

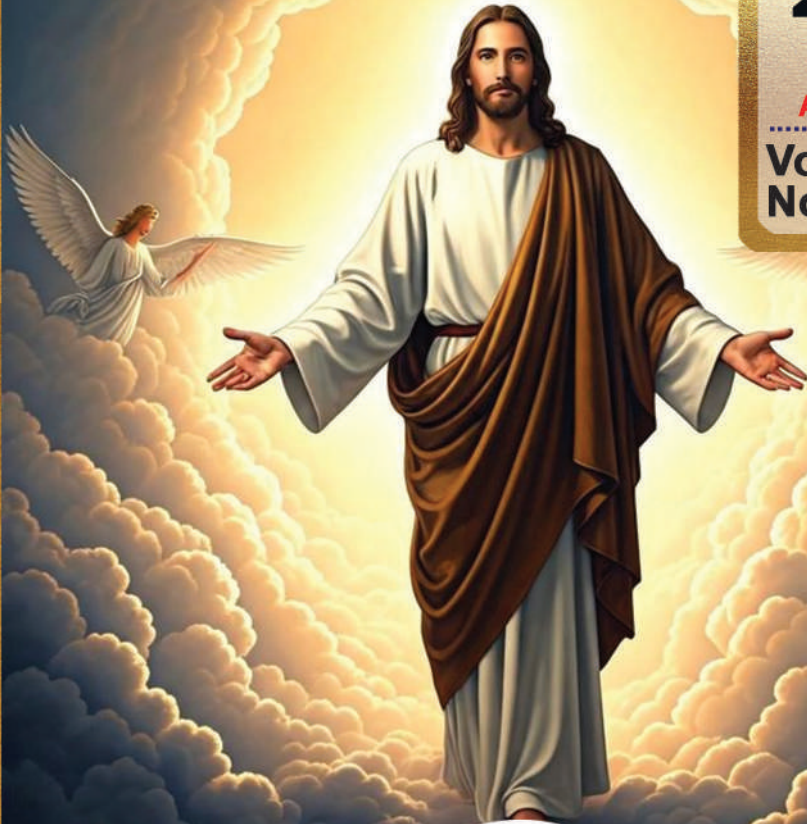
Happy Easter

20
25

APRIL

Vol : 09

No : 04



EPARCHY OF MISSISSAUGA
BULLETIN





EPARCHY OF MISSISSAUGA

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FESTAL *Greetings*

April 23



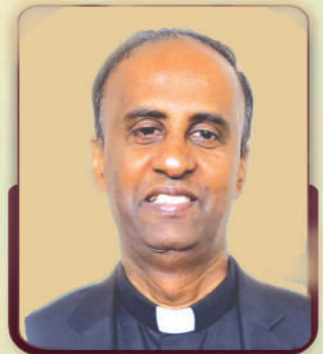
**Rev. Fr. George
Palamattom**



**Rev. Fr. Benny
Thanninilkumthadathil**



**Rev. Fr. Jojo
Changanamthundathil**



**Rev. Fr. George
Thuruthipally
April 24**



**Rev. Fr. Gijo George
Panthackal**



APRIL
2025

Bishop's Engagements

01-03		ACBO Spring Plenary Meeting at Toronto
02	08.30 pm	Pastoral council meeting
03	08.00 pm	Finance council meeting
	09.30 pm	Decennial Core Committee Meeting
05-08		Pastoral visit, Regina
05	04.00 pm	Meeting with various departments and associations
	05.30 pm	Holy Qurbana at St. John Paul II Syro-Malabar Parish, Regina
	06.45 pm	Meeting with SMYM
06	09.00 am	Documents Verification
	12.30 pm	Meeting with parish council members
	03.45 pm	Meeting with catechism teachers
	04.45 pm	Interaction with catechism students
	06.00 pm	Holy Qurbana at St. John Paul II Syro-Malabar Parish, Regina
	07.30 pm	Interaction with parishioners
	08.00 pm	Meeting with Altar Servants

Bishop's Engagements

07	11.15 am	Monthly Recollection
	02.00 pm	Visiting the sick
	05.00 pm	Holy Qurbana at St. Mary's Syro-Malabar Parish, Moose Jaw
08	10.00 am	Meeting with Archbishop Donand Bolen, Archbishop of Regina
	04.50 pm	Return to Toronto
09	11.00 am	Curia meeting
	08.30 pm	Scarborough Foarane level meeting of Pastors and Kaikkarans on Decennial celebrations and Sargasandhya 2025
	09.15 pm	Mississauga Foarane level meeting of Pastors and Kaikkarans on Decennial celebrations and Sargasandhya 2025
	10.00 pm	Edmonton Foarane level meeting of Pastors and Kaikkarans on Decennial celebrations and Sargasandhya 2025
10	07.30 pm	Holy Qurbana at CHF Convent, Mississauga
12-13		Pastoral visit, Niagara
12	05.00 pm	Meeting with various Departments and Associations at Mission House, Niagara
	07:00 pm	Meeting with Parish Council Members
13	09.00 am	Verification of registers and Documents
	03.00 pm	Meeting with Catechism Teachers
	03.30 pm	Interaction with Catechism Students
	04.00 pm	Osana Sunday Ceremonies and Holy Qurbana
	06.15 pm	Meeting with International Students

Bishop's Engagements

14	07.00 pm	Chrism Mass at Cathedral
17	07.00 pm	Pesaha celebration, at St. Thomas Syro- Malabar Parish, Scarborough
18	09.00 am	Good Friday Ceremony, at Cathedral
19	11.00 pm	Easter vigil at Cathedral
20	11.00 am	Easter Holy Qurbana at St. Thomas Syro- Malabar Parish, Scarborough
21	07.30 am	Holy Qurbana at CMC Convent, Mississauga
23	11.00 pm	Curia meeting
26-28		Pastoral visit at Bellville
26	04.00 pm	Parish night at St Chavara Kuriakose parish at Bellville
27	08.30 am	Holy Qurbana at Cathedral
	10.00 am	Sargasandhya 2025, Ticket Lounging
	03.30 pm	Meeting with catechism teachers
	04.00 pm	Interaction with catechism students
	04.30 pm	Meeting with various departments and associations
	05.00 pm	Holy Qurbana
	06.30 pm	Meeting with parish council members
28	09.00 am	Document verifications
30	11.00 am	Curia meeting

CURIA NEWS

Presbyteral Council Meeting

A meeting of the Presbyteral Council will be held on April 1, 2025, Tuesday at 8.30 PM EST.

Pastoral Council meeting

A meeting of the Pastoral Council will be summoned on April 2, 2025, Wednesday at 8.30 PM EST.

Monthly Recollection of Priests and Sisters for the month of April will be conducted on April 7, 2025. The spiritual sharing will be done by Rev. Fr. Tomy Chittinapally and the adoration by CHF Sisters

Chrism Holy Qurbana

The Chrism Holy Qurbana of this year will be celebrated on April 14, 2025, Monday at 7 PM in Cathedral Church.

Election/ Selection of New Kaikkarans

The tenure of the present Kaikkarans ends by April 30, 2025. Please make arrangements for the election/selection of new Kaikkarans for the year 2025-26 and get the approval of the Curia.

Important Collections

We have three important collections coming up. Please note the following details:

ABA Collection

Please deposit your ABA collection to the Eparchy account by April 30, 2025.

Holy Thursday Collection

This year's Holy Thursday Collection will support the formation of our seminarians.

Good Friday Collection

The Good Friday Collection will go towards the protection of the Holy Land. Please deposit the collection to the Eparchy by April 30, 2025. Thank you for your generosity and support.

Decennial Year Conclusion

The decennial year conclusions of the Eparchy will be conducted on September 20, 2025, in the presence of His Beatitude Mar Raphael Thattil, the Major Archbishop of the Syro-Malabar Church. The auspicious occasions will be coloured by the mega event, "Sargasandya 2025", including a Musical Bible Drama, "The Eternity" and a Broadway Style English Musical Drama, "The Redemption", staged on Saturday, September 13, 2025.



ഞാൻ തളരുമ്പോൾ എന്റെ
വഴി അങ്ങ് അറിയുന്നു.
(സങ്കീ. 142:3)

പശ്ചാത്താപത്തിൽ സമാശ്വാസം

(തീരുവചനഭാഗം: 2 കോറിന്തോസ് 7,2-16)

മല്പാൻ മാത്യു വെള്ളാനിക്കൽ

കോറിന്തോസിൽനിന്നും മടങ്ങിവന്ന തീത്തോസ് അവരുടെ പശ്ചാത്താപത്തിന്റെയും മാനസാന്തരത്തിന്റെയും വിവരം അറിയിക്കുകവഴി പൗലോസ് ശ്ലീഹാ ഏറെ സന്തോഷിക്കുന്നു. ഇത് അവരുമായി പുതിയ ബന്ധത്തിനു തുടക്കം കുറിക്കുന്നു. ഈ തിരുവചനഭാഗം താഴെക്കാണുന്നവിധം വിഭജിക്കാം.

1. കോറിന്തോസുകാരിൽ വിശ്വാസവും അഭിമാനവും (7,2-4)
2. ദൈവം നല്കിയ സമാശ്വാസം (7,5-7)
3. രക്ഷാകരമായ പശ്ചാത്താപം (7,8-11)
4. ആശ്വാസവും സന്തോഷവും (7,12-13)
5. അനുസരണവും സ്വീകരണവും (7,14-16)

ഈ വചനഭാഗം അജപാലകർക്കു നല്കുന്ന സന്ദേശങ്ങൾ മനസ്സിലാക്കാൻ ശ്രമിക്കാം.

1. കോറിന്തോസുകാരിൽ വിശ്വാസവും അഭിമാനവും

“നിങ്ങളുടെ ഹൃദയത്തിൽ ഞങ്ങൾക്ക് ഇടമുണ്ടായിരിക്കട്ടെ. ഞങ്ങൾ ആരെയും പ്രോഹിച്ചിട്ടില്ല; ആരെയും മുറിപ്പെടുത്തിയിട്ടില്ല; ആരെയും വഞ്ചിച്ചിട്ടില്ല. നിങ്ങളെ കുറ്റപ്പെടുത്താനല്ല ഞാൻ ഇതു പറയുന്നത്. ഒന്നിച്ചു മരിക്കാനും ജീവിക്കാനുംവേണ്ടി നിങ്ങളെ ഞങ്ങളുടെ ഹൃദയത്തിൽ പ്രതിഷ്ഠിക്കുകയാണെന്നു ഞാൻ നേരത്തേ പറഞ്ഞല്ലോ. എന്നിട്ടും നിങ്ങളിൽ ഉത്തമവിശ്വാസമുണ്ട്. നിങ്ങളെക്കുറിച്ചു വലിയ അഭിമാനവുമുണ്ട്. ഞാൻ ആശ്വാസഭരിതനായിരിക്കുന്നു. ഞങ്ങളുടെ ക്ലേശങ്ങളിലെല്ലാം ഞാൻ ആനന്ദപൂരിതനാണ്” (7,2-4).

താൻ കോറിന്തോസിലെ സഭാംഗങ്ങൾക്കെതിരായി യാതൊരു പ്രോഹവും ചെയ്തിട്ടില്ല. താൻ ആരെയും മുറിപ്പെടുത്തുകയോ വഞ്ചിക്കുകയോ ചെയ്തിട്ടില്ല എന്ന് പൗലോസ് ശ്ലീഹാ പറയുന്നു. ശ്ലീഹായെ എതിർക്കുന്ന ചിലർ ഇത്തരം കാര്യങ്ങൾ ചെയ്യുന്നു എന്ന സൂചന ഇവിടെയുണ്ട്. താൻ കോറിന്തോസുകാരെക്കുറിച്ച് അഭിമാനിക്കുകയും ആശ്വസിക്കുകയുമാണ് ചെയ്തിട്ടുള്ളത് എന്നും അദ്ദേഹം വ്യക്തമാക്കുന്നുണ്ട്. കോറിന്തോസിൽനിന്നും മടങ്ങിവന്ന തീത്തോസ് അവരുടെ മാനസാന്തരത്തിന്റെയും പശ്ചാത്താപത്തിന്റെയും വിവരം അറിയിച്ചതിന്റെ ഫലമായി പൗലോസ് ഏറെ സന്തോഷിക്കുന്നു. ഇത് ശ്ലീഹായ്ക്ക് അവരോടുള്ള പുതിയ ബന്ധത്തിന്റെ തുടക്കവുമായി.

പൗലോസ് ശ്ലീഹായെ സംബന്ധിച്ചിടത്തോളം തന്റെ ശുശ്രൂഷ പ്രധാനമായും അനുരഞ്ജനത്തിന്റേതായിരുന്നു. അതുകൊണ്ട് ദൈവത്തിന്റെ രക്ഷാകരസന്ദേശത്തിന്റെ പ്രവർത്തനം നടക്കുന്നത് കാണുക എന്നത് ശ്ലീഹായ്ക്കു സന്തോഷവും പ്രത്യംശയും നല്കുന്ന ഒന്നായിരുന്നു. അനുതപിക്കുന്ന ഒരു പാപിയെക്കുറിച്ച് സ്വർഗത്തിലുണ്ടാകുന്ന സന്തോഷം തന്നെയാണത് (ലൂക്കാ 15,7). തന്റെ അധ്വാനത്തിനും വേദനകൾക്കും ദൈവം നല്കുന്ന പ്രതിസമ്മാനമായി അദ്ദേഹമതു കാണുന്നു. 2 കോറിന്തോസ് 2,13-ാം വാക്യത്തിൽ, ‘പ്രോവാസിൽ തീത്തോസിനെ കാണാൻകൊണ്ട് എന്റെ മനസ്സിൽ ഒരു സ്വസ്ഥതയുമുണ്ടായിരുന്നില്ല’, എന്നു പറയുന്നതിൽ സൂചിപ്പിക്കപ്പെടുന്ന ഉത്കണ്ഠയുടെ വെളിച്ചത്തിൽ ചിന്തിക്കുമ്പോൾ, ഇവിടെ തീത്തോസിന്റെ സാന്നിധ്യം നല്കുന്ന ആശ്വാസത്തിന്റെ സ്വഭാവം നമുക്ക് വ്യക്തമാകും. തീത്തോസിന് കോറിന്തോസുകാർ നല്കിയ സ്വീകരണം, പൗലോസ് ശ്ലീഹാ നടത്തിയ അനുരഞ്ജനശുശ്രൂഷയുടെ ദൈവതിരുമുനിലുള്ള സ്വീകാര്യതയുടെ അടയാളമാണ്. സഭയിൽ അജപാലകരും സഭാംഗങ്ങളും തമ്മിൽ തെറ്റിദ്ധാരണകളും അടിപ്രായവ്യത്യാസങ്ങളും ഉണ്ടാവുക സാഭാവികമാണ്. അപ്രകാരമുള്ള സാഹചര്യങ്ങളിൽ ഇരുകൂട്ടരും ആത്മാർത്ഥതയോടുകൂടി ദൈവചിന്ത കണ്ടെടുക്കുവാൻ ശ്രമിച്ച് അകൽച്ചകൾ ഒഴിവാക്കുവാൻ പരിശ്രമിക്കണം.

2. ദൈവം നല്കിയ സമാശ്വാസം

“ഞങ്ങൾ മക്കദോനിയായിൽ ചെന്നപ്പോൾപ്പോലും ഞങ്ങൾക്ക് ഒരു വിശ്രമവുമില്ലായിരുന്നു. എന്നുമത്രമല്ല, ക്ലേശങ്ങൾ സദാ ഞങ്ങളെ അലട്ടിക്കൊണ്ടുവരികുന്നു. പുറമെ മത്സരം, അകമെ ഭയം. എന്നാൽ, ആശയറ്റവരെ സമാശ്വസിപ്പിക്കുന്ന ദൈവം തീത്തോസിന്റെ സാന്നിധ്യംവഴി ഞങ്ങൾക്ക് ആശ്വാസം നൽകി. സാന്നിധ്യത്താൽ മാത്രമല്ല, നിങ്ങളെപതി അവന്നുണ്ടായിരുന്ന സംത്യപ്തിമൂലവും. നിങ്ങൾക്ക് എന്തോടുള്ള താത്പര്യത്തെയും സ്ഥിരതാപത്തെയും തീക്ഷ്ണതയെയുംകുറിച്ച് അവൻ പറഞ്ഞപ്പോൾ ഞാൻ അത്യധികം സന്തോഷിച്ചു” (7,5-7).

