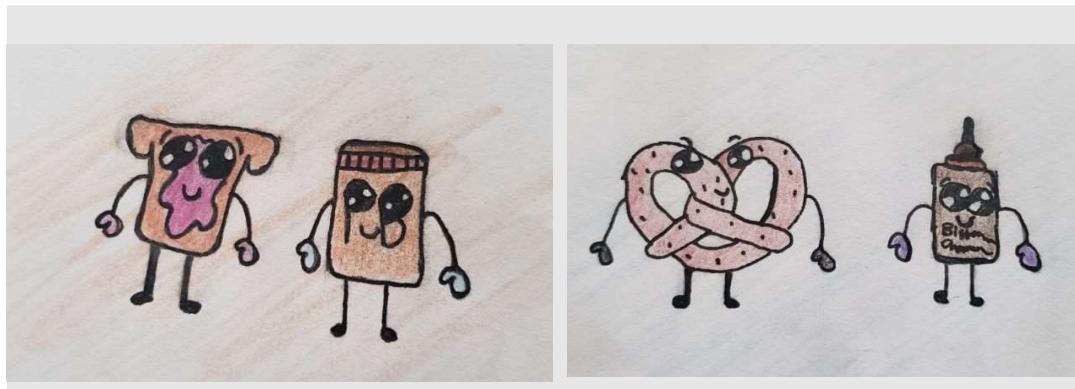




# Carmel Times

*A Teens Fellowship Initiative*

CARMEL MAR THOMA CHURCH  
BOSTON



## Kindness Project

Short story series on the fruits of the Spirit

----- by Sarah Oommen

Sweet Jam, a very shy, but friendly piece of bread, and Crunch, a nice, friendly jar of peanut butter, go for a stroll in the meadow.

“What a nice day, huh Crunch?” Sweet Jam asked.

“Totally!” he replied. A couple of minutes later, they saw Salty, a pretzel with a salty personality, and Bittersweet, a loyal bottle of dark chocolate sauce.

“Hey, look! It’s Sweat Jerm and Crouch!” Salty cackled.

“Those are not our names!” Crunch exclaimed in an exasperated voice.

“Come on, Sweet Jam! Let’s go!” he said.

After they left, Crunch was really insulted.

“How can they do that to us? They have no right!” Crunch shouted.

“Now, now. Let’s not get angry about it. It’s not like she is calling us jerks.” Sweet Jam said. She was attempting to comfort Crunch. It was not working.

“She needs to be nice!” Crunch cried.

“You do have a point. Let’s do this. If she is mean to us one more time, we’ll do something.

“OK?” Sweet Jam suggested.  
“OK.” Crunch replied.

A few days later, Sweet Jam and Crunch were taking a walk in the woods.

“I love to walk in the woods.” Crunch said.

“Likewise, my friend.” Sweet Jam replied excitedly.

“Oh my god! It’s Sweat Jerm and Crouch.” said a very cold voice.

“For the last time, those are not our names!” Sweet Jam yelled.

She was so upset, she ran off.

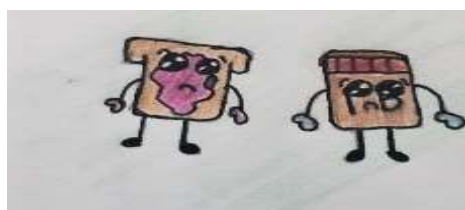
“No, wait! Don’t leave!” Crunch called after her.

After running for what seemed like 15 minutes, Sweet Jam stopped, out of breath and wet from crying. She really did not like the way Salty always teased her, even though she constantly tried to stay positive. Crunch knew she was shy and helped every time she was sad. But Crunch wasn’t here. Knowing him, he was probably having a very complicated conversation with Salty about being nice.

Crunch got there as quickly as he could.

“Come on, why did you run off like that?” Crunch asked

“Salty is so mean! I am not Sweat Jerm!” Sweet Jam pouted angrily.



## Welcome Readers

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Welcome to the first edition of the Carmel Times.

