

**St. Thomas**  
**Mar Thoma Church, NY**  
34 Morris Street, Yonkers, NY 10705

*Jan*



**2015**

**Happy New Year**



**NEWSLETTER VOL. XXXVII NO. 1**

### Worship Service Schedule

Date	Time	Worship
Sun, Jan 4 <sup>th</sup>	9:30 am 10:30 am	Praise & Worship ( <i>Malayalam</i> ) Bible Study Holy Communion Service, <b><u>Malayalam</u></b> General Body (Re-Balloting) - 2:00 pm - 5:00 pm
Sun, Jan 11 <sup>th</sup>	9:30 am 10:30 am	Praise & Worship ( <i>Malayalam</i> ) Intercessory Prayer Holy Communion Service, <b><u>Malayalam</u></b>
Sun, Jan 18 <sup>th</sup>	9:30 am 10:30 am	Praise & Worship ( <i>Malayalam</i> ) Bible Study Holy Communion Service, <b><u>English</u></b>
Sun, Jan 25 <sup>th</sup>	9:30 am 10:30 am	Praise & Worship ( <i>Malayalam</i> ) Bible Study Holy Communion Service, <b><u>English</u></b> <b>PARISH DAY</b>

### Lectionary

Date	1st Lesson	2nd Lesson	Epistle	Gospel
Sun, Jan 4 <sup>th</sup>	Isa. 61:1-11	Rev. 5:1-10	Acts.27:18-26	St.Luke.4:16-21
Sun, Jan 11 <sup>th</sup>	Prov. 20:1-11	Rom. 6:12-21	Gal. 5:16-24	St.Mat.7:15-23
Sun, Jan 18 <sup>th</sup>	Num.11:23-30	1 John. 3:1-11	Eph. 4:1-10	St.John10:7-18
Sun, Jan 25 <sup>th</sup>	Gen.18:19-33	1 Pet.4:7-15	Jam.5:13-18	St.Mat.6:1-9

### Important Days In Sabha/Diocesan Calendar

Date	Importance of the Day
1 Thursday	Circumcision of Our Lord-God's continuing act of Grace -New Year Day
4 Sunday	Revelation for Liberation (Outside Kerala Mission)
6 Tuesday	Danaha (Baptism of Jesus/Epiphany) - Christ Draws all Nations to Himself
8 Thursday	St. Stephen's Day
11 Sunday	Live Worthy of your calling- (Temperance Day)
18 Sunday	One Lord, One Baptism (Ecumenical Sunday)
25 Sunday	Church: An Interceding Community
26 Monday	Responsible Citizenship-Indian Republic Day
26 Monday	Beginning of Nineveh Fast (Three Day Fast)
27 Tuesday	Three Day Fast
28 Wednesday	Three Day Fast
29 Thursday	End of Nineveh Fast

# Achens Corner



Dearly Beloved in Christ

In this issue I would like to share with you about Life in the Present:

A 5-Step Approach

The idea of being mindful -- being present, being more conscious of life as it happens -- may seem contradictory to those who are used to sacrificing living for pursuing their goals, but cultivating mindfulness will help you achieve your goals and enjoy life more. In fact, you're more productive when you're mindful. But more importantly, being present is undoubtedly the only way to enjoy life to the fullest. By being mindful, you enjoy your food more, you enjoy friends and family more, you enjoy anything you're doing more. Anything. Even things you might think are drudgery or boring, such as housework, can be amazing if you are truly present. Try it -- wash dishes or sweep or cook, and remain fully present. It takes practice, but it's incredible.

## **1. Do one thing at a time.**

Single-task, don't multi-task. When you're pouring water, just pour water. When you're eating, just eat. When you're bathing, just bathe. Don't try to knock off a few tasks while eating or bathing or driving. Zen proverb: "When walking, walk. When eating, eat.

## **2. Do it slowly and deliberately.**

You can do one task at a time, but also rush that task. Instead, take your time, and move slowly. Make your actions deliberate, not rushed and random. It takes practice, but it helps you focus on the task.

## **3. Do less.**

If you do less, you can do those things more slowly, more completely and with more concentration. If you fill your day with tasks, you will be rushing from one thing to the next without stopping to think about what you do. But you're busy and you can't possibly do less, right? You can. I've done it, and so have many busy people. It's a matter of figuring out what's important, and letting go of what's not.

## **4. Put space between things.**

Related to the "Do less" rule, but it's a way of managing your schedule so that you always have time to complete each task. Don't schedule things close together -- instead, leave room between things on your schedule. That gives you a more relaxed schedule, and leaves space in case one task takes longer than you planned.