മക്കദോനിയായിലെ സഹനങ്ങളെക്കുറിച്ചുള്ള പരാമർശം ശ്രദ്ധേയമാണ്. പുറമേയുമാം, അകമേ ഭയം, എന്ന വാക്കുകൾ മക്കദോനിയായിലെ സഭ നേരിട്ടുകൊണ്ടിരുന്ന പീഡനങ്ങളുടെ പശ്ചാത്തലത്തിലാകാം. അവിശ്വാസികളോട് എതിരിടേണ്ടിവന്നതും പൗലോസിന്റെ ശത്രുക്കളെ നേരിടേണ്ടിവന്നതുമാകാം പുറമേയുള്ള യുദ്ധം. മക്കദോനിയായിലെ സഭ നേരിട്ടുകൊണ്ടിരിക്കുന്ന സാമ്പത്തികപ്രതിസന്ധികളും കൊടിയ ദാരിദ്ര്യവും പൗലോസിന്റെ സഹനങ്ങൾക്ക് ആഴം കൂട്ടിയിരിക്കാം. താൻ എഴുതിയ വേദനിപ്പിക്കുന്ന കത്തിന്റെ പ്രതികരണം എന്തായിരിക്കാം എന്നതും ഭയം ഉളവാക്കിയിരിക്കാം. താൻ എഴുതിയത് കൃത്യപോയോ? അതുവഴി സഭ ഭിന്നിക്കുമോ? തന്നെ അവർ തിരസ്കരിക്കുമോ എന്നെല്ലാമുള്ള ഭയവും ആശങ്കയും ഉണ്ടായിരുന്നിരിക്കാം എന്നു കരുതാൻ ന്യായമുണ്ട്.

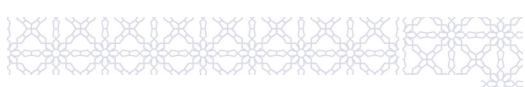
താൻ എഴുതിയ കത്തിനെക്കുറിച്ച് സങ്കടം ഉണ്ടായിരുന്നു എന്നു പറഞ്ഞിരിക്കുന്നത് (7,8) പൗലോസിന്റെ ബോധ്യമില്ലായ്മയല്ല, കോറിന്തോസുകാരെക്കുറിച്ചുള്ള പിതൃസഹജമായ കരുതലാണ് എടുത്തുകാണിക്കുന്നത്. കോറിന്തോസുകാരെ വേദനിപ്പിച്ചതുപോലെ അതു പൗലോസിനെയും വേദനിപ്പിച്ചു. എന്നാൽ ഇപ്പോൾ അതോർത്തു സന്തോഷിക്കുന്നു. അവരെ വേദനിപ്പിച്ചതിലല്ല, അവരെയും തന്നെയും തമ്മിൽ അനുരഞ്ജിപ്പിക്കാനും അങ്ങനെ ദൈവികപദ്ധതി കോറിന്തോസുകാർ ഉൾക്കൊള്ളാനും ആ എഴുത്ത് ഉപകരിച്ചതിനാലാണ് പൗലോസ് സന്തോഷിക്കുന്നത്. അവരുടെ ദുഃഖം ദൈവഹിതപ്രകാരമുള്ള ദുഃഖമായിരുന്നു. മാനസാന്തരത്തിലേക്കു നയിക്കുന്ന ദുഃഖമാണ് ദൈവഹിതപ്രകാരമുള്ള ദുഃഖം. ദൈവഹിതപ്രകാരമല്ലാത്ത ദുഃഖം നാശത്തിലേക്കു നയിക്കുന്നതാണ്. ദൈവത്തിലുള്ള ഉറച്ച വിശ്വാസമാണ് ദൈവഹിതപ്രകാരമുള്ള ദുഃഖത്തിൽ ശക്തിയായി നിലകൊള്ളുന്നത്. ഇതുമൂലം അത്തരം ദുഃഖം രക്ഷയിലേക്കു നയിക്കുന്നു. ഇതുപോലെ അജഗണങ്ങൾക്ക് തിരുത്തലുകൾ കൊടുക്കേണ്ട സമയങ്ങളിൽ പിതൃസഹജമായ രീതിയിൽ അവ കൊടുക്കുവാൻ അജപാലകർ ശ്രദ്ധിക്കണം.

3. രക്ഷാകരമായ പശ്ചാത്താപം

“എന്റെ എഴുത്ത് നിങ്ങളെ ദുഃഖിപ്പിച്ചുവെങ്കിലും എനിക്ക് അതിൽ സങ്കടമില്ല. വാസ്തവത്തിൽ നേരത്തേ എനിക്കു സങ്കടമുണ്ടായിരുന്നു. എന്തെന്നാൽ, ആ എഴുത്ത് നിങ്ങളെ കുറച്ചുകാലത്തേക്കു മാത്രമാണെങ്കിലും ദുഃഖിപ്പിക്കുകയുണ്ടായല്ലോ. ഇപ്പോഴാകട്ടെ, ഞാൻ സന്തോഷിക്കുന്നു. നിങ്ങളെ ദുഃഖിപ്പിച്ചുകൊണ്ടല്ല, മറിച്ച്, നിങ്ങളുടെ ദുഃഖം പശ്ചാത്താപത്തിലേക്കു നയിച്ചുകൊണ്ട്. നിങ്ങളുടെ ദുഃഖം ദൈവഹിതപ്രകാരമായിരുന്നതുകൊണ്ട് ഞങ്ങൾവഴി നിങ്ങൾക്ക് ഒരു നഷ്ടവും ഉണ്ടായിട്ടില്ല. ദൈവഹിതപ്രകാരമുള്ള ദുഃഖം രക്ഷാകരമായ പശ്ചാത്താപം ജനിപ്പിക്കുന്നു. അതിൽ വേദത്തിനവകാശമില്ല. എന്നാൽ, ലൗകികമായ ദുഃഖം മരണത്തിലേക്കു നയിക്കുന്നു. ദൈവികമായ ഈ ദുഃഖം എത്രയധികം ഉത്സാഹവും നിഷ്കളങ്കത തെളിയിക്കാനുള്ള താല്പര്യവും ധർമ്മികരോഷവും ഭയവും ആകാംക്ഷയും തീക്ഷ്ണതയും നീതിവാഞ്ചര്യമാണ് നിങ്ങളിലെല്ലാം ഉളവാക്കിയിരിക്കുന്നത് എന്നു മനസ്സിലാക്കുവിൻ. നിങ്ങൾ നിർദ്ദോഷരാണെന്ന് എല്ലാ പ്രകാരത്തിലും തെളിയിച്ചിരിക്കുന്നു” (7,8-11).

തന്റെ കത്തിനെക്കുറിച്ച് പൗലോസ് അനുസ്മരിപ്പിക്കുകയും കോറിന്തോസുകാരെ ഓർമ്മിപ്പിക്കുകയും ചെയ്യുന്നു. “എന്റെ കത്ത് നിങ്ങളെ ദുഃഖിപ്പിച്ചുവെങ്കിലും എനിക്ക് അതിൽ സങ്കടമില്ല. വാസ്തവത്തിൽ നേരത്തേ എനിക്കു സങ്കടമുണ്ടായിരുന്നു. എന്തെന്നാൽ, ആ എഴുത്ത് നിങ്ങളെ കുറച്ചുകാലത്തേക്കു മാത്രമാണെങ്കിലും ദുഃഖിപ്പിക്കുകയുണ്ടായല്ലോ. ഇപ്പോഴാകട്ടെ, ഞാൻ സന്തോഷിക്കുന്നു. നിങ്ങളെ ദുഃഖിപ്പിച്ചുകൊണ്ടല്ല, മറിച്ച്, നിങ്ങളുടെ ദുഃഖം പശ്ചാത്താപത്തിലേക്ക് നയിച്ചുകൊണ്ട്” (7,8-9). പശ്ചാത്താപം പാപമോചനത്തിലേക്കും രക്ഷയിലേക്കും നയിക്കുന്നു. ദൈവസന്തോഷത്തിലും പരസന്തോഷത്തിലും വളർത്തുകയും ചെയ്യുന്നു. അതുകൊണ്ട് അത് രക്ഷാകരമായ ഒരനുഭവമാണ്. മാത്രമല്ല, അത് ദൈവഹിതപ്രകാരവുമാണ്. കോറിന്തോസ് സഭാംഗങ്ങളുടെ ആത്മീയ വളർച്ചക്കുപകരിക്കത്തക്കവിധം ദൈവപരിപാലനയിൽ സംഭവിച്ചതാണ് എന്ന് ശ്ലീഹാ അവരെ ഓർമ്മിപ്പിക്കുകയാണ്.

‘ദൈവഹിതപ്രകാരമുള്ള ദുഃഖം’ എന്ന് ശ്ലീഹാ വിശേഷിപ്പിക്കുന്നത് വളരെ പ്രാധാന്യമുള്ള ഒന്നാണ്. “ദൈവഹിതപ്രകാരമുള്ള ദുഃഖം രക്ഷാകരമായ പശ്ചാത്താപം ജനിപ്പിക്കുന്നു. അതിൽ വേദത്തിനവകാശമില്ല. എന്നാൽ, ലൗകികമായ ദുഃഖം മരണത്തിലേക്കു നയിക്കുന്നു” (7,10). പഴയനിയമത്തിൽ ഏസാവയും യാക്കോബും തമ്മിൽ കണ്ടുമുട്ടുന്ന രംഗം ഇവിടെ അനുസ്മരിക്കുന്നതു നല്ലതാണ്. ഏസാവിനെ കണ്ടുമുട്ടുന്നതിന്റെ തലേരാത്രിയിൽ യാക്കോബിനെയും ദൈവാനുഭവം, അവർ തമ്മിലുള്ള കണ്ടുമുട്ടൽ വെറും മാന്യഷികമ്മകാതെ ദൈവികമാകുവാനും അനുഗ്രഹദായകമാകുവാനും ഇടയാക്കി (ഉൽപ 32-33). ധർമ്മപുത്രന്റെ തിരിച്ചുവരവിലും ഇതിനു തുല്യമായ ഒരു സ്ഥിതി വിശേഷം കണ്ടെടുക്കാൻ സാധിക്കും. അവന്റെ ഭൗതികമായ ദുഃസ്ഥിതി ദൈവഭവനത്തിലേക്ക് തിരിച്ചുവരുവാനും തന്റെ ദൈവവുമായുള്ള പിതൃപുത്രബന്ധം ഉറപ്പിക്കുവാനും സഹായകരമായിത്തീർന്നു. അതുപോലെ പൗലോസ് ശ്ലീഹായും കോറിന്തോസുകാരും തമ്മിലുള്ള ബന്ധം ഉറപ്പിക്കുവാനും സഹായകരമായിത്തീർന്നു.



മാണ് പൗലോസിന്റെ കത്ത് കോറിന്തോസുകാരിൽ ഉളവാക്കിയത്. ദൈവസ്നേഹത്തിലും പരസ്നേഹത്തിലും വളരാൻ തക്കവിധമുള്ള തിരുത്തലുകളാണ് അജപാലകർ അജഗണങ്ങൾക്കു കൊടുക്കുവാൻ ശ്രദ്ധിക്കേണ്ടത്.

4. ആശ്വാസവും സന്തോഷവും

“അപരാധം ചെയ്തവനെപ്രതിയോ, അപരാധത്തിന് ഇരയാവനെപ്രതിയോ അല്ല ഞാൻ നിങ്ങൾക്ക് എഴുതിയത്; പ്രത്യുത, ഞങ്ങളോടു നിങ്ങൾക്കുള്ള താത്പര്യം ദൈവസന്നിധിയിൽ വെളിപ്പെടുത്തേണമെന്നാണ്. തയ്യലം, ഞങ്ങൾക്ക് ആശ്വാസമായി. അതിനുംപുറമെ, തീത്തോസിന്റെ മനസ്സിന് നിങ്ങളെല്ലാവരും ആശ്വാസമേകിയതിൽ അവനുണ്ടായ സന്തോഷത്തെ ഓർത്തും ഞങ്ങൾ അത്യധികം സന്തോഷിച്ചു” (7,12-13).

സഭയിൽ നേതാക്കളാരും സഭാംഗങ്ങളും തമ്മിൽ തെറ്റിദ്ധാരണകളും അഭിപ്രായ വ്യത്യാസങ്ങളും ഉണ്ടാകുക സാദാവികമാണ്. സഭയുടെ ചരിത്രത്തിൽ എല്ലാക്കാലത്തും ഇങ്ങനെ സംഭവിച്ചിട്ടുണ്ട്. വിശ്വാസപരമായ നിലപാടുകളും വ്യക്തിപരമായ പ്രത്യേകതകളുമെല്ലാം ഇത്തരം അകൽച്ചകൾക്കു കാരണമാകാം. ഇറുകുട്ടരും ആത്മാർത്ഥതയോടുകൂടിയ സമീപനം പുലർത്തുകയും സ്വന്തം താൽപര്യങ്ങൾ പരിഗണിക്കാതെ ദൈവത്തിന്റെ പദ്ധതികൾക്ക് മുൻഗണന നൽകുകയും ചെയ്യുകയാണ് അകൽച്ചകൾ ഒഴിവാക്കാനുള്ള ഏകമാർഗ്ഗം.

സഭയിലെ അംഗങ്ങൾ തമ്മിൽ, പ്രത്യേകിച്ച് അധികാരികളും മറ്റു വിശ്വാസികളും തമ്മിൽ ഭിന്നതയുണ്ടാകുന്നത് ഇരുകൂട്ടർക്കും വലിയ ദുഃഖത്തിന് കാരണമാകും. മിശിഹാ ആഗ്രഹിക്കുന്ന യഥാർത്ഥ മാർഗ്ഗം കാണിച്ചുകൊടുക്കാൻ ദൈവത്താൽ നിയോഗിക്കപ്പെട്ടിട്ടുള്ള അധികാരികൾ അത്തരം അവസരങ്ങളിൽ ചിലപ്പോൾ കർക്കശനിലപാടുകൾ സ്വീകരിക്കേണ്ടിവരാം. ഇത് തങ്ങളുടെ കീഴിലുള്ളവരെ വേദനിപ്പിക്കാനോ, തോല്പിക്കാനോ, തങ്ങൾ വിജയിച്ചു എന്ന് ഉറപ്പുവരുത്താനോ ആയിരിക്കരുത്. ദൈവപദ്ധതികൾ പിന്തുടരാൻ എല്ലാവരെയും ശക്തരാക്കുകയാണ് ഇത്തരം സാഹചര്യങ്ങളിൽ അനുവർത്തിക്കേണ്ട മാർഗ്ഗം. വിശ്വാസികൾ അധികാരികളുടെ സഹനം ഹൃദയപൂർവ്വം അംഗീകരിക്കുകയും അധികാരികൾ തങ്ങൾക്കു ഭരമേല്പിക്കപ്പെട്ടവരെ പിതൃത്വലും സ്നേഹിക്കുകയും ചെയ്യുമ്പോൾ അതുവഴി മാനസാന്തരവും രക്ഷയുടെ അനുഭവവും ഉണ്ടാകും. സഭ മിശിഹായുടെ സന്തോഷത്തിലും സമാധാനത്തിലും പൃഷ്ടിപ്പെടുകയും ചെയ്യും.

5. അനുസരണവും സ്വീകരണവും

“നിങ്ങളെ പ്രശംസിച്ചു ഞാൻ അവനോടു ചിലതു സംസാരിച്ചുവെന്നതിൽ എനിക്കു ലജ്ജിക്കേണ്ടി വന്നില്ല. ഞങ്ങൾ നിങ്ങളോടു പറഞ്ഞതെല്ലാം സത്യമായിരിക്കുന്നതുപോലെ, തീത്തോസിനോടു ഞങ്ങൾ മേനി പറഞ്ഞതും സത്യമാണെന്നു തെളിഞ്ഞിരിക്കുന്നു. നിങ്ങളെല്ലാവരുടെയും അനുസരണത്തെക്കുറിച്ചും ഭയത്തോടും വിറയലോടുംകൂടെ നിങ്ങൾ അവനെ സ്വീകരിച്ചതിനെക്കുറിച്ചും ഓർക്കുമ്പോൾ അവൻ വികാരതരളിതനാകുന്നു. എനിക്കു നിങ്ങളിൽ പരിവർണ്ണ വിശ്വാസമുള്ളതിനാൽ ഞാൻ സന്തോഷിക്കുന്നു” (7,14-16).

