

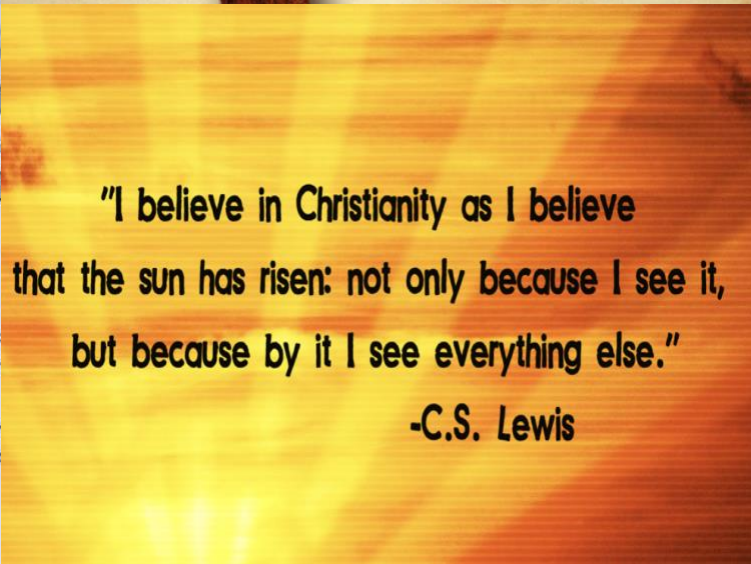
MTCA OCT NEWSLETTER



John

11:25-26 (niv)

"Jesus said to her, I am the resurrection and the life. He who believes in me will live, even though he dies; and whoever lives and believes in me will never die."



"I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else."

-C.S. Lewis

Dearly beloved in Christ

Greetings in the precious name of our Lord and Savior Jesus Christ!

We are in the last quarter of the year and let us praise God for His unceasing love and care for each one of us. Every day is a gift from God and we have to be careful in order to be faithful to God and to have a committed Christian life. Youth Sunday and family Sunday falls on this month and let us introspect our faithfulness to God and commitment to the community. All throughout history, human beings have craved for three things in life - possession, power and pleasure. Whether it is community life, family life or individual life, all the focus, attitudes and perspectives were overwhelmingly influenced by these factors. We are not different from earlier generations; we are also entangled in this mesh of affairs and sometimes all our thought processes are controlled by these. So let us always be cautious about these influencing elements.

In the epistle of James, he tries to equate and highlight poverty and riches in this temporal world. He emphasizes that wealth is not a criteria for one's success because God has the power to bring down the rich and exalt the poor. In Vs 9, James addresses the lowly as the 'believer' where as the rich person is described with his wealth. So he continues to say that wealth is an encumbrance and a distraction to Christian life. But if we analyze all throughout the history, there is a great gulf between the rich and the poor and it is always said that the reason for disparity is God, who has blessed a few to be rich and others less so

The other special days of this month are Voluntary Evangelist's Day. "You will be my Witnesses" – This is the motto of Mar Thoma Voluntary Evangelists' Association. Let us witness Jesus Christ in our day - to - day life and to inculcate in every person the consciousness that he/she is called to fulfill the mission of Jesus Christ.

Once again I would like to appreciate all of you for your participation, and your enthusiasm to be the part of Harvest Festival this year.

Our Parish retreat will be held on Oct. 18-20 at our Church. Rev. Prince Varughese who is studying in Princeton University will be the main leader. He was the former asst. secretary of Sunday School for 5 years and very talented priest of Mar Thoma Church. I request you to register your name as early as possible.

The other major event of this month is "Musical Night". The famous Indian Musician Stephen Devassy and his team will perform at Carmel Mar Thoma Centre on Friday October 25, 2019 at 7.30 p.m. I request you to buy the tickets and be the part of fund rising program of Carmel Centre.

I urge you all to prayerfully partake in all the church activities of this month.

In Christ

ajuachen

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Rev. Aju Abraham

Mar Thoma Church, Atlanta
1548 Fair Oaks Lane, Snellville, GA 30078

WORSHIP SCHEDULE

Date	Time	Service
Oct 6th	10:00 AM	Holy Qurbana (Malayalam). Edavaka Mission Sunday
Oct 13th	10.00 AM	Praise and Worship & Holy Qurbana (English). Youth Sunday
Oct 20th	8:30 AM	Holy Qurbana (English) – Family Retreat
Oct 27 th	10.00 AM	Holy Qurbana (Malayalam) -Family Sunday and One day Income Collection

