



KOINONIA

JULY - AUGUST 2024

Issue 4

ENGLISH, MALAYALAM



"NOW THE LORD IS THE SPIRIT,
AND WHERE THE SPIRIT OF THE LORD IS,
THERE IS

Freedom

- 2 CORINTHIANS 3:17

A bi-monthly newsletter of the

Madras Mar Thoma Syrian Church

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EXECUTIVE COMMITTEE DEDICATION



**FAREWELL TO JASMINE,
ACCOUNTANT ASSISTANT**



**CHOIR
DEDICATION**



**SCHOOL
REOPENING
AT KILOY,
SRIPERUMBUDUR**



MESSAGE



Dearly Beloved in Christ,

In this post-modern world, we see physical fitness centers everywhere. People are increasingly conscious about their physical well-being. However, St. Paul offers us a deeper perspective on exercise, stating, *"Exercise yourself towards godliness. For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come"* (1 Timothy 4:7-8). Paul does not negate the necessity of physical exercise but reminds Timothy of its limited benefits. He highlights the everlasting value of spiritual exercise, which is profitable for all aspects of life, both now and in eternity.

We engage in various spiritual exercises: reading the Bible, praying daily, worshiping God, and helping those in need. However, we often overlook one essential spiritual discipline for our daily lives: the power of silence, also known as "quiet time."

What does quiet time mean? It is a period set aside for silence during the day when we close ourselves off from mundane activities and open ourselves to the Lord. This is a time to delve deeper into the heart of Jesus and seek the reason for His boundless love for us. It is a time to move beyond knowing God with our minds and to start knowing Him with our hearts.

Our Lord Himself practiced this before beginning His daily ministry. St. Mark writes, *"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where He prayed"* (Mark 1:35). St. Luke adds that as news of Jesus' ministry spread, *"great multitudes came together to hear and to be healed by Him of their infirmities. So He Himself often withdrew into the wilderness and prayed"* (Luke 5:15-16). Jesus knew He needed those quiet times to restore His soul. What is done in secret is what truly matters. It is during these quiet times that we, like Jesus, are shaped and moulded into people that God can use for His intended purpose.

Quite Time: The Power of Silence

We can use various methods to practice quiet time. It is more than just a daily appointment with God; it is like visiting a close friend. Good relationships require time and cannot be left as mere items on an agenda. They are lost if time is not specifically set aside for them. While modern culture worships efficiency and speed, God invites us to slow down and sit with Him for a spiritual feast of fellowship. Therefore, we must learn the power of silence and be willing to retreat with God to experience this spiritual feast.

Quite Time: Focusing on Inner Self and Spiritual Disciplining

Paul also speaks about the importance of focusing on the inner self and spiritual discipline. In Philippians 4:8-9, he encourages believers to think about things that are true, noble, right, pure, lovely, and admirable, and to practice what they have learned and received. This emphasis on meditation and practice aligns with the concept of quiet time, where we set our minds on higher things and seek God's guidance.

Quite Time: Transformative Renewing of our Minds

Additionally, Paul mentions the importance of being transformed by the renewing of our minds in Romans 12:2. This transformation happens during our quiet times with God, where we allow Him to reshape our thoughts and attitudes, conforming us to His will. In Colossians 3:2, Paul instructs us to "*Set your minds on things above, not on earthly things.*" Quiet time helps us to focus on heavenly things, providing the spiritual nourishment we need to live out our faith in a meaningful way.

Quite Time: Experiencing God's Presence

As we look at other biblical examples, we see many instances where quiet time with God is emphasized. Psalm 46:10 says, "*Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.*" This verse calls us to stillness, where we can recognize and honor God's presence.

Another example is Elijah, who encountered God not in the wind, earthquake, or fire, but in a gentle whisper (1 Kings 19:11-12). It was in the quietness that Elijah truly heard God's voice. Similarly, in Psalm 62:1, David declares, "*Truly my soul finds rest in God; my salvation comes from Him.*" This rest comes from a place of quiet trust and reflection.

