



Carmel Times

A Teens Fellowship Initiative

CARMEL MAR THOMA CHURCH
BOSTON

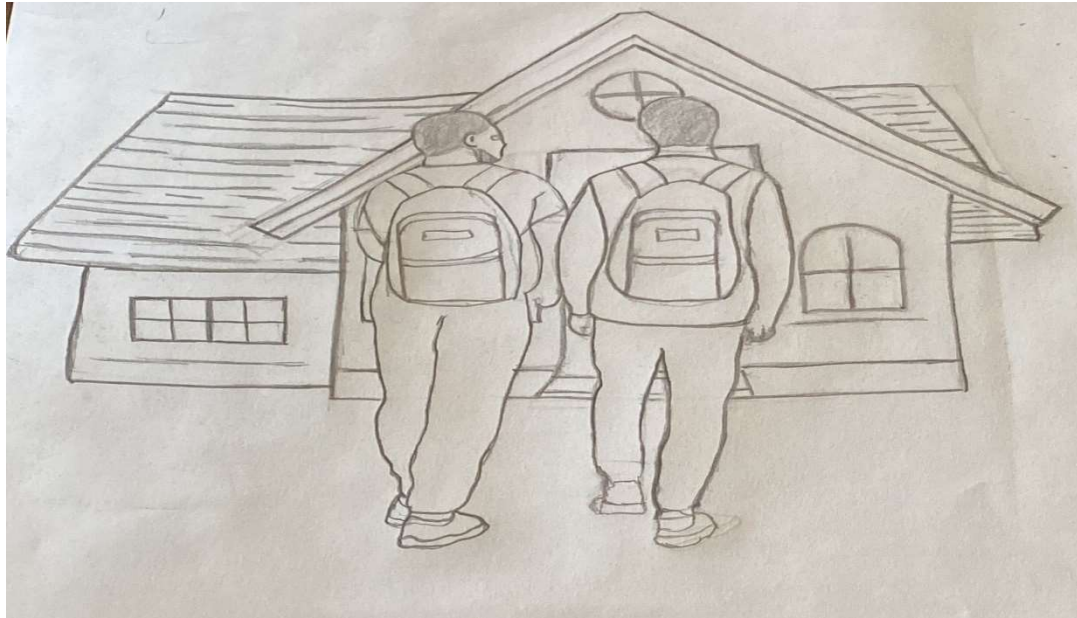


Illustration by Jairah Philips

Peace

Short story series on the fruits of the Spirit

----- by **Chacko Mathew**

“Peace, I leave with you. My peace I give unto you... Let your heart not be troubled”

It was a cold winter morning, The sun shining through the stained windows of my house, an old, crooked house on Brooker Street.

The birds were chirping and the trees shaking to the morning breeze. I got ready for school. I walked down the stairs and the smell of coffee filled the air. My family was up and about. I took a bagel and ran to the bus stop.

The bus was late as usual and on it was my friend Mathew. We have been best friends since kindergarten.

The bus stopped at a new place and a new kid came on called Ace. He sat at the front of the bus. At school, me and Mathew are in every class together.

After lunch we went outside and there he was, Billy. A 5’11 giant. He was sitting with his gang. That is when Ace walked in front of him and spilled his water on his shoes. Everyone outside froze. Billy stood up and gave him a glaring look.

The whole crowd waited in silence. Me and Mathew were worried for him. Billy had a great record for starting fights.

His parents passed away when he was young. At the orphanage he did not have many friends or adults to look after him. Every foster home he went to did not give him the support and care he needed.

Over the years he started to lose trust in adults, and he created his own gang, and he became the ruler of the school.

Before anything happened, the teachers came and ended the situation quickly. I was still worried for Ace though.

Billy was a very powerful person. The school day ended and me and Mathew were walking home as usual.

