

LOGOS



2020_{Vol. 1}

"The secret of change is to focus all your energy, not fighting the old, but on building the new."

- Socrates



IS

THERE



HOPE





EDITOR'S NOTE...

We wish all our readers a happy and Holy Easter-time.

For all of us, every year is a chance for renewal and during these testing times, 2020 is no exception. We St. Thomas IOC youth are excited to share with you our newsletter for the season. We have included pieces that uncover the power of the cross and how it is still effective and relevant to young people today.

Every article speaks of Hope, Fasting, Prayer and their abundant transformative power. Whatever changes, one thing remains constant: Hope.

Enjoy reading!!

Divya Rachel Mammen
Editor





LOGOS

2020

VOL. 1

HAPPY BIRTHDAY

03.MAY.1963



H.G Dr. MATHEWS MAR THIMOTHIOS

METROPOLITAN OF UK, EUROPE AND AFRICA DIOCESE AND
ASSISTANT METROPOLITAN OF CHENGANNOOR DIOCESE.



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THE INDIAN (MALANKARA) ORTHODOX CHURCH

Diocese of UK- Europe and Africa

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IRE/DBN/20/016

29 April 2020

Blessings to the Vicar and faithful of St. Thomas Indian (Malankara) Orthodox Parish, Dublin;

Christ is Risen! Indeed He is Risen!

Our beloved Children in Christ,

The light of hope at resurrection shone into the chambers of darkened tomb.

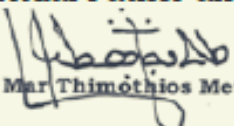
At the outset, let me extend the Hope and Joy of Resurrection to you all. Resurrection of Lord extends the message of everlasting peace and of courage to sustain through the sufferings. As we pass these difficult times of a pandemic, let us strive to offer all possible support to those in need.

Millions around the world are affected and many of our own acquaintances in Europe are suffering. Many have lost their lives to this pandemic too. Let us pray for all to find courage and overcome this stressful situation. We gratefully offer appreciation and gratitude to the frontline health workers, their families and others providing invaluable service in society. Let us pray to Almighty God to give them physical and mental strength to accomplish their duties. Remember, we are extended hands of God on earth while nursing the sick and helping those in need. *The LORD sustains them on their sickbed; in their illness you heal all their infirmities (Psalm 41:3).*

We appreciate the outreach effort of our young members to publish this newsletter online. May the good motives of this initiative meet the goals. We congratulate Vicar Fr Anish John and the team worked behind the perceptive achievement and May the Heavenly Father bless them in abundance.

God Bless!

Your Spiritual Father and Shepherd


+ Mathews Mar Thimothios Metropolitan



FROM THE VICAR'S DESK...

Dear in Christ,

As we bring this online edition to readers, it is a new venture into an even newer and strange life situation, we are currently in. Everything around us is changing and seems so aloof from reality. A 'new normal' has replaced the old. While we move ahead into this new situation of fear, apprehension, and anxiety; we are holding on even more unfalteringly on the hope graced through resurrection of our Lord from the dead. The hope of this graceful resurrection is unexacted and a gift to humankind. Nevertheless, when the pain and suffering grow, we ask – why this suffering?

Remember the disciples looking at the suffering of the man who was born blind asked Jesus, "Rabbi, who sinned, this man or his parents, that he was born blind?"³ Jesus answered, "Neither this man nor his parents sinned; he was born blind so that God's works might be revealed in him.⁴ We must work the works of him who sent me while it is day; night is coming when no one can work."

It is not always the sin of someone which leads to suffering, but yes, the sin of not identifying our oneness with nature, the sin we did by exploiting natural resources, the wrong of not recognizing the local and always attracted to the grand narratives. The wrong, that we seldom thought family was so important and that a day's hot meal served at home was so valuable than a sumptuous dinner at some restaurant.

