ത്രീകൾക്കുള്ള ആദരവ് കൂടിയാണ് മറിയമിന് ലഭിച്ച ഉയിർപ്പിന്റെ ദർശനം. വെള്ളിയാഴ്ച കുരിശിക്കപ്പെട്ട സത്യം ഞായറാഴ്ച ഉയിർത്തിരിക്കുന്നു. ഈ സത്യം നമ്മെ സ്വത ന്ത്രമാക്കും. വെൺമയുള്ള, തേജസുള്ള മണവാളനായി വാനമേഘങ്ങളിലേക്ക് നമ്മുടെ പ്രിയൻ കരേറിയി രിക്കുന്നു. നമുക്ക് സന്തോഷത്തോടെ ഈ പെരുന്നാളിനെ സ്വീകരിക്കാം. കർത്താവിന്റെ ഉയിർപ്പ് സന്ദേശം നമ്മുടെ കാതുകളിലും മുഴങ്ങട്ടെ, "എന്റെ സമാധാനം ഞാൻ നിങ്ങൾക്ക് തരുന്നു, ലോകം തരുന്നതു പോലെയല്ല ഞാൻ തരുന്നത്. ഞാൻ നിങ്ങളെ സ്നേഹിച്ചതുപോലെ നിങ്ങളും അന്യോന്യം സ്നേഹി പ്പിൻ."

നമുക്ക് ഒന്നു ചേർന്ന് ദൈവത്തെ സ്തുതിക്കാം, ബലഹീനമായ ഞങ്ങളുടെ ജീവിതത്തിന് അർത്ഥവും ജീവനും നൽകിയ ഉയിർപ്പ് ഞായറാഴ്ചയേ! സമാധാനത്തോടെ വരിക....

ഉയിർപ്പ് പെരുന്നാളിന്റെ അനുഗ്രഹങ്ങളും ആശംസകളും നേരുന്നു..

അനിഷ് അച്ചൻ

The Simplest Easter Story

Laly Mathew

The story of Easter is the end of the story of Jesus' life on earth. But it started not at Christmas with the birth of a baby in a manger, but thousands of years ago before when people chose to go their own way instead of listening to God. God sent prophets to show people the way back to a relationship with him. But when that failed, he sent his own Son to live as a man and teach his people face to face. Jesus taught people about God his father by travelling around the towns, villages, and countryside. He taught in parables stories, so people could relate to their lives. He showed power over native, healed those who were unwell and even brought the dead back to life. He tried to show God's love in a way people had never understood before.

Then finally Jesus knew he was going to Jerusalem to die. Through his death, he would make people possible the way to understand and gain God's forgiveness. He died for our sins and on third day "he is Risen". So, through his resurrection we should have a new life. In western style that is reason for giving egg to everyone to make a new life - Easter egg!

EASTER WORD SEARCH

K Z O U K H J R C Y J D R O B E Q B T J T O E T H R E E D A Y S S A P O S T L E S S D E T N J T N Y Q V Y C P H I G H P R I E S T H ANGELS APOSTLES BETRAYAL BLOOD CALVARY CROSS CROWN OF THORNS CRUCIFIXION DARKNESS DEATH EARTHOUAKE EASTER GOLGOTHA LIGH PRIEST	P I E R C E D S I A S L R U R P E C S A S A T K C N E S C I B L E P D W O R N B S N Q F Z V I Y O O S L S O E F F I N E H Y K R I E K A U Q H T R A E S T D O Y U V X X C L Z S E V E I H T I C L K F I H O V I E J C F A G W A N L E O U L G N O I X I F I C U R C N U V R T I C R O W N O F T H O R N S T V E R F V G J U D A S I S C A R I O T I R U V B C Y L U R S K P S T P C B E T R A Y A L Q R T Q O S E F T D V S N X N G F O R A A H E O N B M I K E R L V O O B I B Y G R P V I N W C O Q D R T G V F T D M J J C F O H B L O O D E N A C B X V L S O J I S G P L E M E S R M I T T I I S A E A A X S S U T N L V T H Y S P I G O C R S C
DARKNESS DEATH EARTHQUAKE EASTER	C B X V L S O J I S G P L E M E S R M I T T I S A E A A X S S U T N L V T H Y S ROMANS SACRIFICE SIMON OF CYRENE SOLDIERS SON OF GOD

"Did you pray for me...?

