



» MONTHLY «  
NEWSLETTER



Dearly beloved in Christ,

Grace and peace to you in this sacred season of Great Lent.

Lent is far more than a remembrance of Christ’s suffering. It is an invitation to walk closely with Him in a deeper and more transformative way. This holy season calls us beyond ritual into genuine renewal. As we journey toward the Cross, we are reminded that Christian life is never meant to be lived in isolation. St. Paul’s exhortation, “Bear one another’s burdens,” is not merely guidance—it is the very pattern of the Cross. When we support, forgive, and uplift one another, we reflect the compassion and heart of Christ Himself.

Lent also widens our vision and enlarges our hearts. Our Lord welcomed the outcast, touched the untouchable, and broke down the walls that divided people. To follow Him is to build bridges in a world that often prefers to build barriers. Inclusiveness is not weakness; it is the living expression of Christlike love. When we open our hearts to those who feel forgotten or excluded, we become instruments of His grace.

This sacred season prepares us to face the Cross with courage and faith. Jesus did not avoid suffering; He embraced it in obedience to the Father’s will. The Cross is not a symbol of defeat but the doorway to resurrection and new life. At Calvary, grace was revealed in its fullness. We do not earn this grace—it is God’s gift, received with humility and gratitude, transforming our thoughts, words, and actions.

True fasting is more than abstaining from food. It is turning away from pride, anger, bitterness, and selfishness. It is cultivating a deep hunger to do the will of God. As we discipline our bodies and minds, we purify our hearts so that Christ may dwell within us more fully.

As we approach Palm Sunday, we see the King of Peace entering Jerusalem in humility. He did not come with earthly power but with gentleness and truth. Even today, He seeks to enter our hearts quietly and patiently. The question before us is whether we are ready to welcome Him with sincerity and faith.



In reflecting on discipleship during Lent, we are reminded of a powerful witness from history whose life embodied courage and costly grace. During the dark days of Nazi Germany, when fear silenced many, the young theologian Dietrich Bonhoeffer chose the way of the Cross. He could have remained safe and silent, but he believed that Christian faith demanded courage and action. He stood against injustice and defended the persecuted, and for this he was imprisoned.

From his prison cell, Bonhoeffer wrote not with despair but with hope and deep trust in God. He spoke of costly grace—grace that calls us to obedience even when it demands sacrifice. Shortly before his execution in 1945, he declared that what seemed like an end was, for him, the beginning of true life. His confidence was rooted in the resurrection hope of Christ.

Bonhoeffer's witness speaks powerfully to us in this Lenten journey. He carried the burdens of others, stood with the excluded, faced suffering without bitterness, and trusted that the Cross would lead to victory. His example challenges us not to remain silent in the face of injustice, not to fear suffering when we stand for truth, and not to shrink back when grace calls us to commitment.

Beloved in Christ, Lent invites us to carry one another's burdens, to embrace grace with humility, to welcome all with love, and to walk courageously with our Lord. Christian life is centered on the Cross, yet it is always filled with the hope of resurrection. It is not about outward observance alone but about inward surrender. It is not about comfort but about commitment. It is not about isolation but about living together as the Body of Christ.

May this sacred season shape us into living reflections of His love, mercy, and peace. May the Lord strengthen you, guide you, and fill your homes with His grace as we continue this holy journey together.