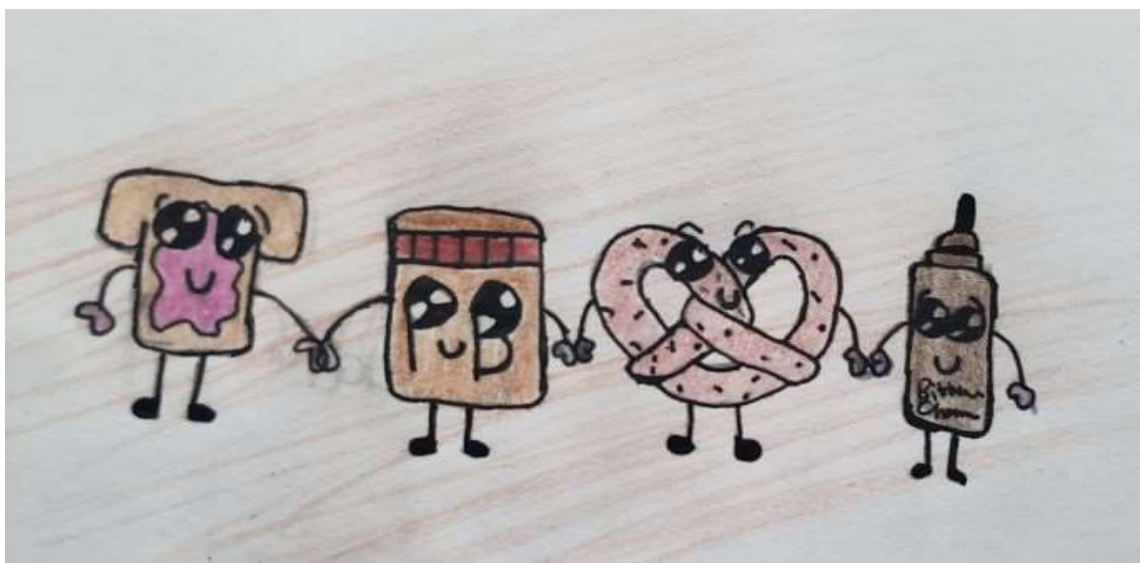
This is an ambitious undertaking to create reading material for the children of this church, prepared by the children of this church. The goal is to introduce young minds to engage with Christian literature in a manner that encourages them to grow in their faith and gain a deeper understanding of the Mar Thoma church and the community. When this idea was proposed, it was wholeheartedly supported by our Atchen and members of the Teens Fellowship. The children embraced this opportunity with vigor and by God’s grace we bring forth the first edition to you.

This will be a bi-monthly publication consisting of the following – a series of stories by our young writers, based on the fruits of the Spirit, a column featuring a research on a personality from the past who has contributed to the Christian faith, and the “Chitchat Room” which will feature a conversation between one of our children and an adult member. This is an opportunity for the children to engage with their elders and exchange thoughts and ideas.

Additionally, we have a space for the study on the Church, Liturgy and Sacraments. This space will be used to supplement what is being taught in the Sunday School and bring a little more understanding to the inner workings of our Worship Service.

Apart from these main columns, there will be space for fun, jokes and riddles, crosswords, and other ways to showcase our young talents.

And finally, we request your prayer and support as we embark on this journey. 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](mailto:cmtcprintcrew@gmail.com)



## Story Continued...

“Look, I know she hurt your feelings.” Crunch said sympathetically.

“Can you talk to them? I want to be alone for a minute.” Sweet Jam said. “Ok.” Crunch replied. And with that, he left.

After this, Crunch ran off to find Bittersweet. At last, he found her. “Oh! I finally found you!” Crunch exclaimed. “You and Salty really hurt Sweet Jam’s feelings. Why did you make fun of her?”

“Um, I don’t know,” Bittersweet mumbled. “Well, you hurt her feelings.” Crunch answered.

“Oh, I’m really sorry. I didn’t think that I hurt her feelings.” Bittersweet spoke in a very solemn voice. “You know what? I’m going to talk to Salty right now.”

“Cool. I’m going to go get Sweet Jam. Bye.” Crunch replied.

