

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

*July*



*2015*

Secretary:

Mr. John C. Thomas  
Email: Jct247365@aol.com

Vicar / President:

**Rev K.K. Samuel**  
kksamuel61@gmail.com



**NEWSLETTER VOL. XXXVII NO. 7**

### Worship Service Schedule

Date	Time	Worship
Sun July 5 <sup>th</sup>	9:30 am 10:30 am	Intercessory Prayer Divine Service, <b><u>Malayalam</u></b>
Sun July 12 <sup>th</sup>	9:30 am 10:30 am	Praise & Worship ( <i>Malayalam</i> ) Intercessory Prayer Holy Communion Service, <b><u>English</u></b>
Sun July 19 <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 July 26 <sup>th</sup>	9:30 am 10:30 am	Praise & Worship ( <i>English</i> ) Bible Study Holy Communion Service, <b><u>Malayalam</u></b>

### Lectionary

Date	1st Lesson	2nd Lesson	Epistle	Gospel
Sun July 5 <sup>th</sup>	Exodus 36:2-7	Acts 5:1-15	Phil 4:10-20	St. Luke 19:11-27
Sun, July 12 <sup>th</sup>	Ezek 33:1-9	2 Tim 2:1-13	Gal 5:1-6	St. John 21:15-19
Sun July 19 <sup>th</sup>	Zech 14:16-21	Acts 6:8-15	Col 3:12-17	St. Luke 19:1-10
Sun, June 26 <sup>th</sup>	Exodus 3:1-12	Acts 8:26-40	2 Tim 2:1-13	St. John 12:20-26

### Important Days In Sabha/Diocesan Calendar

Date	Importance of the Day
Friday July 3	St. Thomas the Apostle Day
Sunday July 5	Stewardship: Transparency and Accountability Tithe offering Sunday (6th Sunday after Pentecost)
Sunday July 12	Ordained Ministry: Marked by the wounds of Christ (7th Sunday after Pentecost)
Sunday July 19	Consecrated Life (8th Sunday after Pentecost)
Saturday July 25	St. James the Apostle Day
Sunday July 26	Theological education: Knowing and Doing Faith (9th Sunday after Pentecost)

## Achen's Corner

### I'M ALL STRESSED OUT



Dearly Beloved in Christ

#### STRESS

A lot of us feel it .Parents , teachers, professionals even priests.

Teenagers are especially sensitive to stress. Stress at home , at work , at school with your friends ,pressure from your peers, difficult decisions about dating, drugs ,sex or alcohol, grappling with your grades...whew! The stress really get you. Most stress in our life can be traced to one of three sources

- 1) **Other people**
- 2) **Events or circumstances**
- 3) **Inner confusion or frustration**

Other people can put pressure on you in many different ways. Sometimes other people simply bother you .Stress strikes when your friends have ignored you, criticized you, attempted to get you to do something you would rather avoid.

#### STRESS FINDER

Stress can sneak up on you. Many times you don't even notice it until it's too late. But being aware of a few signs of stress can help you avoid being caught by surprise Read over the list below and think back over the past few days or weeks. Then check off those signs you have noticed in your life recently .More than three checkmarks, and you may be headed towards a burnout.

- a) **Extreme tension between you and your parents.**
- b) **Temper tantrums,**
- c) **Headaches,**
- d) **Avoiding being with other people**
- e) **Frequent stomach knots or pains,**
- f) **Problem with your peers**
- g) **Nightmares**
- h) **Too much sleep**
- I) **Too little sleep**
- j) **Declining interest in enjoyable activities**
- k) **Attempting to escape your problems through music ,movies ,television the internet, drugs and/or the occult.**

Review the suggestions and if necessary seek help.

May our loving God help us to free from unnecessary stress.

Yours in His ministry.  
Samachen

## Area Prayer Meetings

Event	Date	Location
Manhattan New Jersey	Saturday 7/4/2015 6:30 PM	TBD
Bronx/ Yonkers South	Sunday 7/5/2015 6:30 PM	Mr. Thomas P. John Yonkers NY
Upper West Connecticut	Saturday 7/11/2015 6:30 PM	Dr. John Thomas Ardsley, NY 10502
Queens/ Long Island	Sunday 7/12/2015 6:30 PM	TBD
Yonkers East	Saturday 7/18/2015 6:30 PM	Mr. Josen Joseph Yonkers, NY
Rockland	Sunday 7/19/2015 6:30 PM	Mr. Koshy M. Thomas Nanuet, NY 10954
Yonkers West	Saturday 7/25/2015 6:30 PM	Mr. Jishu Samuel Yonkers NY
Yonkers North	Sunday 7/26/2015 6:30 PM	Mr. Joseph C. Jacob Yonkers, NY 10703