In Christ's service,  
Rev. Jacob Thomas  
Your Vicar



| WORSHIP SCHEDULE   | LECTIONARY  | SERVICE SUPPORT         |
|--|---|-------------------------|
| HOLY COMMUNION<br>(English)<br>8AM March 1, 2026<br>3rd Sunday of the Lent                   | LESSON 1: 2Sam 9:1-13<br>LESSON 2: Gal 6:1-10<br>EPISTLE: Rom 12:9-21<br>GOSPEL: Mark 2:1-12    |                         |
| HOLY COMMUNION<br>(Malayalam)<br>10:30AM March 1, 2026<br>3 <sup>rd</sup> Sunday of the Lent | LESSON 1: 2Sam 9:1-13<br>LESSON 2: Gal 6:1-10<br>EPISTLE: Rom 12:9-21<br>GOSPEL: Mark 2:1-12    | Edavaka Mission         |
| HOLY COMMUNION<br>(English)<br>10:30AM March 8, 2026<br>4th Sunday of the Lent               | LESSON 1: Isa 56:1-8<br>LESSON 2: Rev 7:9-17<br>EPISTLE: Gal 3:23-29<br>GOSPEL: Matt 15:21-28   | Young Family Fellowship |
| HOLY COMMUNION<br>(English)<br>8AM March 15 2026<br>5th Sunday of the Lent                   | LESSON 1: Isa 1:12-17<br>LESSON 2: Eph 6:5-9<br>EPISTLE: 2Cor 1:3-11<br>GOSPEL: Luke 13:10-17   |                         |
| HOLY COMMUNION<br>(Malayalam)<br>10:30AM March 15, 2026<br>5th Sunday of the Lent            | LESSON 1: Isa 1:12-17<br>LESSON 2: Eph 6:5-9<br>EPISTLE: 2Cor 1:3-11<br>GOSPEL: Luke 13:10-17   | Sevika Sanghom          |
| HOLY COMMUNION<br>(English)<br>10:30AM March 22, 2026<br>6th Sunday of the Lent              | LESSON 1: Mic 7:15-20<br>LESSON 2: Rom 5:8-21<br>EPISTLE: 1Pet 2:17-24<br>GOSPEL: Mark 10:46-52 | Sunday School           |
| HOLY COMMUNION<br>(English)<br>10:30AM March 29, 2026<br>Palm Sunday                         | LESSON 1: Zech 9:1-12<br>LESSON 2: Eph 2: 11-22<br>EPISTLE: Col 3:12-17<br>GOSPEL: Mark 11:1-11 |                         |



| <b>SUNDAY SCHOOL SCHEDULE</b>       | <b>TIMING</b>         |
|-------------------------------------|-----------------------|
| Sunday March 1st ,2026              | @9:30am               |
| Sunday March 8 <sup>th</sup> ,2026  | @9:30am               |
| Sunday March 15 <sup>th</sup> ,2026 | @9:30am               |
| Sunday March 22nd ,2026             | @9:30am               |
| <b>THIRUSANNIDHIYIL MEETING</b>     |                       |
| March 9th, 2026 @8pm                | March 23rd, 2026 @8pm |



| ORGANIZATION MEETING                        | TIMING  | VENUE   |
|---|---|---|
| Edavaka Mission and Sevika Sanghom          | Friday, March 6th ,2026 at 7:30pm               | World Day Prayer @MTCA  |
| Senior Citizen Fellowship                   | Saturday, March 7th, 2026 at 10am               | @MTCA Fellowship Hall   |
| Edavaka Mission                             | Friday, March 13th, 2026, at 7:30pm             | Residence of Mr. Binu Abraham and Mrs. Rajani Abraham<br>861 Millvale Place, Lawrenceville, GA 30044            |
| Edavaka Mission                             | Friday, March 20th ,2026 at 7:30pm              | Residence of Mrs. Saji Jacob<br>1766 Watford Glen, Lawrenceville, GA 30043                                      |
| Sevika Sanghom                              | Saturday, March 21st, 2026 at 10am              | Residence of Mrs. Sara Itty<br>2730 Lake Commons Ct, Snellville GA 30078  |
| Youth Fellowship                            | Saturday, March 21st, 2026 at 6pm               | Worship Night@ MTCA Fellowship hall   |
| Yuvajana Sakhyam                            | Saturday, March 22nd, 2026 at 6pm               | Residence of Mr. Shijo Joseph Mathew and Dr. Tina Varghese Mathew<br>5140 Sunset Maple Trail, Lilburn, GA 30047 |
| Combined Edavaka Mission and Fasting Prayer | Saturday, March 28 <sup>th</sup> , 2026 at 10am | @MTCA Amphitheater  |
| Young Family Fellowship                     | Saturday, March 28 <sup>th</sup> , 2026 at 4pm  | Residence of Mr. Chris Thomas and Dr. Priya Thomas<br>575 Stonebury Dr, Alpharetta, GA 30005                    |



## Volunteer Event

Join Us for City Takers Volunteer Event: Bless the Block!

