



“Let the little children
come to me...”

St. Matthew 19:14

MAY 15, 2022- ISSUE 2

STOCSS REFLECTIONS

A Magazine of the St. Thomas Orthodox
Church, Toronto, Sunday School



REFLECTIONS

MESSAGE FROM VICAR

Jesus said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.” (St. Matthew 19:14)

Greetings in the precious name of our Risen Lord and Saviour Jesus Christ!

It is with a grateful heart and a sincere spirit, I thank God Almighty for all the blessings He has bestowed upon our Parish, spiritual organizations and especially on our Sunday School. When we look back to the Parish's history, our Sunday School held a very important role in the bringing up of our children in the spiritual ways. We endured struggles to ensure Christian education for our children in the past, but the grace of God has sustained us and brought us to here! Now it is wonderful to see that our Sunday School is releasing a bi-monthly magazine, named *STOCSS Reflections*, to reflect the God-given spiritual gifts and talents of our students. I am very happy to release the second edition of this series virtually for our congregation. I anticipate and hope that this will remain as a medium for our children to reflect their talents and that all will read and encourage our children.

May Lord our God continue to shower His blessings upon our Sunday School.

In the service of our Lord,
Thomas George Achen

**"Prayer is the inspiration of childhood, the refuge of youth and peace during old age."
- Parumala Thirumeni**

MESSAGE FROM THE SUNDAY SCHOOL PRINCIPAL

As we have celebrated the Feast of Feasts, let us reflect on the glorious Resurrection of Jesus Christ. "Because we know that the one who raised the Lord Jesus from the dead will also raise us with Jesus and present us with you to himself." (2 Corinthians 4:14)

Did you know that there are two types of Jews, Pharisees and Sadducees? Most of them believed that one day every righteous person would rise from the dead but the Sadducees believed otherwise. The Bible says: "Then some of the Sadducees, who denied that there is a resurrection, came to Him." (Luke 20:27)

It is depressing if you don't believe in the Resurrection. Paul says, "If there is no resurrection of the dead, then Christ is not risen." (I Corinthians 15:13)

Let us think about that. If there is no afterlife, no heaven, no great family reunion in the sky, and no rewards, then let's just keep partying. But we know that Jesus cleared up the whole controversy by rising on the third day as he promised. The Bible declares that He is the first one to lead the way, "He is the image of the invisible God, the firstborn over all creation." (Colossians 1:15)

What about Lazarus? Although he rose from the dead he didn't come back with a resurrected body. A resurrected body is perfect. In fact, Jesus describes it like this, "Nor can they die anymore for they are equal to the Angels and are sons of God, being sons of the Resurrection." (Luke 20:36)

You may have lost your loved ones, and it is a very tough feeling. If you believe in the Resurrection, they are with the Lord right now. The departed souls get to see their loved ones; they see angels and Jesus. One day they will also receive a new resurrected body, even as Jesus did. It is amazing that God ensured our redemption. It's so comforting to know that He has it all planned out.

Because of Christ and His Resurrection, everything has changed. Because of Christ and His Resurrection, your life can change. Live a fearless and significant life because that is how you become a miracle.

With Prayers,

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"The parents must see to it that their children become rich, not in silver and gold and the likes of them, but in piety, understanding and virtue." -St. John Chrysostom

SUNDAY SCHOOL ACTIVITIES FOR 2022

Liturgical Song Training

This year our Sunday School has started bi-weekly Liturgical Song Training sessions led by our Choir director Sujith Abraham along with Sneha Varghese. These sessions are aimed at training our students on the various hymns of our church to encourage active participation during our Liturgical Services. We thank our students for their engagement during these sessions and ask for your continued support for all upcoming sessions which will be advised via email closer to their planned dates.

Children's Forum

The Children's Forum provides an opportunity for our students to share their various musical and creative talents. Thus far, we have been able to gather for one forum this year with another planned within the next few months.

Newsletter/Magazine

STOCSS Reflections (St. Thomas Orthodox Church Sunday School *Reflections*), provides our students an opportunity to share their written and artistic talents. This newsletter/magazine is planned to be released on a bi-monthly basis and will include: Church related news, articles, drawings and video submissions from our students/teachers. Thank you to all who submitted their works for our first edition which was released on March 13. We request your feedback and comments in order to improve future editions.

Lenten Retreats

This Lenten Season, we held individual retreats for our Junior and Senior Sunday School students. On March 12th, Thomas Abraham led the retreat for our Junior students focusing on St. Luke 10:27, speaking on the importance of love. On March 19th, Rev. Fr. Geevarghese (Bobby) Varghese led the Senior students in their retreat, highlighting the importance of confession and how we should prayerfully prepare for this often-neglected sacrament. Thank you to our speakers and students who sang songs and read the bible during these retreats.