LECTIONARY

Date	Lessons	Epistle-Gospels	Evening
6 Sunday	Priesthood of all Believers MTVEA Sunday		
	Isa 61:1-11	1 Thess 5:12-22	Pslams 80
	1 Peter 2:1-10	John 17:9-20	John 17:20-23
13 Sunday	Day for the Differently Abled		
	2 Sam 9:1-13	2 Cor 12:1-10	Psalms 103:1-13
	Acts 9:32-35	Mark 3:1-6	Luke 14:15-24
20 Sunday	Youthood - Bearing the Divine Nature - Youth Sunday		
	Daniel 1:1-15	Titus 2:1-14	Eccle 12:1-8
	Acts 6:1-7	Mark 10:17-22	John 1:35-42
27 Sunday	Family - Place of Faith Formation - Family Sunday		
	1 Sam 1:19-28	Eph 6:1-9	Gen 21:1-21
	Eph 3:14-21	Luke 2:41-52	1 John 2:7-17

BIRTHDAY

Name	Birthday
Vibin C. Thomas	OCT-1
Daniel C.Mathew	OCT-1
Anoop Jacob	OCT-2
Boban V. Oonnoony	OCT-2
Sindhu Sony	OCT-3
Shaun Philip	OCT-4
Adhul S. Jacob	OCT-4
Thomas P. Kurian	OCT-4
Abraham K. Thomas	OCT-5
Rev. Aju Abraham	OCT-5
Sally Mathew	OCT-6
Hayden Alex	OCT-6
Emma Molly Thomas	OCT-6
Shereena Abraham	OCT-7
Alaric V. Boban	OCT-7
George Alexander	OCT-7
Meresh Alex	OCT-7
Rita R Mathew	OCT-7
Somini M. John	OCT-7
Manna Johnson	OCT-8
Sabrina S. Thomas	OCT-8
Nikhil George	OCT-10
Nathan Daniel	OCT-10
Libin C. Joseph	OCT-11
T. John Mathai	OCT-12
Nisha Abraham	OCT-13
Vinod Tharian	OCT-13
Timothy C. Mathew	OCT-13
Irene Susan Jacob	OCT-13
Angelina C. Philip	OCT-14
Jitin T. Mathew	OCT-14
Benju Varghese	OCT-14
Neena Samuel	OCT-15

Name	Birthday
Tessu S. Mammen	OCT-15
Jesse Jacob	OCT-15
Chacko C. Varkey	OCT-16
Jonah J. George	OCT-16
Rajesh Alex	OCT-16
Josh B. George	OCT-17
Lilly A. Thampi	OCT-17
Chris M. Thomas	OCT-18
Aaron Chacko	OCT-18
Hannah E. Ninan	OCT-19
Sarah A. Ninan	OCT-19
Philip Alexander	OCT-19
Cdr.Jacob Varghese	OCT-20
Daisy Thomas	OCT-20
Jerry Mathew	OCT-21
Lindsey Philip	OCT-21
Mathew S. Thomas	OCT-21
Febin Joseph	OCT-24
Sneha S. Sony	OCT-24
Jim Mathew John	OCT-25
John K. Varghese	OCT-26
Felix Joseph	OCT-26
Anuja Thomas	OCT-26
Angelin Shajan	OCT-26
Lekha S. Mathew	OCT-26
Serena Kurian	OCT-26
Joanna V. Boban	OCT-27
Jonathan K. Mathew	OCT-27
Hope Thomas	OCT-28
Sarah Varghese	OCT-28
Byju J. Thomas	OCT-29
Gracykutty Jacob	OCT-30
Midhun V. Mathew	OCT-30
Elvis George	OCT-31
Jonathan Jacob	OCT-31

WISHING A VERY HAPPY BIRTHDAY TO ALL !!!

WEDDING ANNIVERSARY

Name	Name	Date
Roy J. Ellikkulathu	Rachel Roy	OCT-1
Sabu Jacob	Susan Sabu	OCT-1
Kuriakose George	Mary Kuriakose	OCT-10
Alex Thomas	Susan Alex	OCT-14
Babu Kurian	Aleyamma Babu	OCT-16
Mathew Alexander	Jobcy Alexander	OCT-16
Abraham K. Thomas	Aleyamma Thomas	OCT-17
Ranjit C Mathew	Rita R Mathew	OCT-17
Samuel Varghese (Ponnachen)	Elizabeth Samuel	OCT-18
V. J. Thomas	Susamma Thomas	OCT-20
Abraham Thomas	Accamma Abraham	OCT-22

WISHING A VERY HAPPY WEDDING ANNIVERSARY TO ALL !!!

