



**ST. MARY'S INDIAN ORTHODOX CHURCH  
OF ROCKLAND, INC. NEW YORK**  
66 E. Maple Ave, Suffern, New York 10901  
Tel. (845) 369-9620  
<http://www.stmarysrockland.org>  
**News Letter –November 2004**

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Children and spiritual growth.

How do we help our children to grow spiritually? Do the parents talk to them a few minutes every day? Do the parents let them struggle with the challenges in their day to day life? These are all questions normally to the parents. Do we pay respect to our parents? Do we underestimate them for simple things? Do we talk back and put them down? These are some familiar questions for our children.

Parenting is very rewarding and challenging. Parents work with the precious relationship to satisfy their spouse through affection, recreational companionship, and financial and domestic support. Husband and wife work with agreements and disagreements. Children are in the middle with their struggles from school, friends and others. The family will pay attention to the top needs and many times ignore the emotional and religious part. Parents have to build the marriage as an example to their children. Children have to respect their parents in their challenges and take responsibility of their own lives. There is always an avenue to help each other rather than ignoring the pain and agony.

Every house will stand firm in the foundation of prayer and spiritual growth. Bringing honor to God is the most important goal of all families. Resolving smaller issues will help us not to have big issues. Communication is the most important element for conflict resolution. Taking responsibility, giving due respect to all members of the family, and help each other to go through the struggles of day to day life are the essential elements we have to look for. Eating together for at least, one meal and talk will build up companionship, communication and encouragement. Kitchen table is the best place to discuss, decide and ignite passion. Prayer must be the most important event of the house, encourage all the members of the family to be available for prayer. These two house rules will gradually make a blended house with all smoothness. Coming together will ignite the passion to forgive and will make each member more flexible with adjustments, rather than arguments and fights. Better relationships build up better personalities. If you do not have a house with love and affection, it reflects on all lifestyles.

My dear friends let us look on our family settings and try to do the best to make it a smooth environment for each member of the house. Let us be a part to build the bridges of caring and sharing.

God Bless every one, Raju Varghese Achen

## PARISH NEWS

### **Sunday School**

Church Sunday School Solo song competition was held on Sept. 26<sup>th</sup>. Story-telling, Elocution and Quiz competition was held on Oct. 3<sup>rd</sup>. The winners of the these competitions are:

#### **Solo Song (English):**

- Group 1 – Tina Thermadam (First), Christa George (Second)
- Group 2 – Tiffany George (First), Michele Pothen (Second)
- Group 3 – Michelle George (First)
- Group 4 – Julie Geevarghese (First), Christal Kuriakose (2nd)
- Group 5 – Amy Phillips (First), Merrill Pothen (Second)

#### **Solo Song (Malayalam):**

- Group 1 – Jayson Mangalathu (First)
- Group 2 – Jamie Mangalathu (First), Jessica John (Second)
- Group 3 – Kevin Mathew (First)
- Group 4 – Simi Alex (First), Shawn Mathew (Second)
- Group 5 – Sherin Philip (First), Meghan Mathew (Second)
- Group 6 – Linda Baby (First)

#### **Storytelling:**

- Group 1 – Melanie Thomas (First), Jayson Mangalathu (Second)
- Group 2 – Michele Pothen (First), Tiffany George (Second)
- Group 3 – Kevin Mathew (First), Michelle George (Second)

#### **Elocution:**

- Group 4 – Shawn Mathew (First)
- Group 5 – Merrill Pothen (First), Meghan Mathew (Second)

#### **Bible Quiz:**

- Meril Pothen (First), Libin Baby (Second), Linda Baby (3rd)

- Sunday school area-level competition was held at St. George Church, New Rochelle on October 30<sup>th</sup>. Following kids from our church were the winners:

#### **Story-telling:**

- Group 1 – Melanie Thomas (Second)
- Group 2 – Tiffany George (First), Michele Pothen (Second)

#### **Solo Song (English):**

- Group 1 – Tina Thermadam (First)
- Group 2 – Tiffany George (First)
- Group 4 – Julie Geevarghese (First)
- Group 5 – Amy Phillips (Second)

Congratulations! Parish commends the hard-work of all the kids and their parents who participated in the competitions.