OVBS 2022

During the summer vacation, we plan to conduct the Orthodox Vacation Bible School (OVBS). Classes are planned for **July/August** with further information to be provided as we move closer to those dates.

*We thank our students and parents for their continued support of our various Sunday School Activities. If there are any questions or concerns regarding our weekly classes or above-mentioned activities, please contact your respective class teacher or email the Sunday School principal.

"Cleanse your mind from anger, remembrance of evil, and shameful thoughts, and then you will find out how Christ dwells in you." -St. Maximus the Confessor

BLESSED TO SERVE IN THE HOLY ALTAR-ELVIN KOSHY

On Sunday, March 20th, five of our Sunday School students were blessed to serve in the Holy Altar. The five include as per photo below with Achen from left to right (in brackets their baptismal names): Saagar Abraham (Mathew), Elvin Koshy (Varghese), Vijith Vejo (Geevarghese), Shaun Shynu (John) & Deric Justin (Samuel). They received training and instruction from Achen on the importance of serving in the Altar and the various responsibilities endowed upon them as acolytes. In the Orthodox Church deacons serve at the altar but due to the lack of those ordained to the Holy Orders, the Church has permitted acolytes to assist the priest. Though they were not ordained as deacons, these children have taken on the various diaconal responsibilities in reading the epistles, holding the candles, ringing the bells and marvasa (sacramental fans), and above all else ensuring that order and reverence is maintained during the Divine Liturgy. Acolytes wear the kuppayam or white alb as a symbol of their service as angels before the heavenly throne.

My experience of worship since becoming an acolyte has been an interesting journey so far. In this past month or so, I feel like I have deepened my relationship with my fellow acolytes, Achen and God. First, when I started in the altar, I was quite nervous and I thought it would be difficult to learn the various responsibilities. Thanks to the help of the senior acolytes, it has become much easier to carry out the role, and learning from them how to serve has helped strengthen my relationship with God. Being in the altar has also helped me academically. Personally, I do not like to speak in front of large crowds, but through the assigned readings of epistles and diptychs, I have become more comfortable when speaking in front of others. However, God has made us all human and since we are human, we make mistakes. I have made mistakes as well in the altar but because of how kind everyone is they help me to learn from those mistakes and to grow as a person. When you become an acolyte, you also take on the role of an angel serving God. I have enjoyed my time in the altar because it has helped me grow spiritually and has provided a new understanding of what it means to serve, rather than be served (Luke 22:24-27). -Elvin Koshy



"Blessed are those servants whom the master finds alert when he comes; truly I tell you, he will fasten his belt and have them sit down to eat, and he will come and serve them."

-Luke 12:37

ST. GEORGE, THE PRINCE OF MARTYRS-DR. RAJAN GEORGE

Saints and martyrs are the most exemplary images of the living Holy Bible in action. One such story is that of St. George, whom we remember every year on his martyrdom day, April 23.

George was born to Anastius and Theopesta. His father, Anastius, was from Cappadocia (present-day Turkey), where he spent his childhood. He grew up in his mother's hometown, Lydda near Bethlehem. His father was a well-placed Roman soldier, and George stepped into his father's shoes. He became a soldier at the age of 20 and occupied an influential rank in the army after his father's death. "Historians confirm he lived for about 30 years and died in 303/304 AD, a time of great persecution and strife of the Church." The Roman Emperor Diocletian tortured St. George to try and make him recant his faith in Christ. After seven years of persecution, he was finally decapitated. Despite his short life, he is remembered and venerated as a saint.

The image of St. George, which we see in our churches, has four components: A soldier with a red cross flag on a white horse, a dagger, a dragon and a princess. Each of them has a role in the story of the 'Dagger and the Dragon' related to St George, which I share below:

There was a dragon in the villages of Silene in modern day Libya. To protect the villagers from the dragon's destruction, the dragon had to be fed every day. The villagers fed the dragon with sheep and when it was not satisfied, it demanded humans. The villagers initially fed the dragon with children by selecting them from a lot which had their names. The child, whose name was drawn by lot, was given to the dragon to eat. On the day when George, the soldier, was passing by this village, the princess's name got picked by lot, and she was going to be offered as the dragon's feed. When George heard about the dragon, he decided to kill it. So, he prayed, drew his sword, took the sash of the princess, and tied it to the neck of the dragon. George successfully got the dragon to be submissive by the grace of God. George then took the dragon to the village and told them that if they believe in Christ, he will help in killing the dragon. He slew it with his dagger called Ascalon. The villagers were astounded by this brave deed. This deed of George and his faith in Jesus Christ persuaded the villagers to believe and to follow Christ. George converted 15,000 villagers to Christ through this action.