## Yuvajana Sakhyam

Event	Date & Time	Location
Prayer Meeting	7/18/2015 7:00 PM	Parsonage Basement

## Sevika Sangham

<b>Event</b>	<b>Date &amp; Time</b>	<b>Location</b>
Friday Prayer	7/10/2015 10:00 AM	Mrs. Aleyamma Kurian Spring Valley, NY
Friday Prayer	7/17/2015 10:00 AM	House Visiting
Friday Prayer	7/24/2015 10:00 AM	Mrs. Mariamma Thomas Yonkers, NY
Friday Prayer	7/31/2015 10:00 AM	Mrs. Annamma John Nanuet, NY

## Edavaka Mission

<b>Event</b>	<b>Date &amp; Time</b>	<b>Location</b>
Wednesday Meeting	7/1/2015 7:00 PM	Mr. Abraham Koshy Pelham, NY
Wednesday Meeting	7/8/2015 7:00 PM	Mr. Jacob Vaidian Yonkers, NY
Wednesday Meeting	7/15/2015 7:00 PM	Mr. P. John Joseph Yonkers, NY
Monthly Fasting Prayer	7/18/2015 10:00 AM	Mr. Binu K. Abraham New City, NY
Wednesday Meeting	07/22/2015 7:00 PM	TBD
Wednesday Meeting	07/29/2015 7:00 PM	TBD

## **Parish Picnic**

Parish picnic will be held on Saturday August 1, 2015 at Rockland Lake State Park, Congers, NY. All members are requested to save the date and participate.

## **CLERGY CONFERENCE** **&** **DIOCESAN ASSEMBLY**

Our church is blessed to be hosting the Clergy Conference from June 30 through July 1. We are also blessed to be hosting the Diocesan Assembly on July 2, 2015. Please keep all these programs in your prayers. If you are free and willing to volunteer to help with the programs those days, please come to church.

## **GRADUATION RECOGNITION SUNDAY**

Graduation Recognition Sunday will be held on Sunday August 2, 2015 immediately after worship. Anyone who has graduated High School, College, and/or Post Graduate programs are requested to give their names and information to Mrs. Shiby George either in person or by email shiby712@gmail.com by no later than Sunday July 26, 2015. Information should include school attended, degree gained, special honors gained as well as future plans

# 2015 EXECUTIVE COMMITTEE

<u>Position</u>	<u>Full Name</u>	<u>Home Phone</u>
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## OFFICE BEARERS

Vicar/President	Rev. K. K. Samuel	(914) 376-6530
Vice President	Mr. M.C. Chacko	(845) 356-1848
Secretary	Mr. John C. Thomas	(914) 494-1931
Treasurer	Mr. Thomas Oommen	(516) 796-2672
Accountant	Mr. Josen Joseph	(914) 346-8644
Lay Leader - Malayalam	Mr. Yohannan Yohannan	(914) 476-0217
Lay Leader - English	Mr. Ullas P. Thannickal	(845) 638-8075

## AREA PRAYER GROUP REPRESENTATIVES

Manhattan/NJ	Mr. Varghese Easo	(201) 483-8645
Queens/LI	Mr. Varghese C. Baby	(516) 781-7513
Rockland (Spring Valley)	Mr. John K. Abraham	(845) 426-2327
Rockland (Outside Spring Valley)	Mr. P.T. Thomas	(845) 517-2207
Upper Westchester/CT	Mr. Thankachen Geevarghese	(914) 939-0282
Upper Westchester/CT	Mr. John P. Varghese	(914) 939-0064
Yonkers East	Mr. Joseph Eapen	(914) 237-6594
Yonkers North	Mr. Cheriyan Varughese	(914) 965-0969
Yonkers South/Bronx	Mr. M.J. George	(914) 376-7185
Yonkers West	Mr. Mathew Varghese	(914) 965-3163

## 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	Dr. Aleena Cherian	(845) 634-2162
Edavaka Mission	Mr. Jacob Vaidian	(914) 337-2470
Sevika Sangham	Mrs. Sosamma Abraham	(845) 426-2327
Sunday School	Mrs. Shiby George	(914) 751-3898
Youth Fellowship	Dr. Binil T. Varghese	(914) 968-3531
Young Family Fellowship	Mr. Litten T. Thomas	(845) 290-9962
Yuvajana Sakhyam	Mr. Thomas Oommen	(914) 329-1746

## AUDITORS

Mr. Daniel Geevarghese	(718) 347-1283
Mr. Geevarghese Kochumann	(914) 948-2363

If undelivered

Please return to:

*St. Thomas Mar Thoma Church*

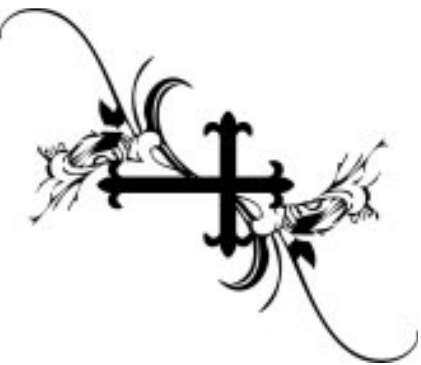
*34 Morris Street*

*Yonkers, NY 10705*

**FOR PRIVATE CIRCULATION**

**FIRST CLASS MAIL**

**STAMP!**  
THANK S 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*