പൗലോസ് തീത്തോസിനോട് കോറിന്തോസുകാരെക്കുറിച്ച് ക്രിയാത്മകമായും നല്ല രീതിയിലുമാണ് സംസാരിച്ചിരുന്നത്. അവർ തീത്തോസിനെ പൗലോസിന്റെ പ്രതിനിധിയായി സ്വീകരിക്കുകയും അയാൾ പറഞ്ഞ കാര്യങ്ങൾക്കനുസൃതമായി ക്രിയാത്മകമായി പ്രത്യുത്തരിക്കുകയും ചെയ്തു. ഇത് പൗലോസും കോറിന്തോസുകാരും തമ്മിലുള്ള ബന്ധത്തെ ഉഷ്മളമാക്കി. അവർ വെറും ലൗകികമായി പ്രതികരിക്കാതെ അനുസരണമനോഭാവത്തോടെ തീത്തോസിനെ സ്വീകരിക്കുകയും തീത്തോസിലൂടെ പൗലോസ് ആവശ്യപ്പെട്ടതനുസരമിച്ച് പ്രത്യുത്തരം നൽകുകയും ചെയ്തത് അവരും പൗലോസ്സ്നേഹിയും തമ്മിൽ കൂടുതൽ അടുക്കുവാൻ സഹായിച്ചു.

അതുപോലെതന്നെ, യഥാർത്ഥമായ ഒരു മാനസാന്തരം കോറിന്തോസ് സഭാംഗങ്ങൾക്കുണ്ടായി. തങ്ങളുടെ വിശ്വാസക്കുറവിലൂടെ അവർ ചെയ്തിരുന്ന തെറ്റുകളിൽ നിന്നെല്ലാം അവർ പിന്തിരിയുകയും പൗലോസിന്റെയും തീത്തോസിന്റെയും നിർദ്ദേശങ്ങൾ ദൈവത്തിൽ നിന്നുമുള്ളതായി സ്വീകരിക്കുകയും അതിനനുസൃതമായ ഒരു യഥാർത്ഥ ക്രൈസ്തവജീവിതത്തിലേക്കു തിരിച്ചുവരുകയും ചെയ്തു. പൗലോസ്സ്നേഹിതന്റെ ശൈലികദൃശ്യത്തിന്റെ ലക്ഷ്യമായി കാണുന്നത് വിശ്വാസത്തിന്റെ വിധേയത്വം മിശിഹായുടെ നാമത്തെപ്രതി സകല ജാതികളുടെയിടയിലും ഉളവാക്കുക എന്നതാണ് (റോമാ 1,5). അപ്രകാരം കോറിന്തോസുകാർ തീത്തോസിലൂടെയുള്ള തന്റെ പ്രേഷിതപ്രവർത്തനത്തിന് അനുകൂലമായി പ്രത്യുത്തരിച്ചതിൽ സ്നേഹ സന്തോഷവും സായുധിതയും പ്രകടമാക്കുന്നു. പൗലോസ്സ്നേഹിതൻ ചെയ്തതുപോലെ തങ്ങളുടെ അജഗണങ്ങളുടെയിടയിൽ യഥാർത്ഥ മാനസാന്തരവും വിശ്വാസത്തിന്റെ അനുസരണവും ഉളവാക്കാൻ അജപാലകർ ശ്രദ്ധിക്കണം.

ജീവിതസൂചിക

1. അജപാലനശൃംഗയിൽ ദൈവഹിതാനുസൃതം ഐക്യത്തിൽ ശൃംഗ്രാഷ നിർവ്വഹിക്കുവാൻ ഞാൻ എങ്ങനെ പരിശ്രമിക്കുന്നു?
2. അജഗണങ്ങൾക്ക് അവസരോചിതമായി പിതൃസഹജമായ തിരുത്തലുകൾ നൽകാൻ ഞാൻ ശ്രമിക്കുന്നുണ്ടോ?
3. അജഗണങ്ങളെ ദൈവസ്നേഹത്തിലും പരസ്നേഹത്തിലും വളർത്താൻ ഞാൻ എങ്ങനെ പരിശ്രമിക്കുന്നു?
4. പിതൃതുല്യമായ സ്നേഹത്തോടെയാണോ ഞാൻ അജപാലനശൃംഗ നിർവ്വഹിക്കുന്നത്?
5. അജഗണങ്ങളിൽ യഥാർത്ഥ മാനസാന്തരവും വിശ്വാസത്തിന്റെ അനുസരണവും ഉളവാക്കുവാൻ ഞാൻ ശ്രമിക്കുന്നുണ്ടോ?



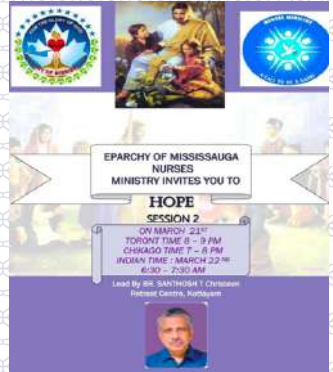
NEWS FROM DEPARTMENTS

NURSES MINISTRY



HOPE-2

A wonderful initiation of Nurses Ministry, Eparchy of Mississauga, conducted Hope-2, a session to support those parents who are facing challenges in their lives to take care of their children and to support them spiritually lead by Br.Santhosh T, on 21st March from 8:00 PM to 9:00 PM. Blessed with the presence of his excellency Bishop Mar Jose Kalluvellil, Fr.Daris Cherian Moolayil, Sr. Josy.



Canada nurses ministry celebrated happy feast of our bishop His excellency Mar Jose Kalluvellil on March 19th



Monthly Prayer

The Nurses Ministry continues to conduct monthly prayer meetings with all regions across Canada.

Daily online Zoom Prayer

Nurses from all over Canada continue to pray online for all the nurses and the whole world every day at 3 pm.

Prayer meetings

All regions joined the monthly prayer meeting every Monday from 8.30 pm to 10.30 pm. Every first Monday, the international resource team gives the word of God.

Marian Chain Rosary

Most of the regions conducted chain Rosary on 13th November from 5:30 am to 6:00pm which prayed for the parish, Catholic Church, all the nurses around the world, all the leaders, world peace and the souls of purgatory.

Special Events

St. Alphonsa Cathedral successfully conducted a preventive care event on March 02, 2025, providing free blood pressure and blood sugar checks to parishioners. This initiative was made possible through the support of our parish priests, Rev. Fr. Augustine Kallumkatharayil and Rev. Fr. Francis Samuvel



Akkrappattiekal, as well as the dedicated leadership of our Nurses Ministry Animator, Sr. Josy Maria. Approximately 150 individuals participated in the screening, making the event an invaluable service to our community. It was a wonderful opportunity to promote health awareness and well-being among our parish members.

The Nurses Ministry continues to attend adoration at our chapel every Tuesday to Friday from 10:30 a.m. to 12:30 p.m., offering prayers for our parish and the intentions of the Nurses Ministry. We also prayed 2,000 Hail Mary for the success of the Faith Fest.

Our monthly prayer tool for March is the Divine Mercy. A member of our team offers the Divine Mercy prayer every day throughout the month.

Regional Meet @Windsor

Big event, one day regional meet successfully completed on 22nd March lead by Fr. Joyal and Sr. Josy

This month the Nurses Ministry had many great opportunities for reconciliation and revival of spiritual practices. The Lenten retreat, daily Adoration, celebration of St Joseph feast, and Way of the Cross. Blessed Time with Jesus to Commemorate his passion and love. Many members actively supported and participated in all these spiritual events apart from the daily prayer life of nurses Ministry.

Thank God



DIVINE ACADEMY OF LEARNING

Classes at Divine Academy of Learning are progressing smoothly for both Elementary and Secondary students. Recently, parent-teacher meetings were held to review student progress following the first term exams.

Discussions are in progress to expand the academy into a private school at various levels, led by Patron Bp. Jose Kalluvilil, Chairman Rev. Fr. Augustine Kallumkatharayil, and Vice Chairman Fr. Jijimon Maliakkal, who is spearheading the initiative.

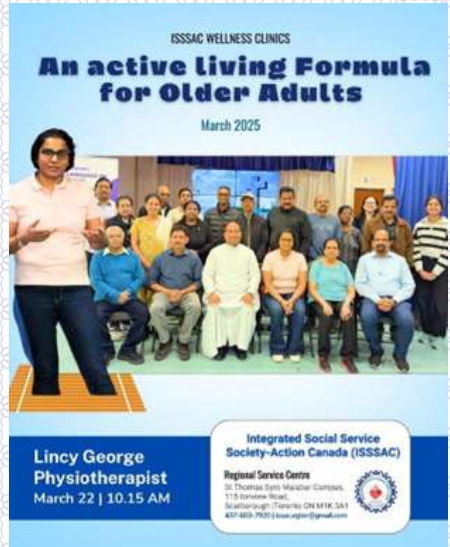
On March 19th, in celebration of the Feast of St. Joseph, the core team of Divine Academy of Learning gathered and extended heartfelt festal greetings to Bp. Jose Kalluvilil. May St. Joseph continue to bless and guide him in his pastoral mission. Happy Feast, Pithave!



Wellness Clinics Expand Reach; Green Future Project Prepares for Launch

ISSSAC continued its commitment to community well-being through the Aging with Grace Wellness Clinics, offering seniors holistic health support, social engagement, and wellness education. The sessions focused on mental health, preventing cognitive decline, nutrition, and active living, ensuring seniors are connected and continue to receive the necessary guidance for a healthier life.

In March 2025, our Wellness Clinic featured the theme 'An Active Living Formula for Older Adults', which was led by Lincy George, a Physiotherapist. The session attracted a diverse group of seniors from eastern Toronto, Markham, and Woodbridge, Ontario. The highlight of the session was its focus on a range of easy-to-follow exercises designed to help seniors stay fit and healthy as they age. Fr. Shijo Karickal welcomed the Guest, participants and volunteers.



Green Future Initiative- Community Garden

ISSSAC's new Green Future Project designed to engage community members in growing vegetables and leafy greens, promoting home-based gardening, and raising awareness about eco-friendly and sustainable practices to enhance food security. In our Scarborough parish, ISSSAC Unit will arrange to distribute seedlings and saplings below the market pricing and several

members have registered to receive seedlings to grow in their homes.

Upcoming Initiatives

First Steps Program: This Program will initially provide structured guidance to new immigrant families, helping them navigate essential services, employment resources, and pastoral support from the time of their arrival, facilitating stabilization. Through peer support, the program aims to ease their transition into Canadian society with ongoing programs.



Community Garden- Official Launching in April

As part of ISSSAC's 'Green Future' and sustainability initiatives, a Community Vegetable Garden will be set up at the Scarborough Church campus which will serve as a hub for collaborative gardening, urban agriculture education, and fostering a sense of community through shared green spaces. This initiative aims to engage both youth and adults in environmental stewardship and sustainability. Official launching will take place by the end of April.



By fostering inclusivity and collaboration, ISSSAC aims to inspire more individuals to engage in similar initiatives, ultimately enhancing community well-being and quality of life.

Marriage Preparation Course (March- 2025)

The Family Apostolate of Eparchy of Mississauga conducted the Marriage Preparation Course from March 15 to March 17, 2025 with a total of 56 enthusiastic participants. The in-person 3-day Course was held in St. Mary's Catholic Church, London, Ontario. His Excellency, Bishop Mar Jose Kalluvilil graced the group with his presence.

Vicar Fr. Plogen Antony, Fr. Joel and Parishoners hosted the Marriage Course. Family Apostolate Director Fr. Thomas Venmanthara, Sr. Jyothy AO coordinated the



course activities and were actively involved in ensuring the smooth conduct of the MPC program. The course was designed to provide essential knowledge and guidance for couples preparing for marriage, covering various important topics related to marital life.

The course featured an esteemed group of instructors from the MPC Teaching Staff, who delivered engaging sessions on different aspects of marriage and family life. Here is an overview of the topics covered and the respective instructors:

Sacramentality of Marriage and Marriage (Fr. Joel): provided insights into the sacramental nature of marriage, emphasizing its significance as a lifelong commitment.

Communication in Family Life (Mr. Santhosh Thomas and Sherin): led sessions on effective communication within the family unit, imparting practical strategies to foster healthy dialogue and understanding.

Parenting (Mr. Santhosh Thomas and Mrs. Sherin): Mr. Santhosh Thomas and Mrs. Sherin Santhosh shared valuable guidance on parenting, highlighting the importance of creating a nurturing and supportive environment for children.

Confession (Fr. Plogen Antony): explained the importance of a sincere confession and its relevance in the life of the Christian couples receiving the Sacrament of Matrimony.

The Spirituality of Family Life based on Sacrament and particularly Holy Mass, Prayer and Holy Bible (Sr.Jyothy AO): conducted a session on the spirituality of family life, focusing on the significance of the Holy Mass in fostering unity and grace within the family unit.

Male and Female Psychology (Fr. Thomas Venmanthara): Fr. Thomas Venmanthara delved into the unique psychological aspects of both males and females, providing participants with a deeper understanding of their partner's perspectives.

Sex in Family Life (Mr. Tony Chirayilkalam): Mr. Tony Chirayilkalam addressed the topic of sex sensitively within the context of marriage, promoting intimacy, consent, and mutual respect.

Pregnancy and Responsible Parenthood (Mrs. Jisha Rose Alby): shared essential information on pregnancy, childbirth, and responsible parenthood, equipping participants with the knowledge and skills required for a healthy and fulfilling family life.

Budgeting (Mr. Joseph Mukkada): provided practical guidance on budgeting and financial planning, enabling couples to effectively manage their finances and achieve long-term financial stability.

Sexual Morality (Fr. Thomas Venmanthara): discussed the importance of sexual ethics and moral values within the context of marriage, emphasizing respect, fidelity, and mutual consent.

Canon Law Regarding Marriage and Family Life (Fr. Boby Muttathuvalayil): informed participants about the canonical aspects of marriage, helping them understand the teachings and guidelines of the Church.

Symbols and their Meaning in the Syro-Malabar Marriage Rite (Fr. Thomas Venmanthara): Fr. Thomas Venmanthara explained the symbols and rituals within the Syro-Malabar Marriage Rite, enhancing participants' appreciation for their cultural and spiritual heritage.

Participants' feedback for the course was overwhelmingly positive. The attendees were provided refreshments, lunch and dinner on all 3 days of the MPC. The attendees expressed their gratitude for the comprehensive content, expert instructors, and engaging delivery. The course provided them with valuable knowledge, skills, and insights to better navigate their journey into marriage and family life.

Mathruvedi Eucharistic Singing Competition

The Eucharistic Singing competition organized by the Family Apostolate is now underway in various parishes. Last date for submission of entries from parishes is March 30, 2025

SYRO-MALABAR MATHRUVEDI EPARCHY OF MISSISSAUGA

മിഥുവേദി
EUCHARISTIC SONG Singing Contest
EPARCHY LEVEL

1. The song must be a Christian devotional song centred on the Eucharist.
2. Songs must be in Malayalam. Mixing of languages is not permitted.
3. No instruments, karaoke, or background music allowed.
4. Participants must be registered members of their parishes.
5. Only individual entries are allowed (no duets or group performances).
6. Each parish may submit a maximum of two entries.
7. The song duration must not exceed 3 minutes.
8. Entry videos must be recorded in landscape orientation and submitted in MP4 format via email : mathruvedhiem@gmail.com.
9. Submission deadline to the Eparchy: **MARCH 31, 2025**

FIRST PRIZE: \$ 101 SECOND PRIZE: \$ 51

FAMILY APOSTOLATE
SYRO-MALABAR EPARCHY OF MISSISSAUGA

MARRIAGE PREPARATION COURSE 2025
SATURDAY, SUNDAY, MONDAY

JANUARY	11, 18, 13
FEBRUARY	22, 29, 24
MAY	10, 11, 12
JUNE	14, 15, 16
JULY	12, 13, 14
AUGUST	23, 24, 25
SEPTEMBER	27, 28, 29
NOVEMBER	15, 16, 17

FOR MORE INFORMATION
647 858 1449
Familyapostolate@gmail.com

Fr. Thomas Venmanthara
Director

Sr. Jyothi A O
437 328 7144

1. Applicants must be registered members of the Syro Malabar Parish.
2. Application form with a fee of 100 \$ should be downloaded (HERE) or the information sheet attached.
3. Signature of the Syro Malabar Parish Priest in Canada is mandatory in the application form.

FAMILY APOSTOLATE
SYRO-MALABAR EPARCHY OF MISSISSAUGA

MARRIAGE PREPARATION COURSE
EDMONTON, ALBERTA

2025 MAY 08, 09, 10
THURSDAY, FRIDAY, SATURDAY

VENUE:
ST. ALPHONSA CHURCH
9120 146 STREET NW, EDMONTON, AB, T5R 0W2

CO-ORDINATOR:
ST. ALPHONSA SYRO-MALABAR CATHOLIC FORANE CHURCH
V. Rev. Fr. JACOB EDAKALATHUR (Vicar)
CONTACT : 519 851 9000
Rev. Fr. GUJO PANTHACKAL CST (Asst. Vicar)
CONTACT : 647 884 8002

FOR MORE INFORMATION
647 858 1449
Familyapostolate.ca@gmail.com

Fr. Thomas Venmanthara
Director

Sr. Jyothi A O
437 328 7144

OFFICE
100 PRINCE OF WALES DRIVE
MISSISSAUGA, ONTARIO
L4X 1L3

- * Applicants must be registered members in the Syro Malabar Parish.
- * Application form with a fee of 100 \$ must be made to the mentioned email address.
- * Signature of the Syro Malabar Parish Priest in Canada is mandatory in the application form.