Foreword by Vicar

Hello Friends of the Carmel Teens Fellowship,

Many of you are in a long-awaited season of vacation from school. The beautiful summer is an added blessing that allows us to be out in the open to enjoy the grandeur of God’s creation. Vacation is a refreshing time of rest and renewal. God set the example of rest in Genesis 2:2-3 where God ceased from the act of creation. In the Ten Commandments God tells His people that they are to rest from their work on the seventh day, in other words to take a weekly vacation to be in uninterrupted fellowship with God. Jesus also did take times of refreshing and ensured that His disciples had the same. At a time when “so many people were coming and going that they did not even have a chance to eat,” Jesus says to His disciples, “Come with me by yourselves to a quiet place and get some rest” (Mark 6:31). In short, resting after work is not a waste of time but it can be a preparation for better work.

When we do not rest enough after our labor it can reduce the longevity of our life. Research says that shortened sleep has been linked to about half of the leading causes of death in the U.S., including cardiovascular disease, accidents, diabetes, and hypertension. Lack of enough rest can also adversely affect our creativity and productivity and it can restrict progress in personal skills and hinder educational achievement, which in turn, affects lifetime accomplishments as well.

Despite the pandemic, during this season of rest, we may be privileged to travel places, to enjoy marvels that we have never seen, to be in the company of our dear and near ones and to enjoy a lot more than we wished. However, I was touched when some of our immuno-compromised friends said, “Atchen, the world seems to be moving on beyond the pandemic, but its journey is mostly without us”. It is the responsibility of a Christian to take care of our faint-hearted and vulnerable. During this vacation let us intentionally take time to add joy and meaning to the lives of all whom we know are still stuck inside the four walls of their home due to various reasons.

Happy and Meaningful Holidays,

Sujith Sam Mammen Atchen



Poppies under Sun
 Photograph by Rebecca Koshy

Story Continued...

The next morning my dad and mom stopped me before I could run to the bus. My dad said to me, "Son, we are gonna have another member in our family." I was a bit confused that is when I saw a car pulling up in our driveway and out came Billy and a lady. My parents looked at me and smiled. My heart stopped. I looked up at Billy and nervously said "hello" I wanted to run to school but mom and dad drove us both there. We went our both ways after we got inside school. I told Mathew everything and he was startled. I passed Billy at lunch, but he still ignored me. At home, mom and dad wanted us to share a room and because they are my parents, I cannot say no. Billy snores a lot. On Sunday we were getting ready for church, and he was still in bed. Dad woke him up and I had to give him one of my church shirts. We got in our Chevy and drove to church. We came and sat down quietly as the pastor continued his sermon. He read, " Martin Luther once said, you should not believe your conscience and your feelings more than the word which the Lord who receives sinners. A healthy mind does not speak ill of others." This verse caught Billy's attention. The pastor's sermon was about bullying in the community. I could tell that Billy was listening. The pastor finally ended his sermon with "Pulling someone down will never help you reach the top." The rest of the service, I could tell Billy was more aware and present.

After the end of the service, we got up and walked outside into the cold breeze. We went home and he slowly but steadily started to talk to me. It felt nice having Billy around the house now. He walks with me and Mathew to school and he has many more friends. One night, me and Billy were just sitting on the lawn. We were talking about tomorrow's field trip when a shooting star came. He looked up smiling and sang a line from the song "Fly with Me" by the Jonas Brothers...

"We're chasing stars to lose our shadows"

In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety. (Psalms 4:8).

Jokes Corner

Q. Where did Jesus go to get a snack?

A. Mount Olive

Q. What is the best way to study the Bible?

A. You Luke into it.

Sunday School News & Events

Carmel Summer Kidsfest 2022

Next session

July 26th at 10:00 am

Church Zoom link

Sunday School Local Talent Festival

Aug 28th

Sunday School Reopens

Sept 4th 9:00 am

National Bible Bee 2022

Summer Study

June 6 – August 11

National Bible Bee Competition

November 7 – 10, 2022

Next Carmel Times Issue – Sept

If you would like to be part of this team or contribute to this publication, whether it be a story, article, poem, drawing/illustration/ graphics, please send your contributions to cmtcprintcrew@gmail.com

