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EPARCHY OF MISSISSAUGA  
**BULLETIN**



മാർച്ച് 25  
മംഗളവാർത്താ  
യിടുതാൾ



ബോധകാലം



## EPARCHY OF MISSISSAUGA

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**Bishop Mar Jose Kalluvellil**

**FESTAL**  
*Greetings*



# FESTAL *Greetings*

**MARCH 19**



**Fr. Bobby Joy  
Muttathuvalayil**



**Fr. Roy Kizhakkedath**



**Fr. Aji Devasia**



**Fr. Harold Jose**

## Ordination *Greetings*



**Fr. Augustine  
Kallumkatharayil**  
**March 29**



# MARCH 2025

## Bishop's Engagements

01-03		Pastoral visit to Hamilton Parish
01	11.00 am	Holy Qurbana at St. Joseph Syro-Malabar Parish, Hamilton
	12.30 pm	Interaction with catechism students and youth
	01.00 pm	Meeting with Catechism Teachers
	04.00 pm	Parish night at St Alphonsa Syro-Malabar Parish, Cambridge
02	11.00 am	Installation of altar servers and Holy Qurbana at St. Joseph Syro-Malabar Parish Hamilton
	12.30 pm	Solemn Eucharistic Procession
	06.00 pm	Meeting with parish council members
	07.00 pm	Meeting with members of various Departments and Associations
03	09.00 am	Document verification
	12.00 pm	House visit
	07.00 pm	Ash Monday celebration at St. Joseph Parish, Hamilton
	08.00 pm	Finance council meeting
05	11.00 am	Curia meeting
06	08.30 pm	CKCC Board Meeting
09		Pastoral visit, St. Mary's Kanaya Church, Toronto

## Bishop's Engagements

	10.30 am	Holy Qurbana at St. Mary's Kanaya Church
	12.00 pm	Meeting with Parish Council Members
	01.30 pm	Meeting with Catechism Teachers
	02.00 pm	Document Verification
10	07.30 am	Holy Qurbana at CHF Convent, Mississauga
	11.15 am	Monthly Recollection
12	11.00 am	Curia meeting
15-16		Pastoral visit, St. Sacred Heart Kanaya Church, London
15	06.00 pm	Meeting with international students
	06.30 pm	Meeting with catechism teachers
	07.00 pm	Holy Qurbana
	08.00 pm	Meeting with parish council members
16	10.00 am	Interaction with Mission League Members
	10.30 am	Interaction with Holy Childhood Members
	11.00 am	Holy Qurbana at St. Sacred Heart Kanaya Church, London
	12.30 pm	Meeting with parish community
	01.00 pm	Meeting with Nurse's Ministry
	02.15pm	Meeting with Trustees and Document Verifications
18	07.30 am	Holy Qurbana at AO Convent, Scarbrough
19	11.00 am	Curia meeting
25	07.30 am	Holy Qurbana at CMC Convent, Mississauga
	11.00 am	Curia meeting
26	11.30 am	Requiem Holy Qurbana at Cathedral
30		Media Evangelization, Retreat by Shekina at Valley of Mother of God, Orangeville



## SYRO-MALABAR CATHOLIC EPARCHY OF MISSISSAUGA

For the Glory of God

Prot. No. 008/2025

17.02.2025

### **Pastoral Letter**

**By the grace of God, Bishop Jose Kalluvil writes to all priests,  
religious and the faithful of the Eparchy of Mississauga.  
May the grace and peace of the Lord Jesus Christ be with you!**

Dear brothers and sisters in Christ,

We are about to enter the Lent, commemorating Jesus' fasting and conquering the temptations of the devil in the desert, to spend time in prayer, penance, fasting, and acts of piety. We observe fifty days and nights of the Lent from the evening of Pethoortha Sunday to the evening of Holy Saturday. "The Spirit led him into the desert. He was tempted by the devil and remained there forty days" (Luke 4:1) is the scriptural foundation for observation of the Lent. And for these seven weeks of fasting before the Feast of the Resurrection, the Church invites us to self-sanctification by exhorting to prayer and charity.

The word 'Lent' means spring season. Hence Lent is a holy season when the new spring of God's grace pours down upon the withering and lifeless human soul. Lenten season is the time of grace in which our lives are to be replenished and rejuvenated with the Gospel values and to eliminate the evils of the flesh and gain strength in the spirit, by immersing ourselves in fervent prayer, true fasting and compassionate almsgiving. To fast means to be near, to dwell with, to be with. Lent is also a time to be with Jesus and dwell in Jesus. This Lent should be an effort to be with Jesus in silence,



away from loud noises and unnecessary fanfare.

Lent is also a time of 'coming back home'. If we too, like the prodigal son, have drifted away from our Father's love and have fallen for the worldly pleasures deserting spirituality and holiness, then, this is the most appropriate time for us to acknowledge our mistakes and come back to the house of our heavenly Father. Let's take right decisions and walk back to the paternal love during this Lent. Lent is also an opportunity for spiritual growth. During this Lent, we should be able to deepen ourselves in the love of God, grow in brotherly love, show mercy to the poor and forgive those who hurt us. Forgive seventy times, not seven, as Jesus told Peter (Matthew 18:22).

A key component of Lent is to abstain from the foods and drinks that we love most and are reluctant to avoid. Remember that sin and death entered into the lives of human beings through food in the Garden of Eden (Genesis 2:16-17). When the people of Israel and the prophet Samuel fasted all day before the Lord and prayed and confessed the wrongs they had done, then God protected them from the hands of the Philistines (1 Samuel 7:6). Similarly, when the people of Nineveh fasted and prayed in response to Jonah's call for repentance, God withdrew His wrath from them (Jonah 3:9). In the wilderness, Jesus defeated the devil by abstaining from the material food (Matthew 4:2).

Lent is a time of spiritual warfare. The weapons we must wear against the devil in this battle are prayer, reading the Word, and above all frequent participation of sacrament of reconciliation and Holy Qurbana. Lenten retreats, held in our parishes during Lent, are also an opportunity for dying to our old self and becoming a new creation. Abstinence from food and intoxicating drinks alone does not complete Lent. Abandoning vices, uprooting defilements, and practicing virtues are part of Lent. We should be cleansed of alcohol addiction, corruption, foul language, and excessive use of social media through the Lenten practices

Fasting, prayer, charity and almsgiving are the pillars of the Christian life. In addition to fasting and praying during this Lent,

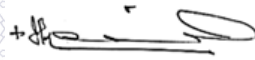


let's try to share what we have as much as we can. Pope Francis exhorts us in his Lenten reflections: "When we give alms, we share in God's care for each of his children. If God helps someone through me today, will He not help me in my needs tomorrow? For there is no one more generous than God" (Pope Francis, Lenten Reflections, 2018). In keeping with the Pope's call for sharing, I kindly request you to contribute to the Annual Bishop's Appeal (ABA) Collection, which you used to give generously on the occasion of the Eparchy Day, as a Lenten gift from this year on for the realization of our dream of 'a Pastoral Center for the Eparchy'.

We see a boy who brought five barley breads and two fishes only for himself in the Gospel of John (John 6:1-13). That day, when the boy shared his bread and fish with Jesus, not only did everyone eat and be satisfied, but they were also able to collect 12 baskets full of leftover pieces. Even in the midst of the many deprivations we experience today, let us share what we have with Jesus. Then Jesus will bless us and our Eparchy abundantly.

Therefore, during this 50-day Lent, let us offer the Sunday Collection of March 30th, the Sunday after the Pathi Noyembu, (Wednesday of the fourth week of Lent) as the Annual Bishop's Appeal (ABA) Collection. Pathi-Noyembu reminds us that we should observe the remaining days of Lent with more devotion and zeal. Keeping this thought in mind, we pray that this season of Lent may be days of self-purification, renewal and charity.

Lovingly in Christ,



**Mar Jose Kalluvelil**

Bishop, Eparchy of Mississauga



*NB: This Pastoral letter must be read during the Holy Qurbana in all Parishes, Missions and Holy Qurbana Centers of our Eparchy on March 02, 2025.*



# SYRO-MALABAR CATHOLIC EPARCHY OF MISSISSAUGA

For the Glory of God

Prot. No. 008/2025

17.02.2025

## ഇടയലേഖനം

ദൈവപരിപാലനയിൽ മിസിസ്സാഗാ രൂപത മുക്തനായ മാർ ജോസ് കല്ലുവേലിൽ രൂപതയിലെ വൈദികർക്കും സന്യാസിനീസന്യാസികൾക്കും വിശ്വാസികൾ ഏവർക്കും എഴുതുന്നത്.

നമ്മുടെ കർത്താവിശോമിശിഹായിൽനിന്ന് കൃപയും സമാധാനവും നിങ്ങൾക്കുണ്ടായിരിക്കട്ടെ.

മിശിഹായിൽ സ്നേഹം നിറഞ്ഞ സഹോദരരേ,

ഈശോയുടെ മരുഭൂമിയിലെ ഉപവാസത്തെ അനുസ്മരിച്ചുകൊണ്ട് വിശ്വാസികളായ നാം പ്രാർത്ഥനയിലും പ്രായശ്ചിത്തത്തിലും ഉപവാസത്തിലും പുണ്യപ്രവർത്തിയിലും ചെലവഴിക്കുന്ന വലിയ നോമ്പിലേക്ക് പ്രവേശിക്കുകയാണ്. പേത്തുർത്താ ഞായറാഴ്ച സായാഹ്നം മുതൽ മുഖശനിയാഴ്ച സായാഹ്നം വരെയുള്ള അൻപത് ദിനരാത്രങ്ങളാണ് നോമ്പുകാലമായി നാം ആചരിക്കുന്നത്. "ആത്മാവ് അവനെ മരുഭൂമിയിലേക്ക് നയിച്ചു. അവൻ പിശാചിനാൽ പരീക്ഷിക്കപ്പെട്ട് നാല്പത് ദിവസം അവിടെ കഴിഞ്ഞുകൂടി" (ലൂക്കാ 4:1) എന്ന തിരുവചനമാണ് നോമ്പിന്റെ വിശുദ്ധഗ്രന്ഥ അടിസ്ഥാനം. ഉയിർപ്പ് തിരുനാളിന് മുമ്പുള്ള ഈ ഏഴ് ആഴ്ചകാലം ഉപവാസത്തിനും, പ്രാർത്ഥനയ്ക്കും ദാനധർമ്മത്തിനുമായി ഉദ്ബോധിപ്പിച്ചുകൊണ്ട് ആത്മവിശുദ്ധീകരണത്തിലേക്ക് സഭ നമ്മെ ക്ഷണിക്കുന്നു.

നോമ്പിന് ഇംഗ്ലീഷ് ഭാഷയിൽ 'Lent' എന്നാണ് പറയുന്നത്. ആ പദത്തിന്റെ അർത്ഥം വസന്തകാലം (Spring Season) എന്നാണ്. വരണ്ട് മൃതപ്രായമായ മനുഷ്യാത്മാവിലേക്ക് കൃപയുടെ പുതുവസന്തം പെയ്തിറങ്ങുന്ന പുണ്യകാലമാണ് നോമ്പുകാലം. ജന്മത്തിന്റെ ദുരാശങ്കളെ ഉന്മൂലനം ചെയ്ത് ആത്മാവിൽ ശക്തി പ്രാപിച്ച്, തീക്ഷ്ണമായ പ്രാർത്ഥനയിലും യഥാർത്ഥമായ ഉപവാസത്തിലും കരുണാർദ്രമായ ദാനധർമ്മങ്ങളിലും മുഴുകിക്കൊണ്ട് സുവിശേഷമുല്പാദനങ്ങൾക്കനുസൃതമായി നമ്മുടെ ജീവിതങ്ങൾ പുനഃസൃഷ്ടിക്കപ്പെടേണ്ട കൃപയുടെ ദിനങ്ങളാണ് അമ്പതുനോമ്പ്. ഉപവസിക്കുക എന്നാൽ അടുത്ത കഴിയുക, ഒപ്പം വസിക്കുക, കൂടെ ആയിരിക്കുക എന്നാണല്ലോ. നോമ്പുകാലവും ഈശോയോട് കൂടി ആയിരിക്കുവാനും ഈശോയിൽ വസിക്കുവാനുമുള്ള കാലഘട്ടമാണ്. വലിയ ഒച്ചപ്പാടുകളിൽ നിന്നും അനാവശ്യ ആർഭാടത്തിൽ നിന്നും മാറി നിശബ്ദതയിൽ ഈശോയോട് കൂടി ആയിരിക്കുവാനുള്ള പരിശ്രമം ആയിരിക്കണം ഈ നോമ്പുകാലം.

നോമ്പുകാലം പിതൃഭവനത്തിലേക്കുള്ള മടക്കയാത്രയാണ്. ധൂർത്തപുത്രനെ പോലെ പിതൃഭവനം വിട്ട്, ആത്മീയതയും വിശുദ്ധിയുമില്ലാതെ, പിതൃസ്നേഹത്തിൽ നിന്ന് നാം അകന്നു പോയിട്ടുണ്ടെങ്കിൽ, ചെയ്തപോയ തെറ്റുകൾ ഏറ്റുപറഞ്ഞ് നല്ല തീരുമാനങ്ങൾ എടുത്തു നമുക്കും പിതൃസ്നേഹത്തിലേക്ക് ഈ നോമ്പുകാലത്ത് തിരിച്ചു നടക്കാം. നോമ്പു കാലഘട്ടം ആത്മീയ വളർച്ചയ്ക്ക് വേണ്ടിയുള്ള അവസരം കൂടിയാണ്. ദൈവസ്നേഹത്തിൽ ആഴപ്പെടാനും സഹോദരസ്നേഹത്തിൽ വളരാനും പാവങ്ങളോട് കരുണകാണിക്കാനും ദ്രോഹിക്കുന്നവരോട് ക്ഷമിക്കാനും ഈ നോമ്പുകാലത്ത് നമുക്ക് കഴിയണം. ഈശോ പത്രോസിനോട് പറഞ്ഞതുപോലെ എഴുല്ല, എഴുപതു പ്രാവശ്യം ക്ഷമിക്കണം (വി. മത്തായി 18:22).

നമുക്ക് ഏറ്റവും ഇഷ്ടമുള്ളതും ഒഴിവാക്കുവാൻ മടിയുള്ളതുമായ ഭക്ഷണപാനീയങ്ങളുടെ നിയന്ത്രണം നോമ്പിന്റെ മുഖ്യ ഘടകമാണ്. ഏറ്റെടുത്തതിൽ ഭക്ഷണം വഴിയാണ് പാപവും മരണവും കടന്നുവന്നത് (ഉല്പത്തി 2:16- 17). ഫിലിസ്ത്യരുടെ കരങ്ങളിൽ നിന്നും രക്ഷപ്പെടുന്നതിന് വേണ്ടി ഇസ്രായേൽ ജനവും സാമൂവൽ പ്രവാചകനും കർത്താവിന്റെ സന്നിധിയിൽ ദിവസം മുഴുവൻ ഉപവസിച്ചു പ്രാർത്ഥിക്കുകയും തങ്ങൾ ചെയ്ത തെറ്റ് ഏറ്റുപറയുകയും ചെയ്തപ്പോൾ ദൈവം അവരെ കാത്തുരക്ഷിക്കുന്നു (1 സമുവൽ 7:6). അതുപോലെതന്നെ യോനയുടെ ആപഹനം കേട്ട് നിനവേ ജനത

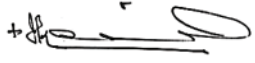
ഉപവസിച്ചു പ്രാർത്ഥിച്ചപ്പോൾ ദൈവം തന്റെ ക്രോധം അവരിൽ നിന്ന് പിൻവലിക്കുന്നു (യോനാ 3:9). മരുഭൂമിയിൽ, ഭക്ഷിക്കാതിരുന്നുകൊണ്ട് ഈശോ പിശാചിനെ പരാജയപ്പെടുത്തി (വി. മത്തായി 4:2).