#### **Prayer Meeting:**

- Monthly prayer meeting was held on Saturday October 16th at the residence of Mr. Mr. Varghese Cherian (Ben) 50 Cragmere Road, Suffern, NY 10901.
- This month's prayer meeting will be conducted on Saturday November 27th 6:30 PM at the residence of Mr. Mathai Chacko, 1 Parma Dr, Valley Cottage, NY 10989. (845) 353-4127.

### **Martha Mariyam Samajam**

The annual conference of the Martha Mariyam Samajam was held on October 16<sup>th</sup> at St. George Church, New Rochelle. Some of our members participated in this event.

### **Christmas Carol**

Christmas Carol song practice started on October 24<sup>th</sup>. Mr. Saji Yohannan is the coordinator of this year's Christmas carol.

### **MGOCSM**

MGOCSM youngsters had a meeting on October 24<sup>th</sup> after the service.

### **Auction Sale**

Auction of remaining items from annual auction/sale was done on October 10<sup>th</sup> during the refreshments.

### **Holy Matrimony:**

Congratulations to Mr. Benoye Mani and Mrs. Ciji Mani who entered into the bonds of Holy Matrimony on October 2<sup>nd</sup> at our Church. We pray for their happy, prosperous and blessed married life.

### **Music and Keyboard classes:**

Music and Keyboard classes started on October 16<sup>th</sup>. The classes are held every Saturday from 4:30pm to 6:30pm. Interested members are requested to contact Mr. Thomas Alex.

### **Coffee Hosts for October:**

10/3/2004 – Simon Thermadam & Family, 10/10/2004 – Chacko Paul & Family 10/17/2004 – Geevarghese Yohannan and Family, 10/24/2004 – Mathew Thomas & Family, 10/31/2004 – Varghese Geevarghese & Family

### **Coffee Hosts for November:**

11/7/2004 – Saju George & Family, 11/14/2004 – Baby Varghese & Family, 11/21/2004 – Mathai Chacko & Family 11/28/2004 – Abraham V. Abraham & Family

### **Church Maintenance for October:**

10/3/2004 – Kurian Korah and Thomas Kurian, 10/10/2004 – John Phillips and Benny Kurian, 10/17/2004 – Mathai Thomas and Mathai Mathai, 10/24/2004 – Manchayil Roy and Mathew Thomas, 10/31/2004 – John Thankachen and Mathews P. John

### **Visiting India:**

Mr. John Muckadackal

### **Back from Overseas:**

Mr. Jeemon Varghese and Family (Back from India).

Mr. Philipose Philip and Mrs. Lizy Philip (Back from China).

### BIRTHDAYS IN NOVEMBER

1.	Mariamamma Thomas	-01
2.	Emil George	- 02
3.	Abraham V. Abraham	-10
4.	Thomas K. Thomas	-10
5.	Thankamma Madampil	-12
6.	Jacob Cherian	-12
7.	Bekkie George	-13
8.	George Thamaravelil	-15
9.	Nithin Mathai	-19
10.	Varghese Ninan	-20
11.	.Sosamma Jose	-20
12.	Mariamamma Baby	-20
13.	Elizabeth Saji	-20
14.	.George Mangalathu	-22
15.	John Muckadackal	-23
16.	Varghese Cherian	-24
17.	Danny Kuriakose	-25
18.	Gracy Thomas	-25
19.	Annie Philip	-25
20.	Ajimol Phillips	-26
21.	Shinu Philip	-26
22.	Jolly Geevarghese	-28
23.	Philip Cherian	-28
24.	Lijoe Mathew	-29
25.	Rev. Fr. Dr. Raju Varghese	- 29
26.	Lizy Philip	-30

### WEDDING ANNIVERSARY IN SEPTEMBER

1.	Susan & Thomas Alex	-11/04
2.	Betty & Raju Zachariah	-11/05
3.	Aleyamma & Kidangil Pappen	-11/07
4.	Ancy & Saju George	-11/10
5.	Elcykutty & Palathinkal Varkey	-11/23
6.	Kunjamma & George Andrews	-11/23
7.	Rachel & Thomas K. George	-11/27

#### **Reminder**

- *It is the time to check the batteries in smoke detectors*

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**Sick and Recovering:**

Mrs. Saramma Abraham (Roseamma) suffered a foot fracture and is recovering at home. We pray for her speedy recovery.