Quite Time: As Prayer and Communion

In the New Testament, we also see that after feeding the five thousand, Jesus sent the crowds away and "*went up on a mountainside by himself to pray. Later that night, he was there alone*" (Matthew 14:23). Jesus consistently demonstrated the importance of withdrawing to a quiet place for prayer and communion with the Father.

As God's children, we should practice this spiritual exercise to grow spiritually. During our quiet time, let our prayer be, "*Speak, Lord, in the stillness, while I wait on Thee; hush my heart to listen in expectancy.*"

May we embrace the power of quiet time and find deeper communion with our Lord, growing in faith and spiritual maturity.

Blessings in Christ

Rev. Vinoy Daniel

Vicar

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BAPTISM



Name	Prayer Group	Date of Baptism
1. Raphael Abe Abraham GS/o Mr. Thomas George P. & Anitha George (S/o Pramod Abraham & Sneha Susan George)	Nungambakkam	May 25, 2024

OBITUARIES

Name	Age	Prayer Group	Date of Death
1. Mr. Ajit John Balan	68	Aminjikarai	May 17, 2024
2. Mr. Sajan Abraham	71	Chetpet	June 12, 2024

Our heart-felt condolence to the Bereaved Families



PROGRAMMES



1. Sunday School : Every Sunday after the 1st Service
2. Yuvajana Sakhyam : Every Sunday after the 1st Service
3. Monthly Meeting of
Sevika Sangham : Every 4th Saturday at 4:30 p.m.
4. Edavka Mission : Every Wednesday at 5:00 p.m.
5. Fasting Prayer : Every Friday at 10:00 a.m.
6. Choir Practice : Every Saturday at 6:30 p.m.
7. Elder's Fellowship : Every 2nd & 4th Tuesday
at 4:30 p.m. (Church)
8. Sevika Sangham
Bible Study : Every Friday from
4:30 p.m. to 5:30 p.m. (Online)



WORSHIP ASSIGNMENTS

July 2024 : **Porur**

August 2024 : **Aminjikarai**

ANSWERS TO NEW BIBLE QUIZ SERIES - 14

- | | |
|---|---|
| 1. Smyrna
സ്മൂർന്ന (Revelation 2:8-10) | 6. Elihu
എലീഹൂ (Job 32:2) |
| 2. Chief Priest Aaron
പ്രധാനപുരോഹിതൻ അഹരോൻ
(Ezra 7:5) | 7. Apollos
അപ്പൊല്ലോസ്
(Acts of the Apostles 18:28) |
| 3. Jair
യായീർ (Judges 10:4) | 8. Lo-ruhamah
ലോറുഹമാ (Hosea 1:6) |
| 4. Nathan
നാഥാൻ (2 Samuel 7:4) | 9. Goshen
ഗോശെൻ ദേശം (Genesis 45:10) |
| 5. Hathach
ഹഥാക്ക് Esther (2:3,14 & 4:5) | 10. 430 years
430 വർഷം |



WORSHIP TIMINGS

JULY 2024

07-07-2024	7:30 A.M.	Divine Service in English (Yuvajana Sakhyam)
	9:30 A.M.	Holy Qurbana in Malayalam
14-07-2024	7:30 A.M.	Holy Communion in English
	9:30 A.M.	Holy Qurbana in Malayalam
21-07-2024	7:30 A.M.	Divine Service in English (Sunday School)
	9:30 A.M.	Holy Qurbana in Malayalam
27-07-2024	8:30 A.M.	Holy Qurbana in Malayalam (Senior Citizens)
28-07-2024	7:30 A.M.	Holy Communion in English
	9:30 A.M.	Holy Qurbana in Malayalam

AUGUST 2024

04-08-2024	7:30 A.M.	Divine Service in English (Yuvajana Sakhyam)
	9:30 A.M.	Holy Qurbana in Malayalam
11-08-2024	7:30 A.M.	Holy Communion in English
	9:30 A.M.	Holy Qurbana in Malayalam
18-08-2024	7:30 A.M.	Divine Service in English (Sunday School)
	9:30 A.M.	Holy Qurbana in Malayalam
24-08-2024	8:30 A.M.	Holy Qurbana in Malayalam (Senior Citizens)
25-08-2024	7:30 A.M.	Holy Communion in English
	9:30 A.M.	Holy Qurbana in Malayalam