മത്സ്യമാംസാദികൾ വർജ്ജിക്കുന്ന നോമ്പുകാലം ആത്മീയയുദ്ധത്തിന്റെ കാലമാണ്. ഈ യുദ്ധത്തിൽ പിശാചിനെതിരെ നാം ധരിക്കേണ്ട ആയുധങ്ങളാണ് പ്രാർത്ഥന, വചനവായന, സർവ്വോപരി വി. കുമ്പസാരവും പരി. കുർബാനയും. നോമ്പുകാലത്ത് നമ്മുടെ ഇടവകകളിൽ നടത്തുന്ന നോമ്പുകാലധ്യാനവും അതിനുള്ള അവസരമാണ്. ഭക്ഷണപാനീയങ്ങളുടെ വർജ്ജനംകൊണ്ട് മാത്രം ഉപവാസം പൂർണ്ണമാകുന്നില്ല. ദുഃഖിതങ്ങളെ ഉപേക്ഷിക്കുന്നതും മുൻവാസനകളെ പിഴുതെറിയുന്നതും ഉപവിപ്രവർത്തനങ്ങളിൽ വ്യാപൃതരാകുന്നതും യഥാർത്ഥ നോമ്പാചരണത്തിന്റെ ഭാഗമാണ്. മദ്യാസക്തി, ധൂർത്ത്, മുൻഭാഷണം, സാമൂഹ്യസമ്പർക്ക മാധ്യമങ്ങളുടെ അതിയായ ഉപയോഗം, എന്നിവയിൽ നിന്ന് നാം നോമ്പിലൂടെ ശുദ്ധരാക്കപ്പെടണം.

ഉപവാസവും പ്രാർത്ഥനയും പരോപകാരപ്രവർത്തികളും ദാനധർമ്മങ്ങളുമെല്ലാം ക്രിസ്തീയ ജീവിതത്തിന്റെ നെടുംതൂണുകളാണ്. ഈ നോമ്പുകാലത്ത് ഉപവാസവും പ്രാർത്ഥനയും നടത്തുന്നതിനോടൊപ്പം തന്നെ സാധിക്കുന്ന പോലെ നമുക്കുള്ളത് പങ്കുവയ്ക്കുവാനും പരിശ്രമിക്കാം. ഫ്രാൻസിസ് മാർപാപ്പ തന്റെ നോമ്പുകാല ചിന്തകളിലൂടെ നമ്മെ ഉദ്ബോധിപ്പിക്കുന്നു: "നാം ദാനധർമ്മം കൊടുക്കുമ്പോൾ ദൈവത്തിന് തന്റെ ഓരോ ശിശുവിനെയും സംബന്ധിച്ചുള്ള പരിപാലനപരമായ ശ്രദ്ധയിൽ നാം പങ്കുകാരാവുകയാണ്. ദൈവം ഇന്ന് എന്നിലൂടെ ആരെയെങ്കിലും സഹായിച്ചാൽ അവിടുന്ന് നാളെ എന്റെ ആവശ്യങ്ങളിൽ സഹായിക്കാതിരിക്കുമോ? എന്തെന്നാൽ ദൈവത്തേക്കാൾ ഉദാരതയുള്ളവനായി ആരുമില്ല" (ഫ്രാൻസിസ് മാർപാപ്പ നോമ്പുകാല ചിന്തകൾ, 2018). മാർപാപ്പയുടെ പങ്കുവെക്കലിന്റേതല്ലാത്ത ആഹ്വാനം ഉൾക്കൊണ്ടുകൊണ്ട് 'രൂപതയ്ക്ക് സ്വന്തമായ ഒരു പാസ്റ്ററൽ സെന്റർ' എന്ന സ്വപ്നസാക്ഷാത്കാരത്തിനായി എല്ലാവർഷവും രൂപതാ ദിനത്തോടനുബന്ധിച്ച് നിങ്ങൾ നൽകിക്കൊണ്ടിരിക്കുന്ന Annual Bishop's Appeal (ABA) Collection ഈ വർഷം മുതൽ നോമ്പുകാല സമ്മാനമായി നൽകണമെന്ന് സ്നേഹത്തോടെ അഭ്യർത്ഥിക്കുന്നു. തനിക്കു മാത്രം കഴിക്കുവാൻ അഞ്ചു ബാർലിഅപ്പവും രണ്ടു മിനും കരുതികൊണ്ടുവന്ന ഒരു കുട്ടിയെ വി. യോഹന്നാന്റെ സുവിശേഷത്തിൽ നാം കണ്ടുമുട്ടുന്നുണ്ട് (വി. യോഹന്നാൻ 6:1-13). അന്ന് അ കുട്ടി തന്റെ അപ്പവും മിനും ഈശോക്ക് കൊടുത്തപ്പോൾ എല്ലാവരും ഭക്ഷിച്ചു തൃപ്തരാവുക മാത്രമല്ല മിച്ച് വന്ന കഷണങ്ങൾ 12 കുട്ടികൾ നിറയെ ശേഖരിക്കുകയും ചെയ്തു. ഇന്ന് നമ്മൾ അനുഭവിക്കുന്ന പലവിധ ഇല്ലാത്തകളുടെ നടുവിലും നമുക്ക് ഉള്ളത് ഈശോയുമായി പങ്കുവെക്കാം. അപ്പോൾ നമുക്കും രൂപതക്കും ഈശോ സമൃദ്ധി നൽകും.

ആയതിനാൽ, 50 ദിനങ്ങൾ നീണ്ടുനിൽക്കുന്ന ഈ വലിയ നോമ്പിൽ, പാതിനോമ്പ് (നോമ്പുകാലത്തെ നാലാമത്തെ ആഴ്ചയിലെ ബുധനാഴ്ച) കഴിഞ്ഞുവരുന്ന ഞായറാഴ്ചയായ മാർച്ച് മാസം 30-ാം തീയതിയിലെ Sunday Collection ഈ വർഷത്തെ, Annual Bishop's Appeal (ABA) Collection ആയി നൽകുമല്ലോ ഇനിയുള്ള ദിനങ്ങൾ കൂടുതൽ നിഷ്ഠയോടും തീക്ഷ്ണതയോടും കൂടി നോമ്പ് ആചരിക്കണം എന്ന ചിന്ത ആണല്ലോ പാതിനോമ്പ് നമുക്ക് നൽകുന്നത്. ഈ ചിന്ത മനസ്സിൽ ചേർത്തുവെച്ച് നമുക്കും ഈ നോമ്പുകാലം ആത്മവിശുദ്ധീകരണത്തിന്റെയും പുത്തനുണർവിന്റെയും ജീവകാരുണ്യ പ്രവർത്തനങ്ങളുടെയും ദിനങ്ങൾ ആകട്ടെ എന്ന് പ്രാർത്ഥിക്കുന്നു.

മിശിഹായിൽ സ്നേഹപൂർവ്വം,



മാർ ജോസ് കല്ലുവേലിൽ  
ബിഷപ്പ്, മിസിസ്സാഗാ രൂപത



**NB:** ഈ ഇടയലേഖനം 2025 മാർച്ച് 02ന് നമ്മുടെ രൂപതയിലെ എല്ലാ ഇടവകകളിലും, മിഷൻ കേന്ദ്രങ്ങളിലും, കുർബാന സെന്ററുകളിലും വിശുദ്ധ കുർബാന മധ്യേ വായിക്കേണ്ടതാണ്.





## SYRO-MALABAR CATHOLIC EPARCHY OF MISSISSAUGA

For The Glory of God

### Circular

No. 005/2025  
30 January 2025

### Jubilee Year 2025

Dear Rev. Fathers, Sisters and beloved People of God,

The Jubilee 2025 themed “PILGRIMS OF HOPE” stems from an outstanding Biblical revelation, “Hope does not disappoint us” (Rom 5:5). By announcing the Jubilee Year Pope Francis invites everybody to “trust in the Lord as the source of hope amid challenges, and be aware of Jesus, the divine presence incarnated in history, living and guiding us today in the midst of crisis” (cf. Jn 1:14-18). He expressed his thoughtful wish in announcing the Jubilee Year’s motto, Pilgrims of Hope: “This Jubilee can greatly contribute to restoring a climate of hope and trust as prelude to the renewal and rebirth that we so urgently desire.” As the modern world is urgently in need of ‘reason to live’ after the difficulties of the COVID-19 pandemic and other serious challenges, both internal and external, the Jubilee gives us the opportunity for a renewed sense of hope and faith; and it provides reason to live joyfully and hopefully. Hence this Jubilee is also known as the Jubilee of Hope.

The logo for the 2025 Jubilee shows four stylized figures, representing all of humanity, coming from the four corners of the earth. They embrace each other to indicate the solidarity and fraternity which should unite all peoples. The figure at the front is holding onto the cross. It is not only the sign of the faith which this lead figure embraces, but also of hope, which can never be abandoned, because we are always in need of hope, especially in our moments of greatest need. There are the rough waves under the figures, symbolising the fact that life’s pilgrimage does not always go smoothly in calm waters. Often the circumstances of daily life and events in the wider world require a greater call to hope.

During the Jubilee, the Catholic Church offers the faithful the possibility of obtaining plenary indulgence. The most exciting and well-known rite of the Jubilee year is the opening of the Holy Door. In our Eparchy the ‘Holy Door of Hope’ will be opened at the St. Alphonsa Cathedral, Mississauga and St. Alphonsa Forane Church, Edmonton on 9 February 2025. All the parishioners are cordially invited to participate in the Holy Qurbana offered in connection with the opening of the Holy Door of Hope. I am delighted to announce that these two churches have been chosen to serve as pilgrimage churches to obtain plenary indulgence in the Eparchy of Mississauga for the Jubilee Year 2025.

All the faithful, who are truly repentant and free from any affection for sin who are moved by a spirit of charity and who, during the Holy Year, purified through the sacrament of penance and refreshed by Holy Communion, pray for the intentions of the Supreme Pontiff, will be able to obtain from the treasury of the Church a plenary indulgence, with remission and forgiveness of all their sins, which can be applied in suffrage to the souls in Purgatory. (cf. *Enchiridion Indulgentiarum*, IV ed., norm. 20, §1). I encourage as many faithful to visit these two pilgrimage churches in our Eparchy fulfilling the conditions for obtaining the plenary indulgence during the Jubilee Year.

As part of the Decennial Year celebrations, we have planned one Eucharistic – Jubilee pilgrimage from 29 June -11 July 2025. This spiritual journey will take us through the sacred sites of Europe and deepen our connection with the Holy Eucharist. It will provide an opportunity to go through the Holy Door at St. Peter’s Basilica in Rome and obtain plenary indulgence. I encourage you to plan a pilgrimage of prayer, repentance and acts of mercy during this blessed year to obtain the blessings of the merciful God for the genuine love for the Eucharist and hopeful life.

Even though our priority will be on the Decennial Year celebrations of our Eparchy, special Jubilee events will also be focused together with the Universal Church. For example, Jubilee of Children, Jubilee of Youth, Jubilee Young Couples, Jubilee of Parents, Jubilee of Seniors and so forth. The Rev. Fathers, in consultation with the parish council and the bodies concerned, may arrange such events according to the situation.

I hope and pray that this Jubilee of Hope fills our hearts and minds with gratitude and optimism to keep working towards a brighter future. May the grace of the Jubilee reawaken in us, Pilgrims of Hope, a yearning for the treasure of heaven.

Cordially yours in Christ,



+ Jose Kalluvelil

Bishop, Eparchy of Mississauga

***NB. Please read this Circular in all our Parishes, Missions and Holy Qurbana Centers on 2 February 2025.***

# CURIA NEWS

## MARCH 2025

### Monthly Recollection

Monthly recollection of the Priests and Sisters for the month of March will be conducted on March 10, 2025. The spiritual sharing will be done by Rev. Fr. Plogen Kannampuzha, Pastor, St. Mary's Syro-Malabar Church, London and the adoration by AO Sisters.

### Live and Learn 2025

This is to inform that the live and learn of 2025 of our Rev. Fathers will be held from August 04 – 08, 2025 at London. Rev Fr. Plogen Kannampuzha will be hosting this event.

### Sargasandhya 2025

The Syro-Malabar Catholic Eparchy of Mississauga is organizing Sargasandhya 2025, a magnificent cultural extravaganza event celebrating the 10th anniversary of its establishment in Canada. This momentous occasion promises a spectacular display of faith, creativity, and community spirit. The event highlights are "THE ETERNITY" the largest Malayalam Biblical Musical Drama featuring over 200 local artists on stage and "THE REDEMPTION" A Broadway-style English musical performed by talented youth. The event is set to take place on September 13, 2025, at the Canada Event Centre at Whitby, Oshawa, under the banner of Divine Academy. The Purpose of Sargasandhya 2025 is to showcase our collective identity as one Syro- Malabar Catholic community, propagating the Eucharistic spirituality in the Decennial Year, celebrating local talents, strengthening the pastoral ministry of the Eparchy. At its heart, this community event aspires to bring every parish within the Eparchy of Mississauga together as one united family, raising funds to strengthen the pastoral ministry of the Eparchy. This is not just a theatrical production but the collective expression of our shared faith, mission, and belonging to something greater than ourselves.



# നിഷ്കളങ്ക ശുശ്രൂഷയും വിശുദ്ധിയ്ക്ക് ആഹ്വാനവും

(തിരുവചനഭാഗം: 2 കോറിന്തോസ് 6,1-7, 1)

## മല്പാൻ മാത്യു വെള്ളാനിക്കൽ

2 കോറിന്തോസ് 6,1-7,1 ൽ തന്റെ ഐക്യശുശ്രൂഷ നിഷ്കളങ്കമാണെന്ന ബോധ്യത്തിലേക്ക് കോറിന്തോസുകാർ വന്നതിലുള്ള സന്തോഷം പൗലോസ് ശ്ലീഹാ പ്രകടമാക്കുകയും വിശുദ്ധിയിലേക്കുള്ള വിളിക്ക് പ്രത്യുത്തരം നൽകണമെന്ന് അവരെ ആഹ്വാനം ചെയ്യുകയും ചെയ്യുന്നു. ഈ തിരുവചനഭാഗം താഴെക്കാണുന്നവിയം വിഭജിക്കാം.

1. ദൈവത്തിന്റെ സഹപ്രവർത്തകർ (6,1-3)
2. ദൈവത്തിന്റെ ദാസന്മാർ (6,4-10)
3. ഹൃദയംതുറന്നു പെരുമാറുക (6,11-13)
4. അവിശ്വാസികളുമായി കൂട്ടുചേരരുത് (6,14-16)
5. വിശുദ്ധി പരിപൂർണ്ണമാക്കുക (6,17-7,1)

ഈ വചനഭാഗം അജപാലകർക്കു നല്കുന്ന സന്ദേശങ്ങൾ മനസ്സിലാക്കാൻ ശ്രമിക്കാം.