**Church Website:**

Church website is live. The web address is <http://www.stmarysrockland.org>. You can read newsletters, see church event photos, get directions and download updated church directory from the website. For the sake of privacy, the church directory requires a user id and password to access. Members are requested to visit the website. Any suggestions to improve the website are welcome. Please contact Secretary for further details.

**Christmas Carol Schedule:**

Sunday Dec. 5th-Hawthorne, Piermont & Valley cottage.

Saturday Dec. 11th - New Jersey.

Sunday Dec. 12th- Spring Valley & New City.

Saturday Dec. 18th - Pomona, Haverstraw & Congers.

Sunday Dec. 19th - New Burg, Spring Valley & Suffern.

**Days Ahead**

10/31 Koodosh Eetho : Santification of Church.

11/2 Memory of St. Gregorious of Parumala.

11/7 Hoodos Eetho: Dedication of Church.

11/14 Annunciation to Zachariah, 11/21 Annunciation to St. Mary.

11/25 Thanksgiving Day, 12/1 Christmas Lent Begins.

**DIOCESEN NEWS**

Philadelphia; Oct. 27, 2004: The Campus Ministry Team of the Malankara Orthodox Syrian Church (North East Region of the American Diocese) conducted a Orthodox Study Fellowship for the Philadelphia area Colleges and Universities on Tuesday, October 26, 2004, at University of Sciences in Philadelphia (USP). Chor Episcopos K. Mathai (St. Gregorios, Phil.) and Chor Episcopos Cherian Neelankal (The Director of Campus Ministry- North East Region), led evening prayers. Chor Episcopos Cherian Neelankal stated the objectives and purpose of Campus Ministry, and Dennis Mathai (Campus Ministry Secretary) delivered a small devotional talk as well. Abu Koshy George and Miss Libby Abraham, are nominated as the coordinators for the Philadelphia Area. The Campus Ministry Team plans to visit various Universities and Colleges in the North East region where our Orthodox Christian Students are currently studying. The main goal of Campus Ministry is to help the spiritual progress and devotion of our youngsters in their respective campuses.

## **CHURCH NEWS**

### **Parumala Perunal Ends**

Hundreds Of Thousands of Devotees Attended

Parumala : Nov.2, 2004: The aim of every pilgrimage is to receive the goodness in man. Prayer is in fact a pilgrimage of words- Dr.Sukumar Azhikode said. He was inaugurating the pilgrim's convention held on Monday November, 1 the first day of the Parumala Perunal. He observed that Parumala Thirumeni and Sree Narayana Guru were the two bright stars of spirituality that rose up in Kerala in the middle of the 19th century. The Thirumeni was eight years senior to the guru. They could alter the social and spiritual life of Kerala. Dr. Azhikode declared that the duty of religion is to establish peace where discord exists. The principle of religions last for centuries. They should be able to harmonize and unify society.

All religions follow the vision of the great masters. Hinduism grew up in the valleys of Himalayas, Islam in the deserts of Arabia and Christianity in the plains of Israel. All aim at everlasting goodness. Compassion is the supreme quality according to Christianity. It reveals in human hearts unrestricted by time and space. Dr. Azhikode told the people that church should be the shelters for poor and needy Persons. He reminded them that Mother Teresa had devoted his life for the receive if the poor and neglected people, not the princes of England. Dr. Azhikode prefers to consider Parumala Thirumeni as the continuation of Indian Rishy Parampara. Every pilgrimage teaches us to be fearless. The Thirumeni has asked us to give meaning to our life. He has showered on us love and mercy for a century. Dr. Azhikode said that he received the news that he would be awarded the Ezhuthachan Prize on his way to Parumala. Thirumeni and Thunchath Acharyan are two representations of the same external truth. Both of them are part of our ancestry. He concluded his speech with the hope that the pilgrimage will bring in goodness.

The Catholicos-Elect, H.B.Thomas Mar Themothios Metropolitan presented Sukumar Azhikode with the first copy of Holy Qurbana a book about the musical notations of Qurbana Songs, written by Dr.M.P.George, Director of Sruthi, the music wing of the Seminary.