NEWS FROM PARISH

MISSISSAUGA FORANE



ST. ALPHONSA CATHEDRAL MISSISSAUGA

Parish News

Remembrance Day: - February 28; On the Remembrance Day of Departed Souls, Holy Qurbana and Office for the Dead were offered at the Cathedral for the souls of the faithful departed. At 10.30 am, the Office for the Dead and special prayers were offered at the Assumption Cemetery.

Altar Servers Installation

March 1; the Altar Servers Training Program was conducted following the 9am Holy Qurbana on Saturday. Around 75 new and old members participated



in the training program. On March 16, the new altar servers were installed prior to the Holy Qurbana.

Ash Monday

March 03; The beginning of Great Lent was celebrated with Ash Monday Services. The Stations of the Cross are prayed every day since then following the morning and evening Holy Qurbana.



St. Joseph's Feast Day

March 08; The 9 days Novena to St. Joseph started at the Cathedral. On March 19; the feast day of St. Joseph, Solemn Holy Qurbana and Ladeenj were celebrated at the Cathedral. The feast day of His Excellency Mar Jose Kalluvelil was also celebrated on that day. The St. Joseph Family Unit had arrange Ottunercha for everyone as they celebrated the Feast Day of their family unit's patron.



Lenten Retreat

March 21, 22; The Lenten retreat was led by Fr. Bijil Chakkiath for the adults and meanwhile, the Pious Associations arranged retreat for the Youth and Children. Priests were available for



confession for both adults and children during the retreat days. Significant numbers of the Parishioners participated in the Lenten retreat and sought almighty's blessings for self-retrospection during the Lenten season.

Pithruvedhi

Pithruvedhi organized a special fundraising event on February 23, 2025, to support the regular decoration of our Cathedral Altar. The event, a vibrant food fest, was met with overwhelming enthusiasm from our parishioners, who turned up in large numbers to support the noble cause.

Thanks to the generosity and participation of our community, the food fest was a grand success, with all items selling out within hours. The spirit of togetherness and commitment shown by everyone truly made the event memorable.

We are delighted that through this initiative, we could contribute a meaningful amount towards the beautification of our Cathedral Altar. Pithruvedhi extends heartfelt gratitude to all parishioners for their unwavering support and encouragement. May God bless our parish abundantly!

Mathruvedhi

On March 9 2025, the Mathruvedhi of St Alphonsa Cathedral hosted a celebration of International Women's Day for all women from our Parish after the 8:30 am & 11:45 am Holy Qurbana with refreshments. The event was a joyful occasion with the support &



spiritually inspiring message by Rev. Fr. Augustine Kallumkatharayil and felicitations were also given by Mathruvedhi Animator Sr. Mercy Antony. Entertaining games were presented by Bincy Cherian with the help & assistance from the Mathruvedhi executive members. Over 100 women participated in the events.

Seniors Forum

The 2nd meeting in 2025 of the St Alphonsa Cathedral Mississauga Seniors Forum was held on Thursday, 13 March 2025 at St Alphonsa Hall. The gathering was attended by 20 persons. James & Helen Thayilchira and Joseph Varghese (Kuttiyachan) & Rosamma were the four new seniors who joined our group.



Our Director Rev Fr Augustine announced Sr Prasanna Thattil as the Animator for our group. He also suggested the seniors to travel for sight-seeing and enjoy as they worked hard in the past. He requested us to bring as many seniors as possible for our annual picnic on 21 June 2025.

President Susan Dean welcome Sr Prasanna our Animator. Sr Prasanna subsequently gave a spiritual talk and prayed for the group.

All were actively involved in the group discussion. Holding a snacks sale on a Sunday to procure some funds for the seniors' future programs, organizing tent sale during the parish feast and carpooling for the monthly meeting were agreed. Current tentative destination for the picnic is Peterborough which included Marmora Pilgrimage in Greensides Farm and a short boat cruise. After the meeting, everyone enjoyed a game of bingo organized by Susan Dean and Regeena Mathew. Philomina Nicols, James Thayilchira and Sr Prasanna were declared winners and awarded prizes. The usual cards game also took place following this. The snacks and lunch were hosted by Thresiamma Johnson. Regeena Mathew and Jessy Kurian volunteered in the conduct of the meeting.

SMYM National Friday Fire Gatherings

Over the past month, we've held our usual Friday Fire Gatherings after the 7:30 pm Holy Qurbana, providing an opportunity for fellowship and spiritual growth. These gatherings have now started to include the Way of the Cross, in collaboration



with CML, deepening our Lenten experience. On March 7, we commemorated International Women's Day by distributing chocolates and cupcakes to the female youth of our church, honoring their contributions and encouraging their growth. We look forward to continuing to grow together as a community!

SMYM International

SMYM International Youth successfully organized a TAX Filing Class on Sunday, March 23 at Kannampuzha Hall, following the 5 p.m. Holy Qurbana. The session aimed to educate members on taxation and its importance, providing valuable insights into tax filing and financial responsibilities.



The event began with a prayer led by Anoop, seeking God's blessings for a fruitful gathering. This was followed by a welcome speech by Dona, the Financial Coordinator, who set the tone for the session. Rev. Fr. Augustine Kallumkatharayil then addressed the gathering.



The main session was conducted by Advocate Xavier Puthuparambil, a taxation expert, who provided in-depth knowledge on tax filing, key considerations, and common mistakes to avoid. The session allowed participants to ask questions and clarify their doubts. Many attendees found the discussion insightful, gaining a clearer understanding of their tax responsibilities. Additionally, we were able to gather details of attendees who expressed their interest in registering with the parish. The entire event was anchored by Divya, ensuring a well-coordinated and engaging experience for everyone.

To foster a sense of togetherness, the event also included a cake-cutting ceremony to celebrate the birthdays of members born in March. This added a joyful and personal touch to the session, making it both an educational and memorable gathering.

The event concluded with a Vote of Thanks by Jowin, the Media Coordinator, who expressed gratitude to the speaker, spiritual leaders, and all participants for their time and contributions.

As a perfect ending to the evening, the participants enjoyed pizza, adding a delightful and social touch to the gathering.



Jesus Kids, HCA, CML Associations

There were special Lenten retreat sessions for children from JK-grade 12 under the leadership of CML, HCA & Jesus Kids. Special thanks to Jaejo Manjila and team of CML and all the animators and leaders of HCA and Jesus Kids who undertook the initiative of leading the sessions.

Jesus Kids

Jesus Kids conducted the March month session on 7 March 2025 after the usual 7.30 pm Holy Qurbana. The order of the activity session was Jesus Kids prayer,



attendance, talk and PPT presentation based on the theme “The Gospel of the Lord” and talk on “the saint of the month - Our Lady of Lourdes” by Jesus kids Leaders.

HCA

The month of March was marked by Lenten-themed activities and a special Monthly Activity Day on Friday, March 7, 2025. A Lenten calendar was prepared for Grade 1-4 children, outlining daily activities to guide them in prayer, kindness, and sacrifice throughout their Lenten journey. Animators have been posting these activities each day, encouraging the children to grow closer to God. With the support of the HCA Team and parents, the children have been actively engaging in these spiritual practices.



On Friday, March 7, the Holy Childhood Association (HCA) organized a special activity session following the Holy Qurbana and Way of the Cross. The event brought together 20 children, guided by the dedicated efforts of four animators.

CML

The CML monthly activity session was held on March 7, 2025 after the 7:30 PM Holy Qurbana. There was an informative session on Lenten preparation and a Lenten calendar with daily spiritual activities was given to the members. During this



season of Lent, the CML members are leading the Way of the Cross on alternate Fridays.

Catechism Department

“The Eucharist is the sacrament of love; it signifies love, it produces love.” — Saint Thomas Aquinas

On March 14 & 15, 2025, over 325 children and 40 volunteers participated in Faith Fest 2025, held at our cathedral. This year’s theme, “Holy Eucharist & Hope”. reminded us of the profound love of Christ in the Eucharist and the unwavering hope it brings into our lives.



The Catechism Department extends its deepest gratitude to our beloved Priests, Sisters, Animators, Leaders and Volunteers for their dedication and support towards Faith Fest 2025. We also thank our parents and students for their enthusiastic participation in all the spiritual and fun-filled activities.



Faith Fest continues to be a beautiful opportunity for our youth to deepen their faith. In a world filled with distractions and uncertainties, it is essential to return to the Eucharist—the heart of our faith—and find strength in God’s enduring love. Throughout the two days, children engaged in Holy Qurbana, praise and worship, inspiring talks, and interactive sessions that enriched their understanding of the Eucharist. Guest speakers, including our priests and speakers, guided students on the significance of the Holy Qurbana, the power of hope in our daily lives, and the importance of holding steadfast to our faith.



A special appreciation goes out to the Trustees, Parish Council members, PTA Team members, Members of different Ministries and volunteers for their support to make Faith Fest2025 a meaningful and transformative experience. May the Holy Eucharist continue to nourish and guide us, strengthening our faith and preparing us to be witnesses of Christ’s love for generation to come.

Legion of Mary

Every Sunday after the 8.30 am Holy Qurbana, we have our weekly prayer meetings. On March 8, twelve members attended our annual Legion meeting (ACIES) at the church of Nativity of our Lord, Etobicoke and renewed our oath and consecrated ourselves to our mother. On February 27 four members attended our monthly meeting at St. Patrik church, Mississauga and submitted our monthly report to committium. One auxiliary member (Shinila) made the Legion promise and became permanent member. Members participating in novena to St. Joseph, ‘Bible in a year’ program, group rosary, 1 hour bible study on Wednesdays, adoration in our church on weekdays.

St. Alphonsa Cathedral successfully conducted a preventive care event on March 2, providing free blood pressure and blood sugar checks to parishioners. This initiative was made possible through the support of our parish priests, Rev. Fr. Augustine Kallumkatharayil and Rev. Fr. Francis Samuvel Akkarapattiakal, as well as the dedicated leadership of our Nurses Ministry Animator, Sr. Josy Maria. Approximately 150 individuals participated in the screening, making the event an invaluable service to our community. It was a wonderful opportunity to promote health awareness and well-being among our parish members. The Nurses Ministry continues to attend adoration at our chapel every Tuesday to



Friday from 10:30 a.m. to 12:30 p.m., offering prayers for our parish and the intentions of the Nurses Ministry. We also prayed 2,000 Hail Marys for the success of the Faith Fest. Our monthly prayer tool for March is the Divine Mercy. A member of our team offers the Divine Mercy prayer every day throughout the month.



ST. ALPHONSA PARISH, CAMBRIDGE

Biriyani Fest

The St. Joseph Family Unit, Guelph, hosted a Biriyani Fest on February 2, 2025 supported by Fusion Restaurant, to aid the Cambridge Parish Mission House Project. Parishioners' enthusiasm and cooperation ensured its success. Unit members actively promoted the event and managed distribution, selling over 400 Biriyani and raising \$2,000. This event united the community for a great cause.



Parish Night

St. Alphonsa Syro Malabar Cambridge Parish's first-ever Parish Night, SYMPHONEO 2K25—'A Night of Joy and Togetherness'—was held on March 1, 2025. Guided by faith and preparation, the event celebrated talent, culture, and unity, strengthening parish bonds. The inaugural ceremony began with a divine hymn by the Catechism Kids' Choir, trained by Mrs. Rose Amal and Amal George, invoking God's grace.

The evening's chief guests were our own Bishop His Excellency



Mar Jose Kalluvellil, Eparchy of Mississauga and Very Rev. Msgr. Pathros Champakkara, Protosyncellus, Eparchy of Mississauga. Our pastor Rev. Boby Joy Muttathavalayil delivered the welcome address. His Excellency Mar Jose Kalluvellil delivered an inspiring inaugural address and commended the community's efforts in making great strides. The traditional lamp was lit by His Excellency Mar Jose Kalluvellil, Very Rev. Msgr. Pathros Champakkara, Rev. Fr. Boby Joy, the trustees, Mr. Jayesh George & Mr. Sebin Baby, the Catechism Principal and Vice-Principal, Mr. Edwin Varghese and Mrs. Tintu Suneesh respectively. Msgr. Champakkara, our former parish priest, in his felicitation speech, shared fond memories and extended best wishes to the Parish community.



A pioneer recognition ceremony honored select families for their dedication and contributions since



the parish's formation. Bishop Mar Jose Kalluvellil presented mementos to Mr. Martin Mathews & Tessy Mathew, Mr. Siby & Mrs. Shanty Varghese, Mr. Joseph & Mrs. Bridgit Devasia, Mr. Sunny & Mrs. Beena Thomas, Mr. Selby & Mrs. Sonia Sebastian, Mr. Thomas & Mrs. Leelamma Modoor, Mr. Alex & Mrs. Jessy Thomas, Mr. Nelson & Mrs. Seena Mathew, Dr. Joy & Mrs. Leena Joy Kuncheria, and Mr. Jaibu & Mrs. Ancy Joseph. It was a proud moment for the community—our heartfelt gratitude to them all!

Trustee Jayesh George presented the church's history from its grassroots to its present stature and delivered the vote of thanks. The inaugural ceremony concluded with national anthems by the Kids' choir. Our sponsors were instrumental in the event's success, and we deeply appreciate each one of them for their generosity. Mega and Platinum sponsors were honored with mementos by our bishop.

In addition, we celebrated our bishop's feast day in advance by cake a cutting and congratulating him!

Leah Jistin from St. John's Ward, Guelph, won the award for selecting the Parish Night title, SYMPHONEO 2K25.

The tiny tots of JK/SK charmed everyone with their delightful moves and smiles!

Symphonic Keys by Logos Music Academy, led by choir



master Mr. Amal George, took us on a musical journey. The 12 budding musicians beautifully blended Christian hymns, Tamil melodies, Hindi classics, and energetic pop hits, showcasing their incredible talent and passion for music.

For Parish Night, the St. George Family Unit, Kitchener presented a series of captivating performances: Beautifully choreographed Rangapooja, a way of worshipping God, seeking God's blessings and honoring Mother Mary performed by the ward's ladies, set the stage for the rest of the programs,

A Spring-themed dance by the kids suggesting arrival of Spring, renewal and transformation,



The youth's musical skit, 'Set Me Free,' depicting humanity's journey from Creation, through the fall, to redemption in Christ and a power packed Retro Fusion Dance/couple dance paid tribute to 60 years of the Malayalam film industry especially the most iconic characters who entertained us, featuring 40+ performers including kids, youth and adults-all a real treat to the eyes!

Spearheaded by our cultural coordinator Mrs. Veena Baby who devoted her time and talents so worthily, these performances made the night truly memorable!

The St. Joseph Family Unit, Guelph presented the nostalgic drama "Annoru Christmas Ravil," blending cultural performances

like Cinematic Dance, Margamkali, Parichamuttukali, Christmas Carol, Santa Dance, and a Nativity scene with dancing angels.

With a focus on traditional Christian art forms, the drama depicted a Christian family's Christmas Eve, beautifully scripted and directed by Diaz Jose and Antony Mathai. Silvy Jose and Eljo Chacko played the grandparents, while the entire cast delivering outstanding performances.

Beyond the stage, the practice sessions were the most cherished filled with laughter, joy, and bonding, turning performers into one big family!

The St. Antony's Family Unit, Brantford played a vibrant role in Parish Night, delivering three



captivating performances: Junior Kids' Bible-Themed Action Song – A heartwarming display of young talent and spirit; Senior Kids' Dance Performance – A dynamic showcase of energy, creativity, and enthusiasm; Adults' 'Back to the 90s' Skit – A nostalgic and hilarious journey to the 80s and 90s, filling the hall with laughter as the audience reminisced their own childhood memories. The night was a testament to the unit's hidden talents and dedication. We are proud of our members and grateful for their efforts in making the event unforgettable!

The St. Jude Family Unit, Waterloo played a key role in the success of Parish Night, truly embodying the theme "A Night of Joy and Togetherness."

'The Good Samaritan' Skit – A moving performance by boys and girls, highlighting the spirit of compassion.

Indian Classical Dance – A unique way of proclaiming Gospel values, beautifully performed by St. Jude Girls.

"Dup... Dup..." Dance – Boys and Girls joined together to put their steps together to the sensational Dup... Dup.... that thrilled the audience.

Parents' Performance – First-time stage performers, moms and dads, joined in Joy and Togetherness to entertain and give a message of One Culture, One Family, and Togetherness to the audience.