From this story, we understand that George was not only a brave soldier but also a saint, a patron and a protector of good against evil. I am not trying to confirm if this is a true story or just a legend. The meaning I take from this incident is that it became an important milestone which transformed George from a soldier to a saint, the opportunity he used to express his faith in God.

The life of St George seems different from other saints we read about in the Bible and in Church history. There isn't much that we can gather from the theologians about St George. He neither left any teachings for us, nor travelled anywhere to spread the word of God. Yet he is very popular around the world, including in India. Eastern Orthodox and Western Orthodox admire him. Protestants adore him. Muslims respect him. Countless battles have been fought with his name on banners for encouragement. Winston Churchill named his private aircraft during World War II after the dagger of St George, Ascalon. St George's flag with the Red Cross is flown in many countries that have accepted him as their patron saint. The question is: what made him so famous? Even though he never visited India, how is he so popular that we celebrate his 'Perunal' in Kerala?

I believe that there was the presence of God's power with this soldier George who stood up against evil and triumphed over it by his faith. Because of his tremendous faith in God he did not shrink from persecution and death. He gave his life for his faith and love of Christ and became a martyr. A martyr voluntarily suffers death rather than denies his faith by words or deeds. Such individuals are afforded special, institutionalized recognition by the Church. As implied in Acts 22:20 and Revelation 2:13, Christians could bear witness to their faith by dying rather than denying it; the word martyr soon began to be used in reference to one who was not only a witness of Christ but specifically a witness unto death. St George defended his faith in Jesus Christ, and his end was that of a martyr. We remember this martyr, St. George, for this legacy of bravery and courage to fight against evil through his faith and love for Christ.

St. George's relics are found in many churches worldwide, including Puthupally church in Kerala. He is venerated as a saint for his bravery and protection against evil during travel, sickness, and reptiles. In some churches of Kerala, people make petitions and offer 'Nercha' on the fulfillment of their petition to St George. Some of the famous St George's churches in Kerala are at Edapply, Edathva, and Puthupally.

A parallel can be drawn between St. Paul and St. George. St. Paul never saw Christ, but he received a revelation from Christ and practised it. St George, too, never saw Christ, but like St Paul, he believed and followed Christ. Like St. Paul, St. George refused to compromise on his faith in Jesus Christ. He lived life by practicing the concept of carrying Christ in him and died for Christ. Faith is a mystery. We must believe and experience it. St George's life reveals that he practised what St. Mathew has written in chapter 16:25 of the Bible: "For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it." Amen.

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"As the deliverer of captives and the protector of the poor, as the physician of the feeble and combatant of kings, holy champion and great martyr George, intercede with Christ our God to save our souls." -Troparion of St George

PASCHAL EXPERIENCE-BR. SANJAY MATHEW

"If Christ has not been raised, then our preaching is in vain and your faith is in vain." (1 Corinthians 15:14)

This verse by St. Paul signifies the very foundation of our faith. As Christians, we might go to Church, pray and fast regularly, but it is seldom that we reflect on the fact that our God died, and was resurrected on the third day, and how it impacts our daily life. The lack of reflection from Christians has made the Orthodox Church into an organization with lot of "rules" and "rituals". We have, in fact, become disassociated with worship. This relationship with the Church and its services has made us detached from God. Our lack of reflection on this very truth has also made us lose sight of our eternal life, and as such, we are focused on our temporary life. Christ himself teaches us to "lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal" (Matthew 6:20). The Resurrection of Christ informs us that Christ is truly God and the reality of eternal life.

If Christ did not rise from death, then He is just human who created a political movement which ended in His death. Throughout His ministry, we could see Christ proclaiming of this new kingdom, "But you are those who have continued with Me in My trials. And I bestow upon you a kingdom, just as My Father bestowed one upon Me, that you may eat and drink at My table in My kingdom and sit on thrones judging the twelve tribes of Israel" (Luke 22:29-30). The new kingdom or the restoration of Israel did not happen; His death did not create any political revolution. Israel remained under the rule of the Roman Empire for centuries after His death. Upon the Crucifixion of Christ, all His apostles except for John ran away and were in hiding. It was only after the Resurrection of Christ, that the apostles changed their attitude and started to understand who Christ is. The apostles, who doubted the identity of Christ, were able to gain confidence to gather and to begin proclaiming the Gospel together. It was upon the resurrection of Christ, the apostles realized that Christ is not a political figure but rather God with us. They began to understand the Hebrew text through the lens of the Resurrection. In fact, they understood that the Hebrew text was speaking about Christ. His Resurrection also shows us that God is someone who identifies with mankind through His suffering and death for His creation. And since He is God, the tombs could not contain Him. The revelation of Christ as God also shows that we as humankind are not alone in our journey, and that God is with us. The assurance of the ever presence of God allowed the apostles to continue with their ministry. God teaches us: "My grace is sufficient for you, for My power is perfected in weakness" (Corinthians 12:9). In other words, it is reminding that despite our challenges or weakness in this world, the true God is with us and has a plan for us. It also means that the scripture is not some words of wisdom, but true living words of God which can bring us closer to Him. The Resurrection also shows us that our God is a forgiving God, and that despite the fall of mankind, God forgives us. This is highlighted in the Gospel when Christ says, "Father, forgive them, for they do not know what they are doing" (Luke 23:34). Through His death and Resurrection, we are welcomed into this divine company.