Nowadays it is a habit for people to say one of the following words when parting or winding up a conversation. It could be "pray for me" or "please keep me in your prayers" or "I will pray for you" or "I will remember you in my prayers" etc. They all mean almost the same thing literally but in fact let us think whether it means anything to us. Is it something more of a courtesy or merely a parting code? You may have told like this to many people but kindly spare a few minutes to check whether you have ever prayed for them or at least remembered them when you were praying. This brings us to two simple questions. The first is of course whether you pray and the second is whether you remember your friends and relatives when you are on your knees.

There is a reason I had to think in this line. Last Sunday, as the holy mass was coming to a close, the priest was giving the benediction. The winding up words were "I am your humble servant and I request your prayers". I have been hearing this for years but, for some reason, it struck me this time. I went into a trance and briefly checked whether I have ever complied with this oft repeated request from the priests. I struggled to recollect whether I can at least say that I remembered them that Sunday night! My memory failed....

What does prayer mean to us? We have our theoretical answers. The WhatsApp is full of messages in support of prayers. Is it something more than a detailed petition or appeal for material gains? Or do we recollect the blessings and thank God before presenting the updated list of our ever-increasing needs? Do we remember those who long to have the support of our prayers? It is not a mistake to pray for our comforts and conveniences. We have no one else to go to in times of dire needs. But prayer should not be limited to that. Let's remember our promises and include others also in our prayers. Remember the wet eyes that seems to ask "Did you pray for me...?

Some facts about Proverbs

- Written in B.C. 93
- Author- Solomon
- 20th book in the Bible
- 31 chapters
- 911 versus
- Number of proverbs- 560
- Key chapter- 31
- Key verse- 1:5-7, 3:5-6

Money Says Earn Me Calendar Says Turn Me Time Says Plan Me Failure Says Win Me Beauty Says Love Me

But

"God Says Remember Me Jesus Says Follow Me"

The Paralysis



Rev. Fr. K M George

On Sunday, after the Holy Liturgy, I visited an elderly lady - once a highly placed professional woman, now completely paralyzed and bedridden. Holy Communion was to be administered to her. Upon my asking whether she was conscious her family members told me that she was not really aware of much. But while praying at her bedside and giving her communion in liquid form I found her really conscious though she was totally unable to speak or move her limbs. I saw her eyes swell with tears about to flow down the cheeks. The intensity of her inner feelings was obvious. Without any word or gesture we were able to communicate to each other.

In the liturgy of Holy Qurbana that morning (third Sunday of the Lent) we had just read and meditated on the gospel narrative of Jesus healing the paralytic (Mark 2:3-12). The woman's condition brought home to me the conviction that the paralytic brought to the presence of Jesus by four people was sharply conscious of his condition, his surroundings and above all his past.

Jesus, 'having seen the faith of those who brought him', addressed not those helpers, but the paralytic directly: Son, your sins are forgiven. Apparently the man was waiting to hear these words. He must have reviewed his life, recognized his shortcomings, and made some internal reparations for his sins during the Paralysis period of his illness. So the word of forgiveness from Jesus brought immediate healing to him. No scientific medical text would connect sin to disease. The great success of modern medical science in diagnosis and treatment is due to the discovery of the cause of most of our illnesses, particularly the physical ones. The moral or theological concept of sin has nothing to do with it.

In this Biblical incident of the paralytic, forgiveness of sins is the clue to healing. Jesus in other instances would absolutely refuse any connection between an individual's misfortune or illness and his/ her sin. In some particular psycho-somatic conditions, however, a divine healer like Jesus could discern such hidden connections. But we are not to judge anyone or make any unfounded assumptions in the case of individuals. What we can recognize at the most is the connection between humanity's collective sinfulness right from Adam and the human proneness to disease in general. Let us not forget that sinless, innocent babies also are infected by disease. They too suffer and die.

Sin is paralysis in various degrees. The Lent is the time to humbly recognize our own personal sinfulness and our great need for healing in the compassionate presence of our Lord Jesus Christ, our "heavenly Physician".

Holy Confession

Tibu Mathew

"Come now, and let us reason together, said the Lord, though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool." - Isaiah 1: 18. This is the promise God made to mankind. When the topic of confession arises there are several issues that arise. Some of these are questions and others are doubts. The following is an attempt to clarify the misconceptions and provide a better understanding of the power of a true confession.

• What is a confession?

Confession is an acknowledgement and disclosure of sins to a priest in order to acquire absolution. Most of the members of the Syrian Orthodox Church confess at least once a year as a requirement by the church. If a person confesses to satisfy the church constitution or bylaws in order to vote in the general body meetings, it is not a true confession for the remission of sins, but an act of contempt towards the sacrament of confession.