AREA PRAYER MEETINGS

TBD	Suwanee / Cumming	
Oct 12 th at 7.00 pm	Snellville/Lilburn	Mr. Philip Joseph and Mrs. Shari Philip, 1851 Parkwood Road, Snellville, 30078
Oct 26 th at 7 pm	Tucker /Northlake	Mr. Vinod Mammen and Mrs. Tessu S Mammen, 3282 Kensington road, Avondale Estates, GA
	Alpharetta/Marietta	Family Retreat
Oct 12 th at 5.30 pm	Grayson / Loganville	Mr. Kuriakose George and Mrs. Mary Kuriakose, 2434 Stancrest lane, Lawrenceville, GA 30044
	Lawrenceville/Loganville	TBD

ORGANIZATIONS SCHEDULE

Sunday School		Every Sunday morn at 8.30 am at church
Edavaka Mission	Every Friday at 7.30 pm	At Church or church member residences
Sevika Sangam	Oct 12 th at 3.00 pm	Mrs. Saramma itty, 2730 Lake Commons Court, Snellville, GA 30078
Yuvajana Sakhyam	Oct 13 th after Service	Amphitheater
Youth Fellowship	Oct 19 th at 3 pm	At Church, Along with Family Retreat
Young Family	Oct 26 th at 3 pm	Mr. Abraham John(Ajith) and Mrs. Merly Abraham, 3960 Medley Way, Cumming, GA 30041
Senior Citizen	Oct 5 th at 10 am	At Church
Fasting Prayer	Oct 26 th at 10 am	At Church

Welcome to new family

1. Mr. Issac KoshyPanicker ,
489 Linbergh PL NE, #902, Atlanta, GA
PH: 716 717 2300

UPCOMING EVENTS

Diocese of North America and Europe & Mar Thoma Church Atlanta presents

in  USA

Christian Musical Night

Stephen Devassy

solid band



For sponsorship and Enquiries

Rev. Skariah Varghese - (732) 718-8164

Rev. Aju Abraham - (770) 342-8071

Roy Ellikullathu - (404) 539-8995

Phillip Mathew - (770) 380-8292

Friday
Oct 25th, 2019
@ 7.30 pm

Carmel Mar Thoma Center
6015 Old Stone Mountain Rd, Stone Mountain, GA 30087



Mar Thoma Church, Atlanta

FAMILY RETREAT

/// 2019

OCT 18-20

Friday - Edavaka Mission Prayer
Saturday - Family Retreat Sessions
Sunday - Holy qurbana & closing session

Venue

Carmel Marthoma Center
Atlanta, GA

Registration

Contact for more details

Theme

“Our Unity in Christ”

Guest Speaker

Rev. Prince Varughese
(Princeton University)



Vicar

Rev. Aju Abraham
+1 770-342-8071

Convenor

Tiji Mathew
+1 404-729-4968

REGISTRATION LINK : <https://forms.gle/6ZnwEWhKpJQjNYus8>

Registration Fee(Above 7year) : \$25/person

After Oct 12th : \$35/person

Senior Citizen Updates

Calorie restriction and its benefits

On Sept 7, 2019, Prof. Jacob spoke to the MTC Senior Citizen fellowship group about the benefits of lowering calorie intake. He started off by showing the pictures of two rhesus monkeys; one that appeared very young and the other, significantly aged. But interestingly the two monkeys were of the same age and the only difference was that one was placed on calorie restriction while the other was fed *ad libitum*. The monkey that ate less appeared young and handsome while other looked old and run down. He then went on to explain that calorie restriction worked not just in monkeys but in nematodes, mice and even in humans.

Interestingly the human body contains more bacterial cells than human cells. There are different types of bacteria and collectively they form the microbiome of a person and these are predominantly in the intestine and it helps with the breaking down of ingested food. It is this microbiome that has a profound impact on one's propensity to become obese and even how they respond to vaccines or infections. Calorie restriction does not lower the number of bacteria in one's microbiome but instead it regulates the types of bacteria that make up one's microbiome.

Prof. Jacob pointed out that the primary focus of Ayurveda is to adjust one's diet and likely microbiome by mandating a 3-week diet. He mused that perhaps this was indeed done to as a means to alter the microbiome. He ended his presentation by detailing the New Castle University study wherein 11 diabetic patients were placed on a strict 600-calorie diet per day for 3 weeks, and 7 of them had their diabetes symptoms significantly reduced.

Oct 5th Topic: How to create a Will , by Mrs. Anita E J Ninan

Family Sunday

Our Family Sunday will be on Oct 27th. One Day Income will be collected during the same time.

Christmas Carol Rounds

Christmas Carol Rounds is tentatively scheduled from Nov 29th to Dec 15th. Each Prayer group representatives will be coordinating for that area.

First Communicants :

Our First Communicants Session will be on Jan 5th. Please register the kids for the classes.

Organizational Days

Oct 13th– Youth Fellowship Sunday

Oct 27th– Family Sunday and One day Income

Nov 10th- Sunday School Sunday