Another revelation the Resurrection of Christ gives us is the existence of eternal life. Pope Benedict XVI in his work, *Jesus of Nazareth*, highlights that "Jesus' Resurrection was about breaking out into an entirely new form of life, into a life that is no longer subject to the law of dying and becoming but lies beyond it—a life that opens up a new dimension of human existence." Christ's Resurrection is evidence that life on this earth is temporary, that we are called to a new form of life. It shows us that material wealth that is often cherished by the world is not the true treasure, but rather the heavenly treasure is. When we come to the realization that our true treasure resides in Christ, then we have the opportunity to reflect and see what is truly important in our life and work towards being with Christ. His Resurrection also reveals that our existence without God is nothing.

It is through this realization that we recognize our true treasure lies with Christ; thus, we obtain the right outlook in life. Instead of yearning to gain material goods, we develop a hunger towards God. As such, we stop seeing prayer as something we do to get something, but rather a communication between us and God. Here, prayer becomes a relationship with God. The energy, which is created with prayer, can fuel our relationship with God. As such, we stop seeing Church and its sacraments as rituals, but as a way to communicate and talk to God. Prayer and sacraments all become different avenues for us to be closer with God. With this attitude we stop becoming mere "spectators" of a "ritual"; rather active participants in an act where we join the liturgical life of Church and God. Through these avenues we also get to have the same experience that the apostles had after the Resurrection of Christ. Even fasting stops becoming an act; it becomes an avenue for us to reorient and develop a love and yearning towards God. As such the Resurrection of Christ becomes the very foundation of our faith and our relationship with God Himself.

PASCHA (EASTER) CYCLE – SCHEDULE, FASTING AND EVENTS-SHAUN SHYNU

We went through the experience of the Passion of our Lord Jesus Christ, His Crucifixion, and His Resurrection so that we may receive eternal life through the remission of our sins.

Most of us may have the following questions, among others about the Great Lent.

1. Why does Easter fall on different dates every year?
2. Why is fasting an important part of the Orthodox tradition?
3. Why does the Orthodox church observe 50 days lent?

Let's discuss the reason for the above questions.

Why does Easter fall on a different date every year?

There are two factors:

1. The Vernal Equinox

Before the invention of the modern calendar, people relied on the position of the sun to calculate time. The Jewish calendar is based on lunar months and solar years, and hence the Jewish calendar changes every year.

2. Jewish Passover:

Jewish Passover is celebrated on the 15th day of the month of Nisan (March-April in the Gregorian calendar), the first month of the year in Jewish calendar. It was also important for the church to celebrate Easter after the Passover to preserve the sequence of events leading to the Crucifixion and the Resurrection of Christ.

Why is fasting an important part of The Orthodox tradition?

In the Old Testament, when God commanded Adam and Eve in the Garden of Eden to refrain from eating the fruit from the Tree of Knowledge, He enforced fasting. He gave this to Adam and Eve as a way of serving Him, of worshipping Him. *"From every tree of Paradise, you shall eat. But from the tree of Knowledge of good and evil, you shall not eat. For in whatever day, you will eat from it, you will die a death"* (Genesis 2: 16-17).