### 1. ദൈവത്തിന്റെ സഹപ്രവർത്തകർ

“നിങ്ങൾക്കു കൈവന്നിരിക്കുന്ന ദൈവകൃപ വ്യർത്ഥിക്കരുതെന്ന് അവിടുത്തെ സഹപ്രവർത്തകരെന്ന നിലയിൽ ഞങ്ങൾ നിങ്ങളോട് അപേക്ഷിക്കുന്നു. അവിടുന്ന് അരുളിച്ചെയ്യുന്നു: സ്വീകാര്യമായ സമയത്ത് ഞാൻ നിന്റെ പ്രാർത്ഥന കേട്ടു. രക്ഷയുടെ ദിവസത്തിൽ ഞാൻ നിന്നെ സഹായിക്കുകയും ചെയ്തു. ഇതാ, ഇപ്പോൾ സ്വീകാര്യമായ സമയം. ഇതാ, ഇപ്പോൾ രക്ഷയുടെ ദിവസം. ഞങ്ങളുടെ ശുശ്രൂഷയിൽ ആരും കുറ്റം കാണാതിരിക്കേണ്ടതിന് ഞങ്ങൾ ആർക്കും ഒന്നിനും പ്രതിബന്ധം ഉണ്ടാക്കുന്നില്ല” (6,1-3).

അനുരഞ്ജനത്തിന്റെ ശുശ്രൂഷയിൽ ദൈവത്തിന്റെ സഹപ്രവർത്തകർ എന്ന നിലയിലാണ് തന്റെ അഭ്യർത്ഥന എന്ന് ആദ്യവാക്യത്തിൽതന്നെ പൗലോസ് ശ്ലീഹാ വ്യക്തമാക്കുന്നു. ദൈവം മരിക്കാത്തവരുടെ ലോകത്തെ തന്നോടു രമ്യപ്പെടുത്തി. ദൈവത്തിന്റെ സ്ഥാനപതി എന്ന നിലയിൽ പൗലോസിനെ അനുരഞ്ജനത്തിന്റെ ഈ ശുശ്രൂഷ ദൈവം ഒരമേല്പിച്ചിരിക്കുന്നു. ഇക്കാരണത്താലാണ് ദൈവത്തിന്റെ സഹപ്രവർത്തകർ എന്ന നിലയിൽ പൗലോസും സഹപ്രവർത്തകരും കോറിന്തോസുകാരോട് ഫലശൂന്യമാകാതിരിക്കാൻ അവർ ദൈവകൃപ നിരസിക്കരുത് എന്ന് അഭ്യർത്ഥിക്കുന്നത്. അനുരഞ്ജനപ്പെടുക എന്നത് കൃപ സ്വീകരിച്ചതിന്റെ സ്വാഭാവികഫലമാണ്. തന്നോടും തന്റെ സഹകാരികളോടുമുള്ള മനോഭാവം മാറ്റിക്കൊണ്ടാണ് ഇതു സാധ്യമാക്കേണ്ടത്.

കോറിന്തോസുകാരോടുള്ള മനോഭാവം മാറ്റി വളരെ ഹൃദയപൂർവ്വം താൻ അവരോട് ഇടപെടുന്ന തുപോലെ അവരുടെ ഭാഗത്തുനിന്നുള്ള പ്രതികരണവും ശ്ലീഹാ പ്രതീക്ഷിക്കുന്നു. കോറിന്തോസിലെ സഭയും പൗലോസും തമ്മിലുള്ള ബന്ധത്തിന്റെ നിർണായകമായ സമയമാണിത്. ഇക്കാര്യം ഊന്നിപ്പറയുവാൻ ഏശു യൂദ്ധയുടെ പ്രവചനത്തിലെ ഒരു തിരുവചനം ശ്ലീഹാ ഇവിടെ ചേർക്കുന്നു (ഏശ 49,8). യഹൂദദേശീയരുടെ വ്യാഖ്യാനശൈലിയിൽ ഈ വചനത്തെ അപഗ്രഥിച്ചുകൊണ്ട് അവിടെ സൂചിപ്പിച്ചിരിക്കുന്ന നിർണായകമായ കോറിന്തോസിലെ സഭയെ സംബന്ധിച്ചിടത്തോളം ഇപ്പോഴാണ് എന്നു സമാപിക്കുന്നു (6,2). തന്റെ ശുശ്രൂഷയിലൂടെ കോറിന്തോസുകാർക്കുവേണ്ടി ദൈവത്തിന്റെ സ്വീകാര്യമായ സമയം പൗലോസ് അവർക്കു നൽകി. പൗലോസിനോടും മറ്റുള്ളവരോടും തമ്മിൽത്തമ്മിലും അനുരഞ്ജനപ്പെട്ടുകൊണ്ട് ഈ കൃപ അവർ സമൃദ്ധമാക്കണം. തങ്ങളുടെ ശുശ്രൂഷയിൽ അനുരഞ്ജനശുശ്രൂഷയ്ക്ക് അജപാലകർ പ്രധാനമായ ഒരു സ്ഥാനം നൽകണം എന്ന് ഈ തിരുവചനഭാഗം ഓർമ്മപ്പെടുത്തുന്നു.

### 2. ദൈവത്തിന്റെ ദാസന്മാർ

“മറിച്ച്, എല്ലാ വിധത്തിലും ദൈവത്തിന്റെ ദാസന്മാരാണെന്ന് ഞങ്ങൾ അഭിമാനിക്കുന്നു; വലിയ സഹനത്തിൽ, പീഡകളിൽ, തെരുക്കങ്ങളിൽ, അത്യാഹിതങ്ങളിൽ, മർദ്ദനങ്ങളിൽ, കാരാഗൃഹങ്ങളിൽ, ലഹളകളിൽ, അധാനങ്ങളിൽ, ജാഗരണത്തിൽ, വിശപ്പിൽ, ശുദ്ധതയിൽ, ജ്ഞാനത്തിൽ, ക്ഷമയിൽ, ദയയിൽ, പരിശുദ്ധാത്മാവിലും, നിഷ്കളങ്കസന്ദേഹത്തിൽ; സത്യസന്ധമായ വാക്കിൽ, ദൈവത്തിന്റെ ശക്തിയിൽ, വലത്തുകൈയിലും ഇടത്തുകൈയിലുമുള്ള നതിയുടെ ആയുധത്തിൽ; ബഹുമാനത്തിലും അവമാനത്തിലും, സൽകീർത്തിയിലും ദുഷ്കീർത്തിയിലും ഞങ്ങൾ അഭിമാനിക്കുന്നു; വഞ്ചകരെപ്പോലെ ഞങ്ങൾ കരുതപ്പെടുന്നു; എങ്കിലും ഞങ്ങൾ സത്യസന്ധരാണ്” (6,4-8).

തന്നെക്കുറിച്ചും സഹകാരികളെക്കുറിച്ചും ദൈവദാസന്മാർ എന്നനിലയിൽ ശ്രീഹാ ചില ന്യായീകരണങ്ങൾ ഇവിടെ അവതരിപ്പിക്കുന്നു. അനുരഞ്ജനത്തിന്റെ ഈ ശുശ്രൂഷ കുറ്റമറ്റതാണ്. ഇതേ വരെ സ്വന്തം ശുശ്രൂഷയെപ്പറ്റി പൗലോസ് മേനീ പറഞ്ഞിരുന്നില്ല. മാത്രമല്ല അപകാരം പറഞ്ഞു നടക്കുന്നവരെ കടുത്തഭാഷയിൽ വിമർശിക്കുകയും ചെയ്തിരുന്നു (2 കൊറി 3,1-6). എന്നാൽ ഇപ്പോൾ യഥാർത്ഥ ക്രൈസ്തവശുശ്രൂഷയെ വിലയിരുത്തേണ്ടതെങ്ങനെയെന്നതിന് തങ്ങളുടെ ജീവിതത്തെത്തന്നെ മാതൃകയായി അവതരിപ്പിക്കുന്നു. അത് വ്യക്തിപരമായ ആത്മപ്രശംസയോ, ആധികാരികത തെളിയിക്കലോ അല്ല. മറിച്ച് അദ്ദേഹം തങ്ങളുടെ ശുശ്രൂഷയുടെ മഹനീയത ഇവിടെ പ്രകടമാക്കുകയാണ്.

തുടർന്നുവരുന്ന വാക്യങ്ങളിൽ തന്റെ ക്രൈസ്തവശുശ്രൂഷ എത്രമാത്രം വേദനകളും പ്രതിസന്ധികളും നിറഞ്ഞതാണെന്ന് പൗലോസ് അക്കമിട്ടു ചൂണ്ടിക്കാട്ടുന്നു. ക്രൈസ്തവശുശ്രൂഷയുടെ അടയാളമായി താൻ മിശിഹായ്ക്കുവേണ്ടി സഹിച്ചവയുടെയും ഇപ്പോഴും സഹിക്കുന്നവയുടെയും വലിയ പട്ടികതന്നെയാണ് ശ്രീഹാ അവതരിപ്പിക്കുന്നത്. വലിയ സഹനത്തിൽ (6,4) എന്നത് പൊതുവായ വിഷയാവതരണമാണ്. തുടർന്ന് 18 കാര്യങ്ങളാണ് ശ്രീഹാ എടുത്തുപറയുന്നത്. ഇവയെ രണ്ടുതരത്തിലുള്ള കാര്യങ്ങളായി മനസ്സിലാക്കാം. ആദ്യത്തെ ഒമ്പതു കാര്യങ്ങൾ സഹനങ്ങളാണ് (6,4-5). പിന്നീടുള്ള ഒമ്പതു കാര്യങ്ങൾ ശ്രീഹായുടെ ധാർമ്മികതയുടെ അടിത്തറയുടെയും ശ്രീഹാ പിന്തുടരുന്ന ശൈലിയുടെയും ചിത്രം നൽകുന്നു (6,6-7). ഇവ സുവിശേഷത്തിനായി എത്ര ശ്രദ്ധാപൂർവ്വം ജീവിതത്തെ ക്രമപ്പെടുത്തി എന്നു വ്യക്തമാക്കുന്നു. തുടർന്നുവരുന്ന രണ്ടുകാര്യങ്ങളിലൂടെ (6,8) താൻ സുവിശേഷത്തിനായി നിലകൊണ്ട വിരൂഢസാഹചര്യങ്ങൾ ശ്രീഹാ സൂചിപ്പിക്കുന്നു. ഈ സാഹചര്യങ്ങളെല്ലാം ശ്രീഹായ്ക്ക് അഭിമാനിക്കാനുള്ളതാണ്. ഗുരുവിന്റെ വഴിയേന്തോ അതുതന്നെയാണ് ശിഷ്യന്റെതും. മിശിഹായെപ്പോലെ സഹനദാസനാകുന്നവനാണ് യോഗ്യനായ ശുശ്രൂഷകൻ. അജപാതശുശ്രൂഷയിൽ അനുഭവവേദ്യമാകുന്ന സഹനങ്ങൾ സഹനദാസനായ മിശിഹായോട് അനുരൂപപ്പെടുവാനുള്ള അവസരങ്ങളായി അജപാലകർ കരുതണം.

**3. ഹൃദയംതുറന്നു പെരുമാറുക**

“കോറിന്തോസുകാരേ, ഞങ്ങൾ നിങ്ങളോടു വളരെ തുറന്നു സംസാരിക്കുന്നു. ഞങ്ങളുടെ ഹൃദയം നിങ്ങളെ തുറന്നുകാണിക്കുകയും ചെയ്യുന്നു. ഞങ്ങൾ മുഖാന്തരമല്ല നിങ്ങൾ തെരുങ്ങുന്നത്; നിങ്ങൾ നിങ്ങളിൽത്തന്നെയാണു തെരുങ്ങുന്നത്. മക്കളോട് എന്നതുപോലെ ഞാൻ പറയുന്നു, നിങ്ങളോട് ഹൃദയം തുറന്നു പെരുമാറുവിൻ” (6,11-13).

സഹതാപം പിടിപ്പെടുക്കുവാനല്ല പൗലോസ് ശ്രീഹാ തന്റെ സഹനങ്ങളുടെ നീണ്ട പട്ടിക അവതരിപ്പിക്കുന്നത്. മറിച്ച് തന്റെ ശുശ്രൂഷയുടെ ആധികാരികതയെ അടിവരയിച്ച് ഉറപ്പിക്കാനാണ്. തന്റെ മുറിവുകൾ തന്റെ വിജയത്തിന്റെ മുദ്രകളാണെന്നും തന്റെ ശുശ്രൂഷയിൽ യാതൊരു കുറവുമില്ല എന്നു സമർത്ഥിക്കാനുമാണ് സുവിശേഷത്തിനുവേണ്ടിയുള്ള സഹനങ്ങളുടെ ഈ പട്ടിക ശ്രീഹാ അവതരിപ്പിക്കുന്നത്. കോറിന്തോസുകാർ തങ്ങളുടെ ശ്രീഹായോട് പൂർണ്ണമായും അനുരഞ്ജനപ്പെടണം എന്നു പറയുന്നതിനു പശ്ചാത്തലമായിട്ടാണ് ഇക്കാര്യങ്ങളെല്ലാം പൗലോസ് അവരുടെ മുമ്പിൽ അവതരിപ്പിക്കുന്നത്.

തുടർന്ന് പൗലോസ് തന്റെ അഭ്യർത്ഥന വ്യക്തമായി രേഖപ്പെടുത്തുന്നു: “കോറിന്തോസുകാരേ, ഞങ്ങൾ നിങ്ങളോടു വളരെ തുറന്നു സംസാരിക്കുന്നു. ഞങ്ങളുടെ ഹൃദയം നിങ്ങളെ തുറന്നു കാണിക്കുകയും ചെയ്യുന്നു. ഞങ്ങൾ മുഖാന്തരമല്ല നിങ്ങൾ തെരുങ്ങുന്നത്. നിങ്ങൾ നിങ്ങളിൽത്തന്നെയാണ് തെരുങ്ങുന്നത്; മക്കളോട് എന്നതുപോലെ ഞാൻ പറയുന്നു. നിങ്ങളും ഞങ്ങളോട് ഹൃദയംതുറന്നു പെരുമാറുവിൻ” (6,11-13). മക്കളോടൊന്നുപോലെയുള്ള അഭ്യർത്ഥന പൗലോസിന്റെ വാത്സല്യവും കരുതലും വ്യക്തമാക്കുന്നതാണ്. പൗലോസ് തുറന്നുസംസാരിക്കുകയും ഹൃദയത്തിൽ അവർക്കു വലിയ സ്ഥാനം കൊടുക്കുകയും ചെയ്തിരിക്കുന്നു. കോറിന്തോസുകാരിൽനിന്ന് ഇതിനനുസൃതമായി ഹൃദയവും തുറന്നുവെള്ളതുമായ പ്രതികരണമാണ് പൗലോസ് പ്രതീക്ഷിക്കുന്നത് (8,13). തങ്ങളെ ഏല്പിച്ചിരിക്കുന്ന അജഗണങ്ങളുമായി ഇതുപോലെ ഹൃദയമായ ഒരു പിതൃപുത്രബന്ധം വളർത്തുവാൻ അജപാലകർ ശ്രദ്ധിക്കണം.