For Orthodox Christianity, suffering has no intrinsic value. Suffering can gain positive value only insofar as it aids in leading to salvation through breaking a person's pride and serving as an occasion for repentance¹. Orthodox Christianity emphasizes a nonjuridical character in its approach to sin and suffering. The goal is on curing the penitent rather than on proclaiming punishment and damnation.² Tribulation, if borne with submission and humility, can benefit us in our struggle for virtue, as St. John Chrysostom observes:

Tribulation maketh those who are troubled more approved; "For tribulation worketh patience; and patience, probation; and probation, hope; and hope maketh not ashamed" (Romans 5:3-5)...these tribulations themselves mark out to us hopes of a resurrection, and make those who are tried the better.³

May God grant strength to withstand this tide of pandemic and empower all those engaged in frontline.

In Christ Jesus,

Fr. Anish John

¹ R.M. Green, & N. J. Palpant ,eds. *Suffering and Bioethics* (New York: Oxford University Press, 2014), 248.

² *Ibid.*,250.

³ NPNF1-09. *St. Chrysostom: On the Priesthood; Ascetic Treatises*, 23. Accessed on April,28,2020.

<https://www.ccel.org/ccel/schaff/npnf109.toc.html>



EASTER MESSAGE...

By: Christy Mary Varghese

ദൈവനാമം മഹത്വപ്പെടുട്ടെ!

ഈസ്റ്റർ സന്ദേശം

എല്ലാ പ്രിയപ്പെട്ടവർക്കും ഉയിർപ്പ് പെരുന്നാൾ ആശംസകൾ

ഒരു ഈസ്റ്റർ കാലഘട്ടത്തിൽകൂടി കടന്നുപോകുമ്പോൾ ഉയിർപ്പ് ലോകത്തിനു നൽകുന്ന പ്രത്യാശ എന്തെന്നാൽ, മരണത്തിന്റെ നിഴലിൽ ഇരുന്ന മാനവ ജാതിക്കുമേൽ യേശു നിത്യ ജീവന്റെ, പ്രകാശം ഉദിപ്പിച്ചു എന്നുള്ളതാണ്. ഇനി മരണമില്ല, മരണത്തിനുമേലും സാത്താന്റെമേലും മശിഹാ വിജയം വരിച്ചുകഴിഞ്ഞു.

ഏദൻതോട്ടം മുതൽ മാനവജാതിക്കുമേൽ വാണ മരണത്തെ തന്റെ ഉയർത്തെഴുന്നേൽപ്പ് മൂലം മശിഹാ ജയിക്കുവാൻ ഇടയായി. 1 പത്രോസ് 1:3, 4-ൽ ഈ പുനരുത്ഥാനം ഒരു രക്ഷയെ ആഹ്വാനം ചെയ്യുന്നു:- “അവൻ മരിച്ചവരുടെ ഇടയിൽനിന്നുള്ള യേശുക്രിസ്തുവിന്റെ പുനരുത്ഥാനത്താൽ തന്റെ കരുണാധികൃപ്രകാരം നമ്മെ ജീവനുള്ള പ്രത്യാശക്കായി, അന്ത്യകാലത്തിൽ വെളിപ്പെടുവാൻ ഒരുങ്ങിയിരിക്കുന്ന രക്ഷക്കു വിശ്വാസത്താൽ ദൈവ ശക്തിയിൽ കാക്കപ്പെടുന്ന നിങ്ങൾക്കു വേണ്ടി സ്വർഗ്ഗത്തിൽ സൂക്ഷിച്ചിരിക്കുന്നതും ക്ഷയം, മാലിന്യം, വാട്ടം എന്നിവ ഇല്ലാത്തതുമായ അവകാശത്തിനായി തന്നെ വീണ്ടും ജനിപ്പിച്ചിരിക്കുന്നു”. ദൈവത്തെ ഭയപ്പെടുന്നവർക്കു ലഭിക്കുന്ന രക്ഷയെപ്പറ്റിയും രോഗശാന്തിയെപ്പറ്റിയും മലാഖി പ്രവാചകൻ പ്രവചിച്ചിട്ടുണ്ട്. (മലാഖി 4:2) ഈ വചനം നമ്മുടെ ഇപ്പോ



ഴുള്ള ലോകസാഹചര്യങ്ങളിൽ എത്രത്തോളം പ്രാധാന്യം കല്പിച്ചിരിക്കുന്നതാണെന്ന് ചിന്തിക്കേണ്ടിയിരിക്കുന്നു.