The first step in attaining a true confession is the ability of a person to accept that he or she is a sinner. The person must start by bringing repentance in the heart through prayers and meditation. The second is to disclose your sins to a priest, a representative of Christ. The sinner must implore forgiveness by proclaiming the sins in front of God Almighty in heaven, the Virgin Mary Mother of God, Michael and Gabriel (the head of the angels), Saint Peter and Saint Paul (the head of the Apostles), the seventy-two evangelists, and holy fathers that attended the three ecumenical synods of Nicea, Constantinople and Ephesus.

Why do we have to confess to a priest?

Confession is a sacrament for the Orthodox and Catholic Church. A priest or bishop must administer the confession in the church because it is the sacrament of repentance. Jesus Christ gave the authority of priesthood to his disciples "He breathed on them and said to them, receive the Holy Spirit. Whosesoever sins you remit, they are remitted unto them, and whosesoever sins you retain, they are retained" John 20:22-23. This authority of priesthood was handed over by the disciples to the patriarch in turn to the archbishops to the bishops to the priests. The priest has the authority to remit or to retain the sins of those who come for a confession. In normal cases, the priest gives absolution to the faithful, after a truthful confession. If the priest knows that a person is not genuinely confessed, or purposely hides the sins during confession, then he can retain those sins and refuse absolution for the forgiveness.

• Why do we have to confess?

As it is mentioned previously, confession is for remission of sins. According to the first epistle of John, "if we say we have no sin, we deceive ourselves and the truth is not in us". If we confess our sins, he is faithful and just to forgive us of our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make him (Jesus) a liar, and His word is not in us (1 John 1:8-10).

Tips To Crack Face to Face Interview:

• DRESS TO IMPRESS: First Impression is the Best Impression

Always make sure you go in style & carry yourself in the attire comfortably. Make sure your shoes and color of the belt always are in matching color.

For Male:

Face: Well Groomed (Make sure you have a haircut before you have the interview which gives you more cleaner and fresher look)

Clothes: Two-piece Suit or Three Piece Suit (Depending on your comfort)

Shirt: Full Sleeve- White/Blue – (Or Any Light Colors) with Classic Collar, please make sure to wear only single button collar Shirts (Never use 3 buttoned Collar Shirts).

Tie: Light Colors Only - Silk Tie Recommended (Avoid Bright Colors at all).

Shoes: Black or Brown (Nothing too Fancy), Should be polished and make sure it always matches with the color of your belt.

For Female, (they have more options if compared to Men) [Sourced from www.thebalance.com]

Although it's important that your interview attire be professional and conservative, that doesn't mean you can't experiment with color. A tasteful dress in an interesting color, such as a muted turquoise or deep red, is a good addition to your interview wardrobe. With a statement dress like the ones here, you don't need to bother with adding jewelry or other accessories - the dress speaks for itself. When working with bright colors, though, make sure the rest of the dress is modest.

Get to know your Interviewers beforehand & thoroughly study about the job description

Always prepare well before you land face to face with the Interviewer. Make sure you know the person's name who is in charge of interviewing you, look up their LinkedIn Profile and try to know their backgrounds prior to the day of Interview. Understanding the background of the interviewer could help you to some extent guess up to what expertise level they will ask and on what topics you can expect the questions (Face2Face).

Research Thoroughly about the company

As this will help in understanding the values, culture and business ethics which run in an organization. By referring about the organization the candidate will have more chances in getting ahead of the selection process as interviewers always prefer candidates who does a proper research on their company. Understanding current projects or business case studies mentioned on the company's website will help gain more in-depth knowledge for the candidate to present in front of the Interview panel (This shows a keen interest to work for them).

Body Language

Action Speak louder than words, your body language is equally important during your presentation. Not only clothes can speak itself, but you should do the talking, so always be comfortable in what you wear and speak. Never ramble up in conversations and make conversation longer than expected, make it short and concise. Think & Speak (Avoid Long Pauses) during a conversation. (Practice in front of the Mirror or with whom you are comfortable with). Always smile when you talk (this makes you & the interviewer comfortable). If you feel body language is not right according to you, then practice in front of the mirror or ask help from someone whom you trust.



Interview Preparation Tips

Stijoy Stephen & Reshma Mathews

How to crack Behavioral/Competency Interview?

