

**St. Mary's Indian Orthodox Church of Rockland**

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### VICAR'S MESSAGE

#### **God Loves a Cheerful Giver**

.We are living in a society and at some point we all will be forced to give for collections and fundraisings. We know that we have to use our discretion and free will to donate, not reluctantly or under compulsion. Our Lord was giving us the example of the poor widow – “this poor widow has put in more than all. All these of abundance have put in offerings for God, but she out of poverty put in all livelihood that she had” Luke 21: 1-4. The coins she offered had worth of 1/8 of a penny each. She gave to the Lord all she had even though she was living in deep poverty. Jesus did not call this widow and gave the coins back. Instead He made a declaration that this poor widow had given more than the rich who placed gold coins. God wants us to give willingly, and cheerfully. The best example for the cheerful giving is “God so loved the world that he gave His only begotten son” John 3:16. “He who has a bountiful eye will be blessed, for he gives of his bread to the poor” Proverbs 22:9. “Give alms of such things as you have” Luke 11:41.



There is a story about a farmer who had two beautiful calves. He and his wife loved the calves. They told others that everything they have belongs to God & out of the two calves, one of them belongs to God. One day early in the morning the farmer found one of the calves is dead; he came to his wife and told her the calf that died was actually the one that belongs to God. We change things and situations for our convenience and profit.

### VICAR'S MESSAGE

John the Baptist boldly said “he who has two tunics, give one to him who has none” Luke 3:10. “The same measure you use, it will be measured back to you” Luke 6:38. “Your charitable deed may be in secret, and your Father who sees in secret will himself will reward you openly” Mathew 6:3. Each one of us has to develop a habit of giving, “for God loves the cheerful giver” 2 Corinthians 9:7. We have to give willingly through love not because of any compulsion. We have to give liberally & according to our ability. We will get the blessings only when we share what we have with others.

*Raju Varghese Achen*



## ഞാൻ പഠിച്ച വിശ്വാസ സത്യങ്ങൾ (സബി കെ പോത്തൻ)

**ദൈവം:** - സ്വർഗ്ഗത്തിൽ അഗ്നിരഥത്തിൽ ദൈവം ഇരിക്കുന്നു. 10 വ്യഭാചാലാചാര്യൻ ദൈവത്തെ സ്തുതിക്കുന്നു. രഥത്തിൽ ചക്രങ്ങളുടെ ഇടയിൽ ഒരു വ്യഭാചാലാചാര്യൻ തലവനായ ലൂസിഫർ. അവന്റെ ഹൃദയത്തിൽ അത്യുന്നതന്റെ സിംഹാസനത്തിൽ കയറു മെന്റുള്ള അഹങ്കാരം ഉണ്ടായി. ഈ കാരണത്താൽ പത്താമത്തെ വ്യഭാചാലാചാര്യൻ ദൈവം തള്ളിക്കളഞ്ഞു (യെഹെസ്കേൽ 28 -2,14,16 വാക്യങ്ങൾ). അവൻ ദൈവത്തോടു മത്സരിക്കാനായി നിശ്ചയിച്ചു. അവനു പകരമായി മനുഷ്യനെ സൃഷ്ടിക്കുവാൻ ത്രിത്വം ആലോചിച്ചു. മനുഷ്യൻ തെറ്റിപ്പോകുമെന്ന് പരിശുദ്ധ റൂഫാ പറഞ്ഞപ്പോൾ ഞാൻ അവരെ വീണ്ടുകൊള്ളാമെന്ന് പുത്രൻ പറഞ്ഞു. ഇതാണ് ലോകസ്ഥാപനത്തിനു മുൻപ് കുറേക്കൂടെ കൂത്താട് എന്ന് കർത്താവിനെക്കുറിച്ചു പറയുന്നതിന്റെ അർത്ഥം.