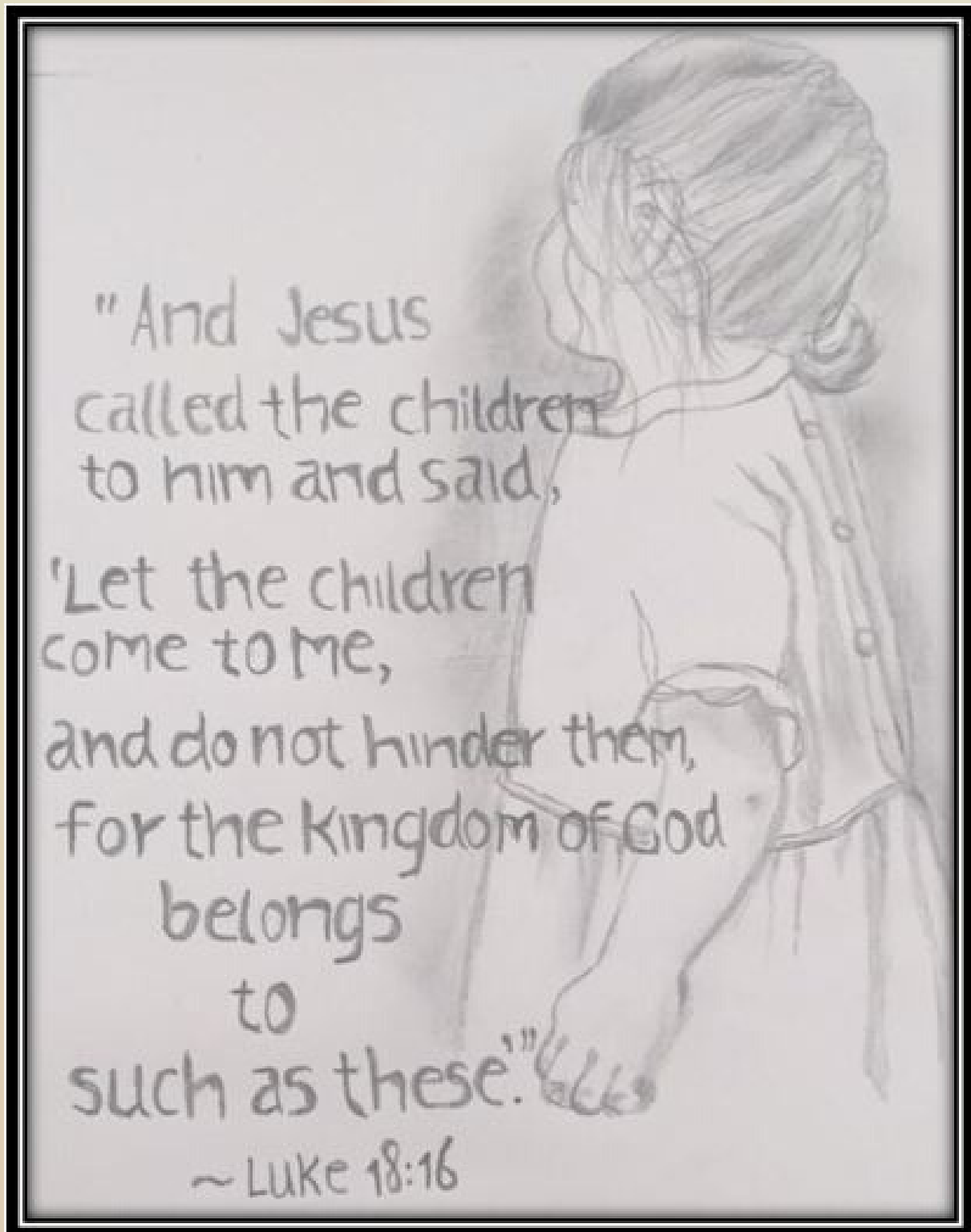
വിവിധ മതങ്ങളും മതപരിവർത്തകരും മനുഷ്യ ജീവിതത്തെപ്പറ്റിയും ഭാവിയെപ്പറ്റിയും ദൈവത്തെപ്പറ്റിയും ഒരുപാടു ചിന്തകൾ ലോകത്തിനു നൽകിയെങ്കിലും മാത്രനേരത്തേക്കായി നിലനിന്നു. എന്നാൽ ദൈവം മനുഷ്യനെ തേടി ഭൂമിയിൽ വന്നു. അതിക്രമങ്ങളാലും പാപങ്ങളാലും മരിച്ചവരായിരുന്ന നിങ്ങളെയും അവൻ ഉയർപ്പിച്ചു (എഫെസ്യർ 2:1). പാപത്തിനും ശാപത്തിനും കീഴ്പ്പെട്ടിരുന്ന ലോകത്തെ തന്റെ കുരിശിലെ യാഗത്താലും ഉയർത്തെഴുന്നേൽപ്പിനാലും നിത്യജീവന്റെ ഉണർവും രക്ഷയും, വാഗ്ദാനം നൽകി. ഈസ്റ്റർ നമ്മുടെ മനസിലേക്ക് വരുമ്പോൾ ഭയം നമ്മളിൽ നിന്നും നീങ്ങിപ്പോയിരിക്കുന്നു. നിത്യജീവനിൽ അവനോടുകൂടെ വാഴുവാൻ ദൈവം നമ്മളെ വിളിച്ചിരിക്കുന്നു. തീർച്ചയായും നമുക്ക് ഒരു ദൗത്യം ഉണ്ട്; അതിവേഗത്തിൽ ഓടിക്കൊണ്ടിരിക്കുന്ന ഈ തലമുറയിൽ ക്രിസ്തുവിന്റെ സാക്ഷികൾ ആകുവാനും നാം പ്രാപിച്ചതുമായ ഈ നിത്യജീവന്റെ സന്തോഷത്തിലേക്ക് അനേകരെയും വിളിച്ചു ചേർക്കുവാനും അവരും നമ്മളും ഒരുമിച്ച് നിത്യതയിൽ ക്രിസ്തുവിന്റെ കൂടെ വാഴുവാനും നമുക്ക് ഇടയാകണം.