The St. Mary's Family Unit, Cambridge brought the community together in faith and joy through a series of vibrant performances at the Parish Night:

Adults' Group Dance – A mesmerizing display of grace and synchronized choreography. Shadow Show – A unique storytelling performance of Jesus' life through silhouettes and light. Kids' Group Dance – where young performers lit up the stage with their enthusiasm, colorful costumes, and energetic moves. Couple Dance – A beautifully choreographed performance symbolizing love, harmony, and the strength of partnership in faith and life. Group



Song – A melodious musical piece where voices added a harmonious note to the evening.

St. Thomas Unit, Cambridge, proudly participated in the parish night, coming together with great enthusiasm and teamwork to deliver a series of memorable performances: a delightful Fashion Show featuring kids, a fun-filled Oppana performance by the fathers of the unit, a captivating dance performance by the moms, a graceful senior girls' dance, an energetic junior kids' performance, and a vibrant couples' dance. Beyond the performances, the planning, preparation, and practice for the parish night helped strengthen bonds within the community—bringing families closer together, allowing new members to connect, and fostering a sense of togetherness among all.



The St. John's Family Unit, Guelph delivered three inspiring performances that captivated the audience: Children's Melody – The youngest members energized the hall with their lively song, setting the perfect tone for the night. Youth Dance – A dynamic,

synchronized performance that showcased creativity and kept the audience engaged. Musical Drama - "St. Joseph" involving participants from multiple fly units - A powerful depiction of St. Joseph's faith and resilience, offering a fresh perspective on his life with an unexpected twist. Directed by Mr. Domin D'Silva, with a script by Mr. Tom Arathu, Mr. John Abraham, and Mrs. Greeshma John, the drama left a lasting impact on the audience.



ST. JOSEPH A Musical Drama



ST. JOHN'S FAMILY UNIT DANCE AND SONGS



At the conclusion of the programs, a few of our parishioners did entertain people with their talents as authentic dinner was being served to everyone by Palm Valley.

The success of Parish Night was a result of the teamwork and dedication of numerous committees and volunteers.

Special thanks to

- Rev. Fr. Bobby Joy for his spiritual guidance and leadership.
- Finance Committee – Mr. Nelson Mathew, Mr. Sabu Jose, Mr. Siju John, Mr. Alex Thomas, Mr. Sebin Baby.
- Trustees – Mr. Jayesh George & Mr. Sebin Baby for their extensive responsibilities.
- Lead Coordinator – Mr. Seby Puthirikkal Jose for coordinating tirelessly with every committee.
- Cultural Coordinator – Mrs. Sini Suresh for seamless coordination: meetings with cultural coordinators, initial planning, scheduling.
- Sound/Light/LED Team – Mr. Amal George, Mr. Siju John, Mr. Sijo K., and Mr. Seby Puthirikkal Jose for their unwavering dedication and commitment.
- Registration & Tech Team – Mr. John Abraham, Mrs. Sangeetha Ajo & son Alan, Mr. Antony Jose for scripting, coding and making the registration process very effective.
- Stage Managers – Mrs. Lucy Wison, Mrs. Leena Joy Kuncheria, Mrs. Sini Suresh, Mr. Amal George, Mr. Seby P., Mr. Siju John, Mr. Akhil Antony for the timely management of programs.
- Emcees – Ms. Leah Alex, Ms. Christeena Nelson, Ms. Alisha Mathew, Mrs. Anna Akhil P. for their unique way of bringing in fun elements and keeping the audience engaged.
- Family Unit Cultural Coordinators – Mrs. Sini Suresh, Mrs. Veena Baby, Mrs. Anna Akhil P., Mrs. Suby Bobby, Mrs. Sherin Sebastian, Mrs. Ancy Jaibu, Mrs. Ancy Pradeep, Mrs. Sona Sijo, for spearheading and managing 40-50 participants per ward with great planning.
- Palm Valley-Mr. Shibu Augustine and Mr. Binoy Augustine for their delicious food and services.

- All Parish Council members, volunteers, & participants for their time, enthusiasm, and effort beyond expectation!

This event was truly a celebration of community, faith, and teamwork with the Almighty's blessings!!

News from Catechism Department

Achievement

One of our Grade 10 students, Issac Sijo, won the third prize at the Eparchial-level Mission Quest competition held in December 2024—a proud moment for our Eparchy, parish, and his family!

Congratulations to Issac for his dedication and hard work! Special appreciation goes to his parents for inspiring not just him but also his younger siblings, who have consistently represented our parish in various quizzes since the pandemic.

We wish them continued success and more accolades in the years to come!



Way of the Cross

Our Catechism kids are actively leading the Way of the Cross alongside the Kids' Choir on alternate Sundays and Saturdays via Zoom, while also practicing the Lenten pillars set by our Eparchy.

A heartfelt thank you to all parents for encouraging and guiding their children on this Lenten journey of faith and devotion!



ST. JOSEPH PARISH, HAMILTON

Bishop's Visit to Hamilton Parish

The three-day pastoral visit of Bishop Mar Jose Kalluvilil from the Eparchy of Mississauga in the first week of March was a moment of blessing and guidance. Several events were organised to coincide with the bishop's visit.

1. Holy Qurbana for Children

On 1st March, a Holy Qurbana for children was celebrated by Bishop Jose Kalluvilil at St Margaret Mary Church.



2. Meeting with PAC and Catechism Department

After the Holy Qurbana, our Bishop met with Pious Association of Children (PAC) and the Catechism Department along with teachers.



3. Sunday Qurbana and Installation of 40 Altar Servers

Vestments (kotheena) were blessed and certificates awarded to 40 altar servers from Grade 5 to 12 by Bishop Jose Kalluvilil on 2nd March during Sunday Holy Qurbana. Special thanks to everyone involved in this event from getting measurements of kotheena, transporting the vestments from India and coordinating the students on the day of the event.

After the Qurbana, there was a well-organized procession with the Holy Eucharist within the Church.



Felicitation of Bishop Kalluvilil

Mar Bishop Jose Kalluvilil is celebrating 40 years



of his priestly ordination in 2025. The parish congratulated him by covering him with ponnada. May our good Lord bless and guide in his personal and spiritual journey.



Parish Council Meeting with Bishop

The Parish Council submitted reports representing every ministry



of our parish highlighting events and activities organized till date. The Bishop absorbed and provided suggestions and guidance to the ministry coordinators.

Ash Monday

Lenten season began on 3rd March with Holy Qurbana celebrated by our Bishop. The community joined together to receive the ashes representing repentance of sins and turning towards God for mercy.



Feast of St. Joseph

On March 19th, feast of St. Joseph was celebrated to honor the patron saint of our Parish and the Protector of the Catholic Church.



Holy Communion Classes

Preparatory classes over 15 weekends for children receiving Holy Communion in 2025 are being conducted by Dr. Jomy Vallipalam and Roselin Jomy.



Lenten Retreat

Our Annual Lenten Retreat was conducted by Fr. Jijo Nellikandathil for adults from 21st to 23rd March. The focus was an in-depth understanding of the Holy Qurbana and how we can participate in the Qurbana with intent and remember the sacrifice of our Lord Jesus Christ.

Simultaneously, a team from Jesus Youth conducted sessions for children which was very well received.





ST. MARY'S PARISH, LONDON

Pilgrims of Hope

All Catechism students are encouraged to participate in Lent activity prepared by Our Asst. Vicar Fr. Joyal. Students are actively participating and self-motivated to attend Holy Mass daily, and enriched to follow three virtues, Prayer, Fasting and Almsgiving during this Lent season.

As being part of Jesus' sacrifices, all Catechism students are self strongly encouraged to provide their small sacrifices to Our Second Home Fund raising Campaign, by giving their part through the Piggy bank.

Spiritual Enrichments for Catechism Students

St. Mary's Catechism team took an initiative to empower our high school students, to grow more in Faith this year. During Catechism time, students from grade 8 to 12 are encouraged to receive Sacrament of Reconciliation prior to Holy Mass on every Sunday. They were part of Offertory, reciting 'Karasosusa' and Bible Reading during Holy Mass.



During Lent season, students from Grade 5 to 7 are leading Stations of The Cross every Sunday prior to Holy Mass, and those class groups are participating in Holy Mass accordingly.



Every Sunday, Our Respected Vicar Fr. Plogen Antony and Asst. Vicar Fr. Joyal Joseph mentor our catechism students and encourage them in learning the Word of God and honor them with gifts.

First Holy Communion Preparation classes started on February, and continuing on every Saturday for around 70 students. All Candidates are actively participating in all sessions.

Friday Service

Every fourth Friday of the month is designated for Children's adoration followed by Holy Mass. Students from Grade 6 & up are encouraged to participate in Holy Mass, and Praise and Worship on every Fourth Friday. These hours are entitled for Confession, Preaching and Praise and Worship for Catechism Students.



"Emmaus" 2025 Childrens' Retreat and CML Gathering

"Emmaus" Retreat was a 3 day Journey for our kids enriched with Word of God, Adoration, Confession and Spiritual Sharing lead by our Assist. Vicar Fr. Joyal Joseph. This retreat was specifically focussed on 80 youths from Grade 8 to 12.

On the First day, Fr. Joyal prepared participants for Good Confession.

Second Day was filled with God's Love and Inner Healing Adoration. Miss. Bisi

Manoj and Fr. Francis guided our Teens through two empowering content of 'Sexuality' and 'Stations Of The Cross'. Children felt close relationship growing with God's Love after doing spiritual Sharing.

Third day, all the youth felt the Love of Jesus through Praise and Worship and got Anointed.

Throughout the retreat days, parents continued their intercession prayer in front of Holy Eucharist. St. Mary's Parish family got Blessed with prayers and services from Fr. Harold, Fr. Saji, Fr. Mathew Areekattu, Fr. Francis & Fr. Jason, Sr. Josy Maria cmc, Sr. Christy cmc, Sr. Mercy Chf throughout the retreat days.

CML gathering conducted on March 14 th, led by Our Vicar Fr. Plogen Antony and CML Coordinators. Around 140 students participated in the gathering. Session started with Holy Mass followed by Fr. Francis's talk about his Priesthood life and Vocation. CML participants also received an informative session about 'How to be safe on the Internet' by a Police Officer Miss Julia from OPP.



LOURDES MATHA MISSION, WINDSOR

Annual Lenten Retreat - 08 March to 09 March 2025

Annual Lenten Retreat was conducted on March 8th and March 9th lead by Rev Fr. Joyal Varikkanikal (Asst Vicar. St.Mary's Syro Malabar Catholic Church, London) Retreat created an opportunity for parishioners

to reconnect with their faith. Retreat also helped everyone to understand more about Holy Mass.



St.Joseph's and Spouses Day - 16 March 2025

St. Joseph's and Spouses day was celebrated on March 16th. The Feast of St.Joseph is a day dedicated to honoring St. Joseph's pivotal role as the protector of the Holy Family. After the Holy Mass, Vicar Rev Fr. Mathew Joseph Areekkattu blessed all the couples.



Nurses formation program - 22 March 2025

Nurses formation program was held in our parish by Rev Fr. Joyal Varikkanikal, a unique and transformative event that brought together healthcare professionals and aspiring nurses to deepen their skills, knowledge, and faith.



Additional events in parish

- Ash Monday - 03 March 2025
- Stations of the Cross begins in Family unit basis - 07 March 2025
- Stations of the Cross during Holy Mass on Sundays at 3:45pm

CHRIST THE KING MISSION, CHATHAM

Ash Day (Charampooshal day) – March 2nd

Lent is a time for reflection, sacrifice, and spiritual renewal, and Ash Day (charampooshal) serves as a reminder of the need for repentance and the impermanence of life. On this day, our parioshners attended church services where they received ashes on their foreheads symbolizing repentance and mortality.



Way of The CROSS – March 7th

To serve as a poignant reminder of the suffering Jesus endured for humanity, and to deepen our faith and understanding of the significance of His sacrifice, we initiated the Stations of the Cross at our family base units.

Furthermore, every Sunday, prior to the Holy Mass, the Stations of the Cross are observed at 10:30 AM in our parish.



Parish Council Meeting – March 9th

The council meeting with Fr. Vicar and committee members were held to ensure the parish operates seamlessly and adeptly addresses the spiritual and practical needs of its congregation.

Feast of St. Joseph (Spouse Day) – March 16th

The Feast of St. Joseph is a day dedicated to honoring Saint Joseph's pivotal role as the protector and provider of the Holy Family. The observances of St. Joseph's Day and Spouse Day are both vital commemorations that celebrate significant elements of familial life, love, and faith. Through special prayers and blessings for spouses, nercha venjarippu, and moments of reflection, both observances provided a valuable opportunity to celebrate the essence of partnership, love, and steadfast commitment.



SCARBOROUGH FORANE



ST. THOMAS FORANE PARISH, SCARBOROUGH

Spring forward....

As we stepped into spring, we also embraced the season of spiritual renewal and reflection with the commencement of Lent—a time that draws us closer to God’s grace. With hearts uplifted and renewed through a spiritual retreat, we continue our Lenten journey together, seeking transformation in faith and community.

March also brought the joyous celebration of Saint Joseph, the patron of families and workers. Parishioners united in prayer and thanksgiving for his intercession, reflecting on his unwavering trust in God. The Bible Arts Festival added a touch of creativity as our children expressed their artistic and imaginative representations of Scripture, reminding us of the beauty of faith seen through the eyes of the young..

Feast of Saint Joseph Patron of Families

The Feast of Saint Joseph was celebrated at the parish with great devotion reflecting the community's deep reverence for the patron of families. The solemn Holy Mass was led by Rev. Fr. Baiju Chakkery, followed by a graceful procession, special blessings, and veneration. The celebration



Feast of Saint Joseph

concluded with a traditional 'Oottunercha', fostering a joyful fellowship. Special thanks to the members of the St. Joseph Family unit for their breakfast fundraiser and great efforts to make the event memorable and a spiritually enriching experience.

Ash Monday

Ash Monday marks the solemn commencement of Lent, in the Syro Malabar Church, a sacred season of prayer, fasting, and repentance.

Ash Monday liturgy was led by Fr. Shijo Karickal, Assoc. Pastor blessing and imposing ashes on the foreheads of faithful in the form of a cross, accompanied by the words: "Remember that you are dust, and to dust you shall return" This powerful symbol served as a reminder of human mortality and the call to spiritual renewal..



Lenten Retreat-The time for Spiritual Renewal

Through acts of self-discipline, charity, and deeper reflection, Catholics embark on a 50-day journey mirroring Christ's time of fasting and prayer in the wilderness. This year, the Lenten Retreat led by Rev. Fr. Majo Koreth Ph.D, Chancellor, Eparchy of Shamshabad on March 14 to 16 set the tone for a season of conversion, inviting the parishioners to turn their hearts fully toward God.



Simultaneously sessions were organized for Children on Saturday and Sunday, helping them reflect on themes relevant to their Christian formation. Sessions were led by Joshy Varghese, Sr.Jyothy, Irene Paul, Santhosh Thomas, Roopa Vinod, Jose Varghese and Biju Kannampuzha.



Parish Council

The Parish Council, in its meeting on March 22 approved the statement of accounts for the past year and Budget for 2025-2026 and decided to convene the Parish General Body Meeting on Sunday, April 6 at 10.30 a.m., following the Holy Mass.



The council reviewed the progress of the Car Raffle and planned further steps to boost the sales. The Council also appreciated the generous support from the Cathedral Parish, Mississauga for the raffle.

Students Donate Proceeds of Loonie Drive to Toronto Shelter

Catechism students raised \$1,000 through the 'A Loonie with Drive' Lenten campaign last year and presented the donation to Good Shepherd Shelter during a special function held at the church on the First Sunday of Lent. Rev. Fr. Shijo Karickal, Associate Pastor, along

St. Thomas Syro Malabar Catholic Forane Church
SCARBOROUGH | TORONTO

CAR RAFFLE 2025

To support Parish Community Development Services

WIN
A HONDA CRV 2025
Or 4 cash prizes of \$1000

Thank you Mississauga for your support.
We are one step closer to our goal.

LUCKY DRAW
SUNDAY, MAY 18, 2025, 12 NOON
St. Thomas Syro Malabar Catholic Forane Church
 115 Seneca Road, Scarborough, Toronto ON M1B 3A1
 @stthomasforane.com

**FEW MORE TICKETS...
GET YOURS NOW!**

Call Trustees: 416-996-2002 | 647-766-7201 | Parish Office: 416-702-9996
 Pay to: stthomascafff@gmail.com | Ontario Lottery Licence Number: M824350

with Biju Kannampuzha, Principal, Veena Louis, Saji Thomas, the Trustees, Binoy Sasthampadavil, PTA Chair and Jose Varghese of ISSSAC welcomed Ms. Corliss Lee, Coordinator of Volunteer Initiatives at Good Shepherd to receive the cheque.