ഏകദേശം തോട്ടത്തിൽ ദൈവവും ലൂസിഫറും ഉണ്ടായിരുന്നു. ദുഷ്ടനുവേണ്ടി ഉണ്ടാക്കിയിരുന്നതാണ് ഭൂമി. ലൂസിഫറിനെ ഭൂമിയിലേക്ക് ഇറക്കിവിടുന്നു. ഇറക്കി വിട്ടതല്ലാതെ അവനിലുള്ള ശക്തി ഒന്നും ദൈവം എടുത്തുകളഞ്ഞില്ല. തന്റെ സന്നിധിയിൽ നിന്നും ആട്ടിക്കളയുകയത്രേ ചെയ്തത്. 6-ാം ദിവസത്തിൽ ഏദനിലെ മണ്ണുകൊണ്ട് ദൈവം മനുഷ്യനെ മെന്റുണ്ടാക്കി. മനുഷ്യനെ വെള്ളം, മണ്ണ്, വായു, അഗ്നി, ദൈവത്തിന്റെ ജീവശ്വാസം എന്നിവ കൊണ്ട് സൃഷ്ടിച്ചു. ആദമിനേയും ഹവ്വയെയും ദൈവം ഏകദേശം തോട്ടത്തിലാക്കി. ലൂസിഫർ ഏദനിലായിരുന്നപ്പോൾ ദൈവത്തോട് മത്സരിച്ചു. ഹവ്വയുടെ അടുക്കൽചെന്ന് സംസാരിക്കുന്നു (ഉല്പത്തി: 3: 4-5). ദൈവത്തെപ്പോലെ ആകണമെന്നുള്ള നിഗളം അവളിലും ഉണ്ടായി. അവൾ സാത്താന്റെ പ്രേരണയാൽ ഫലംതിന്നു. ആദമിനും കൊടുത്തു. ഫലം തിന്നുകഴിഞ്ഞപ്പോൾ അവർ നന്മ തിന്മകൾ അറിയുവാൻ കഴിവുള്ളവരായി തീർന്നു (ഉല്പത്തി: 3:22). ജീവവൃക്ഷത്തിന്റെ ഫലം തിന്ന് എന്നേക്കും മരിക്കാതിരിക്കേണ്ടതിന് അവരെ ദൈവം പുറത്താക്കുന്നു. പഴുതിനത്തിനെപ്പറ്റി ആദമിനോട് ദൈവം ചോദ്യപ്പോൾ എന്നോടുകൂടെ വസിപ്പാൻ നീ തന്നിട്ടുള്ള സ്ത്രീ ഫലം തന്നു ഞാൻ തിന്നു എന്നു പറഞ്ഞ് കുറ്റം ദൈവത്തിന്മേൽ ചുമത്തുന്നു.