Bittersweet ran as fast as she could to get to Salty. When she found her, she immediately plunged into her very deep conversation.

“Salty, you really hurt Sweet Jam and Crunch’s feelings. Don’t you realize you were being mean?” Bittersweet stated.

“I did? Oh no! I didn’t mean to. I thought I was just being funny. I’m going to go and apologize.”

After understanding that what she did was wrong, Salty quickly ran off to find Sweet Jam. As she was running over, she was so focused on fixing her mistake, she didn’t pay attention and ran straight into Sweet Jam.

“Sorry!” they both said at the same time. After knowing it was Sweet Jam, Salty abruptly apologized.

“Sweet Jam, I am so sorry about making fun of you. I understand it hurts your feelings. I hope that you forgive me.” Salty said regretfully.

“OK. Let’s recap. You were mean, but I am happy that you realize your mistake. I do forgive you. I hope we can be friends and be kind to each other.” Sweet Jam said in a hopeful voice.

“Totally!” Salty said excitedly. And with this, they became friends.

Take a few minutes to read the Bible verses listed and ask the Holy Spirit to lead you in how this verse applies to understanding this story.

*Galatians 5:22; Ephesians 4:32.*

*Luke 6:35; Colossians 3:12*

## Jokes Corner

Q. Why couldn’t Jonah trust the ocean?

A. Because he knew there was something fishy about it.

Q. What kind of lights did Noah have on the ark?

A. Floodlights

## Teens Fellowship News & Events

**Next Teens Fellowship – April 3rd**  
@Sanctuary immediately after service.

**National Bible Bee 2022**  
Inviting children age 5-18 years to register for the National Bible Bee 2022.  
[www.biblebee.org](http://www.biblebee.org)

**Advance Registration**  
March 14 – 31  
**Summer Study**  
June 6 – August 11  
**National Bible Bee Competition**  
November 7 – 10, 2022

Interested children, please give your names to Sheena Simon, Rhea Mathew, or Sarah Oommen.

**Next Carmel Times Issue – May 1st**  
Teens interested to contribute to this, please reach out to the editorial board members.

### Editorial Board

Andrew Varughese  
Jairah Philips  
Sarah Oommen



# Insights on the Church, Liturgy and Sacraments

**Worship:** Worship is 'worth-ship', i.e., giving God His worth; God is worthy of our total self-offering. Christian worship is a corporate witness in faith of God's faithfulness.

This column will feature on The Church Building, Articles and Elements used during the Holy Qurbana.

The Mar Thoma Church or our Sanctuary is usually built in the East-West direction. The layout is divided into 'Madbaha' (Aramaic, meaning Altar) separated from the 'Haikala' (Syriac, meaning congregation hall).

**Haikala:** Haikala is the main congregational hall. In the ancient Eastern tradition, the congregation stood throughout the worship. Now there are pews or chairs provided in most places.



Haikala

**Madbaha:** Madbaha or Altar reminds us of the divine presence of God (Isa.6:1)xvii. The Madbaha is generally to the East. Madbaha is considered as the sanctum sanctorum (holy of the holies)



Madbaha

**Veila** (Syriac, meaning veil or curtain): Veil or the altar curtain separates the Madbaha from the congregational seating area. The Veil is referred to as 'Thira-ssila' in Malayalam. The Veil reminds us that the Madbaha is a place that is to be kept and observed as holy.



Veil

**Azhikk-akam** (Malayalam, meaning inside the railing): Azhikk-akam is the place between the Veil and the congregational seating area separated by railings. Those who come for the 'Thanksgiving Prayer' and the communicants who come to receive the Holy elements kneel at the railings.



Azhikk-akam

**Chittola:** (Syriac, meaning richly colored cloth) The altar sides are covered with a rich colored cloth representing the glory of God. It usually has three divisions signifying the Trinity and a cross in the center representing the Lord Jesus Christ. There could be embroidery work generally signifying wine, bread and the cross. The dove, if portrayed, signifies the Holy Spirit.