PROGRAMMES FOR JULY - AUGUST 2024

- 13th July - Executive Committee Retreat
- 28th July - Breakfast Sale by Suvishesha Sevika Sangham
- 11th August - One Day Income Collection
- 15th August - Flag hoisting @ church followed by Parish Picnic
(Details will be duly intimated)



LECTIONARY JULY 2024



Date	Lessons	Epistle	Gospel
07 Sunday	Title Sunday: Giving from the heart (7th Sunday after Pentecost) I Chr. 29:10-18 Acts 5:1-11	Phil. 4:10-20	St. Luke 16:19-31
14 Sunday	Clergy Sunday: Priests - Servants in Pastoral Ministry (8th Sunday after Pentecost) Ezek. 33:1-9 II Tim. 2:1-13	I Pet. 5:1-7	St. John 10:1-11
21 Sunday	People of God: Co-workers in building up the Kingdom of God (9th Sunday after Pentecost) Exod. 19:1-6 I Jn. 4:7-21	Rom. 14:13-19	St. Luke 10:25-37
28 Sunday	Gifts of the Holy Spirit: For the spiritual nourishment of the people of God (10th Sunday after Pentecost) II Chr. 15:1-8 I Cor. 12:4-12	I Cor. 12:27-31	St. John 20:19-23

AUGUST 2024

Date	Lessons	Epistle	Gospel
04 Sunday	Mission Sunday: Mission - Proclamation and Acts of the Kingdom of God (11th Sunday after Pentecost) Isa. 6:1-8 Acts 19:8-12	Rom. 1:8-17	St. Matt. 10:7-16
11 Sunday	Freedom in Jesus Christ (12th Sunday after Pentecost) Exod. 3:7-14 Gal. 5:1-14	Rom. 6:15-23	St. John 8:31-36
18 Sunday	Reformation Sunday: Reformation based on the values of the Kingdom of God (13th Sunday after Pentecost) II Kgs. 23:1-3 I Pet. 1:13-25	I Jn. 2:13-17	St. Matt. 23:23-28
25 Sunday	Theological Education for faith nourishment (14th Sunday after Pentecost) Deut. 6:1-9 Acts 28:23-30	II Tim. 3:10-17	St. Matt. 13:18-23



You may send your suggestions/inserts for future issues of Koinonia with your Name, Address, Prayer Group & Contact Number to:
chetpetvicar@gmail.com

NEW BIBLE QUIZ SERIES - 15
(Book of Ruth)



1. What were Ruth's words of declaration to Naomi?
റൂത്ത് നവോമിക്ക് നൽകിയ പ്രസ്താവന എന്ത് ?
2. Why did Naomi decide to return?
മടങ്ങി പോകുവാൻ നവോമി നിശ്ചയിക്കുവാൻ കാരണമെന്ത്?
3. Name the sons of Naomi & Elimelech?
എലീമേലെക്, നവോമി ദമ്പതികളുടെ പുത്രന്മാരുടെ പേര് എന്ത് ?
4. What did Naomi ask the people to call her instead of her real name and why?
തന്റെ യഥാർത്ഥ നാമത്തിന് പകരമായി ഇനി എന്ത് പേര് വിളിക്കണം എന്നാണ് നവോമി ജനത്തോട് പറഞ്ഞത് ? എന്തുകൊണ്ട് ?
5. Which place in Judah did Ruth and Naomi go?
യഹൂദ ദേശത്തിലെ ഏത് പട്ടണത്തിലേക്ക് ആണ് റൂത്തും നവോമിയും പോയത് ?
6. What harvest was being done when Naomi and Ruth arrived in the town of Bethlehem?
നവോമിയും റൂത്തും ബേത്ലേഹെമിൽ എത്തിച്ചേർന്ന സമയത്ത് ഏതു ധാന്യത്തിന്റെ വിളവെടുപ്പാണ് നടന്നുകൊണ്ടിരുന്നത് ?
7. "All that you tell me I will do". Who said to whom?
"നീ പറയുന്നതൊക്കെയും ഞാൻ ചെയ്യാം" എന്ന് ആർ ആരോട് പറഞ്ഞു ?
8. Sitting besides whom did Ruth eat her lunch?
ആരുടെ അരികെ ഇരുന്നാണ് റൂത്ത് ഭക്ഷണം കഴിച്ചത്?
9. How much barley did Ruth glean the first day in the field?
ആദ്യദിവസം റൂത്തിന് വയലിൽ നിന്ന് ലഭിച്ച യവത്തിന്റെ അളവ് എന്ത് ?
10. Name the first born of Ruth and Boaz?
ബോവസിന്റെയും റൂത്തിന്റെയും ആദ്യ സന്തതിയുടെ പേര് എന്ത് ?