രക്തച്ചൊരിച്ചിൽ കൂടാതെ വിമോചനമില്ല. പാപമോചനത്തിനുവേണ്ടി ഹാബേൽ ആടിനെക്കൊന്ന് യാഗം അർപ്പിച്ചു. ബലിയുടെ ഉടയവനും അറുക്കപ്പെട്ടു. ഞ്ഞാടും സകല ബലികളേയും കൈക്കൊള്ളുന്ന പ്രധാനാചാര്യനുമാണ് ദൈവം. ഹാബേൽ ബലികഴിച്ച് ദൈവം സൃഷ്ടിച്ച ആടിനെയാണ്. ദൈവസന്തതിയാണ് ശേത്ത്. ലോകമുള്ളൊരു കാലം ഹാബേലിനു പകരമായി ശേത്തിനെ ദൈവസന്തതിയായി നിലനിർത്തിക്കൊടുത്തു (ഉല്പത്തി 4: 25). ശേത്ത് നൽവരത്തകാത്തുപോന്നു. ആദാമിന്റെ 6-ാം തലമുറക്കാൽ ഹനോക്ക്, 8-ാം തലമുറക്കാൽ ലമേക്ക്, 16-ാം തലമുറയായപ്പോൾ ദൈവത്തിന്റെ പുത്രന്മാർ (ശേത്തിന്റെ) മനുഷ്യന്റെ പുത്രന്മാരെ(കായിന്റെ) സുന്ദരികളെ നോഹിച്ച്, വഷളായ ലോകം ഉണ്ടാക്കുന്നു. ശേത്തിന്റെ വംശാവലിയിൽ നോഹ ഇരിച്ചു. നോഹായിൽക്കൂടി ദൈവം പ്രവർത്തിച്ചു. ദൈവകല്പനപ്രകാരം നോഹ പെട്ടകം ഉണ്ടാക്കി. ഇലപ്രളയത്തിൽ മനുഷ്യൻ പെട്ടകത്തിൽ കയറാൻ ശ്രമിച്ചു. ദൈവം പെട്ടകത്തിന്റെ വാതിൽ അകത്തുനിന്ന് അടച്ചതിനാൽ വാതിൽ തുറക്കാൻ മനുഷ്യൻ സാധിച്ചില്ല. ദൈവസൃഷ്ടിയെ നിലനിർത്തുവാൻ 8 ആത്മാക്കളും, എല്ലാജീവജാലങ്ങളും ഈരണ്ടുവീതം പെട്ടകത്തിൽ കരുതിയിരുന്നു. നോഹയുടെ പുത്രന്മാരാണ് ശോം, ഹാം, യാഫേത്ത്. ശേമിന്റെ സന്തതിയെ വാഗ്ദത്ത സന്തതിയായി തെരഞ്ഞെടുത്തു. ഹാം ശാപസന്തതിയായിത്തീർന്നു.

ഇലപ്രളയത്തിനുശേഷം ആകാശത്തോളം എത്തുന്ന ഒരു കോട്ട ഉണ്ടാക്കുവാൻ ഇനം തീരുമാനിക്കുന്നു. ദൈവം ഇറങ്ങിച്ചെന്ന് അവരുടെ ഭാഷ കലകളെത്തു ഇതിനുശേഷമാണ് നോഹയുടെ 10-ാം തലമുറക്കാലമായ അബ്രഹാമിന്റെ ജനനം. വിഗ്രഹങ്ങളെ ഉണ്ടാക്കി ഉപജീവനം കഴിക്കുകയായിരുന്നു അബ്രഹാമിന്റെ കുടുംബം. ഒരു ദിവസം ക്ഷേത്രത്തിനു തീ പിടിക്കുകയും അബ്രഹാമിന്റെ സഹോദരനായ ഹരൻ അതിൽപെട്ട് മരണമടയുകയും ചെയ്തു. വിഗ്രഹങ്ങൾക്ക് തന്നിൽ ആശ്രയിക്കുന്നവരെ രക്ഷിപ്പാൻ കഴിയുകയില്ല എന്ന് അബ്രഹാം മനസിലാക്കി.

മോശ ചെങ്കടലിനെ ഭാഗിച്ചത് ദൈവത്തിന്റെ വടി കൊണ്ടായിരുന്നു (പുറപ്പാട് 4: 2,4,17). ഇവിടെ കർമ്മത്തിന്റെ പ്രധാനം കാണിക്കുന്നു. അഹറോൻ കനാൻദേശം കാണാത്തുപോയത് മോശക്ക് എതിരായി പിറുപിറുത്തതുകൊണ്ടും കാളക്കുട്ടിയെ ഉണ്ടാക്കിയതിനാലും ആയിരുന്നു.