Ms. Lee expressed her gratitude to the parishioners for fostering such charitable efforts and commended the students

who volunteered at the shelter during the holidays. The event also marked the official launch of this year's 'Loonie with Love' Drive, encouraging continued generosity and community engagement.



A Loonie with Love
Children's Lenten Charity Drive

CATECHETICAL CORNER

Bible Arts Festival

Hundreds of Children joined the 3rd Bible Arts Festival organized by the School of Catechesis to creatively express Biblical themes and messages through a variety of art focused competitions and activities on March 7 and 8. Rev. Fr. Shijo Karickal, Assoc. Pastor lighted first wick of a traditional oil lamp amidst prayers to mark the opening of the festival. Principal Biju Kannampuzha welcomed the packed house of students and their parents.



Drawing, Coloring and Painting, Bible verse memory challenge, Biblical Fancy dress, Storytelling, Bible reading, Bible Crossword search, Spelling Bee, Elocution, Bible themed photography, Poster

making including digital posters, Christian Action song, Solo and duo dances and Group Dances were the events that attracted more participants. Principal Biju Kannampuzha along with the team of Vice Principals Sr. Jyothy AO, Biji Mary Thomas, Joshy Varghese, Parent -Teacher Council President Binoy Sasthampadavil, Anu Thomas, Rajeev Jose, Lijo Abraham, Paul Karintholil, Sneha Vino, Teachers Neethu Siji, Princy Robins, Nicey Joshy, Irene Paul, Mickymol Joseph, Jincy Manuel, Treesa Varghese, Neethu Jaimon, Alphonsa Varghese, Shradha Tony, Sr. Jessy A.O and Jose Varghese coordinated various events.



Session for High Schoolers on Making the best out of Lent.

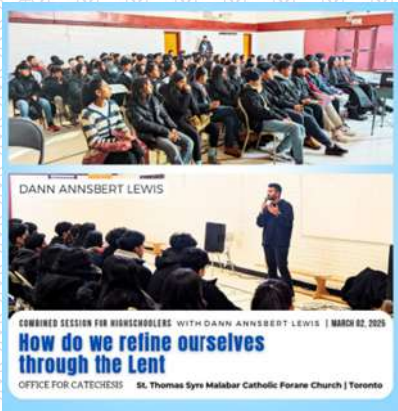
How to prepare for Lent and how to take the best out of it was the core of the session organized for Highschoolers on Sunday, March 2 at Ionview School. Youth Leader Dann Annsbert Lewis shared thoughts on how to refine us through the lent, citing inspiring instances from his life and the spiritual gains acquired through such ardent practice.



Children using colors for creative expression of Biblical themes

Prayer Warriors

The teenagers and children’s group on Fridays has been restructured with more interesting content and focused interactions. Prayer Warriors will meet every Friday, with educational, spiritual



sessions, activities, games and quizzes followed by treats, engaging children in a new tangent.

Educational Session for Parents- Raising Confident and Resilient Children

Parent-Teacher Council organized an educational session on Raising Confident and Resilient Children in a new country on March 30 led by Dr. Arun Paul Menacherry, Child Protection Worker at Hamilton CFS, and a Professor at Conestoga College, to enable parents to connect with children better and nurturing their development.



SMYM

SMYM organized various activities fostering youth engagement and spiritual enrichment.

An executive meeting was held on March 2, presided over by Fr. Shijo Karickal that discussed on commemorating the canonization of Blessed Carlos Acutis, Patron Saint of Internet on April 27, 2025, and planned to make a short film to match with the occasion.

An on-line Way of the Cross, will be organized every Friday at

Youth gathered on March 9th after the 5 p.m. Holy Mass for recreational activities, including table tennis, and board games have enjoyed the platform for fellowship. They also enjoyed coffee and snacks as part of the fellowship.

SMYM led a Eucharistic Adoration on March 23rd after the 5 p.m. Holy Mass, with Sherin Tomy, Executive team member, leading the session. Birthdays members born in March were celebrated.

Adoration over the Night

A nightlong adoration from 8.00 p.m. to 7.00 a.m., on Friday March 21 to March 22 was led by the Spirited youth team of the parish who organized the Joy Retreat. This intense spiritual exercise engages participants in steadfast adoration with contrite hearts, prayers of Thanksgiving and Praise.

RE 'JOY'CE Gathering

As a follow up of the successful JOY Retreat, youngsters who worked behind it arranged a gathering on Saturday, March 29 from 8.30 a.m. to 3.30 p.m. with Rev. Fr. Roni George V.C., Director, Divine Retreat Centre Toronto leading a prayer session and Adoration. Group interactions involving youth members who are part of the Friday prayer gathering and those who attended the Joy Retreat was aimed at strengthening the fellowship.



Mathruvedi Eucharistic Song Contest

Mathruvedi of our Parish organized a 'Eucharistic song contest' for mothers during the month as part of the Eucharistic year in the Eparchy. Neethu Jose emerged as the best performer

and Jincy P. Manuel ranked the second best. The winners were honoured by the parish on Sunday, March 23.

AKCC Parish Office-bearers assume office.

Congratulations to the new team elected to guide AKCC's parish activities took the Oath of office in the presence of the Eparchial Team, on March 23, 2025



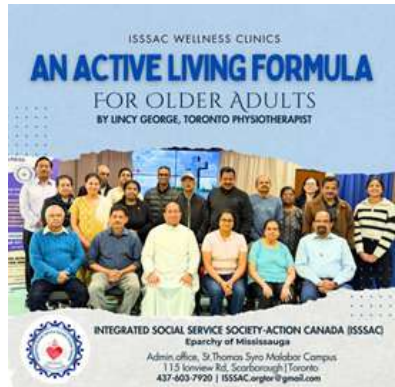
Green Future Project at the parish-Growing Greens together

Parishioners are taking a keen interest in growing vegetables and leafy greens in their backyards joining hands with the 'Green Future' Project of ISSSAC that supports Food Security and Sustainability. As part of this, ISSSAC will make seedlings available to all those registered from a variety of 20 plants, vegetables and leafy greens that are in great demand.

Along with this, a community garden of Vegetables and leafy greens will be raised in the Church campus with the involvement of youth and adult members of the parish starting at the end of April.

ISSSAC Wellness Clinic

ISSSAC's Wellness Clinic, "An Active Living Formula for Older Adults," led by physiotherapist Lincy George, drew a highly engaged group of seniors from the parish. The session focused on simple, effective exercises designed to promote fitness and well-being as they age.





HOLY FAMILY **PARISH, HALIFAX, NOVA SCOTIA**

Ash Monday (Vibhoothi Thirunal) At Holy Family Parish

The Holy Family Parish celebrated the sacred occasion of Ash Monday with great devotion and fervor, observing the Vibhoothi Thirunal. This solemn event marked the beginning of the Lenten season, inviting the faithful to reflect on spiritual renewal and penance.



Parish Council Meeting Updates

On Sunday, March 16, 2025, after the Holy Mass, the Holy Family Parish Council convened to address several important topics. The meeting's agenda included a review of February's financial statements, discussions about filling vacancies caused by absences and resignations among council members and plans to

hire a new accountant. The council also focused on organizing the Retreat and Holy Week, which involved arranging separate student sessions, finalizing the Holy Week schedule, and ensuring accommodations for families traveling from distant locations. Additionally, they discussed plans for charity initiatives, preparations for the upcoming Feast Days, and reviewed the agenda for the upcoming General Body meeting. During this session, the council elected Bimal and Midhun as the new parish trustees for the term starting May 1, 2025.



Holy Family Parish Celebrates St. Joseph Feast

On March 19th, Holy Family Parish reverently celebrated the Feast of St. Joseph with a solemn and heartfelt Holy Mass. The occasion united parishioners in faith and devotion as they paid tribute to St. Joseph, the patron saint of families, workers, and the universal Church.



Holy Family Parish General Body Meeting

On March 23, 2025, the Holy Family Parish General Body Meeting was held following the Holy Mass. The session began with the Parish Trustee delivering a comprehensive report, which outlined the various events and activities undertaken by the parish from October 2024 to March 2025. The Trustee shared details regarding initiatives that strengthened community engagement and enriched spiritual life, along with a summary of all major programs hosted during the period. The 2024 annual

financial report was presented, providing insights into the parish's financial health, including income, expenditures, and the budget. Updates were also shared about ongoing and planned church acquisition activities, ensuring transparency in the development process.

During the meeting, parishioners were encouraged to participate actively and raise any concerns or queries. Their questions were addressed by the Trustee, fostering an inclusive and collaborative atmosphere. Another highlight of the meeting was the announcement of the newly elected Parish Trustees, Bimal and Midhun, who will officially assume their roles starting May 1, 2025.

The General Body meeting reaffirmed its commitment to community engagement, financial accountability, and long-term development goals for the parish, creating a solid foundation for future endeavors.



Annual Lenten Retreat: April 4th-6th, 2025

Holy Family Parish is thrilled to announce the schedule for the much-anticipated annual Lenten retreat, open to all parishioners. This spiritually enriching event is designed to help individuals deepen their faith and prepare for the celebration of Easter.



The retreat will span three days, from April 4th to April 6th, 2025, offering an immersive experience filled with prayer, reflection, and spiritual activities.

Holy Family School Of Catechism Report

Mega Bible Quiz



On March 2nd, the Holy Family School of Catechism successfully hosted a Mega Bible Quiz, which turned out to be an inspiring and faith-enriching event. A total of 44 students and 8 teachers participated, showcasing their knowledge and dedication. The quiz centered around the Gospel of Luke and featured various interactive rounds, making it both engaging and educational. The



competition was structured into four teams, fostering a spirit of collaboration and healthy rivalry among the participants.

Teachers actively joined in, further encouraging the students and elevating the energy of the event. Every participant was recognized with rewards, highlighting the importance of their efforts and enthusiasm. The first and second teams were announced and celebrated, while all coordinators received well-deserved appreciation for their meticulous planning and execution. This event beautifully brought the community together, leaving a lasting impact on the participants and attendees.

Catechism Students Lead The Way Of The Cross

Every Sunday, Catechism students at Holy Family Parish have been taking an active role in leading the Way of the Cross, demonstrating their faith and dedication. This spiritually moving practice has provided an opportunity for the students to deepen their connection with Christ's Passion and share their reflections with the parish community. Their involvement has enriched the devotion, inspiring parishioners with their sincere participation and commitment. The initiative underscores the importance of engaging young members in meaningful liturgical activities, fostering spiritual growth and a sense of responsibility in the younger generation.

Holy Communion Registration And Parents' Meeting

Holy Family Parish has started the Holy Communion registration and conducted a meeting for parents to prepare for this significant sacrament. It was decided during the meeting to hold the Holy Communion celebration on July 5th, 2025. Plans were discussed to ensure a meaningful and well-organized event, emphasizing the spiritual importance of this milestone in the faith journey of the children. The parish is looking forward to this special occasion, which will bring together families and the community in a shared celebration of faith.

Kids And Teen Retreat

The Holy Family Catechism and Jesus Youth have announced a Lenten Retreat for children in Grades 2 to 7, promising to be a

spiritually enriching experience. This retreat is designed to help children prepare for Easter through meaningful prayer, thoughtful reflection, and engaging activities that aim to deepen their faith. The retreat is scheduled to take place on April 5th and 6th, 2025, at the Church Parish Hall located at 6032 Normandy Drive, Halifax. Sessions will include age-appropriate activities led by Jesus Youth, ensuring an interactive and impactful experience for the children



Nurses Ministry Report

“Whatever you did for one of the least of these brothers and sisters of mine, you did for me” Mt 25:40

As we entered this sacred season of Lent, a time for reflection, sacrifice and spiritual renewal, we dedicated this month to seek special intercession of saints as our prayer tool.

On Ash Monday, Weekly prayer was led by Br Josemon who reminded him how to prepare this lent spiritually and how to practice it in our professional and personal life.

On March 08, Woman's Day we came as women of faith, seeking renewal, strength and grace in the presence of the Lord by offering the Holy Mass and we got the opportunity to draw closer to Christ who is truly present in the Eucharist by leading the Adoration. Ms. Linta John led the Adoration in a very graceful way.

Took the privilege to lead the Chain rosary organized by Canada Nurses ministry from 0600-0700 Halifax time (0500-0600 Ontario Time) Ms. Josna Nyjo, Ms. Linta John, Ms. Susan Jeo and Ms. Siji Rintu took turns to lead and recite the rosary. It was a Very Anointed Day.

March 19th: Feast day our beloved Bishop Mar Jose Kalluvilil, we took part in making the spiritual bouquet by reciting Hail Mary (600). We attended the Special Online session at 0430 to wish pithave on the feast day.

2nd session of HOPE spiritual support for families having kids with special needs is to be held on March 21st.taking part in the online way of cross daily at 4pm Halifax time (3pm EST)

This month as we walk through the lent it is not just about giving up things but about renewing our hearts, deepening our faith, and strengthening our commitment to follow Christ in our professional and personal life.

Pithruvedi Meeting

We had an incredibly successful Pithruvedi meeting on March 20th at 7 p.m. at 1110 Purcells Cove Road. The evening started with some fun games. Following that, Daris Achan led the Stations of the Cross. To celebrate the Feast of St. Joseph, we had a cake-cutting ceremony, done by members named Joseph and last week's birthday celebrants.



Key Discussions & Decisions

- Picnic Plan: We are organizing a Pithruvedi picnic in July. More details will be shared soon.Midhun suggested that Gijo Chettan and Rintu Chettan take charge of serving tea and snacks, which was mutually approved and we also decided to have two representatives from each unit to assist with tea/snack service every Sunday.

- Fr.Daris encourages members of the Knights of Columbus to actively participate in the upcoming Pithruvedi meeting. This is a wonderful opportunity to come together in faith, strengthen our spiritual journey, and contribute to the mission of our community

- Holy Week Programs: *On Maundy Thursday, Pithruvedi members will take the initiative to prepare Pesaha Pal. Gijo Chettan and Rintu Chettan will lead this effort, and those interested in assisting should vote in the WhatsApp group. *On Good Friday, Sebin will lead the preparation of kanji, and we encourage members to support him.

The meeting concluded with a delicious dinner of naan and paneer curry, and heartfelt gratitude was expressed to everyone who attended.

Contribution Reminder: *Each member is kindly reminded to contribute 10 CAD per month to the Pithruvedi finance account. Thanks again to everyone who participated in the meeting. Looking forward to seeing you at the next one!

Pious Associations For Children (Jesus Kids, Hca, Cml)

Lenten Activity

As per the instructions of the Lenten Activity Plan, children are encouraged to perform their activities daily. With “ Pethurtha Sunday”, Lenten season begins and kids are made their Lenten Altar as their own prayer space.

Daily Mass

Stickers are distributed throughout the Lenten days as an encouraging gesture to inspire the children to attend the Holy Mass



and there is an incredible amount of support from the community (parents) to this initiative.

Associations Session For March

March 23, Sunday, was a blessed day with the Enactment of the Way of the Cross at the Church by the Children. It was indeed a great blissful time especially for the kids to witness the passion of our Lord Jesus Christ.

During the Preparation time, remaining kids, Grade Pre-Primary to Grade 4 were given the opportunity to watch the Way of the Cross- My Time With Jesus, EWTN and it was a great opportunity to learn more about the Stations of the Cross.

Grade 5 to Grade 12 were actively engaged in learning about the importance of Lenten days and had fun filled activities.



SMYM Report

The SMYM Executive meeting was held on March 17th. Discussions were held on upcoming events and youth involvement for easter and parish events.



Key Events Discussed

- Kozhkatta Sheni: A youth gathering to be held the day before Oshana Sunday, with a special way of the cross, with a nature hike in a trail. The meeting will be held after the 9:30 AM mass. Some kozhkatta premade from homes will be brought and shared among youth after the Way of the cross.
- Good Friday (Apr 18) readings: SMYM will be involved in peedanubhava readings and helping out with the distribution of food to the parishioners on good Friday.
- Puthu njarar- An awareness session on joining the Canadian armed forces. Info session on the application process, tips, benefits etc will be held.

Updates

- Monthly meetings will be held after Easter. Starting May. After Saturday morning Qurbana, with sports, food etc.
- Adorations will be led by SMYM youth on the 3rd Saturdays of the month.

CHRIST THE KING SYRO MISSION LUNENBERG, NOVA SCOTIA

Holy Mass (March 9, March 16)

Before the first Holy Mass, a special blessing ceremony was held for the Mass books, the priest's holy vestments, crosses, and Bibles. This meaningful occasion set a sacred tone for our community's spiritual journey and fostered a deeper connection to our faith. The Holy Mass was celebrated with a good turnout of parishioners, marking a time for reflection and spiritual renewal during Lent. We are grateful for the strong participation of the community.