PRAYER MEETINGS



JULY 07, 2024

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On Holy Spirit

- Mrs. Chitra Joseph, Kilpauk Prayer Group

Many a times, an individual is torn between what is right or wrong, what is important or what is not.

To the Toddlers, they are told.

To the Youth, their decisions cannot be far from wrong.

To the Elders, they leave it to fate, stars, destiny or acceptance.

But seeking HIM, our COUNSELLOR, will not only give us the solution but also the much needed assurance.

Understanding the Youth of the Present Day

- Dr. Reya Balan

United Nations, for statistical purposes defines "Youth" as persons between the age of 15-24. Definition of youth changes with demographics, social-cultural settings, and economic settings. Here we will take it as a period in life in-between childhood and adulthood. They may be too old to be called children and may be inexperienced to be called as adults.

Youth are the most significant people in any society. This is true even in a church. Without them the society and churches labor in vain. We can quote any number of maxims about youth. E.g., "The youth of today are the future of tomorrow." But are we really trying to understand the youth? Are we open to listen to their voices? Are we willing to see the world through their perspective? Are we doing something to empower them? Are we psychologically and emotionally primed to witness changes through the hands of our youth?

The fear of the youth (Ephiphobia) among the older generation is nothing new. Plato and Socrates lamented about the youth in the Athenian society. "What is happening to our young people? They disrespect their elders, they disobey their parents, they ignore the law. They riot in the streets, inflamed with wild notions. Their morals are decaying. What is to become of them?" 400 years before the birth of Christ, those Greek philosophers worried about this. It still holds true. Things haven't changed!

Parents, educators, priests, laymen are sensing this problem. Referrals are made to mental health professionals. Let us briefly look at some of the challenges to try and understand the youth.

Challenges of the Youth

- 1. Absence of parental guidance. Divorce of parents, single parent, working parent, lack of time, sexual abuse, trauma, etc.*
- 2. Growing up too fast. The concept of childhood and teenage have vanished. Children are considered as miniature adults.*
- 3. Access to unfiltered information on TV and media.*
- 4. Socialization happening in the family and society. Children are taught that if they want power, prestige and status they have to make money. The importance of money for the youth is overrated, and they try to make money by following any means.*

5. *More time spent with computer and mobile screens. Youth becomes more fragile. They remain more in the virtual world and cannot face the realities of life.*

6. *Excessive screen time leads to poor dietary habits and physical ailments.*

7. *Mental health issues are on the rise. Depression, anxiety, antisocial personality disorders, aggressive behavior, suicidal behavior, etc., have increased. Quality of life is reduced.*

8. *Nobel values corroding gradually.*

9. *Multiple jobs, urbanization, mismatch between skills and education / resources, family problems, financial problems, information overload, lack of support - all leading to stress.*

10. *Negative peer pressure leading to substance abuse, alcoholism, and pornography.*

11. *Unemployment and under employment, migration for studies, relationship problems etc.*

Due to the rapid pace of changes in society the problems keeps changing and this is not an exhaustive list.

Understanding the Youth

The older generation experience sadness, anxiety, and conflict.

The good news is that you can prevent or reduce your worry if you know the psychology behind the behavior of the youth.

Developmental Psychologist talks of life span development of humans. Life span development explores the change in humans from conception to death Basically three spheres are studied. Cognitive, physical and psycho-social.