**Note:** - ഇത് ഒരു ലഘുവായ വിശദീകരണം മാത്രമാണ്. തുടർന്നും എഴുതുവാൻ ആഗ്രഹിക്കുന്ന വിഷയങ്ങൾ യേശുക്രിസ്തു, സഭ, അന്ത്യോഖ്യാസിംഹാസനം, സുന്നഹദോസ്. മലങ്കര സഭ, കൂദാശാ കർമ്മങ്ങൾ, വി. മൂറോൻ പൂരോഹിതന്മാരുടെ തിരുവസ്ത്രം, മരണാനന്തര അവസ്ഥ, വി. കുമ്പസാരം, ക്രിസ്തുമൂലമുള്ള രക്ഷ, കർത്താവിന്റെ കൃതിനെക്കുറിച്ചുള്ള ഐതീഹ്യം, etc



### **“THE SEVEN DEADLY SINS”**

*Nevin Pothen*

The seven deadly sins are obviously seven sins that when done can lead to a severe consequences. These sins are not to be done at all for any reason whatsoever. The seven deadly sins are:

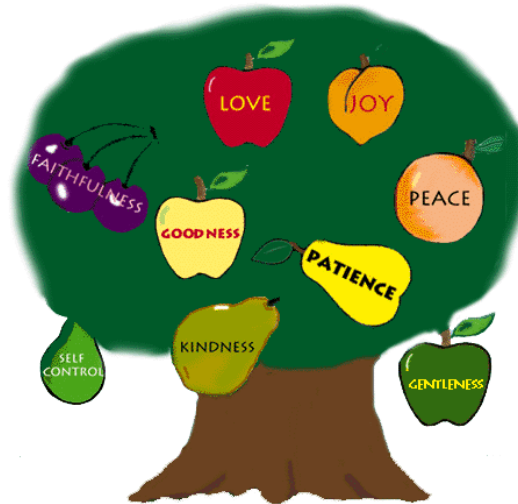
1. Pride: The lack of humility befitting a creature of God.
2. Greed: Too great a desire for money or worldly goods.
3. Lust: Impure and unworthy desire for something evil.
4. Anger: Unworthy irritation and lack of self-control.
5. Gluttony: The habit of eating or drinking too much.
6. Envy: Jealousy of another person's happiness.
7. Sloth: Laziness that keeps us from doing our duty to God and man.

### **“THE FRUITS OF THE HOLY SPIRIT”**

The fruits of the Holy Spirit are the key components to become on with God. Obviously, this is the opposite of the seven deadly sins. They can be found in the bible in Galations chapter 5 verses 22. The fruits of the Holy Spirit are:

1. Love
2. Peace
3. Kindness
4. Faithfulness
5. Self-control
6. Continence
7. Joy
8. Longsuffering
9. Goodness
10. Gentleness
11. Modesty
12. Chastity

### **The Fruit of God's Spirit**



## WHY SHOULD WE GO TO CHURCH

*Jessica John*

We all go to church; because our parents take us with them until Mathai uncle asked everybody in our last prayer meeting “ Why should we go to church”? It may be one of the biggest questions people in the 21<sup>st</sup> century can ask. Especially some of the kids can ask themselves or each other. Why? —Why?--- Why should we go to church?

My Church, in Malayalam we call “ Devalayam”. It means “Daivathinte Vasa Sthalam” or where God lives. So when I go to church my #1 priority is to see God and feel His presence.

So why should I go to church? To worship Him and to praise Him because He did so much for me. He created me from the dust in His own image, with all of His perfections and blessed me with all the blessings of pure happiness.

So again I ask, Why should we go to church? To thank the Lord Almighty, because He bared all the pain and sufferings and crucified Himself for my sins and salvation.

I’m going to church to confess my sins in front of Him and ask Him for His forgiveness. This way I can receive the body and the blood of my Lord. Also I can ask Him for His mercy to my needy things.

How are we going to pay it back to God? We can’t literally pay it back to Him. Or can we? We can pay our offerings and build Gods place. In order to build Gods place I have to pay my fair share of earnings. Since the times of Jesus we can see problems like this occur. According to the Gospels, we can see Jesus power to solve problems like this with money from the mouth of a fish that was caught from the sea to pay the tax. During this time period all Jewish males ages 20 and over had to pay two days wages as a tax ( also known as half – shekel) to support the temple.