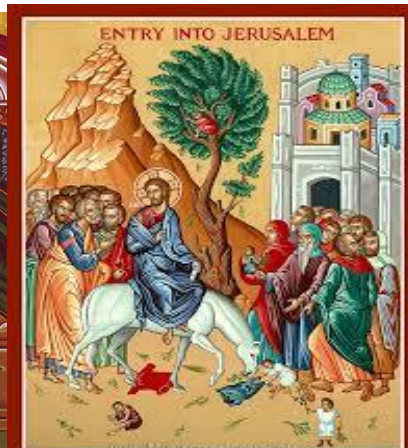
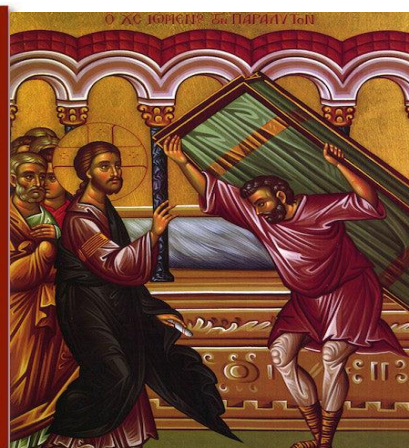
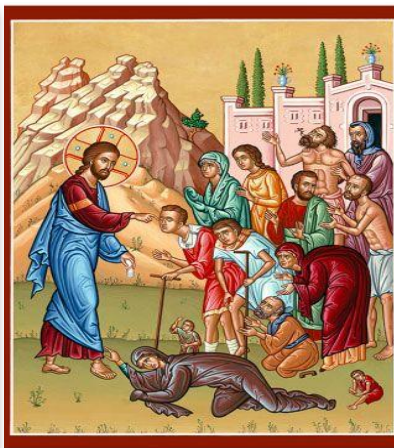
In the New Testament, it was our Lord Jesus Christ Who set the law of fasting for us when He fasted for forty days and forty nights. *"And when he had fasted for forty days and forty nights, afterwards he was hungry."* (Matthew 4: 2)

There was no need for Jesus Christ to fast, but He did as an example for us to show the spiritual impact of fasting along with prayers.

Why does the Orthodox church observe 50 days lent?

The Great Lent is the third cycle (Pascha Cycle) of the Liturgical calendar consisting of eight Sundays. The first Sunday starting with the Wedding feast at Cana (Petratha Sunday) and the eighth Sunday ending with Easter, which comes to 50 days. The Catholic Church observes 40 days fast, the first day being Ash Wednesday, after the Petratha Sunday. They don't consider Sundays as fast days and hence have 40 days Lent.

The first six Sundays represents the actions / miracles performed by Jesus Christ, beginning with the wedding at Cana and ending with the healing of the blind man, and raising Lazarus from the dead, on Saturday before Hosanna (Palm Sunday). Holy week leads us through the passion of Christ, His Crucifixion, Burial, and Resurrection on Easter Sunday.



The eight Sundays as follows:

1. Wedding at Cana
2. The healing of the leper
3. Healing the paralyzed man
4. Healing the Canaanites daughter
5. The healing of the Crippled woman or The parable of the good Samaritan
6. Healing of the blind man, and Raising Lazarus from death (Saturday)
7. Hosanna or Palm Sunday
8. Easter Sunday

Let us uphold the spiritual cleanliness that we obtained through fasting, praying and confession during the Lenten period, throughout the year, by praying constantly and seeking forgiveness of our sins.



WHAT HAPPENED AFTER EASTER- DERIC JUSTIN

Two thousand years ago, Jesus conquered death and gave a new hope for salvation. The stone was rolled away from the empty tomb and we were given a new life in Christ. But what happened after? When we think about Easter we think about the obvious things, new hope, new life, new beginning- but we don't give much thought or attention to the events that happened following the Resurrection. Jesus did many acts following the Resurrection and they even guide us today in many ways.

1. Jesus stayed

Jesus spent forty days on Earth following His Resurrection and then was taken into heaven to watch from there. We may ask ourselves: what does this signify? Instead of *shouting* his love from the heavens, he stayed and *showed* his love on Earth. Instead of leaving Earth to go to heaven, he stayed to help his disciples and everyone else get the love they deserve and need. Today he does the same by bending low to attend to our prayers and our cries. He makes sure he heals our hearts before he leaves for Heaven.

2. Jesus modeled community

From breaking bread on the road to Emmaus, to eating on the beach with his disciples, we see Jesus make time for his relationships. He was never hesitant about spending time with family and friends; He ate and bonded with the ones with whom He formed relationships. Jesus was never too busy to stop and show that He cared for His loved ones and He wants to pass on that *love* and *kindness*. As His followers, we are called to intentionally serve others and put others before ourselves as Jesus had shown. Whether it be our families, in our Church, or our workplaces or schools, Jesus asks that we show that we are learning from Him and applying His actions to our community.

3. Jesus comforted the broken

When Jesus came back, He wasn't frustrated or disappointed with his disciples who hadn't understood his plan. Instead, He met them in their fear and uncertainty. He helped comfort them and strengthened them, instead of leaving them alone to dwell on their own problems. He also consoled the crying woman at the empty tomb and helped ease Thomas' doubts. He spoke words of *peace*, *hope*, and *love* for the broken individuals who were left empty after Jesus' death. Today, He still has that same grace and understanding for our problems and questions, He still comes near when our hearts are troubled.

4. Jesus redeemed mistakes

Before the Crucifixion, Peter denied Jesus three times. After his resurrection, we see Jesus restore Peter by asking him three times if he loves Him and instructs Peter to take care of His flock. Even though Peter stumbled in his faith, it didn't alter his identity before Christ. Today if we make a mistake, we go to God first and confess before Him. God loves us unconditionally and wants us to open up to Him so he can redeem us in His eyes. We can trust that God's power is made perfect in our weakness.