Chittola

**Darga** (Syriac, meaning altar step): There is a step at the altar and this is called the 'Darga'



Darga

**Thronos** (Syriac, meaning Throne of God): The consecrated place in the Madbaha is called 'Thronos'. The 'Thronos' is also referred to as the 'Table of Life' because the bread and wine is placed upon it representing the body and blood of the Lord Jesus Christ. At the center of the Thronos, on the topmost region, the Cross is kept. On either side of it, candles are kept. The Thronos is generally decorated with flowers. The worshipping community including the celebrant faces the Thronos during the worship.



Thronos



Cross

**Cross:**

On the middle of the altar a wooden cross is placed. The cross symbolizes the salvation event in Jesus Christ through his incarnation, public ministry, death on the cross, burial, resurrection and ascension. The Mar Thoma Church uses the cross without the crucifix. The cross without the crucifix signifies the risen Lord Jesus. Hence it is also referred to as the 'Easter-Cross' (Col.1:19- 20)xix.

# Voice from the Past

----- BY JAIRAH PHILIPS



Sabina Wurmbrand  
July 10, 1913 – August 11, 2000

If you were to ask someone about the greatest challenges our world is facing currently, what would their response be? War? Lack of equal opportunities for men and women? Racial discrimination? Well these are all problems of the real world that we face today. In the Christian world, a commonly faced problem world-wide, is persecution.

In the early 20th century, there was one woman who greatly dedicated her life to speaking out for the persecuted Christians worldwide. Born into a Jewish family on July 10, 1913, Sabina Wurmbrand lived in Czernowitz, a city in the Austro-Hungarian Empire, in Eastern Europe, which became a part of Romania after the first world war and part of Ukraine after the second world war.

During second world war, the Catholic faith was enforced upon all the Nazi occupied countries and all Jews were ordered to be killed or isolated. Sabina suffered many losses in life. Her Jewish family, consisting of her parents, two sisters, and one brother, were killed in the Nazi concentration camps. Although Sabina was born and raised in a Jewish family and she married a Jewish man Richard Wurmbrand, together, Sabina and Richard converted into the Christian faith. Sabina and Richard, worked tirelessly to help Jewish children escape the ghettos that the Nazi regime had forced them to live in.

Once the war had ended, Russian troops began invading Romania bringing communism with them. As the communists attempted to control the churches for their own purposes, Sabina and Richard immediately began an "underground" ministry to minister to persecuted Christians as well as the invading Russian soldiers. Despite the risks of grave personal harm, they actively spoke to the invading Russian troops about their Christian faith.

Sabina and Richard worked tirelessly and organized Christian camps and formed an inter-denominational mission's organization called 'Voice of Martyrs' to serve the needs of persecuted Christians. The success of this organization angered the authorities and resulted in Richard's arrest and imprisonment. He spent 14

years behind bars in Communist prisons. Even so, in the face of her husband's incarceration, the murder of her whole family, Sabina continued her work and kept her faith in God at great personal risk to her own safety.

Not many women have had their faith tested like Sabina Wurmbrand. Though she suffered much sorrow and loss during the war and post-war years, she never gave up her faith in God. As a result of Sabina's steadfast belief in God, the Voice of the Martyrs continues to bring practical and spiritual assistance to persecuted Christians around the world even today. Sabina's story is a great example of unwavering faith in God in times of great adversity, and a testimony of how her courage continues to impact Christians around the world even today.

## Easter Activity

Jesus died on the cross, but the story doesn't end there! Not only is the cross empty, but the tomb is also empty, because Jesus is alive! Make your own empty cross to remind you of Jesus' sacrifice and his resurrection. Take two pieces of masking tape and make a cross shape with them on a piece of paper. Use paints, crayons, markers, or chalk to cover the whole paper. When it is dry, carefully remove the tape. You will have an empty cross to remind you of Jesus' love for you. You can print these words on the top of your page: "Jesus loves me so much he gave his life for me!" Share your picture with an adult and together thank God for His amazing gift for you!