**4. അവിശ്വാസികളുമായി കൂട്ടുചേരരുത്**

“നിങ്ങൾ അവിശ്വാസികളുമായി കൂട്ടുചേരരുത്. നീതിയും അനീതിയും തമ്മിൽ എന്തു പങ്കാളിത്തമാണുള്ളത്? പ്രകാശത്തിന് അന്ധകാരവുമായി എന്തു കൂട്ടുകെട്ടാണുള്ളത്? മിശിഹായ്ക്കു ബെലിയാലുമായി എന്തു യോജിപ്പാണുള്ളത്? വിശ്വാസികൾ അവിശ്വാസിയുമായി എന്താണു പൊതുവിലുള്ളത്? ദൈവത്തിന്റെ ആലയത്തിനു വിഗ്രഹങ്ങളുമായി എന്തു പൊരുത്തമാണുള്ളത്? നമ്മൾ ജീവിക്കുന്ന ദൈവത്തിന്റെ ആലയമാണ്. എന്തെന്നാൽ, ദൈവം അരുളിച്ചെയ്തിരിക്കുന്നു: ഞാൻ അവരിൽ വസിക്കുകയും അവരുടെ ഇടയിൽ വ്യാപരിക്കുകയും ചെയ്യും; ഞാൻ അവരുടെ ദൈവമായിരിക്കും; അവർ എന്റെ ജനവുമായിരിക്കും” (6,14-16).



അവിശ്വാസികളുമായി സമ്പർക്കമുത് എന്നാണ് ശ്രീഹാദയുടെ പ്രബോധനം. എന്തുതരം സമ്പർക്കമാണ് ഇവിടെ വിവക്ഷിക്കുന്നത് എന്നു വ്യക്തമല്ല. എങ്കിലും തുടർന്നു വരുന്ന വാക്യങ്ങളുടെ അടിസ്ഥാനത്തിൽ വിജാതീയ ആരാധനകളിലും വിരുന്നുകളിലുമുള്ള പങ്കുചേരലിനെയാണ് ഇവിടെ വിവക്ഷിക്കുന്നത് എന്നു മനസ്സിലാക്കാം. അഞ്ചു ചോദ്യങ്ങളാണ് ഈ ഉപദേശത്തെ സാധൂകരിക്കാൻ പൗലോസ് ശ്രീഹാദയെ ഉത്തര നൽകിയിട്ടുള്ളതും രണ്ടാംഭാഗം അവിശ്വാസികളുമായി ബന്ധപ്പെട്ടിരിക്കുന്നതിനെയും സാബന്ധിച്ചാണ്. പ്രസംഗശൈലിയിലുള്ള ഈ ചോദ്യങ്ങളുടെയെല്ലാം ഉത്തരം വ്യക്തമാണ്. യാതൊരു ബന്ധവുമില്ല എന്നു തന്നെയാണ് എല്ലായിടത്തും ഉത്തരം. മിശിഹായുടെ നിയമത്തിനനുസൃതമായ ജീവിതവും അവിശ്വാസിയുടെ നിയമവും പൊരുത്തപ്പെട്ടു പോവുകയില്ല. വിജാതീയരുമായി സമ്പർക്കമുത് എന്ന ഉപദേശത്തിലൂടെ സാമൂഹികജീവിതത്തിലെ അനുദിന ഇടപാടുകളെയല്ല, അവരുടെ ആരാധനാ കൂട്ടായ്മയിലെ ഭാഗഭാഗിത്വത്തെയാണ് വിലക്കുന്നത്.

വിശ്വാസികൾ ദൈവത്തിന്റെ ആലയമാണ് എന്ന നിലപാടു പൂർത്തിയാക്കാൻ ഏതാനും തിരുവചനഭാഗങ്ങൾ ശ്രീഹാദയ്ക്ക് ഇവിടെ ഉദ്ധരിക്കുന്നു (2 കൊറി 6,16-18). 'ദൈവം അരുളിച്ചെയ്തിരിക്കുന്നു' എന്നു പറഞ്ഞിരിക്കുന്നത് ശ്രദ്ധേയമാണ്. ഇവിടെ ദൈവം നൽകിയ വാഗ്ദാനം പഴയനിയമത്തിലുടനീളം കാണാവുന്നതാണ്. വെളിപാട് പുസ്തകത്തിൽ രക്ഷിക്കപ്പെട്ടവരുടെ നിത്യസൗഭാഗ്യമായി അവതരിപ്പിച്ചിരിക്കുന്നത് ദൈവസാന്നിദ്ധ്യമാണ്. പഴയനിയമത്തിൽ, കൂടാതെ ഇപ്പോൾ പഠിപ്പിച്ചിരിക്കുന്ന പ്രതീകങ്ങളിലൂടെ ദൈവം തന്റെ ജനത്തോടൊത്തു വസിച്ചു. മനുഷ്യാവതാരത്തിലൂടെ, ദൈവം നമ്മോടുകൂടെ വസിക്കുന്ന പുതിയ സൃഷ്ടി ആരംഭിച്ചു. ഉന്മീലനമായ മിശിഹായുടെ ലോകാവസാനത്തോളമുള്ള സാന്നിദ്ധ്യം അവിടുത്തെ അരുപിയിലൂടെ സഭയ്ക്കു നൽകപ്പെട്ടിരിക്കുന്നു. ഈ സാന്നിദ്ധ്യാനുഭവത്തിന്റെ പരിപൂർത്തിയാണ് യുഗാന്ത്യത്തിൽ സംഭവിക്കുന്നതും നിത്യതയിൽ തുടരുന്നതും. വിശ്വാസികളുടെ കൂട്ടായ്മയിലും ജീവിതത്തിലുമുള്ള ദൈവസാന്നിദ്ധ്യത്തെക്കുറിച്ച് അജപാലകർ അവരെ ബോധവൽക്കരിക്കണം.

**5. വിശുദ്ധി പരിപൂർണ്ണമാക്കുക**

"ആകയാൽ, നിങ്ങൾ അവരെവിട്ട് ഇറങ്ങിവരുകയും അവരിൽനിന്നു വേർപിരിയുകയും ചെയ്യാവിൻ എന്ന് കർത്താവ് അരുളിച്ചെയ്യുന്നു. അശുദ്ധമായതൊന്നും നിങ്ങൾ തൊടുകയുമരുത്; അപ്പോൾ ഞാൻ നിങ്ങളെ സ്വീകരിക്കും; ഞാൻ നിങ്ങൾക്കു പിതാവും നിങ്ങൾ എനിക്കു പുത്രന്മാരും പുത്രികളും ആയിരിക്കും എന്നു സർവശക്തനായ കർത്താവ് അരുളിച്ചെയ്യുന്നു. പ്രിയപ്പെട്ടവരേ, ഈ വാഗ്ദാനങ്ങൾ നമുക്കുള്ളതിനാൽ ശരീരത്തിന്റെയും ആത്മാവിന്റെയും എല്ലാ അശുദ്ധിയിലുംനിന്നു നമ്മെത്തന്നെ ശുദ്ധീകരിക്കുകയും ദൈവഭയത്തിൽ വിശുദ്ധി പരിപൂർണ്ണമാക്കുകയും ചെയ്യും" (6,17-7,1).

ഏതായാലും പ്രവചനത്തിലെ, ബാബിലോണിലെ അടിമത്തത്തിൽ കഴിയുന്ന ദൈവജനത്തോടുള്ള അഭ്യർത്ഥന ഉപയോഗപ്പെടുത്തിക്കൊണ്ട്, വിജാതീയവഴികളിൽനിന്ന് ദൈവഭവനത്തിലേക്കു തിരിച്ചുവരുവാൻ കോറിന്തോസിലെ സഭയെ ശ്രീഹാദയ്ക്ക് ഉപദേശിക്കുകയാണ്. 'ഞാൻ നിങ്ങളെ സ്വീകരിക്കും, നിങ്ങളെ ദൈവമക്കളുടെ കുടുംബാംഗങ്ങളായി കണക്കാക്കും' എന്നീ വചനങ്ങൾ വിശ്വാസത്തിൽനിന്നും വ്യതിചലിക്കാതെ ജീവിക്കുന്ന സഭാംഗങ്ങൾക്കുള്ള വലിയ ബഹുമതിയും അംഗീകാരവുമാണ്. "തന്നെ സ്വീകരിച്ചവർക്കെല്ലാം ദൈവമക്കളാകാനുള്ള അവകാശം നൽകി" എന്ന യോഹന്നാൻസുവിശേഷകന്റെ വാക്കുകൾ ഇവിടെ പ്രസക്തമാണ് (യോഹ 1,12). കോറിന്തോസുകാർക്ക് ദൈവം ഇതിലും വലിയ ബഹുമതിയും അംഗീകാരവും കൊടുക്കാനില്ല. വിജാതീയവഴികൾ ഉപയോഗിച്ചുവരാൻ തയ്യാറാകുമ്പോൾ അവർ ദൈവത്തിന്റെ മക്കളായിത്തീരും.

'പ്രിയപ്പെട്ടവരേ' എന്ന അഭിസംബോധനയോടെയുള്ള അടുത്തവാക്യം (2 കൊറി 7,1) പൗലോസിന് കോറിന്തോസുകാരോടുള്ള വാത്സല്യം വ്യക്തമാക്കുന്നു. 'നമ്മെത്തന്നെ ശുദ്ധീകരിക്കാൻ' എന്ന ആഹ്വാനത്തിൽ പൗലോസ് തന്നെയും സഹകാരികളെയും ഉൾപ്പെടുത്തുന്നു എന്നതും ശ്രദ്ധേയമാണ്. ഇവിടെ വിശുദ്ധിയിലേക്കുള്ള വിശ്വാസികളുടെ വിളിയെക്കുറിച്ച് അവരെ ഓർമ്മിപ്പിക്കുകയാണ്. വിജാതീയ ആരാധന അശുദ്ധിയിലേക്കാണ് നയിക്കുന്നത്. അതിനാൽ അതു പൂർണ്ണമായി ഉപേക്ഷിക്കണം. ദൈവത്തിനു പൂർണ്ണമായി സമർപ്പിക്കുകവഴിയാണ് പരിശുദ്ധി സാധ്യമാവുക. ദൈവത്തോടുള്ള താദൃശമായ വിശ്വസ്തതയ്ക്കും ബഹുമാനത്തിനും ധർമ്മീകവും വിശ്വാസപരവുമായ ശുദ്ധീകരണം കൂടിയേ തീരൂ എന്ന് ശ്രീഹാദയ്ക്ക് പഠിപ്പിക്കുന്നു. സഭാംഗങ്ങളെല്ലാം വിശുദ്ധിയിലേക്കു വിളിക്കപ്പെട്ടവരാണെന്ന യാഥാർത്ഥ്യം അജപാലകർ അവരെ ബോധ്യപ്പെടുത്തേണ്ടതുണ്ട്.



**ജീവിതസൂചിക**

1. എന്റെ അജപാലനശൃംഗ്ഷയിൽ അനുരഞ്ജനശൃംഗ്ഷയ്ക്ക് ഞാൻ എത്രമാത്രം പ്രാധാന്യം നൽകുന്നുണ്ട്?
2. അജപാലനശൃംഗ്ഷയിൽ അനുഭവപ്പെടുന്ന സഹനങ്ങളെ ഞാൻ എപ്രകാരം നേരിടുന്നു?
3. എന്റെ ശൃംഗ്ഷയ്ക്ക് ഏല്പിക്കപ്പെടുന്നവരുമായി ഹൃദ്യമായ ഒരു പിതൃപുത്രബന്ധം ഞാൻ വളർത്തുന്നുണ്ടോ?
4. വിശ്വാസികളുടെ കൂട്ടായ്മയിലുള്ള ദൈവസാന്നിദ്ധ്യത്തെക്കുറിച്ച് ഞാൻ അവരെ ഓർമ്മപ്പെടുത്തുന്നുണ്ടോ?
5. വിശുദ്ധിയിലേക്കുള്ള സഭാംഗങ്ങളുടെ വിളിയെക്കുറിച്ച് ഞാൻ അവരെ ബോധവൽക്കരിക്കുന്നുണ്ടോ?

**നോമ്പുകാലം**

ഈശോയുടെ പരസ്യബീവിതത്തിന്റെ അവസാനം സംഭവിച്ച രക്ഷാകരകർമ്മങ്ങളുടെ പരിസമാപ്തി കുറിക്കുന്ന അവിടുത്തെ പീഡാനുഭവവും മരണവും പ്രത്യേകമായി അനുസ്മരിച്ച് ധ്യാനവിഷയമാക്കുന്ന കാലഘട്ടമാണിത്. ഉയിർപ്പുയിരുനാളിനു മുമ്പുള്ള എഴ് ആഴ്ചകൾ പ്രാർത്ഥനയ്ക്കും പ്രായശ്ചിത്തത്തിനും ഉപവാസത്തിനുമായി നീക്കിവെച്ചിരിക്കുന്നു. ഈശോയുടെ നാല്പതുദിവസത്തെ ഉപവാസമാണ് നോമ്പുകാലത്തിന്റെ അടിസ്ഥാനം. ആചരണങ്ങൾ : മാർത്തോമ്മാ നസ്രാണികൾ പേത്തുർത്താ ഞായർ മൂത്തൽ ഉയിർപ്പുയിരുനാൾ വരെ നോമ്പ് നോക്കിയിരുന്നതു കൊണ്ടാകാം ഇത് 'അമ്പതു നോമ്പ്' എന്നും വിളിക്കപ്പെടുന്നത്.

# NEWS FROM DEPARTMENTS

## NURSES MINISTRY

### HOPE

The Nurses ministry of the Eparchy of Nurses Ministry, Eparchy of Mississauga, conducted a session to support those parents who are facing challenges in their lives to take care of their children and to support them spiritually. It was a wonderful initiation from the Nurses Ministry and the session was led by Br.Santhosh T, Christeen Retreat Centre, Kerala, on February 22nd from 8:00 PM to 9:00 PM. Blessed with the presence of His Excellency Bishop Mar Jose Kalluvelil, Fr.Daris Cherian Moolayil, and Sr. Josy.



A collage of images. At the top left is a circular logo with a cross and text. In the center is a religious scene with a man and children. At the top right is another circular logo. Below these is a photograph of a group of people in a church setting. At the bottom is a purple banner with white text: "EPARCHY OF MISSISSAUGA NURSES MINISTRY INVITES YOU TO HOPE ON FEBRUARY 22 ND TORONTO TIME 8 - 9 PM INDIAN TIME 23 RD 6:30 - 7:30 AM".

## **DIVINE PATHWAY**

Canada Nurses Ministry organized a half day formation program on Feb. 22nd at St. Joseph Syro-Malabar Parish Oshawa led by Fr. Joyal Joseph.

## **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 in the monthly prayer on 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, the Catholic Church, all the nurses around the world, all the leaders, world peace and the souls of purgatory.