As a Christian I have to assure the church is a place for prayers and worships. In the Gospels of Mathew: 21, Mark: 11, John: 12 and Luke: 19 we can see Jesus entering into Jerusalem. Jesus went straight to the temple, but when He got there He found it full of men buying or selling doves and exchanging money for their own benefits. Jesus was enraged and began to drive them out. As He was doing this He cried “This is a place of worship and you have made it into a den of thieves”! This is the kind of mess we need to clean.

Again I ask, Why should we go to church? To build up a united society that can help the needy and poor. To do charity and help the charitable organizations. To spread the Lords word to others, to teach them and convert them to Christianity. Finally I go to Church to pass my Lords words, my believes, my faith and thoughts to the next generation.



**PARISH NEWS: APRIL 2010****April 11, Sunday**

**OVBS Songs Recording** -was held April 4th after the Sunday school.

Thanks to all the kids, Parents & OVBS : General Coordinator : Ancy George.

**House Visits:** Parish officials visited most houses in Spring Valley area on April 10th, Saturday & Suffern area on April 11th, Sunday

**Quiz Competitions:** Our Sunday School Quiz Competitions was held April 11th after the Holy Qurbana.

**Bible Reading** - Old Testament Reading: Irene James

**April 18, Sunday**

**Managing Committee Meeting:** Joint meeting of Board of Trustees & Committee Members for the year 2009 & 2010 was held April 18th, Sunday after the Holy Qurbana.

**Agenda:** - Annual Report, Annual Financial Statement, Balance Sheet for the year 2009 & Other Matters with the Permission of the Chair.

**House Visits:** Parish officials visited most houses in Valley Cottage & Congers area on April 17th, Saturday.

**Bible Reading** - Old Testament Reading: Rhea Mathews

**Donation** -Virikkuttu donated by Kuriakose T. Chacko (Lalu) & Family

**April 25, Sunday**

**Monthly Prayer Meeting :** This month's prayer meeting was held April 24th, Saturday at residence of Mr. Alex Abraham. Parish express thanks to Alex Abraham and family for hosting this month's prayer .

**House Visits:** Parish officials visited most houses in Pomona area on April 24th, Saturday & Haverstraw area on April 25th, Sunday

**Bible Reading** - Old Testament Reading: Feby George

## PARISH NEWS: MAY 2010

### **May 2, Sunday**

**Parish is sorry to announce the death of Mr. P.John** (Ben's Uncle), Mariakutty Cherian's brother . He passed away in India last week. Church expressed deep condolence to the sorrowing family.

**House Visits:** Parish officials visited most houses in New Jersey area on May 1st, Saturday

**Bible Reading** - Old Testament Reading: Christa George

### **May 9, Sunday (Mother's Day)**

**Holy Qurbana:** Today's Holy Qurbana was celebrated by Very. Rev. Fr. Jacob Mannaraprayil Cor-Episcopa.

**Mother's Day:** Church celebrated mother's day with the co-ordination of MGOCSM.

**Bible Reading:** Old Testament Reading: Tanya Alex

**Church Choir:** We started church choir practice May 8th, Saturday followed by the prayer. (Reji Pappen from Angel Melodies)

#### **Special Thanks**

Plant Donation ---- Sajan & Saji M Pothen

Yard Cleaning ----- Saji M Pothen & George Koshy

We fixed a new sink in the basement – with the help of Sajan, Mathew P. John & Saji M Pothen.

### **May 16, Sunday**

**Ascension of Our Lord – May 12th, Wednesday** - Holy Qurbana was celebrated by Rev. Fr. T. M. Zachariah

**Sunday School Day** was celebrated after Holy Qurbana.

**Bible Reading** - Old Testament Reading: Julie Geevarghese

### **May 23, Sunday**

**Bible Reading** - Old Testament Reading: Christal Kuriakose

**Lunch** – hosted by the families of John P. Phillips, John Varghese & John Jacob.

### **May 30, Sunday**

**Bible Reading** - Old Testament Reading Annie Abraham

## PARISH NEWS: JUNE 2010

### June 6, Sunday

**Managing Committee Meeting:** Meeting of Board of Trustees & Committee Members for the year 2010 was held June 6th, Sunday after the Holy Qurbana.