Way Of The Cross At Homes



We have initiated the Way of the Cross in our community, held at individual homes every Friday. This spiritual journey brings us closer together as we reflect on Christ's passion and sacrifice. We thank God for His blessings and for the continued growth of our church community.

AVE MARIA MISSION, BERWICK, NOVA SCOTIA

Holy Mass With Fr. Daris Cherian

On February 23rd, we were blessed to celebrate the Holy Mass with Fr. Daris Cherian at our Ave Maria Berwick Mission. All church members gathered in faith to worship and strengthen our spiritual connection with God. We thank everyone who attended and made this event a meaningful gathering.

Solemn Sunday Holy Mass & Ash Wednesday Celebrations

On March 3rd, we joyously celebrated the Solemn Sunday Holy Mass, marking the beginning of Lent. During the Mass, Fr. Daris reminded

us of the importance of the Lenten season and how we should prepare spiritually. As part of the Ash Wednesday celebrations, Fr. Daris placed ashes on the foreheads of all attendees, marking the beginning of this sacred time of reflection and penance. This service was a powerful reminder to turn away from sin and embrace the journey of repentance throughout Lent.



Way Of The Cross Via Zoom - Fridays At 8:00 Pm

Every Friday at 8:00 PM, we have been conducting the Way of the Cross via Zoom, with many of our parish families actively participating. This has been a wonderful way to stay connected as a community during Lent, reflecting on the Passion of Christ. We encourage more families to join in this meaningful virtual devotion as we continue our Lenten journey.

Forane Level Competition Winners And Participants

We are delighted to congratulate Sona Thankachan, one of our parish members, who recently won second place in the Malayalam Speech Competition at Forane Level. We are also proud to share that many of our parish members participated in Forane Level at various levels: Ann Treasa Prince, Donal Nisso and Daya Maria George, showcasing their talent and dedication. We congratulate everyone who took part and encourage all to continue pursuing their passions.

Upcoming Holy Mass

We celebrated Holy Mass again on March 23rd. It promises to be another uplifting and spiritually enriching occasion for our mission community. Fr. Daris reminded us to deepen our faith during this blessed season of Lent.

Parish Meeting For Holy Week Activities

As we approach Holy Week, we held a Parish Meeting to discuss upcoming events and activities. The focus was on organizing services, processions, and special devotions during this sacred time.

We are grateful for the continued support and active participation of all our parish families. As we move forward, let us continue to build our community through prayer, reflection, and acts of service. Stay blessed, and we look forward to more opportunities to gather in faith!

SAINT ANDRE MISSION, SYDNEY, NOVA SCOTIA

- February Month Holy Mass was celebrated in our Mission on 23rd of February by Rev Father Joby Augustine and Rev Father Silvichan.
- We have The Way Of The Cross in Malayalam led by Father Paul on all Fridays at 7.00 p.m during the Lent period
- The Way of The Cross is planned on Good Friday at 7.00 p.m.
- After the Way of Cross, Rice Porridge will be distributed. Rice Porridge is sponsored by Joann's Little India Restaurant, Sydney
- Easter Mass will be celebrated on 20th of April 2025 at 4.30 p.m. at our mission.
- Also we are planning to distribute Easter Eggs to our fellow members after the Holy Mass
- March Month Holy Mass will be celebrated on 30th of March at 4.30 p.m.



ST. THOMAS MISSION, MONCTON, NEW BRUNSWICK

On Saturday, March 15th, 2025, the parish community gathered for the celebration of the Holy Mass at 5:30 PM, led by Rev. Fr. Daris Moolayil. The Mass was a spiritually enriching experience for all attendees. Prior to the Mass, the faithful had the opportunity to receive the Sacrament of Confession, offering a time for reflection and spiritual renewal.

In line with the Lenten season, the weekly Way of the Cross began, with parishioners gathering at the homes of community members. This practice fosters unity, providing a meaningful opportunity for spiritual reflection.

Additionally, on the first Saturday of each month, the children of the parish lead the Rosary, an initiative that encourages their active participation in the church while promoting their spiritual growth and sense of responsibility.

The Sunday catechism classes continue to be a vital part of the parish's efforts to nurture faith among the youth. With enthusiastic participation from both students and volunteer catechists, these classes play an essential role in laying a strong foundation for spiritual formation.

ST. JOHN MISSION

SAINT JOHN, NEW BRUNSWICK

Holy Mass

We warmly invite you to join us for the celebration of the Holy Mass, tentatively scheduled for Saturday, March 28, 2025, at 5:30 PM at Saint Rose Catholic Church. This sacred occasion offers us an opportunity to come together as a community,



to reflect, give thanks, and seek spiritual renewal in the presence of the Lord. Whether you are a longtime member of our parish or visiting for the first time, your presence will be a cherished blessing. All are welcome as we gather in faith and unity to celebrate this holy liturgy.

Way Of The Cross

We are pleased to announce that the Way of the Cross will be held every Friday at 5:30 PM at Saint Rose Catholic Church until Easter. This sacred devotion invites all parishioners to walk with Christ on His journey to Calvary, reflecting on His suffering, sacrifice, and immense love for humanity. Each station offers a moment to pause, pray, and meditate on the profound mystery of the Passion, deepening our spiritual connection and preparing our hearts for the celebration of Easter.

We extend our heartfelt gratitude to all parishioners who join us in this meaningful devotion. Your presence and prayers contribute to the spiritual strength and unity of our faith community. As we journey together through this Lenten season, may these moments of reflection draw us closer to Christ and inspire us to live out His message of love, compassion, and forgiveness in our daily lives.

Nurses Ministry

On March 13, the members of the Nurses Ministry in Saint John came together at Saint Rose Catholic Church for a time of fellowship, prayer, and discussion. The gathering provided an opportunity for the members to reflect on their mission, share their experiences, and strengthen their commitment to serving the community through their faith and professional dedication.





ST. JOSEPH PARISH, OSHAWA

Ash Monday: Beginning the Lenten Journey

Our parish solemnly observed Vibhoothi on March 3, marking the beginning of the Lenten season. The evening commenced with special prayers, followed by the Holy Qurbana at 7 PM and Charam Pooshal ceremony. A large number of parishioners participated in this spiritual gathering.

Fr. Tenson Paul delivered a profound homily on the significance of Lent, emphasizing the importance of repentance, prayer, fasting, and almsgiving. His message served as a heartfelt reminder of our journey of faith: "From dust we were made, and to dust we shall return." This sacred observance set a meaningful tone for the Lenten season.

Way of the Cross During Lent

During the Lenten season, the Way of the Cross is conducted in the church after every Holy Qurbana in a short form. On Fridays, it is observed in a solemn form after the Holy Qurbana. Additionally, on Sundays, after the 11:00 AM Children's Holy Qurbana, the catechism students lead the Way of the Cross, fostering spiritual devotion among young parishioners.

Eucharistic Year: 24-hour Eucharistic adoration

On March 1, our parish hosted the monthly 24-hour Eucharistic Adoration, providing parishioners with a sacred opportunity for individual prayer, reflection, and spiritual renewal.

Parish Council Meeting

The Parish Council Meeting was held on March 8, following the 5:00 PM Holy Qurbana. Key parish matters were discussed, including upcoming events and initiatives for the community.

Spring Break Bible Festival for Kids



Our parish hosted a one-day Bible Festival on Saturday, March 15, following the 9:00 AM Qurbana, from 10:30 AM to 3:00 PM. The event was filled with engaging activities, including Bible-based competitions, games, painting, skits, tableau, elocution, and a mini basketball game for older children.



Children enthusiastically participated, showcasing their talents and deepening their faith through creative and interactive sessions. Snacks and lunch were provided, ensuring a fun and fulfilling experience for all. The event was a wonderful opportunity for children to grow spiritually while enjoying a day of learning and fellowship.

High School Youth Camp 2025

A two-day youth camp was held for Grade 10, 11, and 12 students on March 13–14. Twenty students, accompanied by two male teachers, two female teachers, and parent volunteers, participated in this faith-filled retreat at Tweed.

The camp featured Holy Qurbana, Way of the Cross, spiritual talks, games, and group activities, providing a balance of prayer,

reflection, and fellowship. The event strengthened the students' faith while fostering lasting friendships. The camp concluded with a return to St. Joseph Church on March 14, leaving participants spiritually enriched and refreshed.



Feast of St. Joseph Celebrated

Our parish joyfully celebrated the Feast of St. Joseph on March 19th. The celebration began with Holy Qurbana followed by Ladheenju, After the Qurbana, parishioners gathered for Nercha Venjiirippu, sharing a meal in fellowship. It was a spiritually enriching and community-building occasion for all who attended.

Additionally, Nerchayoottu was conducted on March 23rd after the 9:30 AM Holy Qurbana, further strengthening our parish's tradition of faith and unity.





Altar Server Training Held on March 15th

On March 15th, an altar server training session was held after the 9 AM Holy Qurbana. Many enthusiastic individuals attended, eager to learn more about their roles in serving at the altar. The session provided valuable guidance and insights to help the altar servers fulfill their duties with greater understanding and devotion. We are grateful to all those who participated and look forward to seeing their service in action.

Holy Qurbana Schedule

HOLY MASS TIMINGS

<i>Monday, Tuesday, Thursday, Saturday</i>	9.00 am
<i>Wednesday, Friday</i>	7.00 pm
<i>Sunday</i>	9.30 am, 11.00 am, 5.00 pm

Eucharistic Adoration:

- ✦ All Fridays after Holy Mass
- ✦ 24 Hour Adoration on First Saturday

English Holy Mass for children:

- ✦ Every Second Saturday

Confession:

- ✦ Wednesday and Friday: 6 pm - 6.45 pm

@SINMCCOshana
 @SINMCCOshana
www.sinmccosha.org

* This information is accurate as of May 24, 2021. Please visit our website and social media for the latest information.



ST. MOTHER THERESA PARISH, OTTAWA

Feast of St Joseph

Feast of St Joseph was celebrated on March 23rd 2025. The way of the cross was followed by Presudenthi Vazhcha, Ladeenju, Holy Qurbana and a sumptuous oottu-nercha in the basement of the church.



Mathruvedhi



The Mathruvedhi association of the Parish are having a variety of Initiatives which are engaging all the mothers. A monthly rosary is conducted at different residences. The first week of March had a Zumba class followed by the second week, with Physiotherapy lesson on “Mothers maintaining mobility’. They are also now organizing the Stations of the Cross at our Mission house on Fridays.

Nurses Ministry

The Nurses ministry of our parish, conducted an education session focussed on care for special needs kids.

Raffle

Raffle sales are active with our team visiting other churches who have pledged their whole hearted support. As everyone knows the raffle is offering a grand prize of CA\$ 50,000 and there are only 2500 tickets. Tickets cost \$50.00 each and the draw is in September 2025.

Retreat

Annual retreat has been planned for April 04th,05th and 06th at St Ignatius Martyr church. The preacher is Rev.Fr Jijo Nellikakandathil.



ST. THOMAS PARISH, PEI

‘അവർ പറഞ്ഞു: കർത്താവായ യേശുവിൽ വിശ്വസിക്കുക; നീയും നിൻറെ കുടുംബവും രക്ഷപ്രാപിക്കും.’

(അപ്പ. പ്രവർത്തനങ്ങൾ 16 : 31)

P.E.I- St.Thomas Catholic Mission പള്ളിയിൽ നോമ്പുകാലത്തോട് അനുബന്ധിച്ചുള്ള വാർഷികധ്യാനം മാർച്ച് 7,8,9 തിയതികളിൽ നടത്തപ്പെട്ടു. വൈകിട്ട് 4.00 മുതൽ 9.30 വരെ ആയിരുന്നു ധ്യാനം ക്രമീകരിച്ചിരുന്നത്. വൈകിട്ട് 4.00 മണിക്ക് ഈശോയുടെ പീഡാനുഭവ യാത്രയെ അനുസ്മരിക്കുന്ന കുരിശിന്റെ വഴിയോടെ ധ്യാനം ആരംഭിച്ചു. തുടർന്ന് വചനപ്രഘോഷണവും അതേതുടർന്ന് പരിശുദ്ധ കുർബാനയും നടത്തപ്പെട്ടു. സുപ്രസിദ്ധ വചന പ്രഘോഷകയായ സിസ്റ്റർ ആൻ മരിയ S.H. വചന ശുശ്രൂഷകൾക്ക് നേതൃത്വം നൽകി. വികാരി ഫാദർ. ജോർജ് പരിശുദ്ധ കുർബാന അർപ്പിച്ചു സന്ദേശം നൽകി. ഏകദേശം 180-ഓളം ആളുകൾ വചന വിരുന്നിൽ പങ്കെടുത്തു. 3 ദിവസത്തെ ആത്മീയ ഉണർവിന്റെ പരിസമാപ്തിയിൽ സ്നേഹവിരുന്നും ക്രമീകരിച്ചിരുന്നു.



ഇടയനെപ്പോലെ അവിടുന്ന് തൻറെ ആട്ടിൻകുട്ടത്തെ മേയിക്കുന്നു. അവിടുന്ന് ആട്ടിൻകുട്ടികളെ കരങ്ങളിൽ ചേർത്തു മാറോടണച്ച് തള്ളയാടുകളെ സാവധാനം നയിക്കുന്നു. (ഏശയ്യാ 40 : 11)

P.E.I- St.Thomas Catholic Mission പള്ളിയിൽ ഷാർലടൊൺ ബിഷപ്പ് മാർ ജോസഫ് ഡബ്രാൻകി ഇടയനടുത്ത സന്ദർശനം നടത്തി. മാർച്ച് 16-ന് തിരുതി വൈകിട്ട് 5.00 മണിക്ക് വൈവാലത്തിൽ എത്തിച്ചേർന്ന പിതാവിനെ ബഹുമാനപ്പെട്ട വികാരി ജോർജ് അച്ചനും ഇടവക അംഗങ്ങളും ഒന്നിച്ചേർന്നു ഊഷ്മളമായി സ്വീകരിച്ചു. തുടർന്ന് പിതാവിന്റെ മുഖ്യകാർമ്മികത്വത്തിൽ പരിശുദ്ധ കുർബാന അർപ്പിക്കുകയും വചന സന്ദേശം നൽകുകയും ചെയ്തു. ഇടവക കുട്ടായ്മയുടെ വിവിധങ്ങളായ ശുശ്രൂഷകളിൽ പിതാവ് അതീവ സന്തോഷനായി. St.Thomas Catholic Mission പള്ളിക്ക് മുൻപോട്ടുള്ള പ്രവർത്തനങ്ങളിൽ ഭാവു കങ്ങൾ നേരുകയും എല്ലാവിധ സഹായവും വാഗ്ദാനം ചെയ്യുകയും ചെയ്തു.



EDMONTON FORANE



ST. ALPHONSA FORANE CHURCH, EDMONTON

Together through the Door of Hope

On Sunday, March 2, the Pithruvedi members came together and entered through the Holy Door before the 10 AM Holy Qurbana. A special confession was arranged for the fathers as part of their preparation, held on Thursday, Friday, and Saturday. On Friday, after the evening Holy Qurbana, there was adoration for all, with a special focus on the Pithruvedi members.



SMYM General Body Meeting

The General Body meeting of SMYM was held on Sunday, the 2nd, after the 11:30 AM Holy Qurbana. During the meeting, we selected a new member as the media coordinator to replace the previously elected coordinator who resigned due to personal reasons. Additionally, we discussed several important agendas aimed at strengthening youth participation.



Vibhuthi Thirunnal

On March 3rd, we celebrated Vibhuthi Thirunnal (Kurishuvara Thirunnal). We had two services that day: one in the morning at 8:30 AM and another in the evening at 6:30 PM. The morning service began with adoration at 8:00 AM.



House Blessing

On March 4th onwards, we began the general house blessing ward-wise. The assigned timing is from 6 PM to 9 PM. Each day, we inform the respective houses about the blessing. We started with St. Antony's Ward.

Feast of St. Joseph

On Wednesday, March 19, we celebrated the feast of St. Joseph. In preparation for the feast, we had a three-day novena. On the evening of the 19th, we had a solemn Holy Qurbana, Ladeenju, novena, and Nercha.



SMYM- Awaken and Movie Night

Each month, we host a youth adoration event called "Awaken." On the evening of Saturday, March 22, at 5:00 PM, we held a prayer session for the youth. The focus of this session was confession, and Mr. Christo delivered a talk to prepare the youth for a meaningful confession. Following the talk, the youth had the opportunity to participate in the sacrament of confession. Afterwards, we screened the movie "Wonder" for the attendees and enjoyed a potluck meal together. The event saw a high level of participation from the youth.