In a behavioral interview, you will have to demonstrate your knowledge, skills, and abilities, collectively known as **competencies**, by giving specific examples from your past experiences. When preparing for competency interviews you will have to clarify your relevant skills and experience. Prior to the interview, you should determine what competencies are required for the position and then try to develop at least two to three scenarios from your past experiences demonstrating these competencies.

The basic premise of the behavioral interview is that past performance is a good predictor of future performance. A behavioral/competency interview gives you the opportunity to demonstrate why you are suited for the job.

Aim of Competency Questions

Competency Interviewing Technique - STAR

The **STAR** (Situation, Task, Action, and Result) format is an interview technique used by interviewers to gather all the relevant information about a specific capability that the job requires. This interview format is said to have more predictability of future on-the-job performance than the traditional interview.

- Situation: The interviewer wants you to present a recent challenge and situation in which you found yourself.
- Task: What did you have to achieve? The interviewer will be looking to see what you were trying to achieve from the situation.
- Action: What did you do? The interviewer will be looking for information on what you did, why you did it and what were the alternatives.
- Results: What was the outcome of your actions? What did you achieve through your actions and did you meet your objectives. What did you learn from this experience and have you used this learning since?

Some Examples of Questions

- Give me an example of a time where you had to use your initiate to solve a problem?
- Conflict Resolution-Tell me about a time two people you had to work with weren't getting along
- Give me a specific occasion in which you conformed to a policy with which you did not agree.
- Tell me about a time you made a successful presentation to a prospective client.
- Describe working on a project with a team of people who didn't always see eye to eye.
- Tell me about a time when you dealt with a difficult customer?
- Tell me about a time you did not properly handle a disagreement with a co-worker well.

When we live in this world, temptations from the world make us sin. For example, keep a burning coal outside for a short while, you will see the ash wrapping the outer part of the coal covering the brightness of the fire. When we blow off the ash from the coal, the bright fire on the coal will be visible. Likewise our hearts will be covered with the world's sins until we confess and eliminate the sins from our hearts to a sinless stage. A clean heart is a place God can abide in us. Saint Paul teaches us that we have to keep our bodies an acceptable sacrifice to God.

The birth sin (inherited from Adam) is washed away by the Holy Baptism and all other sins are cleansed by participating in a true repentance and confession. A true and heartfelt repentance about our sins is the key to a confession and remission of sins.

In the parable of the prodigal son, the father was waiting for his son's return since his departure (sin). When this young man acknowledged his sins, he repents and takes the decision to returned to his father and openly confess his sin "father I sinned against you and heaven, I am not worthy to be called your son, accept me as a servant in your home". When the young man arrives the father receives him in his house, which shows the father's forgiveness of his son's sins. The father comments, my son was dead and now I received him back alive. When we live in sin we are spiritually dead, the payment of sin is death. Just as the father of the prodigal son anticipated the return of his son, God enthusiastically awaits the arrival of His children from the sins of the world.

May God bless you all, wishing you and your family a very Happy Easter!!

Human Connections

Prince Joseph

I happened to hear a speech by Rev. Dr. Mothy Varkey on what it meant to be a human. In this era of evolving technologies, we remain connected worldwide ,but seldom, look into the eyes of others at your doorstep to understand the agony they are going through. The fundamental unit of society is the family. It is a bitter truth that family members living under the same roof communicate via facebook and WhatsApp and then we take pride in keeping ourselves connected globally with meaningless conversations and posters.

A thought provoking question was :when was the last time I saw a human? When was the last time I was there for someone? Perhaps we don't have an answer because we are too engrossed in criticizing others. To error is human. As we come to the end of lent shall we not try to utilize our time in a more fruitful way . Reading a poster which says 'Good morning, 'may not necessarily convey your emotion to your friend, but will surely be understood by your friend who woke with a headache when you pick up the phone and say ,'Good morning'.

"My hour has not yet come"

Nisha Jacob

Jesus has given us a great promise "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you" (Matthew 7:7). More than reading and meditating this verse, have you experienced it? The promise is not vague and uncertain, but in turn it strengthens you to pray. We ask and seek through prayers. We know prayer is a blessing given to us to communicate with our loving Father in heaven. But how often do we pray without doubt, believing His promise with our wholeheart? Why is it difficult for us to believe in His words? Maybe because most of our prayers are answered only when the right time comes and we feel resentful as we think our prayers are unanswered or delayed.