യേശുക്രിസ്തുവിന്റെ ഉയിർപ്പ് പെരുന്നാൾ നമ്മുടെ എല്ലാവരുടേയും മാനസാന്തരത്തിനും വിശുദ്ധീകരണത്തിനും ഇടയാകട്ടെ എന്ന് ആശംസിച്ചുകൊള്ളുന്നു.



COME TO ME...

By: Isabel Mary Benjamin





UNTIL NEXT...

By: Jobin Joseph Prince

Until Next...

Shredded toned thews and devoured green salads
Does not dispose eternity nor grants you immortality
“Sorry” that cures the sorrows of hearts and
“Thank you” that grasp amours mid-air
Said without a tremble, merely taps like a pebble
Yet another seed so fine, sown in vain
Knowledge we acquire and the positions we require,
Without sagacity often bouts insanity.

This road is long, and I have come so far
Yet I see no tint of the end that’s near
Is this it? Is this how it’s meant to be?
Another stop, another block for me to look back
Who was with me in this walk, who was cheering from the sidewalks?
There was a crowd I remember, but now am I the only member
Eyes are fluttering, and the blame is munching me with the breeze
Bit by bit, I was wearied and torn.

Through the ups and downs, I will revisit, I promise
Until the next break, until the next wait!



THE HONEST SHOPKEEPER...

By: Sarah Abraham (Class 6)

There once lived two shopkeepers, who were brothers, they both lived together, yet had so many fights. Their shops, were beside each other's shops in the market place. The older brother James, sold jewellery and the younger brother, David sold grocery items. One day, when they went to their shops the younger brother found a bag of gold with a small tag on it saying his name and from mystery person! He then showed his older brother and asked him if he had given it to himself. The older brother said 'no' and was jealous because someone had left it on his younger brother's shop's windowsill and started being jealous of his own brother and instantly tried grabbing the bag of gold from his brother but couldn't take the bag off his brother.

