

ST. ANDREWS MAR THOMA CHURCH

58 Crescent Place
Yonkers, NY 10704
(914) 776-5738

www.standrewsmtcny.org



Worship Service: 10:30 am
Sunday School: 8:00 am

Monthly Newsletter

MARCH 2022

EXECUTIVE COMMITTEE 2021

President	Rev. T.K. John	(516) 587-7390
Vice President	Mr. Abraham Varkey	(914) 457-0136
Secretary	Mr. Sunil Varghese	(914) 433-7980
Treasurer	Mr. K.O. Abraham	(914) 964-0308
Accountant	Mr. P.M. Abraham	(845) 370-2947
Lay Reader (Mal)	Mr. A.V. George	(914) 969-4040
Lay Reader (Eng)	Mr. Alvin Reny	(845) 664-1064
Sabha Mandalam	Mr. A.V. Varghese	(914) 937-6519
Diocesan Assembly	Mr. George John	(516) 359-9786
Senior Citizen Fellowship	Mr. Varughese P. Samuel	(845) 215-5612
Edavaka Mission	Mr. John Skaria	(845) 406-3422
Sevika Sangham	Mrs. Aleyamma Abraham	(914) 964-0308
Yuvajana Sakhyam	Mr. Thomas Varghese	(914) 623-7729
Youth Fellowship	Ms. Riya Varghese	(914) 523-2404
Sunday School	Mrs. Sneha Shaun	(516) 428-4163
Choir	Mr. Jacob K. Philip	(914) 525-7191
Prayer Group Area 1	Mr. John K. Thomas	(516) 326-8693
Prayer Group Area 2	Mr. Abraham Kuriyan	(914) 652-7553
Prayer Group Area 3	Mr. Binu Daniel	(914) 346-8548
Auditor 1	Mr. Aby K. Varughese	(914) 423-0450
Auditor 2	Mr. Jacob Mathew	(914) 961-3167

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Youth Fellowship	Ms. Riya Varghese	(914) 523-2404
Sunday School	Mrs. Sheeba Manoj	(845) 480-8288
Choir	Mr. Jacob K. Philip	(914) 525-7191
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Auditor 1	Mrs. Annamma Abraham	(914) 457-0136
Auditor 2	Mrs. Mariamma Varghese	(845) 709-3484

YOUTH CHAPLAIN'S MESSAGE

Dearly beloved in Christ,

We are in the season of Great Lent, let us continue to use this time to humble ourselves in a journey that enables us to realize God's perfection and our imperfections and despite all of that, how much God loves us through His perfect love that redeems us. The redeeming love of God is a reminder for us to put down our pride and ego and live a life Christ taught us to live. Throughout the lectionary, we can see that we are going through a journey of understanding the selfless love of God in Christ through His teaching, healing, and all of what He did that showed us that He is life-giving. This was the journey He took to the cross. In this Lenten period, we must check within ourselves and see if our life is also available to give to God. Lent is a time for us to check our intentions in life; whether we eat, drink, breathe, work, speak, etc. The question that we should ask ourselves is if our existence points others to who we are, or rather who God is. Let us together as the faithful go on this Lenten journey to sharpen one another to live our lives fully for God. We should pray that this journey guides us to deny ourselves and live purposefully for God.

The North-East Youth Fellowship will host a stress and Anxiety workshop via ZOOM on March 5, 2022, with the theme: From Rain to Rainbow: Resilience during COVID. The workshop will be led by the MSW students at the University of Toronto: Jennifer Downie, Jessica Syrette, Brandee Albert, and Anne Cherian. I humbly encourage all of you to participate in this workshop as it is a great resource for stress and our mental wellbeing.

Campus visits are going on and I am excited through the opportunities to meet with our college-going youths, let us continue to pray for our youths throughout their academic journey and the pressures they face so that God can use and equip them for His mighty purpose.