Editorial Board

Andrew Varughese

Jairah Philips

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Voice from the Past

----- BY JOSHUA PHILIPS



Mother Teresa
August 26, 1910 – September 5, 1997

What is poverty? Poverty is the state of being inferior in quality or extremely poor. Inflicted by history, poverty has become a global conflict that has caught the attention of many who are willing to help. Around 689 million people battle poverty around the world daily and the rates continue to increase with more people putting in the effort to help these people. One of these selfless and altruistic people who worked to help those living in poverty is Mother Teresa.

Mary Teresa Bojaxhiu, more commonly known as Mother Teresa, was born on August 26, 1910 in Macedonia. At the age of 8, Mary lost her father and was raised by her mother from then on. Mary's

mother instilled a deep commitment to charity in her and taught her to help the destitute by inviting them to dine with her family.

Throughout her childhood, Mary was sent to convent-run primary school and a state-run public school, and she sang in the local catholic choir which allowed her to find her calling to religious life. At the age of 18 she decided she wanted to be a nun and went to Ireland to join the Sisters of Loreta group in Dublin where she adopted the name Sister Mary Teresa. After a year there she traveled to India where she made her First Profession of Vows and was sent to Calcutta to teach at Saint Mary's High School which was dedicated to teaching the girls in poor Bengali Families. After seeing the widespread poverty and struggles of these families, Sister Teresa made her Final Profession of Vows to a life of poverty, chastity and obedience and she took the title of Mother Teresa.

She became the school's principal and sought to lead the girls to a life of devotion to Christ. Later, Mother Teresa then believed she found a "call in her call" when she was on a train from Calcutta and believed she heard the voice of Jesus Christ telling her to "abandon teaching and work in the slums of Calcutta to aid the sick and poor".

In January of 1948, her request for official permission to leave was accepted and she left the Loretto Convent donning the blue and white sari which she wore in public for the rest of her life. Mother Teresa then took six months of basic medical training and ventured into Calcutta's slums with no more than her goal to "aid the unwanted, unloved, and uncared for". She then began taking concrete actions and began an open-air school and established a home for the dying destitute. As time passed, Mother Teresa impacted many lives and won many awards for her work around the world. She received the Nobel Peace Prize, the Medal of Freedom, and the Order of Merit from Queen Elizabeth. Mother Teresa lived her life as one of the world's greatest humanitarians and devoted her life to answering God's call. On September 5 of 1997, Mother Teresa went to eternal rest with God after living a life in the path he set for her.

Humble Hearts Helping Hands

Giving with a willing heart means giving from our first fruits. God wants us to put giving at the top of our list and not just give what is leftover at the end of the month. Jesus uses the example of the poor widow. In Luke 21:1-4, Jesus observed many wealthy people giving a lot of money. However, they gave from their leftovers. Next, Jesus pointed out the poor widow. She only had two very low-value coins. She placed both into the offering. Jesus remarked on how she had very little yet given it all. That is sacrificial giving. God does not look at the *value* of the gift, but he looks at the *heart* of the giver.

In the upcoming Summer Enrichment class, you will have an opportunity to work on a mission activity. Think about how you and your friends could give gifts of your time and talents. God wants us to use all our resources for his glory!

Micah 6:8 says, **"Do justice, love mercy and walk humbly with God."**

1. Have you donated to a Food Pantry? Think about how you and your friends or family could donate to a food pantry? Where are the local food banks located around our church or near where you live?
2. Think about a time when you decided to help in your church, help a neighbor or your community.
3. Have you or your friends ever raised money for a cause or organization? Think of ways on how you may do this?
4. Think of ways how we Christians can be "hands and feet of Jesus"

Join the Online Summer Enrichment class on July 26th at 10:00 am to learn more.
Church Zoom link

ChitChat Room

Conversation with our Sunday School Superintendent Mrs. Sheena Simon

-----By Nathan Varughese & Aiden Mathew

Aiden: What is it like managing Sunday School?