## Special Events

- Most of the nurse's ministry service held a zoom meeting with national and international coordinators to discuss about, how to improve the active participation in ministry level.
- Night Vigil: To experience the Love of God, Nurses from all the regions actively participated in the night vigil took place through online on February 21st from 11:30 pm to February 22nd 1:30 am led by international team.
- Eucharistic Adoration: Pray, meditate, give gratitude, sit in silence, focusing on Christ's presence. The powerful way to deepen one's relationship with Christ, reflect on His sacrifice, and seek spiritual nourishment.
- Regions conducted House visits and prayers of the sick.
- Members of Nurses ministry Mississauga, expressed heartfelt appreciation to Sister Mercy Antony CHF for her dedicated service as the Animator for over two years. Rev. Fr. Augustine Kallungatharayil took a moment to thank Sr. Mercy for her outstanding support to the ministry during her tenure and announced that Rev. Sr. Maria Josy will be stepping in as the new Animator for the Ministry.

This period highlighted the ministry's commitment to spiritual growth, unity, and service. Through consistent prayer practices, active church participation, and meaningful events, members contributed significantly to the spiritual and communal life of the church.

## Enhancing Quality of Life for the Aging Generation- One step forward

February was another productive month for ISSSAC, with new themes introduced in Wellness Clinics and expanded community engagement through new initiatives. As a proud member of Good Food Organizations, ISSSAC welcomes the support of The Slight Foundation, which will strengthen us to support food security for newcomers and those struggling. This support will help us to reach more people, providing emergency food and resources at critical times.

Wellness Clinic on Managing and Optimizing Medications Safely.

The fifth Wellness Clinic addressed a long-standing concern among seniors—safe and effective medication management. Led by Mrs. Rose Mary Margaret, Senior Pharmacist, the session provided valuable insights into how medications work in the body, emphasizing the importance of preventing harmful drug interactions and enhancing their effectiveness.



### Key Takeaways Included

- Personalized Medication Management: Regularly reviewing prescriptions with family physicians and pharmacists



to make necessary adjustments based on age, health status and lifestyle.

- Preventing side effects: Identifying and managing issues like dizziness, confusion, or digestive discomfort to improve overall well-being.
- Memory and Medication challenges: Implementing strategies to ensure consistent and safe medication intake for those facing memory-related difficulties.

### Upcoming Wellness Clinics

"An Active Living Formula for Older Adults".

A trained physiotherapist will lead a session on essential body movements and exercises, promoting strength, mobility, and overall well-being for older adults.

### Green Future Project

As a Good Food Organization, ISSSAC is committed to enhancing food security by supporting home-based and community gardens, empowering families to grow fresh vegetables and fruits. The Toronto Regional Centre is launching the Green Future Initiative, promoting sustainable gardening and land-based activities to expand access to fresh produce based on community needs.

In collaborative initiative with ISSSAC St. Thomas Forane Parish, Scarborough, will collect and distribute vegetable seeds and

ISSSAC WELLNESS CLINICS  
**AN ACTIVE LIVING FORMULA FOR OLDER ADULTS**

**An Active Routine for Healthy Living**  
Stay fit and active. Improve the quality of life with aging.

Call 437-603-7920 to Register. Open to Anyone 60+

Next Wellness Clinic: Resource Person  
**Lincy George Physiotherapist**  
March 22 | 10.15 AM

Integrated Social Service Society-Action Canada (ISSSAC)  
Regional Service Centre  
38 Thomas St. Scarborough Campus,  
115 Eglinton West  
Scarborough, Toronto ON M1G 3A1  
437-603-7920 | [www.issac.org](http://www.issac.org)

Grow Greens Together

**Grow Vegetables in your backyard**

REGISTER NOW FOR RECEIVING SEEDLINGS AT A LOW COST  
CALL 437-603-792077 | FILL OUT THE GOOGLE FORM

Promoting food security & sustainability –  
engaging community

Integrated Social Service Society-Action Canada (ISSSAC) Regional Centre  
BRANCH OF MISSISSAUGA  
115 Eglinton West, Scarborough ON M1G 3A1  
437-603-7920 | [issac-sc@issac.org](mailto:issac-sc@issac.org)  
ISSSAC - A Good Food Organization



seedlings to households while establishing a community garden on the church campus. This initiative will encourage intergenerational collaboration, bringing youth and adults together to cultivate healthy greens, vegetables in great demand, and other produce.

ISSSAC aims to support individuals and families in parishes with limited food access. Our recognition as a member of Good Food Organizations Canada strengthens our advocacy for community well-being and sustainable food solutions.

First Steps Program designed to empower newcomers and families, ensuring they feel supported and equipped to embrace their new journey in Canada. It provides culturally appropriate, inclusive services and pastoral care tailored to their needs through

## FAMILY APOSTOLATE

### Marriage Preparation Course (February 2025)

The Family Apostolate of the Eparchy of Mississauga conducted the Marriage Preparation Course from Feb 22 to 24, with a total of 60 participants. 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 with an esteemed group of instructors from the MPC Teaching Staff, who delivered engaging sessions on different aspects of marriage and family life.

The course covered important aspects of Sacrament of Matrimony ranging from Sacramentality of marriage, aspects of male and female psychology and its influence in marriage, importance of prayer life, family budgeting, sexual morality, Canon law, parenting, communication in marriage life and Syro- Malabar Marriage Rite.

Participant feedback for the course was overwhelmingly positive. 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.



## Upcoming Events

1. Eucharistic song singing contest: Each parish needs to conduct their own competitions and select two winners. The deadline is March 31, 2025 to send the winners name to Mathruvedi of Eparchy using the following email. (mathruvedhiem@gmail.com)

## Marriage Preparation Course,

March 15, 16 & 17 2025 - Venue: St. Mary's Church London

**FAMILY APOSTOLATE**  
SYRO-MALABAR EPARCHY OF MISSISSAUGA

**MARRIAGE PREPARATION COURSE 2025**

**SATURDAY, SUNDAY, MONDAY**

JANUARY	11, 12, 13
FEBRUARY	22, 23, 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.ca@gmail.com

**Fr. Thomas Vemmanthara** Director  
647 858 1449

**Sr. Jyothi A O**  
437 229 7144

- Applicants must be registered members of the Syro-Malabar Parish
- Application form with a fee of \$50 should be downloaded (refer to the mentioned email address)
- Signature of the Syro-Malabar Parish Priest in Canada is mandatory in the application form

**NOTE:**  
St. Thomas Syro-Malabar Catholic Forester Church,  
North York, Toronto

**FAMILY APOSTOLATE**  
SYRO-MALABAR EPARCHY OF MISSISSAUGA

**MARRIAGE PREPARATION COURSE**  
LONDON, ONTARIO

**2025 MARCH 15, 16, 17**  
**SATURDAY, SUNDAY, MONDAY**

VENUE:  
ST. MARY'S CHURCH  
245 KING EDWARD AVE  
LONDON, ON, N5Z 3V1

Co-ordinator:  
Fr. Ploogen Kannampuzha (Vicar)

CONTACT : +1 (226) 238-3336

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

**Fr. Thomas Vemmanthara**  
Director  
647 858 1449

**Sr. Jyothi A O**  
437 229 7144

**OFFICE OF PROCEEDINGS**  
SYRO-MALABAR CATHOLIC  
FORESTER CHURCH  
10000 FORESTER, TORONTO

- Applicants must be a registered member of the Syro-Malabar Parish
- Application form with a fee of \$50 should be sent to the mentioned email address
- Signature of the Syro-Malabar Parish Priest in Canada is mandatory in the application form

**SYRO-MALABAR MATHRUVEDHI EPARCHY OF MISSISSAUGA**

**ഈശ്വരാനുഭവ ഗാനം**  
**EUCCHARISTIC SONG**  
*Singing Contest*  
EPARCHY LEVEL

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

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



# NEWS FROM PARISH

## MISSISSAUGA FORANE



### ST. ALPHONSA CATHEDRAL MISSISSAUGA

#### Feast of St. Sebastian

On Monday, January 20, the Feast of St. Sebastian was celebrated at the Cathedral with a solemn Holy Qurbana celebrated by Rev. Fr Harold Ambattupadavil followed by Ladeenj and Festal Prayers. The parishioners also had the opportunity to offer Kazhunnu on that day.



2000 "Our Father":  
- On Saturday, January 25, 'Our Father' Prayers were offered at the Cathedral for the special intentions of the Pastoral Visit, families and children of our Parish.



#### Extraordinary Ministry of Holy Communion - Oath

On Sunday, January 26, the Oath taking Ceremony for





the Extraordinary Ministry of Holy Communion was conducted before the 8.30 am Holy Qurbana. Sr. Pauline CHF and Maneesh George were installed as the new Extraordinary Ministers of Holy Communion after the completion of their training Programs.

### **Talk & Adoration**

The Holy Qurbana, Talk, and Adoration on Friday as preparation for Pastoral Visit and Jubilee Year 2025 were led by Fr. Roni George VC; Director of Toronto Divine Retreat Centre on January 31.



### **\*Pastoral Visit 2025\***

The Pastoral Visit of His Excellency Mar Jose Kalluvelil at the St. Alphonsa Cathedral, Mississauga was conducted from February 6 – 9, 2025. During this visit, His Excellency held various meetings, interacted with the parishioners and updated them about the future projects of the Eparchy.

The Pastoral Visit started on Thursday, February 6 whereby His Excellency visited the homes of the seniors in our community and spent time reminiscing with them. Following this, on February 7, His Excellency visited the Cathedral Office and verified all the



records and documents in the presence of the Vicar, Asst. Vicar, Trustees and Office Staff. On the same night itself, His Excellency celebrated Holy Qurbana for the youth & children and thereafter, held an interactive session with them.

On the next day, the trustees officially welcomed His Excellency into our Cathedral on behalf of the entire community and His Excellency celebrated



the Holy Qurbana thereafter. Afterwards, there was a meeting with the Parish Council, Catechism Teachers and finally, the leaders and animators of all Associations and Ministries in the parish. On the last day of the Pastoral Visit, His Excellency celebrated Qurbana and then, interacted with both the adults and children, meanwhile also answering any questions or concerns they raised. In the evening of the same day, His Excellency met with the leaders of both SMYM National & International to listen to their concerns and offered his valuable advice on these topics.

### **Inauguration of the Jubilee Year 2025**

The highlight of the Pastoral Visit was the Inauguration of the Jubilee Year 2025 and the opening of the Holy Door, thereby declaring the St. Alphonsa Cathedral, Mississauga as a pilgrim center. His Excellency was



received by our Vicar, Rev. Fr. Augustine and following the rituals, His Excellency cut the ribbon, recited the Prayer of Jubilee and processed through the Holy Door followed by the faithful and this was followed by the lighting of the Jubilee Lamp.





## SMYM National

### \*Friday Fire Gatherings\*

SMYM has held Friday Fire Gatherings every Friday, providing an opportunity for youth engagement and spiritual enrichment. During these gatherings, we organized interactive games for the children and invited various speakers to lead spiritual talks, praise and worship sessions, and other faith-based activities. This allows us to be able to keep the children of the church closer to us as they grow up, and their support is what makes us who we are. Thank you for everyone's continued support in making what we do a success. On Friday, February 7, Bishop Mar Jose Kalluvellil celebrated Holy Qurbana with the youth in the Kannampuzha, following which he shared a talk, had a Q & A session. This was a time for the youth to engage with Bishop and ask any questions that they had, for which Bishop had fulfilling answered. The night ended with a beautiful adoration. Thank you to all our youth who joined us for this evening and made it a memorable one. On Sunday,



February 9, from approximately 3:30 pm to 5 pm, as a part of the Pastoral Visit, a meeting was held with Bishop Mar Jose Kalluvellil and SMYM National Team to discuss key topics related to the

SMYM’s activities and future initiatives. SMYM International was also present, providing additional insights and perspectives on broader collaboration.

On February 22nd, SMYM hosted Winter Wonderland Season 3, which was a great success. In the event, many youth and children joined us, and we had a huge participation from a lot of youngsters. We had around 15 games running. They also had a great food booth, with lots of delicious snacks and meals served. We got over 100 people to take part in the event. Winners took home grand prizes. This time we had a new variety of games that everyone enjoyed, and we were glad to get a great response from everyone. Thank you to everyone for the support!

### **Jesus Kids, HCA, CML Associations**



### **Jesus Kids**

Jesus Kids animators online meeting was held on 16 Jan 2025 from 9.30 pm onwards to plan for the month of February.

Jesus Kids conducted the February month session based on the theme Eucharist- Central part of Family life on February 7 after the usual 7.30 pm Holy Qurbana. The order of the activity session was Jesus Kids prayer, attendance, theme-based talk and PPT presentation by Jesus kids Leaders Anabella Lalu and Alphonsa



Shinobi and as well as coloring activity, action song and concluding prayer.

As part of Bishop's Pastoral Visit, Tincy Biju and Susha Vincent represented Jesus Kids team and took part in the Executive members meeting of various ministries and associations with His Excellency on 8 Feb 2025 at the Kannampuzha hall from 4.30 pm onwards. During the meeting Susha Vincent presented the short report of Jesus Kids activities for the academic year 2024-2025.

### **HCA**

The HCA Activity Day for the month of February was conducted on February 7, 2025, at St. Alphonsa Cathedral following the Holy Qurbana at 7:30 pm. The event saw the participation of approximately 25 children along with the four animators. The session featured a presentation on the origin of Valentine's Day, focusing on the life of St. Valentine. Additionally, children learned about St. Mariam Thresia and her contributions to the faith. The significance of Family Day was also highlighted, drawing connections to the Holy Family and its importance in Christian life. The children actively engaged in the discussions, asking insightful questions and responding to queries from the animators. The session concluded with a time of adoration and a special blessing from Fr. Augustine.

On Saturday, February 8, 2025, as part of Bishop's Pastoral Visit, there was an interaction with the Holy Childhood Association along with other parish associations & ministries. Six of the HCA animators were present for the meeting. During the visit, a brief report outlining the association's activities was presented to provide an overview of its initiatives and progress.

### **CML**

The CML members along with the animators gathered on February 7, 2025 for





the monthly activity after the 7:30 PM Holy Qurbana. An interactive session was held on Eucharistic miracles and saints to encourage the children to lead Eucharistic cantered life.

On February 8, the CML animators along with other associations' animators spent time with Mar. Jose Kalluvellil, during his pastoral visit and shared the vision and mission of the Pious Associations in our parish.

### **Animators' Meeting with Fr. Augustine**

A meeting for the animators of Jesus Kids, HCA, and CML was held on Friday, February 14, 2025, following the Holy Qurbana. The discussion focused on planning future activities, strategies to enhance children's participation in association events, and methods to foster future leadership within the community.



On February 14, a meeting was held for the Pious Associations' animators including the CML animators with Fr. Augustine to discuss and plan the programs and activities to be organized in the future.

### **Catechism Department**

“Faith is passed on by contact, from one person to another, just as one candle is lit from another.” – Pope Francis

On February 8, 2025, H.E. Mar Jose Kalluvellil, Bishop of the Eparchy of Mississauga, visited St. Alphonsa Cathedral for a Pastoral Visit. The gathering was led by Fr. Augustine Kallumkatharayil (Pastor), Fr. Francis Samuvel (Associate Pastor), and the catechism core team, with the presence of catechism teachers. The session provided an opportunity to reflect on the current state of catechism, challenges faced by our youth, and the future of faith formation within the parish.

