



*Mar Thoma*  
CHURCH ATLANTA

# Monthly Newsletter

## March 2023

From Vicar's Desk

### Fast And Feast

“Even now, declares the Lord, return to me with all your heart, with fasting and weeping and mourning. Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate...” Joel 2: 12 - 13

In simple words, fasting is defined as avoiding food, whereas feasting is defined as eating or consuming more. Therefore, fasting and feasting are considered as opposites. Most of us enjoy being a part of a feast because a feast is a joyful or festive meal in which many people participate compared to fasting for some reasons. Fasting, on the other hand, is boring from a Christian perspective because it focuses on prayer and repentance, which has diminished the significance of Lent in recent years. Feasts and entertainments are important, but there should also be time for prayer, reflection, and reformation in order to maintain good relationships with God and one another. Herein lies the significance of Lent in our lives.

The Lenten season is a solemn occasion to purify our lives through our thoughts, words and deeds. Lent helps us in discerning what we should avoid and what we should uphold. Unfortunately, Lent is commonly misinterpreted and misunderstood as abstaining from specific foods and beverages for a certain period of time. Though abstaining from certain foods is important during Lent, it is not the only thing. It is abstinence from evil thoughts and sinful actions. Lent is observed as an act of penitence. **As a result, it is evident that Lent is associated with a meaningful relationship with Christ and with one another.**

A fruitful Lent inspires us to focus on trusting God than on anything else. Lent is a feast of repentance, reconciliation, almsgiving, prayer, generosity, and change of heart. Moreover, Fasting enables us to avoid enmity, anger, pessimism, selfishness, greed, injustice, discontent, discouragement, cheating and various bad habits. **Therefore, Lent is a liturgical season of feasting and fasting during which we feast on certain good qualities of life while abstaining from evil ways of life.**

I wish we could make a list of what we will fast from and what we will consume during this Great Lent. This year also, on Saturdays, we have organized **Lenten Music and Worship**, a special Lenten worship led by various parish organizations, in addition to **Nombu Namaskaram** on Fridays. Beginning from the mid-lent, we have **Lenten Meditations** on Monday through Thursday (via zoom). Let us continue to pray for the earthquake affected multitudes in Turkey and Syria, as well as the deadly war in Ukraine.

I hope and pray that this year's Lenten season will allow us to strengthen our relationship with God and with one another by fasting and feasting.

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke.” Isaiah 58:6

**Prayers and Blessings,  
Saju Achen**

# Worship Service Schedule

Dates	Service	Lesson1	Lesson2	Epistle	Gospel	Service Support
Sunday Mar 5	Holy Qurbana Malayalam	Isaiah 33:13-24	Hebrews 9:11-20	Colossians 2: 8-15	Mark 2: 1-12	Lawrenceville
Sunday Mar 12	Holy Qurbana English	Isaiah 45:1-8	Acts 10:34-43	Galatians 3: 23-29	Matthew 15:21-28	Alpharetta- Marietta
Sunday Mar 19	Holy Qurbana Malayalam (10:00 AM)  English Divine Service 9:30 -10:00 AM	Exodus 3:1-10	1 Peter 1:18-25	Romans 3: 23-31	Luke 13: 10-17	Tucker - Northlake
Sunday Mar 26	Holy Qurbana English	Isaiah 7:10-14	1 John 3: 1-12	Galatians 4: 1-7	Luke 1: 26-38	Cumming- Suwanee

## PRAYER MEETING SCHEDULE

Prayer Group	Time & Date	Location
Lawrenceville	Saturday, March 25th at 11:00 AM	Residence of Late Mr. Jacob Cherian & Mrs. Kunjamma Jacob.

**From Sunday School Nursery Class**

Who were the disciples ?

Answer: The ones who rode on donkeys

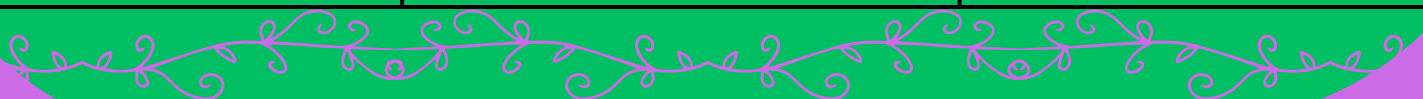


Why was baby Jesus a gift to us from God?

Answer: Because he was cute

# Organization Program Schedule

Organization	When	Venue
Young Family Fellowship	Saturday, March 25th at 3:30 PM	Residence of Chris & Priya Thomas 575 Stonebury Dr, Alpharetta, GA 30005
Yuvajana Sakhyam	Sunday, March 5th at 1:00 PM	After Lunch in the Amphitheater
Thirusannidhiyil	Mondays, March 13 & 27 at 9:00 PM	Via Zoom
Edavaka Mission	Every Friday at 7:30 PM	Fellowship Hall
Fasting Prayer	Saturday, March 25th 10:00 AM	Mother Baby Room
Sevika Sangam	Saturday, March 11th 10:00 AM	Residence of Mrs. Bobina Titus 512 Kenion Forest Way Lilburn, GA 30047
Senior Citizens	Saturday, March 4th 10:00 AM	Fellowship Hall
Sunday School	Every Sunday at 8:30 AM	Chapel
Youth Fellowship	TBD	Amphitheatre
Weekly Bible Study for Youth Fellowship	Every Monday at 7:00 PM	Fellowship Hall
Lenten Music & Worship	Saturdays, March 4, 11, 18 & 25th at 6:30 PM	Sanctuary