As usual, our Men's Bible Study is on Tuesday, and Women's Bible Study is on Wednesdays at 8 pm respectively on our ZOOM platform. As a Diocesan youth fellowship, every Wednesday as part of lent we will have evening prayers, I encourage all our youths to participate, each week our youths will deliver the message from the Word of God.

I wish everyone a blessed Lenten Period and a happy month of March.

Much love,
Jess M. George Achen

BIRTHDAYS

<u>Date</u>	<u>Name</u>	<u>Date</u>	<u>Name</u>
03/05	Ms. Leah Rachel David	03/15	Mr. Thomas P. Varughese
03/06	Mrs. Lizzy Satish	03/16	Ma. Justin B. Daniel
03/07	Ms. Sharon S. Peter	03/19	Mr. Jacob T. Kurian
03/08	Dr. Brite Chalunkal	03/19	Mrs. Jincy George
03/08	Mrs. Sosamma Thomas	03/20	Mr. Aby K. Varughese
03/09	Ma. Abel Leni	03/20	Ma. Jude Jacob
03/10	Ma. Daniel Jacob	03/25	Mr. A.V. Varghese
03/10	Mrs. Mini K. Prasad	03/25	Ma. Elijah P. Thomas
03/10	Mr. John Skaria	03/27	Mr. Rijin Zacharia
03/10	Mr. George E. Varghese	03/27	Ms. Angela Rajesh
03/12	Mrs. Joyce Koshy	03/28	Mrs. Anusha Dynu
03/12	Ma. Steven Varghese	03/31	Mr. Amol P. Varghese

WEDDING ANNIVERSARIES

<u>Date</u>	<u>Name</u>
03/10	Mrs. & Mr. Sunil Varghese
03/19	Mrs. & Mr. Mathew Varghese
03/19	Mrs. & Mr. John Skaria
03/30	Mrs. & Mr. Mathai Samuel

LECTIONARY

<u>Date</u>	<u>Lessons</u>	<u>Epistle/Gospel</u>
03/06	2 Kings 5: 1-14 Phlm. 1: 8-21	Phil. 2: 21-30 Mark 1: 40-45
03/13	2 Sam. 12: 1-13 Acts 8: 9-17	1 Peter 2: 21-25 Mark 2: 1-12
03/20	Num. 21: 4-9 Gal. 6: 11-16	1 Chr. 1: 18-31 John 3: 1-17
03/27	Isa. 66: 19-24 Acts 2: 22-36	Rom. 8: 31-39 Luke 13: 10-17

WORSHIP SCHEDULE

<u>Date</u>	<u>Service</u>	<u>Time</u>
03/06	Holy Communion Service (English) <i>Diocesan Sunday</i>	10:30 am
03/13	Holy Communion Service (English)	10:30 am
03/20	Holy Communion Service (Malayalam)	10:30 am
03/27	Holy Communion Service (Malayalam)	10:30 am

CHURCH PRAYER / SERVICES

DIOCESAN SUNDAY

Sunday, March 6

SUNDAY MORNING SERVICE

10:30 am

Zoom ID : 487 311 7833

Passcode : standmtc

FASTING PRAYER

Every Friday

10:30 am

Teleconference Dial in number : 1-701-802-5024

Access Code : 2022960#

EDAVAKA MISSION PRAYER

Thursday March 10, 24

7:00 pm

Teleconference Dial in number : 1-701-802-5024

Access Code : 2022960#

General Body Meeting

Sunday March 27

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

- Fast from hurting words *...and say kind words.*
- Fast from sadness *...and be filled with gratitude.*
- Fast from anger *...and be filled with patience.*
- Fast from pessimism *...and be filled with hope.*
- Fast from worries *...and have trust in God.*
- Fast from complaints *...and contemplate simplicity.*
- Fast from pressures *...and be prayerful.*
- Fast from bitterness *...and fill your hearts with joy.*
- Fast from selfishness *...and be compassionate to others.*
- Fast from grudges *...and be reconciled.*
- Fast from words *...and be silent so you can listen.*