Sheenaunty: *The experience of managing the Carmel Sunday School program has truly been a joy and a blessing in my life. I have never considered it a chore, but rather a gift from God. I am super energized every Sunday morning and it is an opportunity for me to serve the Lord in my own unique way. I am so thankful for the wonderful teachers and volunteers who make my job a breeze, because I am enriched and blessed by their forgiving spirit (kids, parents, and teachers).*

Aiden: What is the best part of being a superintendent?

Sheenaunty: *The best part of being a superintendent is the ability to share the good news about Jesus Christ as well as a chance to interact with children of all ages, which keeps me feeling young. I also love communicating with students, parents and even grandparents about our Sunday School and all its activities. As a superintendent, I also ensure that the Sunday School is in the forefront of church activities, by brainstorming ways to continuously include our program into the core events of our church. I also love that I can call, text, email, and even meet in person with such a rich variety of people to talk about commitment, participation, and dedication. I think that what I say is well received (and I love to chat!).*

Nathan: What motivates you to help the Sunday School every week?

Sheenaunty: *My motivation comes from seeing the smiles on the children's faces as they come to morning assembly Sunday after Sunday. It brings joy to my heart and fuels me with energy and drive to sing, shout and dance praises to our Lord. Everything about teaching children in Sunday school ought to start and stop with a deep love for those people we are teaching. It flows from our love for God, but because of our love for people.*

Nathan: What have you found the hardest about being a superintendent for the Sunday School?

Sheenaunty: *Being the Superintendent of our Sunday School is a breeze however the administrative aspects of it can be challenging at times. But our Carmel community is the best. The teachers, parents, youths and Aiden are always available to support me and help solve any issues that come up.*

Aiden: If you could only eat one meal for the rest of your life, what would it be?

Sheenaunty: *One of my favorite foods is Aloo Paratha (crispy, buttery, potato bread), with fresh cream (makhan). If you have not tried it let me know, and I can join you.*

Aiden: What are your strengths?

Sheenaunty: *I would say that one of my strengths that helps me with this position is that I am not shy, so I am able to make conversations with anyone - I love to talk! Energy, caring, and sharing are also some of my other strengths. Above all of this, however, my biggest strength is my firm faith in my Lord Jesus Christ. I truly believe that if He has entrusted me with this task then He will provide me with everything I need to do it well.*

Aiden: What did you want to be when you were a child?

Sheenaunty: *When I was a child, I wanted to be a teacher. At one point in time, I thought about joining the armed forces to be a pilot. However, I ended up being a teacher and have no regrets!*

Nathan: I know that you travel a lot so what is a place that you would love to go to someday?

Sheenaunty: *I wish to travel to any place with my family. I love visiting places with a warm climate. Warmth gives me energy and I love that! I like to be outdoors, hiking, trekking, and exploring new places (again, with my family).*

Nathan: If you could have any superpower what would it be?

Sheenaunty: *Bring my parents back to life. I would want my parents back living with me. I want to be able to take care of them and let them know that they were loved, because they gave me so much throughout their lives. I wish I could repay them for all that they sacrificed for me and for their truly unconditional love.*

Nathan: Do you like cooking? If so, what is your favorite dish to make?

Sheenaunty: *Not really, however I LOVE EATING! I can be a great sous chef because I like to be in the kitchen when someone is cooking. (Specifically for taste testing)*



“I became a VBS kid!”

-----By Ziva Thomas

We sang, we danced, we crafted, we played games and we listened to God’s word. This about sums up Make Waves VBS 2022. But it was so much more! We were taken on a memorable voyage and here are a few highlights.

Amazing decor - The adult volunteers brought the beach to Carmel. We were surrounded by ocean creatures, a surf shack, surfboards, and many shades of blue. The ambience made me think, “This is FUN! This is different than normal Sunday School.”