The brothers started to fight each other physically for the bag of gold and caused a big crowd to watch them fight and one sensible person in the crowd called the police to come and sort the fight out. When the police started to approach the market place area where the brothers were fighting, the brothers instantly stopped all the fighting as they saw the police. The older brother tried to run but failed immediately but the youngest brother stated to explain the whole incident in an honest manner to the police. The police were very impressed by the younger brother and told him to keep the bag of gold.

The president's car was driving by through the market place and saw the commotion and asked his driver to park in a parking space nearby to see what was going on with the big crowd and police car. The police explained to the president what had happened. The president was very happy with the honesty of the younger brother and asked him to come with him for his honesty reward. The younger brother was very happy and did what he was told.





The older dishonest brother was now extremely jealous of his younger brother and wanted to kill him straight away and started to plan plots against his only brother! This was against the law to kill someone in the book of law but the dishonest brother chose the wrong thing to do. All of the cruel plots he made to kill his brother failed badly.

One day the older brother gave up trying to kill his brother and went to confess after he realized what he had done was wrong. He was forgiven but he was still not an honest man so his shop had to be closed down and his brother who was an honest man had bought his own house with all the money he had got with selling his grocery items in his shop.

The older brother had begged his brother to teach him how to be an honest man and learned how to be more wise and honest, now he helps his brother with selling items in the grocery shop in town. Tomorrow is the brother's double wedding, they are going to marry Mary and Anna who are very honest sisters like the brothers. I bet their children are going to be very honest!

The end





NAIL POWER...

By: Divya Rachel Mammen

Don't you think that the human hands are one of the most amazing creations of God? Even evolutionists say that man is able to work and climb on top of the food chain because of the way the thumb and forefingers work together. According to my understanding, hands speak of authority. God gave us authority over the earth through our hands. Dearly beloved in Christ today I'd love to share with you my understanding about Jesus' nail-scarred Hands.

There is nothing more powerful and precious to the christian than thinking about the pierced Hands of Jesus. It is known that as Jesus appeared to his disciples the wounds in His hands from the nails still remain. But why His Hands? What does this signify to us believers? Don't we love the comforting touch of our mother's hands on our foreheads, especially when we're sick or upset? or have you imagined the authority a surgeon exercises when he's holding a scalpel in his hand in an operation theater to save a patient's life? or the way a president receives authority as he stretches his hands out during the oath-taking ceremony? when we read the Bible, we'd come across the massive power and authority expressed by hands. Moses' hand held the rod, a symbol of authority, and the waters parted.

David held the sling in his hand, exerted his authority and Goliath fell. Jesus' Hand multiplied the loaves of bread and fish for the hungry 5000. His precious hands healed the sick. His hands comforted the wounded and lonely. His Hands are a symbol of ultimate authority. Those very hands were stretched and pinned on the cross by driving large spiked nails through them. Blood flowed freely from his nailed hands at this point, this blood symbolizes the authority that has flown down across the thousands of years to all of us believers. Peter exercised this authority when he reached out to heal the beggar waiting beside the temple. Acts 3:7 says "he took him by the right hand and lifted him up..".

Paul used his hands in the ministry as well.. according to Acts 19:6, "And when paul had laid his hands upon them, the Holy Ghost came on them and they spoke with tongues and prophesied". As christians, we have the authority to reach out to our neighbor in need, lay our hands on someone's shoulders to bring encouragement, distribute clothes, meals, medicines to the underprivileged, place our hands on the oppressed, depressed or abused to show them that they're not alone in their battle. Now, speaking of the nail. The nail is a very powerful object.