5. Jesus instructed and empowered

Right before Jesus ascended into heaven, he instructed his disciples to "Go make disciples of all nations". It was with these instructions that we are able to be here and live with intentionality, looking for opportunities to share the Gospel. Jesus instructed us with the responsibility to show people what it means to know God and make Him known. Without these instructions, which were passed down to the disciples, we would not know about the Word of God and how much God means to the world. Jesus knew what to do to make sure we received the Word and are able to share it with the world.

Easter might be over but what it means for us, as Christians matters all year around. We have to do all the things entrusted to us by God with God's grace, then only will we be able to enter his abode. It was because of Jesus' Death and Resurrection that we are able to receive God's grace, presence and assurance like never before.

"The primary lesson for life must be implanted in the soul from the earliest age. The primary lesson for children is to know the eternal God, the One Who gives everlasting life." -St. Clement of Alexandria

JESUS AND THE FIG TREE-SHYNU JOHN

“Let no one eat fruit from you ever”

Now the next day, when they had come out from Bethany, He was hungry. And seeing from afar a fig tree having leaves, He went to see if perhaps, He would find something on it. When He came to it, He found nothing but leaves, for it was not the season for figs. In response Jesus said to it, “Let no one eat fruit from you ever again.” (Mark 11: 12-14)

These verses have perplexed me, and I pondered why Jesus cursed the fig tree for not providing Him with fruit though it was not the season for figs.

As I see it, this verse is a reverse miracle because, both before and after this event, Jesus’ miracles always had a positive effect on the subjects who experienced His grace. But here, Jesus cursed the tree and it withered away. He, who fed five thousand with five loaves of bread and two fish, could have easily filled the fig tree with fruit.

Why, then did He curse the fig tree that it withered away? Did He do this deliberately? The answer is “YES.”



To understand this event, we must know the fruiting pattern of the fig tree. When new leaves appear on the fig tree branches, a fig shaped structure also appears from the base of each leaf. This means if the tree is full of leaves, there must be some ripe fruits too.

Jesus saw that the tree was full of leaves and expected to find some fruits on the tree. He cursed the tree when He saw no fruit. The fig tree is also a symbol of abundance and prosperity.

He wanted to tell us not to be like the Pharisees who projected themselves to be God-fearing and religious but from within were fruitless leaders. All leaves with no fruits means setting high expectations but offering no satisfaction.

We can see this characteristic of the Jews when Jesus enters the Jerusalem temple and sees traders and money-lenders busy in their business. Lot of hustles, crowds, singing and dancing; but no sign of righteousness. Again, all leaves but no fruit.

Was this a message for the Pharisees alone? No, this is a message for each one of us. Are we thinking about our figs? If not, then we better start thinking about them now.

Our life may appear “full of leaves.” We might be super dad, super mom, a perfect family-person, a religious person involved in Church ministries, but ultimately lacking spirituality, in fruitlessness.

The same is true about the Church. We may have a magnificent Church building, a large membership, celebrating all the feasts with pomp, conducting many charitable works and much more “full of leaves” activities. But when we look within, we see egoism, jealousy, in-fighting, all these leading to the departure of spiritual fruit.

Jesus Christ has given us the message and now, it is our choice to save ourselves from His words “Let no one eat fruit from you ever.” Let us pray to the Almighty God to guide us so that He finds fruit in us whenever He approaches us.

ART GALLERY



Artist: Evanna Binu- The Empty Tomb

Jesus's death

One of Jesus's disciples called Judas betrayed him for money. Jesus suffered on the cross only for us. On Easter Sunday he was awake. Some girls came to the tomb But he was not found. A glowing person appeared and said "Christ has woken". The girls were surprised and told all the towns people and they're faces looked shocked!