# MARCH BIRTHDAYS

Name	Date	Name	Date
Mrs. Alice George	Mar - 1	Mrs. Sancy Sara Linu	Mar - 6
Mr. Philipose Jacob	Mar - 1	Mrs. Bindu H. Mathews	Mar - 7
Mr. Rihan V. Mammen	Mar - 1	Mr. Jenson Jacob	Mar - 7
Rev. Larry Varghese	Mar - 1	Mr. Abraham Thomas	Mar - 8
Ms. Julia Mariam Philipose	Mar - 2	Mrs. Anna Amey Jacob	Mar - 9
Mrs. Susan Sabu	Mar - 2	Ms. Nidhiya Abraham	Mar - 9
Mrs. Susan Jacob	Mar - 2	Mr. Abraham John	Mar - 9
Mrs. Jemy Mathew	Mar - 2	Mr. Sruthin Abraham	Mar - 10
Mrs. Sheila M. Mathew	Mar - 4	Mr. Vinu G. Samuel	Mar - 10
Mrs. Shari Joseph	Mar - 4	Ms. Leia Philip	Mar - 10
Mrs. Glory Jacob Mathew	Mar - 5	Mst. Evaan Shone	Mar - 11
Mr. Shaji Alexander	Mar - 5	Mr. Benjamin V. Johnson	Mar - 11
Mr. Lukose Tharian	Mar - 5	Mr. Shijo Joseph Mathew	Mar - 11
Mrs. Dharti John	Mar - 6	Mrs. Ange Mariam Cherian	Mar - 12



Mr. Thomas M. Koshy

Mar - 12

# MARCH BIRTHDAYS

Name	Date	Name	Date
Ms. Leah Anan Jacob	Mar - 12	Mrs. Beena Kurian	Mar - 23
Mrs. Shanthi Thomas	Mar - 13	Mr. Amal C. Jacob	Mar - 23
Ms. Alisa Sara Philip	Mar - 15	Mr. Jessen Joseph	Mar - 23
Mrs. Daizy V. Cherian	Mar - 15	Mrs. Kunjoojamma Thomas	Mar - 23
Mrs. Anila George	Mar - 15	Mr. Tiji Mathew	Mar - 23
Mr. George Thomas	Mar - 17	Dr. Jose Enos	Mar - 23
Mst. Josiah Kurian Thomas	Mar - 17	Mr. Jobin Wilson	Mar - 24
Mr. Evangelia Rose Binu	Mar - 17	Ms. Maya Marisa Cherian	Mar - 24
Mr. Joseph E. Jones	Mar - 18	Mst. Nicholas E. George	Mar - 24
Mr. Philip J. Pappalaparambil	Mar - 18	Mr. Thomas George	Mar - 28
Mr. Sanjay Roy	Mar - 19	Mr. Ajith Mathew Philip	Mar - 28
Mr. Joel Mathew	Mar - 19	Mr. Shyno Thomas	Mar - 28
Mr. Jaise John	Mar - 19	Mrs. Sindhu B. Mathew	Mar - 29
Mrs. Sheena Thomas	Mar - 21	Mrs. Geetha C. Thomas	Mar - 29
Mrs. Anju Susan Raju	Mar - 21	Mr. Joshua Titus Abrhaam	Mar - 29
Ms. Alexis Anne Jacob	Mar - 22	Mr. Vergis Johnson	Mar - 29

## MARCH BIRTHDAYS

Name	Date
Mrs. Priya Mathew	Mar - 30
Ms. Alicia Chacko	Mar - 31
Mr. Vivin Varughese Issac	Mar - 31
Mrs. Neena Oommen	Mar - 31
Ms. Diya Mathew	Mar - 31
Mr. Shelby Alexander	Mar - 31

## MARCH WEDDING ANNIVERSARIES

Name	Date
Mr. Varughese Thomas & Mrs. Soney Anu Thomas	Mar - 3
Dr. Jomon A. Paul & Mrs. Leslie H .Paul	Mar - 6
Mr. Philip Joseph & Mrs. Shari Joseph	Mar - 8
Mr. Meresh Alex & Mrs. Jemy Mathew	Mar - 10
Mr. Shijo Joseph Mathew & Mrs. Tina Athiyal Varghese	Mar - 10
Mr. Rejish Philip & Mrs. Shabana M. Mathew	Mar - 25

**For Donations & Subscriptions make all checks payable to: Mar Thoma Church, Atlanta or MTCA**

**Church Email: [marthomachurchatlanta@gmail.com](mailto:marthomachurchatlanta@gmail.com)**

**Website: <https://mtcatlanta.org/>**



# *Mar Thoma Church, Atlanta*

invites you to

*Lenten Music & Worship*  
Saturdays at 6:30 pm

Feb 25 - Young Family Fellowship

March 4 - Choir

March 11 - Yuvajana Sakhyam

March 18 - Youth Fellowship

March 25 - Sunday School

April 1 - Sevika Sangham &  
Senior Citizens