1. First and foremost..A nail pierces, it breaks through something that is very hard to work with..like wood, or concrete. But in this case the nail was used to pierce through two unusual substances- through Jesus' Hands and Feet and to pierce through our hearts and reveal how offended God was about our awful sins.
2. A nail, fastens things in place, it works better than glue or duct tape. Wouldn't it be wonderful to fix broken things in our lives by nailing them down? Marriages need good nails to hold them together, promises we make need to be nailed to hold them fulfilled, all our problems need to be nailed down to be fixed.
3. A nail forges two things together.. Here Jesus took those nails to bring different cultures together, different people, castes, tastes and opinions together.
4. A nail finalizes. once we nail something, work is done.. when the nails went into Christ's hands and feet, it enabled us to go on and build our lives on what He did for us. Many of us have problems going forward as some things haven't been nailed down in our lives. I would say...Nail down your sins, nail down your fears, nail down your troubles and sorrows.
4. And lastly a nail supports and frees the builder. With the help of a nail, a structure can be built very high and secure. In the same way, we can rest absolutely everything on Him. Jesus has made us free to live now. Free from bondage of sins, of fears of our past or future and even from God's judgement. Those nails on the cross did not just hold our precious God but also held some other very important things like the commandments that we have broken, all the failures we have caused, all the sins, all the fears, all the bondages. those nails held them until they died. Then. Everything was buried and only Jesus came back to life. Only Jesus resurrected.

So what I understand is that Jesus took those nails to free us, to fasten a new life, a different and a changed life and to fix everything that is broken. This freedom and authority we have now was purchased by the precious blood of Jesus. Hands have built churches. Hands have touched the untouchables. Hands are serving the sick and the poor. The nails opened up the stream of blood from His hands to redeem our hands, hands that took drugs, hands that once beat children in anger, hands that stole. God wants to use each of our hands this easter. This redemption allowed the Holy Spirit to reside in us and make our bodies His temple. Are you going to allow God to use your hands?



SEEK AND YE SHALL FIND...

By: Steffi Thomas



S	T	O	N	E	S	O	K	L	N
T	J	E	S	U	S	J	N	A	A
C	T	G	N	J	O	U	V	B	I
S	A	O	T	S	R	D	M	R	L
O	O	L	M	G	C	A	A	E	S
L	R	G	V	B	L	S	R	S	I
I	A	O	R	A	J	S	Y	M	N
D	E	T	B	O	R	K	I	N	G
E	P	H	Y	T	L	Y	K	N	C
R	S	A	C	R	I	F	I	C	E

CALVARY	NAILS
CROSS	SACRIFICE
GOLGOTHA	SIN
JESUS	SOLIDER
JUDAS	SPEAR
KING	STONE
LAMB	TOMB
MARY	



SACRIFICES AND ITS SPIRITUAL GAINS...

By: Stelin Thomas

As a verb the difference between lent and fast is that lent is a season of reflection and preparation before a celebration, while fast is a voluntary act of abandoning and abstaining from worldly and materialistic desires and living a simple and prayerful life. Lent and fast go hand in hand to attain heavenly purification. It is widely known that the Orthodox Churches give much importance to fasting, following the example of Jesus Christ and of the apostolic community. In our money-oriented society we learn to identify ourselves through luxury and we tend to see the fasting only as a time of deprivation and penance. But this is not at all the view of the Orthodox Church on fasting and abstinence and it is clearly explained by the Fathers in their spiritual texts. For them, fasting is the feast of the soul and good fasts are like medicine which cures our soul and mind, and, it leads us to eternal life. In our spiritual battle, fasting protects us from the evil one. Through fasting Christ defeated Satan and has given us this weapon to overcome the evil.

During Lent there are many foods that are avoided - historically and today - foods such as meat and fish, fats, eggs, and milky foods are avoided. Fasting and vegetarianism during the Lent are invitation to overcome the enslaving power of greed. So, during the Lent we limit our life to extremely necessary things and minimum needs with regard to food, media like T.V., internet, and the use of technology in general. Needless to say, that the food of the first man was free of meat and limited to cereals beans and fruits in the Garden of Eden. This is supported by God's address to Adam and Eve. "Behold I have given you every herb bearing seed, to you it shall be for meat". (Gen. 1:29). It was only after the flood that God permitted man, represented by Noah, to eat meat. (Gen. 9:3).

Patriarchs of the Old Testament, Prophets, the righteous and the religious observed fasting with the aim of gaining God's favour through faith and good deeds. According to the Holy Book and before the tenor of God's Commandments, Moses did neither eat bread, nor drink water for forty days (Ex. 34:28). It is also reported by Prophet Elijah that in fulfilment of God's Command, he "ate and drank. Strengthened by that food, he travelled forty days and forty nights until he reached Horeb, the mountain of God." (1 kings 19:8). Prophet Daniel abstained from eating meat and drinking wine saying "I ate no pleasant bread, neither came flesh nor wine in my mouth" (Dan.10: 2-3).