Memorable music - I still find myself singing “We’re making waves” and doing the hand motions that the Music team taught us.

Vivid Bible Discoveries - VBS made the Bible come to life for me. I go to a private school where faith and religion is a part of the academic setting. But VBS opened my eyes to that we can make our own Bible adventures, that faith itself is an adventure and it is not academic. This time something that was unique was the individual devotional sessions that Atchen led separately with the juniors and seniors.

We learned about how God created everything with a purpose and that even as kids, we can make waves because every kind act creates a ripple effect. We learned how Jesus made waves as the Messiah who came to save the world from sin and how children can still create a ripple effect of positive change by doing a small act of kindness to make the world a better place.

Selfless VBS Volunteers - This year, I also got to see the behind- the-scenes work that went into making VBS a reality because my mom was one of the coordinators. It was a time for children, youth, and adults to connect with each other and with the Bible. It was a time for the entire church family to be involved donors and volunteers, building community spirit, making new friends, and working together for the benefit of children they knew and children they did not know.

Exciting Stations - We kicked off Friday with a delicious dinner prepared by Carmel families. The music team set the right tone with the theme song. My friends and I got to act in a skit that was based on Philip and the Ethiopian. It was well received. We had fun taking turns at the photo booth and giving our best beach poses. I enjoyed my class sessions with Priya aunty. What I think was the best part for all us kids was the Games session. There were traditional field games and a tug-of-war with an inflatable pool that was a dunk tank for the losing team.

My takeaway- Did Jesus use catchy music, themed decorations, Bible discoveries, and volunteers to transform lives? No. But if you ever find yourself wondering if VBS truly makes a difference, it DOES! I am thankful for the army of volunteers who helped make VBS a blast, while giving us an opportunity to “make waves”. I had an exciting, fun, and memorable VBS experience this summer! It was a voyage to imaginative places on adventures with new Bible heroes to help us dive deep into the wondrous love of Jesus.



What's Happening!!!

Carmel Summer KidsFest 2022

This is a 5-week summer Enrichment Program and we have now completed 2 sessions of this. Here are some pictures of the sessions.

Week 1 - World around you

The session started with Prayer and a singing session led by our **Achen**.