The Holy Bible is full of evidences where God does everything in its own time. We are not fully aware of why our life is designed in a special way but God knows how it should be at a particular time. One of the great instances where we see God is waiting for the right time is in the book of Daniel, chapter 10. Daniel prays for three weeks to understand the meaning of a vision. His prayer remains unanswered until the 24th day when the Lord's messenger appears to him and says "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia. Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come" (Daniel 10: 12-14). The verse shows us the way God works in the life of His believer. He says your prayers were heard from the first day. This shows that God hears all our prayers. It is important to note that all this time God was at work preparing the circumstances wherein Daniel's prayer could be answered completely as the angel was battling for 21 days. Now that He has succeeded, the angel has come to tell him the good news that his prayers have been answered. And what was Daniel's prayer; to understand the meaning of a particular vision. At the end of the verse the angel says he has come to explain about the vision which is about an event in the future.

While looking into the New Testament, the wedding at Cana is a story we have heard over and over again. When requested by His mother to help the host, Jesus replies 'My hour has not yet come'. Mary still believes in her prayers and asks the helpers to keep the vessels ready. So believing our own prayers is important to receive the answer. God hears all our prayers and His reply is 'Yes', 'Wait' or 'I have a better plan for you'. But we are often impatient to wait for the reply as we forget that communication is two-way.

Much time is spent on crying out complaints and pleading favours while ignoring to listen what He has to say. Prayer is also overlooked as a routine than a great blessing. We lack believing our own prayers or doubt whether they might be answered, often forgetting to whom we pray. Let these days of lent be the time to look into ourselves and refocus on how we pray rather than what we pray.

ഒന്നാം ചേരസാമ്രാജ്യത്തിന്റെ കാലത്ത് വീര രാഘവ ചക്രവർത്തി ഇരവിക്കൊത്തൻ എന്ന ക്രൈസ്തവ നേതാവിന്റെ പ്രവർത്തനത്തിന് അംഗീകാരമായി കേരളത്തിലെ സൂറിയാനി ക്രിസ്ത്യാനികൾക്ക് ലഭിച്ച 72 അവകാശ നാമങ്ങൾ

1. അറപ്പുര	37. നേർവാൾ
2. അമ്പൂലം	38. പകൽവിളക്ക്
3. അടിമ	39. പഞ്ചവട്ടം
4. ആനമേൽസവാരി	40. പഞ്ചവർണ്ണക്കുട
5. ആർപ്പ്	41. പഞ്ചവാദ്യാ
6. ആലവട്ടം	42. പട്ടുമുണ്ട്
7. ഇട്ടപടി	43. പട്ടുച്ട
8. ഉച്ചിപ്പുവ്	44. പട്ടുറുമാൽ
9. ഇടംപിരിശംഖ്	45. പണിപ്പുടവ
10. കച്ച	46. പതക്കം
11. കച്ചപ്പുറം	47. പന്തൽവിതാനം
12. കനകമുടി	48. പരവതാനി
13. കാൽച്ചിലമ്പ്	49. 17 പരിഷയ്ക്കുടമ
14. കുതിരസവാരി	50. പല്ലക്ക്
15. കുഴല്	51. പാവാട
16. കൈത്തള	52. മണക്കോലം
17. കൊടി	53. മദ്ദളം
18. ചണ്ണമേൽക്കട്ടി	54. മുടിക്കീഴാഭരണം
19. ചെങ്കൊമ്പ്	55. മുനൈക
20. ചൊല്ലി	56. മുനൈകയിൽ പതക്കം
21. തകില്	57. മുന്മൂലം
22. തണ്ട്	58. മുരച്
23. തഴ	59. മുൻചൊല്ല്
24. തീണ്ടലക്കറ്റൽ	60. മെതിയടി്
25. തൂക്കുമഞ്ചം	61. രാജഭോഗം
26. തൊങ്ങല്	62. രാജസമക്ഷം ഇരിപ്പ്
27. തോള്വള	63. വലംപിരിശംഖ്
28. നഗരതോരണം	64. വിരിപ്പന്തൽ
29. നടയും നടത്തും	65. വീണ
30. നന്താവിളക്ക്	66. വീരമദ്ദളം
31. നാങ്കുടിപരിഷക്ക്	67. വീരത്തണ്ട്
32. കുടുമ	68. വീരശൃംഖല
33. നായാട്ടുഭോഗം	69. വീരവാദ്യം
34. നാൽവായ്ക്കുരവ	70. വെഞ്ചാമരം
35. നെടിയകുട	71. ശംഖ്

72. ഹസ്തകടകം

ശേഖരണം : വീണ മാത്യൂ

36. നെറ്റിപ്പട്ടം