**Agenda:** - Half Yearly Accounts for the Year 2010 & Other Matters with the Permission of the Chair.

**Bible Reading** - Old Testament Reading: Michelle George

#### **Special Thanks**

Mr. John V. Abraham - for replacing the A/c in our church hall.

Varghese Cherian (Ben), Saji M Pothan & Jeemon Varghese for the coordination & help in Fencing

### June 13, Sunday

**Monthly Prayer Meeting:** This month's prayer meeting was held June 12th, Saturday at residence of Mr. Kuriakose T. Chacko. Today's speech was given by **Rev. Fr. Geevarghese Vallikattil, Director, Sukhadha Retreat Center Kolencherry**. Parish express thanks to Kuriakose T. Chacko and family for hosting this month's prayer.

**Bible Reading** - Old Testament Reading: Crystal Pathrose

#### **Parish is sorry to announce the death of**

Uncle of Jyothis Jacob, James Jacob & Thomas Chacko . He passed away in India last week. Church expressed deep condolence to the sorrowing family.

### June 20, Sunday

#### **The Catholicose Designate visit**

Our Parish was blessed by the visit of The Catholicose Designate **His Beatitude Paulose Mar Milithios Metropolitan** on June 20th. Thirumeni celebrated divine Holy Qurbana.. There were many faithfuls present from sister parishes to receive blessing from the Thirumeni. Church hosted a public meeting in Thirumeni's honor. **Mr. Degan LaCorte**, Honorable Mayor of Village of Suffern was distinguished guest present at the meeting. Mayor expressed his warm felicitations and presented with Thirumeni proclamation on behalf of the village council. The meeting concluded with closing prayers and benediction by Thirumeni. Parish hosted lunch for the Thirumeni and all participants after the meeting. The visit by Catholicate designate will be one of the most important events in our parish history. The smile and divine presence of the Thirumeni will be remembered by all for long time. Mr. Philipose Philip was the coordinator for this function.

### PARISH NEWS: JUNE 2010

**General Body :** General Body meeting was held June 20th, Sunday after the Holy Qurbana.

**Agenda:** - 2009 annual report, 2009 financial statement, 2010 half yearly financial statement & Other Matters with the Permission of the Chair

**Bible Reading** - Old Testament Reading: Jaime Mangalathu

#### June 27, Sunday

**Sunday School:** Sunday school final examination was held June 27th after the Holy Qurbana.

**Bible Reading** - Old Testament Reading: Tiffany George

### PARISH NEWS: JULY 2010

#### July 4, Sunday

**Holy Qurbana (July 4th) :** was celebrated by Rev. Fr. Philip Zacharia

**Bible Reading** - Old Testament Reading: Michele Pothan

#### **Softball Game:**

St. Mary's and St. John's Softball team

This year, we have a great team mixed with players from St. John's Orthodox Church in Rockland. We are currently 3 wins to 0 losses for the year.

#### **Players-**

<i>JohnSiju'Philip</i>	<i>Dr. Liju Philip</i>	<i>Liju Paul</i>
<i>Matt Thomaskutty</i>	<i>Matt Samuels</i>	<i>Brian Daniel</i>
<i>Vinu Thomas</i>	<i>Vinoy Thomas</i>	<i>Varughese Abraham</i>
<i>Isaac Abraham</i>	<i>Mathew Kaduvettoor</i>	<i>Joel Geevarghese</i>
<i>Mathew Abraham</i>	<i>Robby Abraham</i>	<i>Arun Daniel</i>
<i>Sonu Koshy</i>	<i>John Thankachan Jr</i>	<i>Jensen Varghese</i>

#### July 11th, Sunday

**Managing Committee Meeting:** Meeting of Board of Trustees & Committee Members for the year 2010 was held July 11th, Sunday after the Holy Qurbana.