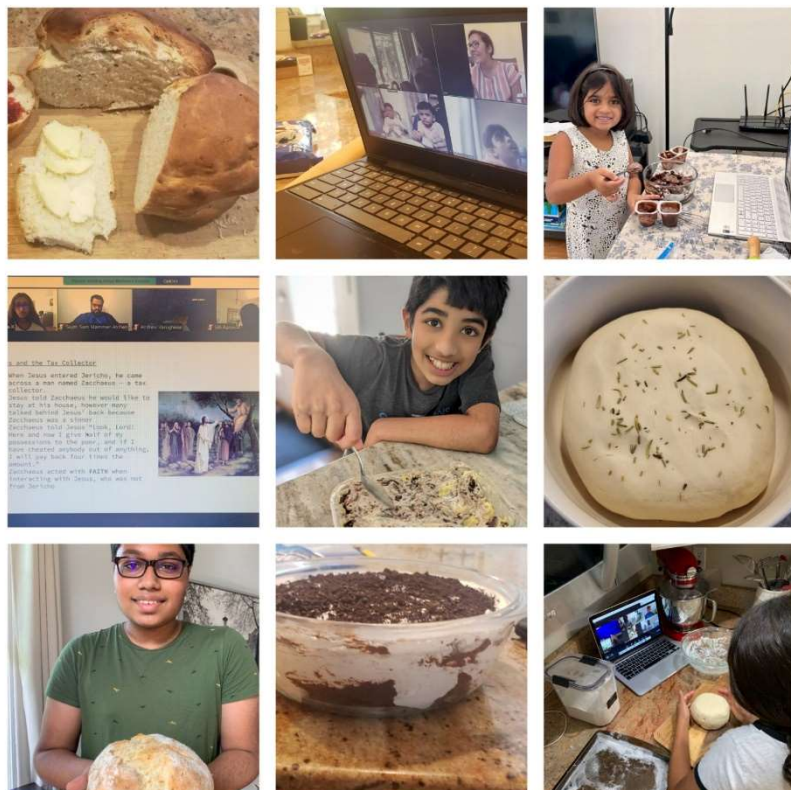
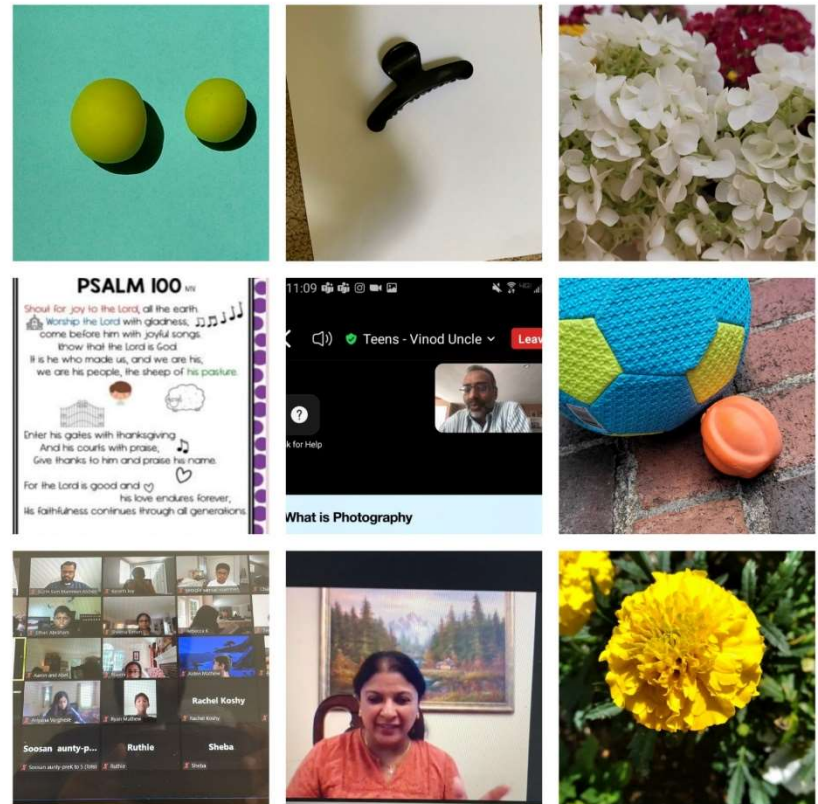
The main devotion was led by **Neetu Korah**, and she taught the children 3 catch phrases that they can use in their daily lives.

1. Look up and be aware
2. Look in and be confident
3. Look out and be alert

Later we had two workshops.

The little ones had a scavenger hunt led by **Soosan Philip**. Soosan taught them Psalm 100 with the aid of a scavenger hunt to learn each verse by verse.

The teens were engaged by **Vinod Johnson** in a photography workshop and showed them aspects of dark and light surface, size of subject, taking picture from below and above the subject. The photograph on Page 2 by Rebecca Koshy was taken during this workshop.



Week 2 - Gods global community

The session started with Prayer and a singing session led by our **Oshin Mathew**.

The main devotion was led by **Divya Mathew**, and she taught the children about church as a community and how they can **Love, Serve and Act with faith** within our community.

We had 2 fun cooking segments for the kids.

The little ones made a Chocolate Oreo Trifle Pudding led by **Tina Koshy**.

The teens baked Artisan bread led by **Christian Varughese**.

No worries, you will all get to taste these later during one of our Sunday fellowships.

Upcoming Sessions

7/26/2022 Theme - Humble Hearts Helping Hand
Sessions led by Annie Abraham and Miriyam Simon

8/9/2022 Picnic at Parsonage

8/23/2022 Theme - God's creative gifts
Sessions led by Ria Aswin and Priya Sabin