The Bishop's Address emphasized faith retention, making catechism relevant, and the need for stronger teacher formation. The Action Points discussed includes strengthening teacher commitment, encouraging family involvement, expanding faith resources, and supporting youth leadership. The session concluded with a vote of thanks and a renewed commitment to nurturing faith, fostering a strong Syro-Malabar Catholic identity, and creating a welcoming parish community for all.

## Legion of Mary

We gather every Sunday after 8.30 am Holy Qurbana for the weekly prayer. On February 1, we gathered before the Blessed Sacrament for Holy Hour and prayed from 2 pm to 3 pm. The monthly report was submitted to the commitium on January 23. The Legion of Mary members participated in 2000 'Our Father' prayer on January 25. One member also participated in the rosary apostolate in a school. In addition to that, the members participated in 'Bible in a Year Program', Group Rosary and Bible Study.



The monthly in-person gathering took place on Sunday, February 2, following the 8:30 am Holy Qurbana with 26 attendees. During the meeting, members expressed heartfelt appreciation to Sr. Mercy Antony CHF for her dedicated service as the Nurses Ministry Animator for over two years. As a token of gratitude, she was presented with a thoughtful gift. Rev. Fr. Augustine Kallumkatharayil also took a moment to thank Sr. Mercy for her





outstanding support to the Nurses Ministry during her tenure. Refreshments, coffee and snacks were also provided. Additionally, Fr. Augustine announced that Rev. Sr. Maria Josy will be stepping in as the new Animator for the ministry. The members extended a warm and enthusiastic welcome to Sr. Josy as she assumed her new role.

This month's prayer tool is the Tears of Blood Rosary, with each member of our prayer team—comprising 30 dedicated individuals—committed to offering this powerful prayer daily. Our intentions include the Catholic Church, the souls in purgatory, all nurses around the world, the leaders of the nursing ministry, and the specific needs of our parish.

In addition to this, our team members faithfully participate in Eucharistic Adoration every Tuesday through Friday, from 10:30 AM to 12:30 PM, at our chapel. This time of deep prayer and reflection strengthens our connection with God and supports our shared intentions





# ST. JOSEPH PARISH, HAMILTON

## Donation Drive for the Sisters of the Poor of Jesus Christ

The Pious Association is once again active in collaborating with the Sisters of the Poor of Jesus Christ to provide essential support to those in need in the Hamilton area. We invited the sisters to our parish on Sunday, February 9th to collect the donated items from our parishioners. We thank all parishioners for their generosity.

## Pithruvedi - Fathers' Meet

Team Pithruvedi went on their Winter Residential Fellowship trip to Niagara. It was a wonderful opportunity to come together, celebrate our faith, share our thoughts, and strengthen our bonds of friendship.



## Nurses Ministry Gathering

The Nurses Ministry gathered for their monthly meeting at the Sacred Heart Church on 2nd February 2025.



## First Holy Communion

Tara Ann Joseph, daughter of Joseph and Anu Immanuel (St. Chavara Unit) celebrated First Holy Communion on 8th February 2025 in Kerala, India. God bless her abundantly!





# SCARBOROUGH FORANE



## ST. THOMAS FORANE PARISH, SCARBOROUGH

### Faith and fellowship through the chilly embrace of winter...

Despite the chilly embrace of winter, February was a month of warmth, unity, and vibrant community life for most of the parishioners through faith-filled liturgical celebrations, promoting parish's charitable initiatives, and a refreshing breakfast fundraiser who came together to strengthen their spiritual bonds and to reiterate support the church. The month was a testament to our shared commitment to faith, service, and fellowship led by Rev.Fr. Baiju Chakkery, our pastor, Fr. Shijo Karickal, Assoc.Pastor, Veena Louis, and Saji Thomas Trustees.

### Parish Council Meeting

The Parish Council at its meeting on February 8, outlined plans to enhance the Car Lottery Fundraiser by expanding outreach efforts to neighboring communities and family units for greater participation.

Lenten Retreat: The council also finalized the schedule for the Lenten Retreat, scheduled for March 14–16, focusing on spiritual renewal and deeper faith enrichment.

Model Vegetable Garden: A proposal to provide low-cost vegetable plants and potted seedlings for backyard gardens was end. Parish in association with the ISSSAC's Green Future Initiative, a model vegetable garden will also be established on the church premises, supporting food security efforts promoted by ISSSAC.



## **Syro Malabar Sports Academy Toronto (SMSAT) launches First Training Handbook**

SMSAT has introduced its first Training Handbook for the Badminton program, developed by their Coach Biju Kannampuzha. Belent Mathew Presented the Handbook to two students who are getting training in Badminton. The book aims to provide structured guidance to enhance the skills and performance of young players.



### **Mission Quiz Winner announced**

Simy Sam Cheeran, of Francis Xavier Unit was adjudged as a Winner in the Mission Quiz, organized by the Syro Malabar Catholic Church globally. Congratulations to Simi who has bagged third place for the Quiz at the Eparchial level.

### **CATECHETICAL CORNER**

Despite recurring snowstorms and challenging weather on two consecutive Sundays, catechism classes continued through virtual classrooms, ensuring uninterrupted learning with a commendable turnout across all grades.

### **Prayers for Pope Francis**

Together with millions of Catholics worldwide, on Sunday, February 23, our students joined in special prayers for the well-being of Pope Francis, uniting in faith for his recovery.

### **Eparchial Decennial Contests**

Congratulations to Sanjana Santhosh and Ann Cristy Binoy, who emerged as Forane-level winners in the Elocution Contest, organized as part of the Eparchial Decennial Celebrations.

## Bible Arts Festival

The Bible Arts Festival, featuring a variety of artistic events inspired by Biblical themes, parables, and verses, will be held on March 7, 8, and 9, coinciding with March Break. This event provides students with a unique platform to explore the Bible through creative expression. With over 175 students already registered, enthusiasm is growing for what promises to be an engaging and enriching experience. Winners will receive well-deserved prizes and recognition.

Efforts are in full swing to ensure another successful mega event, with various teams led by Biju Davis (Principal), Joshy Varghese, Biji Mary, and Sr. Jyothy (Vice Principals), Rajeev Jose, Princy Robbins, Magna James, Jincy Anu, Neethu Devasia, Treesa Varghese, Shradha Tony, Mary John, and Alex Kurishummoottil (Parent and Teacher Representatives), along with General Coordinators Anu Thomas and Binoy Sasthampadavil.



## 'Loonie with Love' - Lenten Charity Drive

Continuing a cherished tradition, students will be encouraged to contribute at least a Loonie during every Sunday Mass, offering their donations during the Offertory Collection to support charitable causes. This year's campaign officially kicks off on Sunday, March 2., 2025





## **PARISH JUNIOR CHOIR: GROWING IN HARMONY**

The Parish Junior Choir continues to enrich liturgical celebrations with their dedication and weekly practice sessions. With the recent addition of 15 new members, the choir now has a strong ensemble of 40 young voices.

Guided by committed youth leaders, including Arun (Keyboardist) and senior high schoolers Irene, Joanna, Kezia, and Teresa Maria, the choir remains actively engaged in refining their musical talents of aspiring singers and enhancing the worship experience.

The Junior Choir continues to engage the whole community and have gained the confidence to perform with precision and enthusiasm. Their commitment and passion showcase them as an inspiring example of youth participation in the life of the Church.

The dedication and exemplary leadership of their animators, Roy Arcatt and Neethu Siji, and the unbridled support of Fr. Baiju and Fr. Shijo continue to strengthen the group, earning them accolades week after week!

## **Altar Servers Orientation**

More than 30 members of the Altar Servers team attended a second orientation program to get themselves familiar with the celebration of our Liturgy. Sr. Jessy AO led the session.

## **SMYM- Membership drive:**

SMYM International launched its membership drive for the year on February 5 with the goal of attracting new youth members in the community. A Google form created for this purpose is available on its social media pages until March 5. The executive committee meeting presided over by Fr. Shijo Karickal on February 2 discussed proposals for various activities for the year this year. Following the Membership drive, a new team will be elected to lead the organization. The new team will coordinate the proposed activities.



## A Eucharistic Adoration

The monthly Adoration organized on February 23, after the evening Mass was led by SMYM Executive and Pastoral Council member Neethu Jaimon.

## SANTARTS: NURTURING TALENT IN MUSIC AND DANCE

Santarts, the Parish School of Arts, continues to attract enthusiastic learners through its vibrant music and dance programs. Expanding its offerings, Indian Classical Dance has now been added to the regular curriculum alongside Piano and Guitar programs. Dance classes, led by the talented Maria Babu, take place on Thursdays from 7 PM to 8 PM.

Santarts remains committed to excellence in music education, offering Royal Conservatory of Music (RCM) curriculum for Piano which prepares them for recitals, church choir and external performances. A performance-based curriculum is followed for Guitar. Under the guidance of Dr. Valsan Chandy, 35 students are currently enrolled in these programs, with classes held on Mondays, Wednesdays, and Fridays.

With a deep commitment to nurturing young talent, Rajeev Jose, the Coordinator, and Sr. Jessy AO, the Animator, actively engage in identifying students' needs and ensuring they receive the best guidance and support.



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The Royal Conservatory of Music's (RCM) Canadian Curriculum

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**INSTRUCTOR: MRS. MARINA BABU**

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**MONTHLY FEE \$60 ONLY!**

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santarts

## SYRO MALABAR SPORTS ACADEMY TORONTO – WHERE CHAMPIONS ARE MADE

The Syro Malabar Sports Academy Toronto (SMSAT), founded

in 2023, proudly serves as the Parish Sports School. Operating under the motto “Serving up Faith and Fitness,” SMSAT offers a unique program that integrates sports, community, and spiritual growth. The academy provides structured coaching for a total of 75 children in Soccer, Basketball, Volleyball, and Badminton, welcoming youth of all ages. Training sessions are held on Tuesdays at a well-equipped school sports facility conveniently located near the church.

This initiative promotes physical, mental, and social well-being, fostering an environment where children learn teamwork, respect, and discipline while embracing the spiritual values instilled by the Church. Through sports, SMSAT encourages young athletes to build confidence, fitness, and strength, supporting their overall development.

A significant milestone was achieved with the introduction of a Training Handbook for the Badminton program, designed by Biju Kannampuzha. This professionally developed manual serves as a valuable resource, providing structured guidance to enhance the skills and performance.

On Mondays, both youth and adults come together for sports, strengthening community bonds and promoting physical and mental well-being. Youth players engage in basketball, while adults play badminton and volleyball, with all sessions open to church members.

## **Movie Night**

As part of its commitment to community-building, SMSAT hosted a movie night, offering an inspiring and entertaining experience for young minds through meaningful stories and Christian values.





## Inter Church Soccer Tournament

In a historic first for the Syro-Malabar community in Canada, SMSAT is also organizing a U-14 Soccer Tournament, fostering teamwork, shared values, and a strong, vibrant community.

## PITHRUVEDI AND MATHRUVEDI TO STRENGTHEN COMMUNITY BONDING

Pithruvedi and Mathruvedi, the parish forums for fathers and mothers, continued to take a lead role in engaging the community and mobilizing resources.

**Fundraiser Breakfast:** A breakfast fundraiser was successfully organized after the morning Masses on February 23. The proceeds will support various parish events and encourage greater participation.

Earlier this month, the Executive Committee presided over by Fr. Baiju Chakkery discussed ways to enhance parishioners' involvement in key events. Being the Jubilee Year, Pithruvedi will promote the Annual Pilgrimage to Martyrs' Shrine and the March for Life, a public advocacy event held after Easter to uphold the dignity of life and the rights of the unborn. They will also host a Family Eucharistic Quiz in celebration of the Year of the Eucharist in the Eparchy of Mississauga, later this year.

Along with Pithruvedi President Binoy Sasthampadavil, and Secretary Jobin Mathew, a core team led by Rajesh Thomas, Parish Council representative Justine George worked hard to coordinate the fundraiser breakfast. They are also actively planning for the upcoming summer events.







# HOLY FAMILY PARISH, HALIFAX, NOVA SCOTIA

## Parish Council Meeting Updates

The Holy Family Parish Council convened on Sunday, February 23, 2025, following the Holy Mass. The meeting covered various important matters. The council reviewed the yearly financial statement, ensuring transparency and accountability in financial matters. Emphasis was placed on the importance of completing the safeguarding policy documents. A date was set for the upcoming general body meeting. This gathering will provide an opportunity for all parish members to come together and discuss important issues. Trustees provided an update on the progress of designing a web page for the church account. A committee has been formed to oversee its development and ensure it meets the needs of the parish. The council reviewed the plans for upcoming feast days.

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

The Holy Family Parish is excited to announce the schedule for the annual Lenten retreat. This special event is open to all parishioners and aims to provide a profound spiritual experience as we prepare for Easter. The retreat will take place over three days.

"I WILL DWELL IN THEM AND WALK AMONG THEM. I WILL BE THEIR GOD, AND THEY SHALL BE MY PEOPLE."  
• 2 CORINTHIANS 6:16

**ANNUAL  
LENTEN  
RETREAT**

**April - 4,5,6**

Preacher: Rev. Fr. Bijil Chakyath MSFS

Holy Family Roman Catholic Church, Halifax

# Holy Family School Of Catechism Report

## Catechism Staff Meeting

The Holy Family School of Catechism held two significant meetings in February 2025, focusing on the ongoing development and enrichment of the catechism program. The meetings commenced with spiritual sharing led by Rosy, a dedicated Grade 7 teacher. Her

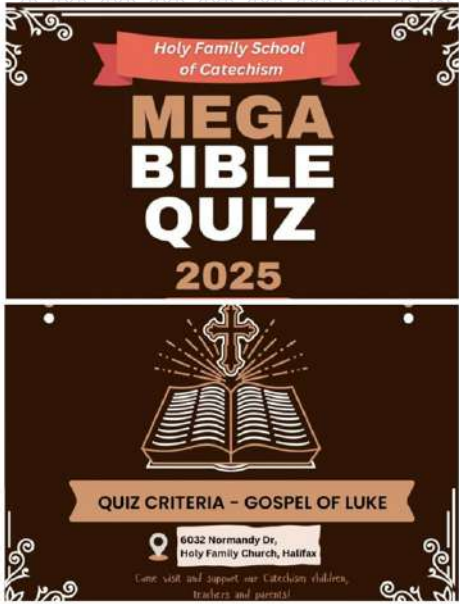


inspirational words set a contemplative tone and provided a meaningful start to the discussions. The primary focus of the first meeting was to discuss the procedure for distributing catechism assessment report cards to all parents, including the due date. During the second meeting, reviewed and planned various Lenten activities for the students. Teachers were asked to pay closer attention to each student's behavior in maintaining proper decorum inside the church. Additionally, the timeline for all upcoming events for catechism students was announced.

## Mega Bible Quiz

The highly anticipated Mega Bible Quiz, initially scheduled for an earlier date, has been postponed to Sunday, March 2nd, 2025. This event is meticulously designed to cater to both catechism

students and teachers, with the primary objective of deepening their faith and enriching their understanding of the Gospel of Luke. Four different teams have been formed, comprising both students and teachers. This collaborative approach aims to enhance teamwork and shared learning experiences. Several interactive rounds have been included specifically for the audience. This feature allows everyone present to participate and benefit from the event, making it a truly communal experience.