## **5. Spend at least 5 minutes each day doing nothing.**

Just sit in silence. Become aware of your thoughts. Focus on your breathing. Notice the world around you. Become comfortable with the silence and stillness. It'll do you a world of good -- and just takes 5 minutes!

Yours in His Service.

Rev. K. K. Samuel

## Youth Chaplain's Corner

### New Year decisions

I read this illustration recently. A gentleman moved into a retirement community to spend the rest of his life there. It wasn't long until he had made a number of friends among the other residents. There was one lady he was especially attracted to, & she was attracted to him, also. So they spent a lot of time together. Finally one evening he proposed, asking her to marry him. The next morning he woke up remembering his proposal, but he couldn't remember her answer. So he went to her & said, "I'm really embarrassed. I proposed to you last night but I can't remember if you said 'Yes' or 'No.'" "Oh, thank goodness!" she replied. "I remembered saying 'Yes' but I couldn't remember who asked me." Sometimes I feel that way about New Year's resolutions.

Again we are on the verge of a new year and we renew our commitment and resolutions and we also take new decisions. Some of us keep our decisions, some of us forget about it and some us struggle with our decisions. As a Christian how do we take our New Year decisions? What are the guiding forces behind our decisions? Why do we take all these decisions in life? We have a lot of choices in front of us and many a time we are confused to go which way and to take what decisions. We don't know what should be our parameters when we take our decisions. As Christians our life has to be examined constantly and needs to be corrected wherever needed. That is why we need to take more decisions and resolutions in life.

### **Our decisions are to be based on kingdom values**

All the decisions that we take in lives should be based on the kingdom values. Paul says "For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit, (Rom. 14:17). Jesus inaugurated this kingdom with these values and all who are His children should be in this Kingdom. When we are in the Kingdom we are under the rule of God with these values. These values are related to our personal life, related to our relationship with the Lord and our relationship with our brothers and sisters who are co existing with us. If our decisions are not producing righteousness, peace and Joy in our lives and in the kingdom of God that we are in then our decisions are not based on the kingdom values. So in this New Year let us take our decisions based on the kingdom values.

### **Our decisions should bring Glory to God**

Paul says in Romans. 15: 17 “Therefore I glory in Christ Jesus in my service to God”. All the decisions that we take in our lives should bring glory to our God. Many a time we take decisions for our own sake and bring glory to our name. I believe, that is the difference that should happen when we take decisions as a Christian. All the decisions that we take should bring glory to God’s name and eventually that will turn righteousness, peace and Joy in the Holy Spirit in our lives. That is how we also receive blessings of our own decisions.

**Our decisions are carried out by the power of God**

As humans we are limited with our ability, knowledge and discernment. We need the power and grace of God to carry out all the decisions that we take. If we depend on our own might and abilities we will be a failure in our lives. We need to completely depend on the grace of God to carry out all the decisions that we take in our lives. As Paul says “But by the grace of God I am what I am, and his grace to me was not without effect. No, I worked harder than all of them yet not I, but the grace of God that was with me”. Let us submit to this grace as we move to this New Year.

We wish you all a happy and blessed new year to bring kingdom values in our lives.

V. M. Mathew Achen  
Youth chaplain

**Youth Fellowship**

**Youth Fellowship Winter retreat**

DATE : Jan 9<sup>th</sup> – 11<sup>th</sup> 2015.

VENUE : Camp of the Woods (Speculator, NY)

THEME : Born Identity

**Eadavaka Mission**

Event	Date & Time	Location
Wednesday Prayer	1/7/2015 7:00 PM	Mr. Abraham Koshy Pelham, NY
Wednesday Prayer	14th, 21st , 28th	Parsonage Basement

## Area Prayer Meetings

Area Prayer Evens Event Type	Date & Time	Location
Manhattan/ New Jersey	Saturday 1/3/2015 6:00 PM	Mr. Varkey Uthup New Milford, NJ
Yonkers South (McLean Ave)	Sunday 1/4/2015 6:30 PM	Mrs. Accamma Verghese Yonkers, NY
Upper Westchester/ CT	Saturday 1/10/2015 6:30 PM	Mr. P. C. Chacko Portchester, NY
Yonkers East (Central Ave)	Saturday 1/17/2015 6:30 PM	Mr. Jacob Vaidian Yonkers, NY
Rockland	Sunday 1/18/2015 6:30 PM	Mr. M. C. Chacko Spring Valley, NY
Yonkers West (Church- Riverdale)	Saturday 1/24/2015 6:30 PM	Mr. John A. Thomas Yonkers, NY
Yonkers North (Broadway)	Sunday 1/25/2015 6:30 PM	Mr. Raju George Yonkers, NY

## Sevika Sangham

Sevika Sanghom Event Type	Date & Time	Location
Friday Prayer	1/2/2015 10:00 AM	Mrs. Suja Samuel Second Floor, Yonkers, NY
Friday Prayer	1/9/2015 10:00 AM	Mrs. Rachael Varghese Yonkers, NY
Friday Prayer	1/16/2015 10:00 AM	Mrs. Sosamma Varghese Yonkers, NY
Friday Prayer	1/23/2015 10:00 AM	House Visiting
Friday Prayer	1/30/2015 10:00 AM	Mrs. Sosamma Abraham Spring Valley, NY

## Condolence

Brother of Mrs. Marykutty Thomas, (10 Carbery Court, Pomona) - Mr. Andrews George went to be with the Lord on Monday, Dec 1st at the age of 65 in Spring Valley.