ST. MOTHER TERESA PARISH, CALGARY

The St. Mother Teresa Syro Malabar Church Calgary has been abuzz with activity in recent weeks, with a range of events and initiatives taking place under the leadership of parish priest Rev. Fr. Joseph Kizhakkedath.

Knights of Columbus Council Celebrates 10th Anniversary

On Sunday, February 23, the Knights of Columbus Council marked a significant milestone, celebrating its 10th anniversary. The event was attended by distinguished delegates from the State and Supreme Councils.

Catechism students who excelled in the Keep Christ in Christmas Poster Contest and the Catholic Citizenship Essay Contest were presented with prizes. Additionally, Grade 12 catechism graduates were honored with cash prizes, acknowledging their dedication and commitment to their faith.

The council itself was also recognized for its outstanding achievements, receiving the prestigious "Star Council Award" for its accomplishments during the previous year. The award was presented to the Grand Knight by District Deputy Mr. Noble Augustine, representing the Supreme Council.

On Sunday, March 16, the church held its Pothuyogam, a general meeting of parishioners, following the 9 am holy mass. The meeting provided an opportunity for the pastor and the parish council to update the community on various initiatives and activities.

The church also celebrated St. Joseph's Day on March 23, with a special ceremony organized by the Pithruvedi. The event included an Oottu Nercha, a special banquet of offering in honor of St. Joseph,

and honored couples celebrating their 25th wedding anniversaries. Approximately 450 people attended the celebration.

In addition to these events, the church has been conducting Stations of the Cross after every mass, as well as in family units on Saturday evenings, as part of the Lenten observance.

Other upcoming events include an activity day for catechism students on Sunday, March 30, which will begin with a holy mass. A Lenten retreat, led by Fr. Jison Paul, is also scheduled to take place during Holy Week, from April 14 to 16.

The church's Pithruvedi has also organized a food donation program, collecting non-perishable food items to donate to those in need. Meanwhile, the Knights of Columbus council is conducting an online raffle contest to raise funds for the church renovation project.





ST. JOHN PAUL PARISH, REGINA

SMYM General Meeting

On March 2, 2024, the SMYM General Meeting took place, bringing together members for a lively discussion on recent events and future initiatives. A major highlight was the celebration of the successful Family Day hosted by SMYM, where members reflected on its impact and shared ideas for future gatherings. The meeting fostered a sense of camaraderie, especially as everyone enjoyed

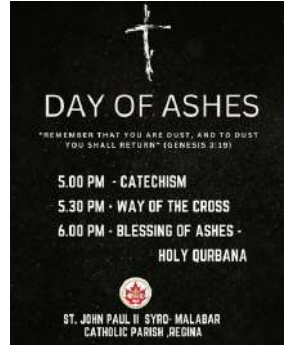
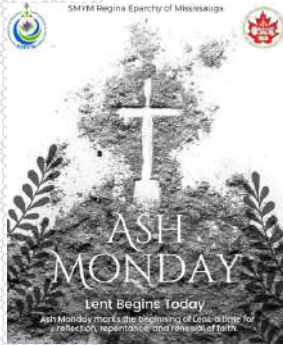


delicious pizza while brainstorming ways to enhance engagement. The enthusiasm and collective spirit of the group continue to drive SMYM forward with renewed energy.

Day of Ashes

On March 2, 2024, our community observed the solemn Day of Ashes, marking the beginning of the Lenten season. The evening commenced with catechism at 5:00 PM, followed by the Way of the Cross at 5:30 PM. At 6:00 PM, we gathered for Holy Qurbana, led by

Fr. Jerlin, who reminded us of the significance of repentance and renewal. Receiving ashes on our foreheads served as a powerful symbol of our faith, uniting us in prayer and reflection as we embarked on this sacred journey.



Ash Monday – Beginning of Lent

On March 3, 2024, we marked Ash Monday, the official beginning of the Lenten season. This sacred time calls us to deepen our faith through prayer, fasting, and acts of charity. As we embark on this spiritual journey, let us embrace the true essence of Lent by seeking God's grace and preparing our hearts for the joy of Easter.



Lenten Retreat 2025

Looking ahead, our community is excited to welcome Rev. Fr. Biji Chakyath MSFS for the Lenten Retreat, scheduled for March 14-16, 2025. This retreat promises to be a time of spiritual





renewal, reflection, and deeper connection with our faith. Following the retreat, attendees will have the opportunity to share in Nercha Kanji, symbolizing unity and fellowship. We encourage everyone to set aside these days to nurture their faith and experience the blessings of this sacred season.

Celebrating St. Joseph's Day: A Time of Reflection and Gratitude

St. Joseph's Day celebrated on March 19 was celebrated in our parish on March 23rd. A day of honoring St. Joseph, the earthly father of Jesus and the patron saint of workers, families, and the universal church. It is a time for reflecting on his virtues of humility, faith, and service. In our community, this day is marked with prayers, devotion, and gratitude for the role St. Joseph plays in our lives. As we gather, we are reminded of the importance of hard work, family, and trust in God's plan.



Let us take this opportunity to strengthen our spiritual bonds and embrace the example of St. Joseph's selfless love and dedication to God and family.



ST. ALPHONSA PARISH, VANCOUVER

Lenten Retreat

Lenten retreat led by Sr. Ann Maria SH held from March 28 to March 30 was a spiritually enriching experience to all who attended.



Catechism/Pious Association Updates

Pious association activities in honor of St. Joseph's Day were conducted on March 9th, featuring various activities for the Catechism students.

Preparation for Solemn Holy Communion is underway. 13 students are preparing for Holy communion which will be held on May 10th. Classes are held every Saturday at the Mission house.



Annual Pothuyogam

AGM was held on March 23 2025 at St. Bernadette's church. Financials and report from 2024 was presented in the AGM

Mathruvedhi Updates

Mathruvedhi, in its devotion and commitment to spiritual growth, continued its tradition of conducting Adoration on the first



Fridays of each month at the Mission House, fostering a deep sense of prayer and communion.

On March 8th, as the world observed International Women's Day, gratitude and reverence were extended to the women who stand as pillars of strength, love, and grace.

On this day, the Parish-level Eucharistic Song Competition was held. The winners are: Honey Mathew (1st), Asha Thomas (2nd), Twinkle Rose Lyjo (3rd)

On March 24th, an Adoration was held at the Mission House to observe Mangalavartha Dinam, a day devoted to honoring and seeking the blessings of Our Lady of Good Health. This sacred occasion offered the community an opportunity to come together in prayer, reflecting on the grace and protection of the Holy Mother in their lives.

SMYM Updates

SMYM – BOWLING FOR FUN

The youth of SMYM had an evening of fun bowling on March 22, 2025, at Zone Bowling, Coquitlam. 22 Youth members participated.



Family Unit Updates



St. Chavara Family unit



St. George Family Unit



St. Sebastian Family unit



MARCH 2025

Bishop's Diary

01-03		Pastoral visit, Hamilton Parish
01	11.00 am	Celebrated Holy Qurbana at St. Joseph Syro-Malabar Parish, Hamilton
	12.30 pm	Interacted with catechism students and youth
	01.30 pm	Presided over the meeting with Catechism Teachers
	04.00 pm	Inaugurated Parish night at St Alphonsa Syro-Malabar Parish, Cambridge
02	11.00 am	Officiated the installation ceremony of altar servants and celebrated Holy Qurbana at St. Joseph Syro-Malabar Parish Hamilton
	12.30 pm	Participated in the Eucharistic Procession
	06.00 pm	Presided over meeting with parish council members
	07.00 pm	Presided over meeting with members of various Departments and Associations
03	09.00 am	Verified the parish Registers and other Documents
	03.00 pm	visited old age people and the sick

Bishop's Diary

	07.00 pm	Celebrated Holy Qurbana and Ash Monday at St. Joseph Syro-Malabar Parish, Hamilton
04	08.00 pm	Presided over the SOF Board of Directors Meeting
05	11.00 am	Presided over the Curia meeting
06	07.00 am	Participated in the 57th Annual Ontario Prayer Breakfast at Toronto
	09.00 pm	Participated in the Decennial Year Core Committee online meeting
09	10.30 am	Pastoral visit, St. Mary's Knanaya Church, Toronto
	12.00 pm	Presided over the Meeting with Parish Council Members
	01.30 pm	Presided over the Meeting with Catechism Teachers
	02.00 pm	Verified the parish Registers and other Documents
10	11.15 am	Participated in the Monthly Recollection
	08.30 pm	Presided over Sarghasandhya 2025 Executive Committee meeting
11	07.30 am	Offered Holy Qurbana at CHF Convent, Mississauga
	05.00 pm	Participated in the Jail Ministry Planning Session
12	11.00 am	Presided over the Curia meeting
	09.00 pm	Presided over the School Ad Hoc committee meeting
14	08.00 pm	Held a meeting with the seminary benefactors
15-16		Pastoral visit, St. Sacred Heart Knanaya Church, London

Bishop's Diary

- | | | |
|----|----------|--|
| 15 | 06.00 pm | Interacted with international students |
| | 06.30 pm | Presided over the meeting with catechism teachers |
| | 07.00 pm | Celebrated Holy Qurbana |
| | 08.00 pm | Presided over the parish council members meeting |
| 16 | 10.00 am | Interacted with Mission League Members |
| | 10.30 am | Interacted with Holy Childhood |
| | 11.00 am | Offered Holy Qurbana St. Sacred Heart Knanaya Church, London |
| | 12.30 pm | Interacted with parish community |
| | 01.00 pm | Interacted with Nurse's Ministry |
| | 02.15pm | Verified the parish Registers and other Documents |
| 18 | 07.30 am | Offered Holy Qurbana at AO Convent, Scarbrough |
| | 10.30 am | Blessed the Sanjo book stall, Mississauga |
| | 06.30 pm | Blessed a house at Brampton |
| | 08.30 pm | Participated in the Eparchial intercessory prayer services |
| 19 | 11.00 am | Presided over the Curia meeting |
| | 03.30 pm | Participated in the Nurse's ministry meeting |
| | 07.00 pm | Celebrated Holy Qurbana at Cathedral in connection with the feast of St. Joseph |
| 20 | 11.00 am | Participated in the meeting of the drama script committee |
| | 03.00 pm | Participated in the meeting on the planning session of the faith fest of the catechetical department |

Bishop's Diary

	09.00 pm	Participated in the Decennial Year Core Committee online meeting
21	08.00 pm	Inaugurated 'HOPE'- (A special online classes for the parents of special children) conducted by Nurses Ministry
23	08.30 pm	Participated in the meeting of the drama script committee
24	08.00 am	Offered Holy Qurbana at CMC Convent, Mississauga
	08.30 pm	Presided over Sarghasandhya 2025 executive Committee meeting
25	11.00 am	Presided over the Curia meeting
	08.30 pm	Participated in the 'Eternity' tram leaders meeting
26	11.30 am	Celebrated in the Requiem Holy Qurbana at Cathedral
	07.00 pm	Officiated the viewing ceremony of Jose Chellakkudam at Scarborough
	09.00 pm	Presided over the ISSSAC board meeting
27	08.30 pm	Presided over the Sarghasandhya 2025 working Committee meeting
28	11.00 am	Presided over the College of Consultors Meeting
29	06.00 pm	Participated in the retreat 'Power Dunamis 2025' by Shekina at Valley of Mother of God, Orangeville
30	06.30 am	Celebrated Holy Qurbana at Valley of Mother of God, Orangeville
	6.00 pm	Blessed Shekina Office at Milton
31	11.00 am	Presided over the Presbyter Council meeting

2025 ഏപ്രിൽ - നോമ്പുകാലം - ഉയിർപ്പുകാലം

- | | | |
|----|--------|---|
| 1 | ചൊവ്വ | 2 കോറി 9:10-15 , ലൂക്കാ 10:33-37 |
| 2 | ബുധൻ | യൂദാ 8-13, യോഹ 8:1-11 |
| 3 | വ്യാഴം | 1 തിമോ 4:6-10, ലൂക്കാ 18:31-34 |
| 4 | വെള്ളി | റോമ 13:8-14 (13:1-14), യോഹ 8:49-59 (8:31-59) |
| 5 | ശനി | 1 കോറി 13:1-13, മർക്കോ 10:1-12 |
| 6 | ഞായർ | ✠ നോമ്പ് ആരംഭം ഞായർ
ഉത്പ 19:15-26 (19:1-7,9-26) , ജോഷ്വ 21:43-22:5 (21:43-22:9)
റോമാ 14:13-23, യോഹ 10:11-18 (9:39-10:21) |
| 7 | തിങ്കൾ | 1 തെസ 3:6-13, യോഹ 12:44-50 |
| 8 | ചൊവ്വ | 2 പത്രോ 2:4-10, ലൂക്കാ 13:31-35 |
| 9 | ബുധൻ | 1 യോഹ 2:7-11, മത്താ 18:15-20 |
| 10 | വ്യാഴം | 2 പത്രോ 2:11-17, ലൂക്കാ 3:8-11 |
| 11 | വെള്ളി | റോമാ 15:7-13 (15:1-13), യോഹ 11:38-45 (11:1-45) |
| 12 | ശനി | ശ്ലീഹ 20:22-38, യോഹ 12:1-8 |
| 13 | ഞായർ | ✠ നോമ്പ് ഏഴാം ഞായർ
ഓശാന ഞായർ
ഉത്പ 49:8-12, 22-26 (49:1-12, 22-26)
സഖ 9:9-12 (4:8-14 +7:9-10+8:4-5,12-19+9:9-12),
റോമാ 11:13-24, മത്താ 21:1-17 (20:29-21:22) |
| 14 | തിങ്കൾ | ഹെബ്രോ 1:5-14 (1:1-14), യോഹ 11:47-57 (11:47-12:11) |
| 15 | ചൊവ്വ | ഹെബ്രോ 5:1-10 (4:14-6:8), യോഹ 12:20-26 (12:12-43) |
| 16 | ബുധൻ | ഹെബ്രോ 9:15-28 (9:11-28), യോഹ 12:27-33 |
| 17 | വ്യാഴം | പെസഹാ വ്യാഴം
പുറ 12:1-20, മലാ 1:10-14
1 കോറി 11:23-29, യോഹ 13:1-14+മത്താ 26:26-30 |
| 18 | വെള്ളി | പീഡാനുഭവ വെള്ളി
ഉത്പ 22:1-19, ഏശ 52:13-53:9, റോമാ 5:6-16
ഭാഗം 1: ലൂക്കാ 22:63-23:12 + മത്താ 27:19 + ലൂക്കാ 23:13-23 +
മത്താ 27:24-25+ലൂക്കാ 23:24-45 + മത്താ 27:51-54 +
യോഹ 19:23-30 ഭാഗം 2: യോഹ 19:31-42 |
| 19 | ശനി | വലിയ ശനി
ഉത്പ 22:1-19, യോനാ 2:1-10 , റോമാ 6:3-11, മത്താ 28:1-20 |
| 20 | ഞായർ | ✠ ഉയിർപ്പ് തിരുനാൾ. ഉയിർപ്പ് ഒന്നാം ഞായർ
ഏശ 60:1-7, 1 സാമൂ 2:1-10
റോമാ 6:1-14 (5:20-6:23), മത്താ 28:1-6, യോഹ 20:1-18 |
| 21 | തിങ്കൾ | റോമ 4:1-8, യോഹ 14:18-28 (14:18-15:5) |
| 22 | ചൊവ്വ | 1 കോറി 15:12-19 (15:1-19), ലൂക്കാ 24:13-27 (24:13-35) |
| 23 | ബുധൻ | എഫേ 4:1-6 (4:1-16), യോഹ 15:1-10 (15:1-25) |
| 24 | വ്യാഴം | കൊളോ 2:12-15 (2:8-3:4), മത്താ 10:1-15 |
| 25 | വെള്ളി | ഹെബ്രോ 11:3-10 (11:3-10,32-12:2), മത്താ 10:26-33 (10:16-33) |
| 26 | ശനി | കൊളോ 3:1-4, മർക്കോ 16:1-8 |
| 27 | ഞായർ | ✠ ഉയിർപ്പ് രണ്ടാം ഞായർ (പുതുഞായർ)
ഏശ 55:4-13, ശ്ലീഹ 4:32-37 (4:32-5:11)
കൊളോ 1:12-20 (1:1-20), യോഹ 20:19-29 (20:19-31) |
| 28 | തിങ്കൾ | 1 കോറി 1:10-17, ലൂക്കാ 24:28-35 |
| 29 | ചൊവ്വ | ശ്ലീഹ 9:20-25, യോഹ 5:41-47 |
| 30 | ബുധൻ | ഗലാ 5:1-6, മർക്കോ 7:31-37 |



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