## Pious Associations (Jesus Kids, HCA, CML)

### Prayer Card Distribution

In association with the January monthly association sessions, kids were distributed a prayer card to pray over at home by their parents.



### Monthly Association Session

Monthly association sessions held on February 23 with the topic: Introduction to Lenten Season. Class was organized in each grade and the Lenten Activity for this year's Lenten Season also introduced.



### Lenten Activity 2025

Lenten Activity for the kids for this 2025 Lenten Season has



been released and activities were planned age appropriately and class teachers will keep a track on it.

Lenten Holy Mass Attendance: Kids are encouraged to attend the Holy Mass during Lenten Season by collecting Lenten holy Mass stickers, and their attendance will be marked accordingly.

### **Junior SMYM Lenten Activity: Lenten Mission Walk**

- 1) Daily Scripture Reading & Reflection – Read one chapter from the Acts of the Apostles each day and write a personal reflection in a journal.
- 2) Parish Lenten Retreat– Attend the parish retreat during Lent and take this opportunity to grow spiritually.
- 3) Lent Pray40 – The Way (Hallow App – our young adults have to follow the Lent Pray40: The Way Hallow App daily prayer and reflection and capture the completion screen shot each day.

### **Lenten Altar: Jesus Kids, HCA, CML**

Jesus Kids: Kindness Jar and Encounter With Jesus Activity.

HCA: Kindness Jar & Lenten Passport

CML : Lenten Passport.



### **Pithruvedi**

We hosted an amazingly successful pithruvedi meeting on February 20th 7 p.m. at 1110 Purcell's Cove Road.

- 1) The meeting started with a few fun games to energize and engage Pithruvedi members.
- 2) A plan to begin supporting Feed Nova Scotia was discussed. This plan will be presented at the next meeting, and further steps will follow afterward.

3) Iwin Chettan presented an accounting report and discussed ideas to improve the tea and snacks served in the upcoming Sundays.

## Upcoming Events And Plans

\*We discussed hosting a match for badminton on March 13th while making sure the court is accessible on that day.

\*The next meeting will be scheduled on March 20th.

\*Final decision on the pithruvedi members' picnic will be finalized at the next meeting.

\*Formation of a volleyball team will take place and will be discussed more in the upcoming meetings.

The meeting concluded with delicious chicken biryani prepared by Gopan Chettan and this delightful initiative was taken by Rintu Chettan and heartfelt gratitude was expressed to all those who attended the last meeting

## Contribution Reminder

\*Each member is reminded to contribute 10 CAD every month to the Pithruvedi finance account.

It was discussed that each Pithruvedi member should consider joining the Knights of Columbus.



Thanks again to all of you guys who attended the last pithruvedi meeting



## **Nurses Ministry Report**

The month of February was a month of prayer and preparation for the Lenten season.

Our prayer tool for the month was the Apostles Creed.

We had been taking part in the weekly prayer meetings online.

The mesmerizing experience was to attend the 24-hour chain rosary on Feb 19 and 20 and to experience the love of our lord in the night vigil on Feb 21 night from 11.30pm to 1.30am.

The special session was led by Br Santhosh T for the special kids and families for spiritual support on the theme HOPE. families were reached out to experience the benefits from it.

It is indeed a blessed month to prepare ourselves as we enter the Lenten season.

## **CHRIST THE KING PARISH, LUNENBERG, NOVA SCOTIA**

### **Holy Mass (February 16, 2025)**

The first Holy Mass of 2025 was celebrated with a good turnout of parishioners, marking a time for reflection and spiritual renewal during Advent. We are grateful for the strong participation from the community. During this Mass, we also celebrated the baptism of Rinson and Anju's daughter, Elaine, a joyous occasion that added to the day's significance.

After the Holy Mass, a small socialization event was organized where parishioners could gather and share in fellowship. This time of community building was appreciated by all who attended.

Starting Remarks As we start the new year, we thank God for His blessings and the continued growth of our church community. We are grateful for the shared experiences and moments of connection that strengthen our bond. We look forward to furthering our mission of service and outreach in the future.



# SAINT ANDRE MISSION, SYDNEY, NOVA SCOTIA

- January Month Holy Mass was celebrated in our Mission on 26th of January by Rev Father Sunny.

- The committee meeting was held on 17th of February to discuss and plan regarding the Holy Week and Lent period.

- We are planning to have Holy Mass on Palm Sunday upon approval from Father Paul of Parish.

- We are also planning for Way of Cross on all Fridays during the Lent period and it will be shared with our fellow mission members upon approval.

Way of Cross is planned for Good Friday in the evening. After the Way of Cross, Rice Porridge will be distributed.

- 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 - February Month Holy Mass will be celebrated on 23rd February at 4.30 p.m.



# ST. JOHN MISSION

## SAINT JOHN, NEW BRUNSWICK

### Holy Mass

We extend our heartfelt gratitude to Fr. Daris for celebrating the Holy Mass on February 22, 2025, at Saint Rose Catholic Church. It was a spiritually uplifting experience, bringing our parish community together in faith and devotion. Our next Mass is tentatively scheduled for Saturday, March 8, 2025, at 5:00 PM at Saint Rose Catholic Church. We warmly invite everyone to join us in worship and fellowship.

### Holy Rosary

The Holy Rosary was prayerfully conducted on February 15, 2025, bringing our parishioners together in devotion. This time of prayer allowed us to reflect on the life, death, and resurrection of Christ while seeking the intercession of the Blessed Virgin Mary. We encourage all parishioners to continue this beautiful practice in their daily lives.

### Way of The Cross (Lenten Season)

During the Mass, Fr. Daris delivered a powerful and inspiring message about the significance of the Lenten season and Ash Monday. He reminded us that Lent is a sacred time of repentance, reflection, and renewal, urging us to embrace prayer, fasting, and almsgiving as ways to grow closer to God. He emphasized that Ash Monday marks the beginning of this spiritual journey, symbolizing our humility and dependence on God's mercy. His





words resonated deeply with everyone, leaving us motivated to make this Lenten season truly meaningful.

As part of our Lenten observance, we are planning to conduct the Way of the Cross every Friday at selected parishioners' homes throughout the Lenten season. This devotion, which commemorates Christ's passion and sacrifice, will provide an opportunity for deeper spiritual reflection. More details will be shared as plans are finalized, and we encourage all parishioners to participate once arrangements are confirmed. Let us continue to grow in faith, love and unity as we prepare our hearts for Easter. Blessings to all!

## **ST. THOMAS MISSION MONCTON, NEW BRUNSWICK**

On Saturday, February 15th, 2025, the community gathered for the celebration of the Holy Mass at 5:30 PM. The Mass was presided over by Rev. Fr. Daris Moolayil and was a solemn and spiritually uplifting occasion. Prior to the Mass, the faithful were given the opportunity for confession

Following the Holy Mass, a committee meeting was convened to discuss various matters concerning the church. The meeting served as a platform to review ongoing initiatives, address community concerns, and deliberate on future plans for the spiritual and communal development of the parish. The discussions were productive, and several key points were noted for further action.

Sunday catechism classes continue to be held regularly with enthusiastic participation from both students and volunteer catechists. Their dedication and commitment have greatly contributed to fostering faith formation within the community. The



classes provide an essential foundation for young members of the church, ensuring they grow in their understanding of the teachings of Christ.

Additionally, special Holy Communion preparation classes are being conducted to guide students as they prepare to receive their First Holy Communion. Currently, six students are undergoing instruction, deepening their understanding of the significant sacrament and strengthening their spiritual commitment.

## **MIRAMICHI SYRO-MALABAR COMMUNITY, NEW BRUNSWICK**

2025, New Year commenced with beautiful blessings for Miramichi Syro Malabar community with a new baby parish member and her christening celebrations.

Monthly Holy Rosary was conducted in Johnson's home on 15th of February at 8pm followed by a meeting in which the agenda was February mass preparations were discussed and allotted the responsibilities among parish community. In addition, it was decided to celebrate advent and to conduct way of cross in March. We celebrated the first holy mass of new year with the baptism of Rooha Faustina Robin by the spiritual guidance of Fr. Daris Cherian Moolayil at St. Michaels church on 22nd February at 10 am, which was started with Holy Rosary. Confessions were offered by Fr. Daris Cherian Moolayil before and after mass for all parish members.

Sincere gratitude to Fr.Daris and all parish community.



# ST. JOSEPH PARISH, OSHAWA

## First Holy Communion & Confirmation 2025

Our parish officially began preparations for the First Holy Communion and Confirmation sacraments, scheduled for June 28,



2025, with an initiation ceremony on Sunday, February 9, 2025, during the Children's Mass at 11:00 AM.

As part of the preparation, the first class and parent gathering took place on February 8 after the 9:00 AM Holy Qurbana. Parents and children actively participated, marking the beginning of their spiritual journey toward receiving the sacraments.

## Eucharistic Year: 24-hour Eucharistic Adoration

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

Canada Nurses Ministry East Region Hosts Half-Day Formation Program



# The Canada Nurses Ministry

East Region conducted a spiritually enriching Half-Day Formation Program on February 22, 2025, at St. Joseph Syro Malabar Catholic Church, Oshawa. The event was an opportunity for nurses to come together in faith, prayer, and reflection.

The day began with Holy Qurbana at 9:00 AM, followed by the main program at 10:30 AM. The session featured a powerful message from Rev. Fr. Joyal Joseph, who shared the Word of God and guided attendees in deepening their spiritual journey.

The program also included praise and worship, testimony sharing, adoration, and fellowship. Participants experienced a renewed connection with Christ, embracing His presence in their lives. The event concluded with a community lunch, providing time



for meaningful interactions and strengthening bonds among the attendees.

May this formation program inspire and uplift all who took part, leading them closer to the Lord in their personal and professional lives.

**HOLY MASS TIMINGS**

Monday, Tuesday, Thursday, Saturday	9:00 am
Wednesday, Friday	7:00 pm
Sunday	9:30 am, 11:00 am, 5:00 pm

Exuberant Adoration:

- All Fridays after Holy Mass
- 21:14 hrs. Adoration by Fr. Joseph

English Hour Mass for children:

- Every second Saturday

Confessions:

- Wednesday and Friday, 9pm - 4:30 pm

 [Facebook](#)  
[YouTube](#)  
[Instagram](#)



\*The information is correct as of Feb. 21, 2025. Please check the website and social media for any updates.





# ST. MOTHER THERESA PARISH, OTTAWA

## Christmas Crib Competition Winners

Our Parish conducted a Christmas Crib competition, and winners were Jimson James and family who took the first prize and 2nd prize was shared by Arjun Joseph, Albert Sebastian and Deepika H.



## Knights of Columbus

The Knights of Columbus organized a variety of activities over Christmas. There was a mini-Christmas market in the basement, with hot-dog sales, cakes and refreshment. The highlight of the evening was a flash mob choreographed by the Parish youth.

The Knights also conducted a Poster contest for children up to Grade 8. There were almost 48 entries, and the winners were chosen by a three judge panel.



Savio Noble  
JK-SK



Noel Noble  
Gr 1-2



Eva Paul  
Gr 3-4



Esther Roobin  
Gr 5-6



Hazel Ouseph  
Gr 7-8

## **Vicars 25th Anniversary of Priestly Ordination**

Our Vicar, Fr Benny Thanninilkumthadathil, celebrated his 25th Anniversary of Priestly Ordination on Jan 01st 2025



## **Catechism Department**

Catechism students had their first term examinations in January. Then they started Solemn communion and Chrismation preparation classes for this year, on Jan 18th.

## **SMYM International Youth Bible Writing**

SMYM International Youth officially announced the start to the long-awaited event: Handwritten copy of Bible New Testament. The scripture inspired by the Holy spirit is the source of truth and guidance to all in this present age. And as such we are to read, understand and love the Word of God. Their goal was creating a handwritten copy of the New Testament. Through this exercise, they are taking time to read carefully, ponder deeply and come to appreciate the depth of the Scriptures. Spanning over 5 months, everyone was encouraged to select bible sections that they like and write them on an A4 size sheet.

## **Eparchial Decennial Year Contests**

Our Eparchy and the Dept of Catechism, have initiated the Decennial year quiz competition which is available for all parishioners from Grade 4 onwards and including youth and adults. Study material is being provided.

## **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.



# ST. JOSEPH PARISH, MONTREAL

## Annual House Blessings

The annual family visit and house blessings were completed by the third week of February. These visits helped to know the opinions and needs of the families within the parish community there by fostering unity and faith within the family.

## Parish Night 2025 Preparations

The Parish community enthusiastically commenced its preparations for the upcoming Familia 2025. Various committees have been formed, and the leaders are selected for the smooth functioning of the Parish Night Event. A meeting of the team leaders was organised on 9th February and the Parish Council meeting on 23rd February primarily discussed this agenda.

## Faith Promoting Activities

The Holy Communion preparatory classes for the students who are receiving the First Holy Communion this year were started on 3rd February 2025. The classes are conducted online as well as in - person.

Malayalam - English (Manglish) transliterated Holy Qurbana books were distributed to the young parishioners. This will help them to more actively participate in the Holy Mass.

## CML Activities

The CML member students presented St.Jude, St.Deva Sahayam Pillai, St.Kuriakose Elias Chavara and St.Francis of Assisi as part of the weekly saint presentations this month.



Saint Joseph Syro Malabar church

### Saint Presentation



**St. Jude**

Saturday, February 2, 2025



**Adone Joe Thomas**

An event organized by CML



### SAINT DEVASAHAYAM PILLAI



**Solaman Sajeev**

CML SAINT PRESENTATION  
SUNDAY FEBRUARY 09, 2025  
Saint Joseph Syro Malabar  
Parish, Montreal



CML ST. KURIAKOSE ELIAS CHAVARA

**Presented by Evan Jis George**

Saint Joseph Syro Malabar Parish, Montreal  
Sunday February 16  
2025



**St Francis of Assisi**



Presented By  
Edric Joseph Justin  
on  
Sunday february 23rd

St Joseph Syro Malabar parish,  
Montreal  
A CML Saint presentation



# EDMONTON FORANE



## ST. ALPHONSA FORANE CHURCH, EDMONTON

### Prize Distribution

The Christmas Bible Verse competition was held from December 1st to 25th, during which 25 Bible verses were shared with the Catechism students. In the competition, 8 students won First Prize, 1 student secured Second Prize, 5 students received Third Prize, and 2 students were awarded Consolation Prizes.



Additionally, we honored four altar servers and six choir ministry members for their dedicated five years of service, offering their time and talents in devotion to God and our Church. As a token of appreciation, our Vicar presented each of them with a Certificate. The event was conducted on Sunday, Feb. 9th, after 11.30 AM Holy Qurbana.





## Door of Hope

“Truly I tell you, whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven”  
Mat.18:18

A solemn opening of the Door of Hope (Holy Door) took place on the 9th Sunday before the 10 AM Holy Qurbana, led by V. Rev. Fr. Jacob. The Catholic Church worldwide is celebrating the Jubilee of the Birth of Our Lord Jesus Christ.



Friday and Saturday were specifically set aside for confessions, allowing the faithful to prepare spiritually and enter with hearts purified in holiness.