**Agenda:** - Accounts 2009 as Suggested by the General Body & Other Matters with the Permission of the Chair.

**PARISH NEWS: JULY 2010**

**Monthly Prayer Meeting:** This month's prayer meeting was held July 10th, Saturday at residence of Mr. Abey T. John & Mr. Ajith Varghese. Parish express thanks to these families for hosting this month's prayer.

**Drawing & Essay Competition:** Competition for our church was held July 11th after the Holy Qurbana.

**Bible Reading - Old Testament Reading:** Jessica John

**July 18, Sunday**

**Bible Reading - Old Testament Reading:** Ashley Abraham

**Donation -** Coffee maker donated by Sunu Koshy & Family

**Lunch:** Hosted by Aleyamma Thomas & Family

**July 25, Sunday**

**Holy Qurbana (July 25th)** was celebrated by our most respected His Grace Zacharias Mar Nicholovos Thirumeni

**Church Picnic-** We had our Church Picnic July 24th, Saturday at Ringwood State Park, NJ. Most of our members attended. We had a great time. Thanks to all the families for your help & support to making this picnic a great success. Special thanks to Mr. Jeemon Varghese (Picnic co-ordinator).

**Bible Reading - Old Testament Reading:** Meril Pothan

**August 1, Sunday**

**Holy Qurbana** was celebrated by Rev. Fr. Cyril Davy

**Bible Reading - Old Testament Reading:** Rhea Mathews

**Sunday School:** Group song competition announcement. Any questions please contact Mr. John Varghese, group song competition coordinator.

**August 8, Sunday**

**Perunnal Kodiyettu** was held on Aug 8th after the Holy Qurbana.

**OVBS 2010:** This year's OVBS was conducted on Aug 6th to 8th. Special thanks to - OVBS coordinator Mrs. Ancy George & Craft coordinator Mrs. Elizabeth Varghese. Thanks to all teachers, parents & kids for your presence & support.

**Donation -** Mr. George Thamaravelil & Family donated a printer to the church.

**Bible Reading - Old Testament Reading:** Irene James

<u>APRIL 2010</u>
<b>Birthdays</b>

**Removed for the sake of privacy**

<u>Wedding Anniversary</u>
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**Removed for the sake of privacy**



<u><a href="#">MAY 2010</a></u>
<u><a href="#">Birthdays</a></u>

**Removed for the sake of privacy**

MAY 2010

Wedding Anniversary

**Removed for the sake of privacy**

Birthdays

**Removed for the sake of privacy**

JUNE 2010

Wedding Anniversary

**Removed for the sake of privacy**

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Birthdays

**Removed for the sake of privacy**



JULY Birthdays (cont'd)

**Removed for the sake of privacy**

JULY 2010

Wedding Anniversary

**Removed for the sake of privacy**



# Bible Wordsearch

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

ABLE	FORCES
AGAINST	FULL
ARMOR	GOD
ARROWS	GOSPEL
BELT	GROUND
BLOOD	HELMET
BUCKLED	PEACE
DARK	POWERS
DAY	REALMS
EVIL	RULERS
FAITH	SHIELD
FEET	SPIRIT
FIRM	STAND
FITTED	SWORD
FLAMING	WAIST
FLESH	WORLD

ADDITION  
AUTHORITIES  
BREASTPLATE  
EXTINGUISH  
HEAVENLY  
SALVATION  
SCHEMES  
STRUGGLE

After you find all the hidden words the left over letters spell out a  
Bible verse reading from the top left to the bottom right

\_\_\_\_\_ Psalm 14



The Catholicose Designate  
**His Beatitude Paulose Mar Milithios Metropolitan**



*Photo taken at St. Mary's Orthodox Church of Rockland*