Sister of Mr. P. C. George, Mr. Joseph C. Jacob, former member Mr. P. C. Jacob, and late Mr. Andrews Jacob, - Mrs. Aleyamma Philip went to be with the Lord on December 26th at the age of 60 in Ranni, Kerala.

Please keep the bereaving family in your prayer at this difficult time. May God bring peace and comfort to the loved ones.

# EXECUTIVE COMMITTEE - 2014

## Position

## Full Name

## Home Phone

### OFFICE BEARERS

Vicar/President	Rev. K. K. Samuel	(914) 376-6530
Vice President	Mr. Ullas P. Thannickal	(845) 638-8075
Secretary	Mr. John Abraham	(845) 634-9319
Treasurer	Mr. Thomas Varghese	(914) 968-3531
Accountant	Mr. Sunil M. Varughese	(845) 268-3647
Lay Leader - Malayalam	Mr. K. G. Varghese	(914) 202-7093
Lay Leader - English	Mr. John C. Thomas	(914) 457-8197

### AREA PRAYER GROUP REPRESENTATIVES

Manhattan/NJ	Mr. Samuel Ninan	(201) 692-0649
Queens/LI	Mr. Varghese C. Baby	(516) 781-7513
Rockland (Spring Valley)	Mr. M. C. Chacko	(845) 356-1848
Rockland (Outside Spring Valley)	Mr. George M. Varkey	(845) 268-0812
Upper Westchester/CT	Mrs. Aleyamma E. Chacko	(914) 934-8680
Upper Westchester/CT	Mr. Daniel P.K. Vaidyan	(914) 761-9872
Yonkers East	Mr. Jacob Vaidian	(914) 337-2470
Yonkers North	Mr. Cherian Varughese	(914) 965-0969
Yonkers South/Bronx	Mr. Thomas P. John	(914) 965-3979
Yonkers West	Mr. Yohannan Yohannan	(914) 476-0217

### MANDALAM & DIOCESAN REPRESENTATIVES

Sabha Mandalam	Mrs. Sosamma Joseph	(914) 237-6594
Diocesan Representatives	Mr. Samuel K. Samuel	(914) 693-8490
	Mr. Samuel Ninan	(201) 692-0649

### ORGANIZATIONAL REPRESENTATIVES

Choir	Mr. George K. Chacko	(845) 918-1049
Edavaka Mission	Mr. Varghese A. Thomas	(914) 969-0206
Sevika Sangham	Mrs. Marykutty Thomas	(845) 517-2207
Sunday School	Mr. T. P. Jacob	(516) 365-3750
Youth Fellowship	Mr. Jeff Joseph	(914) 237-6594
Young Family Fellowship	Mr. Ullas P. Thannickal	(845) 638-8075
Yuvajana Sakhyam	Mr. Biju P. Varughese	(845) 268-0887

### AUDITORS

Mr. Thankachen Geevarghese	(914) 939-0282
Mr. Y. Varghese	(914) 964-5443

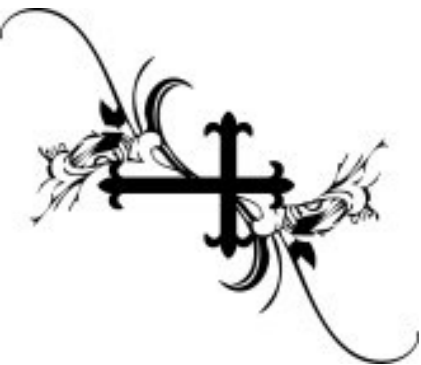


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**34 Morris Street**  
**Yonkers, NY 10705**

## FOR PRIVATE CIRCULATION

## FIRST CLASS MAIL

**STAMP!**  
THANKS FOR  
PICKING UP A  
NEWSLETTER.  
YOU ARE  
HELPING THE  
CHURCH SAVE  
EVERY PENNY  
COUNTS.



*Therefore, if anyone is in Christ,  
he is a new creation; the old has  
gone, the new has come!*  
*- 2 Corinthians 5:17*