## Quiz

Question 1: Who gave the orders for Jesus to be crucified? Answer:

Question 2: What did the sign that they posted on the cross say? Answer:

Question 3: What time did it get dark on that day Christ was crucified? Answer:

Question 4: What is the consecrated place in the Madbaha called? Answer:

Question 5: The theme story in this edition is based on which Fruit of the Spirit? Answer:

*Complete all the answers, and earn a star from your Sunday School teacher ☺*

# ChitChat Room

Conversation with our Atchen

-----By Andrew Varughese

**Andrew:** At what age did you decide to become an Atchen and what were your reasons for making that decision?

***Atchen:** All through my life I was single minded on becoming an Atchen probably because of my upbringing. My parents used to tell me that they want to see me as an Atchen when I grow up. Thankfully they never compelled me at any point in life. The reasoning that I had to be an Atchen at different ages were different. I was born and raised as an Atchen's son and it would have been the special attire of my father that mattered most to me at my infancy. I wanted to be dressed up like my father and that would have been a reason at that time. When I was a boy of your age, I saw my father as an important person in the community because he is an Atchen. All were consulting him on important matters of life, he was the leader in the worship service and such leadership roles were so captivating and probably that was the reason why I wanted to be an Atchen during my boyhood days. During these days I also had the opportunity to be trained in the scripture and Christian values both at my home and at Church. This kept me close and fascinated with the tenets of the Holy Gospel and Christian life. By the time I was a young adult I was gradually introduced to the sacrificial life and works of missionaries who travelled far and wide for the spread of the gospel and the impact that they made in their contexts. This was through Sunday School classes, VBS's, camps and through Christian literature that was made available to me by my parents and guardians. I also got several books with such messages from the Sunday School as prizes for various competitions and exams. These biographies were really inspiring and helped me to develop an inclination for the efforts that spread the gospel. Gradually, as I grew up, I was convinced that the Church in diverse situations is offering important and significant services through the sacraments and the sharing of the Word of God. I understand it as a great and unique opportunity where I can serve the Lord and be of service to the community.*

**Andrew:** How would you describe yourself?

***Atchen:** An unfinished vessel in the hands of a resourceful craftsman.*

**Andrew:** What is your earliest memory?

***Atchen:** When I was three years old our parsonage in Delhi was broken into by some thieves who were in search of some valuables. I remember seeing the state of the place which I witnessed early in the morning. It just reminds me how important it is to avoid such traumatic experiences from the life of little children because I am sure if such things happen it will remain there for a long time.*

**Andrew:** What stands out for you as the biggest difference between living in America and living in India?

***Atchen:** I really admire you all here in America as life in America is one big DIY action filled project wherein you pretty much will have to do everything yourself. You will in due course of time be organized for the sake of your survival. Washing, cleaning, shoveling the snow, plumbing, electric works, painting and what not.*



*I totally respect that most of you are pretty much independent and organized. But in India even if you are a procrastinator or a dependent person you can still survive and even have the luxury of getting somebody to help you out with your daily chores because workforce is available at a very cheap rate. I am not saying that one is better than the other, but each has its own pros and cons.*

**Andrew:** If you could invite anyone (living or dead) to dinner and a conversation, who would it be and why?

***Atchen:** It would be my long-lost family members. Being in the loving embrace of one's own family is the most important thing in life. I feel that it is a great family that makes great personalities and donates to the world.*

**Andrew:** What makes you happy?

***Atchen:** Being with people who have a liking for the Lord and his Church and are responsive to the opportunities for personal development to make themselves useful for the society.*

**Andrew:** What was the most helpful advice you have ever received to date?

***Atchen:** The following quote is a great and helpful advice in my opinion: "The millstone and the human heart are ever turning round; if they don't have anything else to grind, they must themselves be ground". It tells me to be active and purposive all through my life*

**Andrew:** Describe your life motto.

***Atchen:** To live abundantly in Christ and encourage my fellow beings for such an abundant life.*

**Andrew:** Complete this sentence: What I know for sure is...

***Atchen:** What I know for sure is that one day I will pass on, but the work of the Lord will continue ceaselessly until Christ returns through people who saw the light of the Lord in me and responded.*

**Andrew:** What is the best advice you could give a child?

***Atchen:** Your life is a gift from God; ask the donor what you should be doing with the gift and obey. You can do wonders.*