On Sunday at 9.50 AM, we began the special prayers in the basement and then proceeded in a solemn procession to the Holy



Door. After the prayers and the blessing of the Holy Door, Fr. Jacob, the Parish Priest, solemnly opened the door, and all entered through it for the Holy Qurbana.

## The Feast of Our Lady of Lourdes

On February 14th, from 7:30PM onwards, there was an all- night Adoration and recitation of the Rosary in honor of the Feast of Our Lady of Lourdes. Many people participated in the event. The Adoration concluded the next day around 6 AM.



## Called to Teach, Inspired by Faith

On Saturday, the 15th, after the 9 AM Holy Qurbana, we conducted a gathering for the catechism teachers. Fr. Jacob, the Parish Priest, addressed the meeting and delivered an inspiring message to the teachers. Fr. Gijo also gave a felicitation speech. The event included a gift exchange, a few fun games, and experience-sharing by senior teachers. Around 1 PM, a sumptuous lunch was served, after which everyone dispersed.



## Walking Through the Holy Door

On Friday, the 21st, at 6:15 PM, SMYM gathered to begin their pilgrimage in the Jubilee Year by entering through the Holy Door.

They prepared themselves through confession. This year, they began their pilgrimage by visiting St. Alphonsa Forane Church and making solemn entry to it. In a solemn procession, they walked toward the Holy Door, where Fr. Gijo prayed for them and blessed them in the presence of Fr. Jacob, the parish priest. The group then proceeded in procession toward the altar. After the Holy Qurbana, SMYM conducted a one-hour Adoration.







# ST. JOHN PAUL PARISH, REGINA

## SMYM General Meeting

On February 2, 2024, the SMYM General Meeting was held, bringing together members of our community for an engaging and productive discussion. The meeting served as a platform for sharing updates, brainstorming new ideas, and strengthening our commitment to various initiatives. Attendees expressed their enthusiasm for upcoming events and collaboratively developed strategies to enhance participation. The vibrant exchange of thoughts and experiences truly highlighted the spirit of unity within



SMYM, and we left the meeting with renewed energy and a shared vision for the future.

## Adoration Hosted by SMYM

The Ignite Adoration on February 7, 2024, was a spiritually enriching experience for all who attended. Beginning with a Holy

Mass at 5:30 PM, the evening transitioned into a powerful Adoration led by Noelina Bestin, James Saji Varghese, and Alvina Antu. Fr. Jerlin's blessing set a reverent tone as participants engaged in heartfelt intercessions and prayed the Divine Mercy Chaplet. A highlight of the evening was the insightful talk on the Eucharist by James Saji Varghese, which resonated deeply with attendees. The atmosphere was one of devotion and community, leaving everyone uplifted and inspired.



**Ignite**  
The adoration hosted by SMYM Regina

**WHEN?**  
Friday, February 7,  
5:30 Holy Mass  
Adoration

**WHERE?**  
St. John Paul II Syro-  
Mabar Catholic Church

**WHAT WILL HAPPEN?**  
Adoration  
Blessing given by Fr. Jerlin  
Intercession  
Divine mercy chaplet  
Talk on Eucharist



## Blessing of the Holy Articles

On February 15, 2024, our church witnessed a beautiful Blessing of the Holy Articles, a heartfelt event that enriched our spiritual resources. The occasion drew a warm gathering of parishioners who expressed their gratitude for the new additions to our church's sacred items. We extend our deepest





been invaluable. The blessings bestowed upon these articles are a symbol of our collective faith and commitment to fostering a spiritually vibrant community.

## Catechism Department Updates

Catechism classes are going well and as scheduled in our parish and all children are actively involved in the classes 5 children from Regina parish are receiving Holy Communion this year and attending the online sacrament preparation course biweekly. A staff meeting was held on 16th February and various points were discussed regarding past activities and future plans like fait fest, parish feast, Bishops visit etc..

## SMYM Family Day Announcement

SMYM Family Day, held on February 22, 2024, was a resounding success, filled with joy, laughter, and community spirit. The event featured a variety of activities that brought families and friends together, creating lasting memories. Attendees enjoyed a diverse food menu, with special thanks to Mathruvedi for their support in



making the day a success. The posters shared prior to the event created excitement and anticipation, and the day itself did not disappoint. Participants left with smiles on their faces, eagerly discussing plans for future gatherings and the bonds formed during this wonderful celebration. --- Feel free to adjust any details or add more personal touches!



## SMYM Family Day – A Grand Success!

SMYM Family Day, held on February 23, 2024, was nothing short of a spectacular celebration, bringing families together for a day filled with joy, camaraderie, and unforgettable moments. The event buzzed with energy as people gathered to enjoy delicious food, exciting games, and warm fellowship.

Our thattukada was an absolute showstopper, serving up a variety of mouthwatering dishes, from traditional snacks to hearty main courses, along with steaming naadan tea and refreshing lassi. The demand was overwhelming, and in an astonishing record time of just 20 minutes, we were completely sold out! The aroma of freshly prepared food, the hustle and bustle around the food stall, and the satisfied smiles of our guests made it a truly delightful experience.

The event was packed with engaging activities that catered to all age groups. The thrilling cone hoop challenge, the ever-entertaining musical chairs for both kids and adults, and the fun-filled balloon couple game brought out the competitive spirit and laughter of everyone involved. Children, parents, and even grandparents participated with enthusiasm, making it a day of true togetherness.

The vibrant atmosphere, filled with music, cheers, and the



joy of community, made SMYM Family Day an event to remember. A heartfelt thank you to all the volunteers, participants, and supporters who made this day a phenomenal success. We look forward to creating even more beautiful memories together in the years to come!





## ST. ALPHONSA PARISH, VANCOUVER

### Family day 2025 celebration by Pithruvedhi

Pithruvedhi celebrated Family Day on February 16 with a fun-filled auction and exciting door prizes. Families came together, shared laughs, and made great memories!

Decennial Year – Story telling & Speech – Forane level winners from our parish



### Congratulations to all the forane level winners!

- **Story telling (Gr 1-3):**  
Evelyn Tresa Lipin (First)  
Ronex Ritto (Second)
- **Story telling (JK/SK)**  
Andrea Rojo (Third)
- **Speech (Gr 4-7):**  
Isabel Abraham (First)

- **Speech (Gr 8-12):**

Sam Jose Paul (Second)

- **Speech (Youth):**

Ashley Suresh (Second)

- **Malayalam Speech (Youth):**

Albin Issac (Second)

## **Solemn Holy Communion – Initiation ceremony**

On February 16, First Holy Communion students were blessed after Mass during a special initiation ceremony.



Preparation classes for the Solemn Holy Communion has started at the mission house and will happen every week

## **Mathruvedhi Updates**

Monthly 1st Friday Adoration by Mathruvedhi continues to be a source of spiritual renewal, and the past session was even more special as prayers were dedicated for all expecting mothers.

Mathruvedhi also had a Snack Sale on February 23, which was a great success!





## SMYM Updates

### Praise and Worship

On Feb 16, 2025, SMYM hosted a Praise and Worship at the Mission House Chapel, followed by socialization and fellowship. 35 youths participated.



### Family Unit updates



St. Chavara Family unit



St. Jude Family Unit



St. George Family Unit



St. Sebastian Family unit



# FEBRUARY 2025

## Bishop's Diary

02	10.30 am	Celebrated Holy Qurbana at St. Mary's Knanaya Church, Toronto
03	08.00 pm	Presided over the Finance council meeting
05	11.00 am	Presided over the Curia meeting
06- 09		Pastoral visit, Cathedral
06	04.00 pm	Visited the sick people
	08.30 pm	Presided over the Divine Academy board meeting at Cathedral
07	10.00 am	Document verification at Cathedral
	07.30 pm	Offered Holy Qurbana and interacted with youth at Cathedral
08	09.00 am	Celebrated Holy Qurbana at Cathedral
	10.30 am	Presided over the meeting with Parish Council Members of Cathedral
	02.30 pm	Presided over the meeting with Catechism Teachers
	04.30 pm	Presided over the meeting with Executive Committee members of various Associations



## Bishop's Diary

09	08.30 am	Opened Holy Door in connection with the Jubilee Year 2025 and celebrated Holy Qurbana at Cathedral
	10.00 am	Interacted with the Parents
	10.45 am	Interacted with Catechism Students of first shift
	11.30 am	Holy Qurbana at Cathedral
	12.45 pm	Interacted with the Parents
	01.15 pm	Interacted with Catechism Students of second shift
	03.30 pm	Interacted with SMYM National and International Executive Committee Members
	05.00 pm	Celebrated Holy Qurbana
	06.30 pm	Interacted with the community
10	11.15 am	Participated in the Monthly Recollection
12	11.00 am	Presided over the Curia meeting
13	07.30 am	Offered Qurbana at CMC Convent, Mississauga
	08.00 pm	Presided over the Sarghasandhya 2025 Core Committee meeting
	09.00 pm	Participated in the Decennial Year Core Committee online meeting
16	09.00 pm	Presided over the Sarghasandhya 2025 Core Committee meeting
17	04.00 pm	Officially launched Sarghasandhya 2025 at Cathedral
19	11.00 am	Presided over the Curia meeting
20	09.00 pm	Participated in the Decennial Year Core Committee online meeting
21	07.30 am	Offered Holy Qurbana at AO Convent, Scarbrough

## Bishop's Diary

	09.00 am	Visited a Hose at Scarbrough
	11.00 am	Presided over the special Curia meeting
22	08.00 pm	Inaugurated 'HOPE'- (A special online classes for the parents of special children) conducted by Nurses Ministry
23	06.30 pm	Offered the office of the dead, at Brampton
24	06.00 pm	Participated in the reception to Most Rev. Sviatoslav Shevechuk, Major Archbishop of Ukrainian Church, at Toronto
26	11.00 am	Presided over the Curia meeting
	03.00 pm	Traveled to Thunder Bay
	05.08 pm	Arrived at Thunder Bay
	07.00 pm	Presided over the meeting with Ad Hoc Committee, at Sacred Heart Syro- Malabar Qurbana Center, Thunder Bay
27	07.00 pm	Participated in the Episcopal Ordination of Most Rev. Alan Campeau, Bishop of Thunder Bay
	09.00 pm	Presided over the Sarghasandhya 2025 Executive committee meeting
28	11.15 am	Returned to Toronto
	01.15 pm	Arrived at Toronto
	06.30 pm	Presided over the Press Conference for Sarghasandhya 2025 at Cathedral



## 2025 മാർച്ച് - നോമ്പുകാലം

- |    |        |   |
|----|--------|---|
| 1  | ശനി    | വെളി 3:14-22, മത്താ 15:29-31  |
| 2  | ഞായർ   | ✘ നോമ്പ് ഒന്നാം ഞായർ<br>പുറ 34:27-35 (34:1-7, 27-35), ഏശ 58:1-10 (58:1-12,14)<br>എഫേ 4:17-24 (4:17-5:4,15-21), മത്താ 4:1-11 (3:16-4:11) |
| 3  | തിങ്കൾ | നോമ്പാരംഭം (ഉപവാസദിനം) വിഭൂതി<br>ഉത്പ 1:1-19, ജോഷ്യാ 1:1-15<br>റോമാ 1:16-25 (1:1-25), മത്താ 5:17-26 (5:17-37)                           |
| 4  | ചൊവ്വ  | റോമാ 2:1-6 (1:28-2:6), മത്താ 5:38-42 (5:38-48)  |
| 5  | ബുധൻ   | റോമാ 2:12-24 (2:7-27), മത്താ 6:5-8 (6:1-18)   |
| 6  | വ്യാഴം | റോമാ 3:9-20 (2:28-3:26), മത്താ 6:25-34 (6:19-34)  |
| 7  | വെള്ളി | റോമാ 4:13-25 (3:31-4:25), മത്താ 7:1-6 (7:1-14)  |
| 8  | ശനി    | റോമാ 3:21-26, മത്താ 6:9-15 (6:5-15)   |
| 9  | ഞായർ   | ✘ നോമ്പ് രണ്ടാം ഞായർ<br>ഉത്പ 5:19- 31, ജോഷ്യാ 4:15-24<br>റോമാ 6:15-23 (6:1- 23), മത്താ 7:21-27 (7:15-27)                                |
| 10 | തിങ്കൾ | തീത്തോ 3:1-7, മർക്കോ 7:14-23  |
| 11 | ചൊവ്വ  | റോമാ 8:18-25, മത്താ 7:7-12  |
| 12 | ബുധൻ   | റോമാ 6:15-23, മത്താ 9:1-8   |
| 13 | വ്യാഴം | റോമാ 3:1-8, മത്താ 5:33-37   |
| 14 | വെള്ളി | റോമ 7:7-12 (7:1-13), മർക്കോ 11:27-33 (11:27-33+12:1-12)   |
| 15 | ശനി    | 1കോറി 5:9-13, മത്താ 11:16-19  |
| 16 | ഞായർ   | ✘ നോമ്പ് മൂന്നാം ഞായർ<br>ഉത്പ 7:6-24 (7:1-24), ജോഷ്യാ 5:13-6:5<br>റോമാ 7:14-25, മത്താ 20:17-28  |
| 17 | തിങ്കൾ | റോമാ 7:1-6, മർക്കോ 12:28-34   |
| 18 | ചൊവ്വ  | 1 കോറി 10:1-13, ലൂക്കാ 21:29-36   |
| 19 | ബുധൻ   | 1 പത്രോ 3:8-12 , മത്താ 5:43-48  |
| 20 | വ്യാഴം | എഫേ 6:1-9, മർക്കോ 12:35-40  |
| 21 | വെള്ളി | റോമാ 8:1-6 (7:25-8:11), മർക്കോ 12:18-27 (12:13-44)  |
| 22 | ശനി    | എഫേ 4:25 - 32, മത്താ 21:28 - 32   |
| 23 | ഞായർ   | ✘ നോമ്പ് നാലാം ഞായർ<br>ഉത്പ 11:1- 9 (11:1-32), ജോഷ്യാ 7:10-15 (6:27-7:15)<br>റോമാ 8:12-17 (8:12-21), മത്താ 21:33-44 (21:23-46)          |
| 24 | തിങ്കൾ | റോമാ 9:1-13, യോഹ 5:1-18   |
| 25 | ചൊവ്വ  | റോമാ 9:14-18 (9:14-29), യോഹ 5:19-23 (5:19-47)   |
| 26 | ബുധൻ   | റോമാ 10:1-13 (9:30-10:17), യോഹ 6:60-69 (6:51-69)  |
| 27 | വ്യാഴം | റോമാ 11:1-10 (10:17- 11:12), യോഹ 7:1-13   |
| 28 | വെള്ളി | റോമാ 11:25-36, യോഹ 7:25-31 (7:14-36)  |
| 29 | ശനി    | റോമാ 13:1-7, യോഹ 7:45-53  |
| 30 | ഞായർ   | നോമ്പ് അഞ്ചാം ഞായർ<br>ഉത്പ 16:6-16 (16:1-16), ജോഷ്യാ 9:16-27<br>റോമാ 12:1-11 (12:1-21),<br>യോഹ 7:37-39,8:12-20 (7:37-52+8:12-20)        |
| 31 | തിങ്കൾ | കൊളോ 2:16-19, ലൂക്കാ 18:18-25   |