Based on the story of Daniel and his friends we know that they ate just pulse and refused to defile themselves with the portion of the king's meat. (Dan. 1:8-17) and as such set a model for those who eat only seeds, beans and fruits while fasting. And to attest why abstaining from meat during lent is a good thing, Mr. Elias E. Mazokopakis and George Samonis looked into a Religious and Medical approach on why meat is restricted from Orthodox Christian diet during fasting. What they discovered was meat eating and fasting cannot co-exist, they negate each other.

According to the Orthodox Christian Patristic Tradition, the goal of fasting is not a victory over the body but a victory over the passions. What is important is not a healthy body, but a sanctified body. Meat is recognized as high in protein and fattiest of all foods. From a medical point of view, the relation between meat (mainly red meat) consumption and increasing libido is clearly evident. Mazokopakis and Samonis explain in great depth on how consuming meat during lent can be an obstacle to the body's self-control.

The main objectives of fasting are the weakening of the lust of the flesh, training the will to control urges and giving the spirit the precious opportunity to be elevated above worldly desires into heavenly thoughts for attaining purification. All Apostolic Churches all over the world have agreed to sanctify the principles of fasting and have always considered it a divine prescription and a Holy office. For example, besides controlling what goes into our mouths, we must control what comes out of our mouths as well. Are our words pleasing to God, or do we curse God or our brother? The other members of the body also need to fast: our eyes from seeing evil, our ears from hearing evil, our limbs from participating in anything that is not Godly. Most important of all, we need to control our thoughts, for thoughts are the source of our actions, whether good or evil.

The Christian churches that observe Lent in the 21st century (and not all do significantly) use it as a time for prayer and penance. Only a small number of people today fast for the whole of Lent. It is more common these days for believers to surrender a particular vice such as favourite foods or smoking. Whatever the sacrifice it is a reflection of Jesus' deprivation in the wilderness and a test of self-discipline.



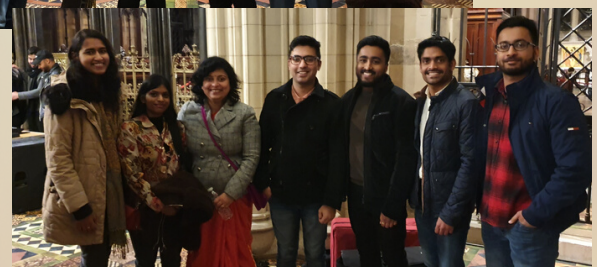
EVENTS 2020...



Webinar on "Physical Sacrifice and Spiritual Gain"
Dublin City Interfaith Forum



Martin Luther King Jr. Day Celebrations
US Embassy, Dublin



Interfaith Sounds - Music and Spirituality
Celebration of UN World Interfaith Harmony week
Dublin City Interfaith Forum



Virtual Monthly OCYM Meeting



TO THE FRONTLINERS...



On behalf of Dublin IOC, we applaud and express our gratitude to all our frontline workers currently battling the Corona Virus with Citizens in self-isolation across the globe.

As moments of humanity and gratitude are shining through the cracks of this pandemic, our parish is continuously extending helping hands towards anyone in need in our community.

If in need of any daily essentials/assistance, please feel free to contact our helpdesk - 089 228 8818.



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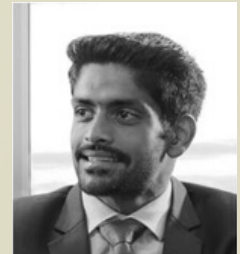
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STAY HOME STAY SAFE

IF YOU HAVE A FEVER, COUGH AND DIFFICULTY BREATHING, SEEK MEDICAL CARE EARLY

WASH YOUR HANDS FREQUENTLY

MAINTAIN PHYSICAL DISTANCING
2 METRES

AVOID TOUCHING EYES, NOSE AND MOUTH
AVOID!

HOLD TIGHT, THIS TOO SHALL PASS