Written By: Mariam Saiu



Artist: Shaun Shynu

MEDIA GALLERY – [CLICK HERE](#) TO VIEW THE VIDEOS



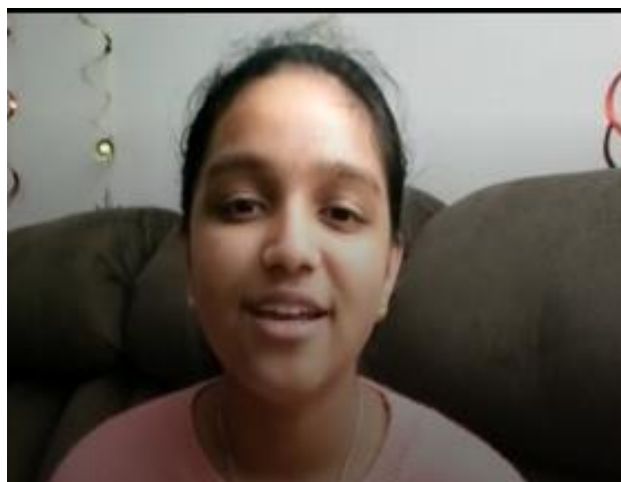
Jesus My Super Hero by: Jayden M Jibu



Nanniyode Njan Sthuthi by: Saagar Abraham



Nin Dhanam Njan by: Haseena Mobi



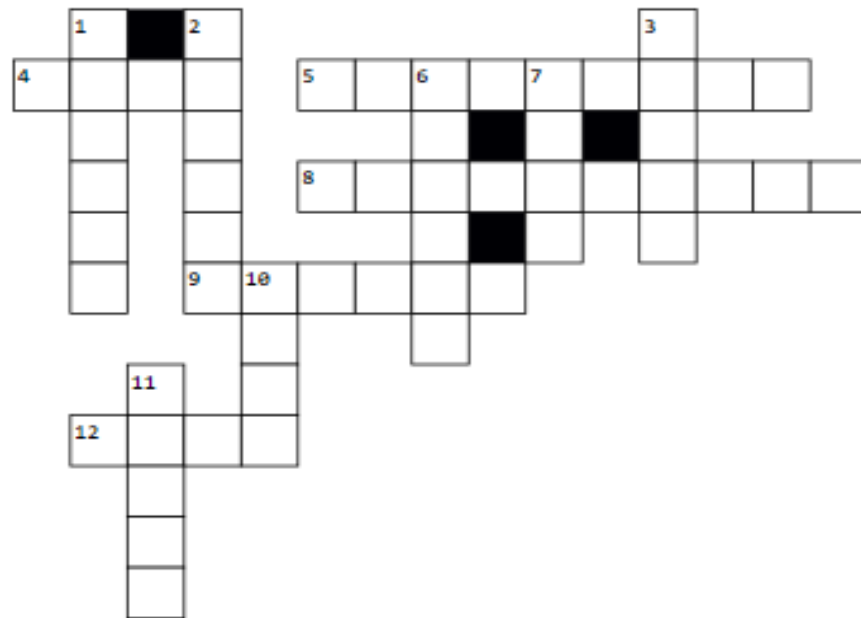
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imgflip- Christian Comic Memes



ACTIVITIES

Sunday School Newsletter-May 2022



Across

4. he was told to build an ark prior to the flood
5. 50 days after the resurrection of Jesus
8. Baptism, Confession, Ordination are
9. The last judge of Israel prior to the kings
12. many epistles were written by this apostle

Down

1. The son of Jacob sold into slavery
2. The apostle who said, "My Lord and My God"
3. he received the commandments on Mt. Sinai
6. the first ecumenical council of 325 AD
7. the brother of Jacob and son of Isaac
10. The Son of Adam who was a shepherd
11. He defeated the Philistine Giant Goliath

ANSWERS TO MARCH CROSSWORD

nazareth Jesus of _____ (Matthew 2:23)
 immanuel Meaning God with us (Matthew 1:22-23)
 noah instructed to build an ark before the flood
 saul The first king of Israel
 jonah spend three days in the belly of the whale
 joseph the son of Jacob sold to Egypt

isaac the Father of Esau and Jacob
 hosanna "_____ to the Son of David" (Matthew 21:9)
 genesis The first book in the bible
 david The shepherd boy who defeated Goliath
 moses received the 10 commandments from God
 mercy Have_____ upon me O God (Psalms 51:1)
 gospels The first 4 books of the New Testament