It studies how people think, their behavior, feelings, and their physical changes. Or changes are taking place in the biological, emotional and intellectual aspect. There is inter relationship between them i.e., biological growth will trigger intellectual and psycho-social changes. For example a person turning 80 will have biological changes in his body, thoughts will be more about death - that is a cognitive change, may have depression which may be an emotional change.

Eric Erikson's Theory of Psycho-Social Development

Erikson's theory gives importance to social relations in shaping personality. According to Erikson, there are eight stages of development. • Infancy (birth to 18 months), • Early childhood (2 to 3 years), • Pre-school (3 to 5 years), • School age (6 to 11 years), • Adolescence (12 to 18 years), • Young adulthood (19 to 40 years), • Middle adulthood (40 to 65 years) • Maturity (65 to death).

Erikson says that people grow through these eight stages.

Conflicts happens during each stage of development. If people successfully deal

with the conflict, they emerge from that stage with psychological strengths. If they do not successfully deal with the conflict they may not develop essential skills to develop a strong sense of self.

Our youngsters are in the fifth stage of development.

Identity Versus Confusion

The turbulent teenage behavior problems are due to the crisis they are undergoing at this age (e.g., the need for independence. Those who receive proper encouragement will have a good sense of self and personal identity. According to psychologists, identity is the beliefs, ideals, and values that help to shape and guide a person's behavior.

So allow our younger generation to explore. Failure here will lead to role confusion and weak sense of self.

A part of stage six is also something we will take into consideration (refer the definition of young). Here the conflict is Intimacy versus Isolation. Young adults need to have intimate, loving relationships with other people. Success leads to strong relationship, while failure leads loneliness and isolation.

An understanding of this theory helps us how to deal with the youngsters' behavior while the development occurs. Social relations are important in shaping behavior while growing.

This theory is one of the theories addressing why youths' behave the way they do.

Uniting The Older Generation With The Youngsters

To be called as Society, a community or a church, the younger generations older generations should stand united. Psychologist Cattell suggested two different forms of intelligence.

Fluid intelligence and crystallized intelligence. Fluid intelligence is the ability to learn, access and navigate new situations. Short term memory is also high during this period. Fluid intelligence peaks during adolescence. Crystallized intelligence is accumulated knowledge and skill you get by experience by aging. Long term memory will be high in this situation.

This theory of intelligence suggest that when we encounter problems, fluid intelligence in the young and crystallized intelligence of the older generation, standing together helps.

Coming to spiritual life, Rehoboam's life is an example. In 2 Chronicles, chapter 10 we read that Solomon's son Rehoboam. Rather than acting on the issue by uniting his father's older advisors and his younger friends, he listened to only his friends. This caused a split between Judah and the nation of Israel. So whom should we consult when you want, to take a decision? Surround yourself with wise godly people among the young and the old.

DAVID AND GOLIATH

1 Samuel 17:1-58

KID'S
CORNER

This story from the life of David is one of the best known of all Bible stories. Children and adults alike continue to be amazed at the courage and trust that David demonstrated. We all want to be like David when facing life's giants.

The Philistines were fighting Israel. Three of David's brothers were soldiers in King Saul's army. David's father, Jesse, asked David to take some cheese and bread to his brothers and their commander. David arrived at the camp and delivered the food. Suddenly, David heard a man shouting! He ran to see who was making all the noise. David looked and saw a giant! The man stood heads above all the men in the camp. He was over 9 feet tall! He wore armor all over his body, and he carried a very large sword. The man's name was Goliath. He was saying terrible things about the God of Israel. The giant wanted somebody to fight against, but all the soldiers in King Saul's army were afraid. No one wanted to fight him.

David wasn't afraid of the giant. He was mad at Goliath because of his unkind words about God. David said he would fight Goliath, so he was taken to King Saul. Saul looked at David and said, "You are only a boy, and this man has been fighting a long time." David told the king how God had helped him fight the lions and bears that attacked his sheep. David said he would fight the giant just as he had fought the wild animals.

King Saul agreed that David could fight but said he should wear the king's armor. David tried it on, but the armor was way too big for him. David knew he did not need the armor because God would help him fight.

David bent down and picked up five smooth stones and put them in his small bag. With his sling in hand, he went toward Goliath. Goliath approached

DAVID AND GOLIATH





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