ACTIVITIES

Sunday School Newsletter-May 2022

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

Easter
Bible

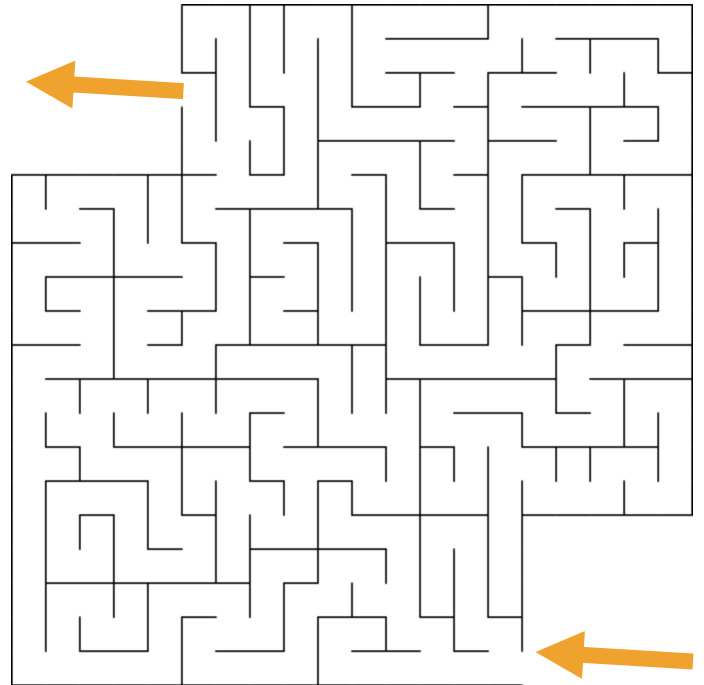
Chocolate
Shepherd

Ascension
Passover

Cross
Risen

Pentecost
Light

FIND YOUR WAY THROUGH THE MAZE



God Answered Hannah's Prayer Spot the Differences

Compare the picture on the left with the picture on right. Circle the 11 things that are different.



RESOURCES

Important Links:

Indian Orthodox Sunday School Northeast American Diocese - <https://nesundayschool.org/>
 IOSS NE American Diocese Facebook Page - <https://www.facebook.com/IOSS.NEAMERICANDIOCESE/>
 Ministry of Liturgical Resource Development - <https://www.youtube.com/c/LiturgicalResourceDevelopment/videos>
 Orthodox Terminology - <https://stgregorioscathedral.com/orthodox-terminology>

"Seven times a day I praise You, because of Your righteous judgments" (Psalm 119:164)

1. Evening Prayer (Ramsho or Vespers) – 6PM
2. Bedtime Prayer (Soutoro or Compline) - 9PM
3. Night Prayers (Lilio or Nocturns, with three "watches" or Quamos) – 12AM
4. Morning Prayer (Sapro or Matins) – 6AM
5. 3rd Hour Prayer - 9AM
6. 6th Hour Prayer - 12PM
7. 9th Hour Prayer - 3PM

- 6PM - RAMSHO / VESPERS	- 9PM - SOUTORO / COMPLINE	††† LILIO / NIGHT	
Grant us, O Lord God, that while our bodies rest from the labors of the day and our souls are released from worldly thoughts, we may stand in Your presence with tranquility at this time of evening and that we may offer You ceaseless praise and uninterrupted thanksgiving; that we may acknowledge Your loving kindness by which You direct and rule our lives and protect and save our souls; to You we offer praise and thanksgiving, now and always, forever and ever. Amin.	Protect us, O Lord, beneath the wings of Your loving kindness and turn our hard hearts to the knowledge of Your truth; grant us to know and to consider that the evening which has called us to rest and refresh from labor is a figure of the end of this present life; that we may be diligent in good actions which are pleasing to Your will, and we will offer You praise and thanksgiving, Father, Son and Holy Spirit; now and always, forever and ever. Amin.	Awaken us, O Lord, from our sleep in the sloth of sin that we may praise Your watchfulness, You who watch and do not sleep; give life to our death in the sleep of death and corruption, that we may adore Your compassion, You who live and do not die; grant us in the glorious company of the angels who praise You in heaven, to praise You and bless You in holiness, because You are praised and blessed in heaven and on earth, Father, Son and Holy Spirit, now and always and forever. Amin.	
- 6AM - SAPRO / MATINS	- 9AM - THIRD HOUR	- 12PM - SIXTH HOUR	- 3PM - NINTH HOUR
Creator of the morning, Who drives out the darkness and brings light and joy to the creation, create in us habits of virtue and drive from us all the darkness of sin; give us light and joy by the glorious rays of Your grace, our Lord and our God, forever. Amin.	Cleanse us, O Lord, by repentance and by tears of compunction from every passion and stain and defilement of sin, and grant us the grace of victory in our lives at all times and for all the days of our life, Father, Son and Holy Spirit, now and always, forever and ever. Amin.	Enlighten, O Lord, the eyes of our minds by the light of Your glory, that while we walk in it we may turn aside from the paths and snares of the enemy. Strengthen our hearts in Your commandments and our hands in the doing of good. Direct, Lord God, our walking according to Your word and our thoughts to meditation on You; keep our lips and our tongues by Your help for the voice of Your praise; establish the truth of Your teaching in us and deliver us from every kind of sin, for in You is our hope and on You we call, our Lord and our God, forever. Amin.	Receive, Lord, the souls of Your servants in tabernacles of light and make them to dwell in the harbor of blessedness; give them rest in the glorious bosom of the Patriarchs, Abraham, Isaac, and Jacob, the Patriarchs, that on the great day of Your glorious manifestation, we may stand with them at Your right hand, and offer fitting praise to You and Your Father and Your Holy Spirit, now and always, forever and ever. Amin.