City Takers is heading back out to the streets, and we'd love for you to join us! Bless the Block is our monthly chance to come together and pour some extra love into our ATL community. Whether we're packing groceries, handing out household essentials, or sharing a meal and a prayer, our goal is simple: to show up for our neighbors.

Where: 3462 Delmar Lane Northwest Atlanta, GA, 30331

When: Saturday, March 7th | 10 AM – 2 PM

Who: Everyone! This is an all-ages event.

What to bring: Comfortable shoes and a heart ready to serve.

Ready to help? Sign up at City Takers or reach out to Christian Mathew or Raeba Roy to get involved. We can't wait to see you there!

MTCA Youth invites you to

# SELAH

*A Night of Worship*

**March 21<sup>st</sup>, 2026 @ 6 PM**  
**Mar Thoma Church Atlanta**

**Ticket in the door is 1 canned good! All cans will be donated to City Takers, a non-profit organization in Atlanta.**

**CONTACTS**

Rev. Jacob Thomas : 770-342-8071  
Lekha Mathew : 678-544-3877  
Melissa Abraham : 678-800-9556



### **A Few Notes To Remember**

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>



### **Facility Reservation**

Facility reservation for Organizations and Prayer group activities , please reach out to

Trustee-Finance: Mr. Santhosh K. Abraham : Email: [Skabr22@gmail.com](mailto:Skabr22@gmail.com)

Trustee-Accounts: Dr. Robin Thomas : Email: [robthomas19@gmail.com](mailto:robthomas19@gmail.com)

Parish Secretary: Ms. Liz Mathew: Email: [liz.ralex@gmail.com](mailto:liz.ralex@gmail.com)

Facility reservation for Baptisms, Marriages and other Sacraments, please reach out to the  
vicar Rev. Jacob Thomas at [revjacobthomasanikad@gmail.com](mailto:revjacobthomasanikad@gmail.com).

# **MAR THOMA CHURCH ATLANTA**

SevikaSanghom&Edavaka Mission  
*along with*

Emmanuel CSI Congregation of Atlanta  
St. Thomas Evangelical Church of India

PRESENTS

# World day of Prayer - Nigeria

***THEME: I WILL GIVE YOU REST: COME  
MATTHEW 11:28-30***

FRIDAY, MARCH 6<sup>TH</sup>,  
7:30 PM

***Mar Thoma Church  
Atlanta  
6015 Old Stone  
Mountain Rd  
Stone Mountain, GA  
30087***



MTCA Sunday School

# One Day Retreat



A Follow-Up to Junior Senior Conference

*Register Here*



## Speakers

Rev. Larry Varghese  
Mrs. Roshin Abraham  
Mrs. Betsy Chacko (NY)



When: April 18, 2025 at 10 AM - 3 PM  
Where: Mar Thoma Church Atlanta  
Age: 5<sup>th</sup> grade and up  
Cost: \$20

More Information: Dr. Priya Thomas (516-305-9378)  
or Mrs. Jobcy Alexander (678-557-1546)

Vicar: Rev. Jacob Thomas    Secretary: Mrs. Vidhya Philip

# ANESTE 2026

*He Rose!*



"He is not here; he has risen, just as he said.  
Come and see the place where he lay"  
-Matthew 28:6

*10th Southern Regional  
Choir Fest*

*Hosted by*

**MAR THOMA CHURCH ATLANTA CHOIR**



SOUVENIR

6015 Old Stone Mountain Road,  
Stone Mountain, GA 30087

**SATURDAY, APRIL 11TH, 2026 @9AM**



REGISTRATION

### VICAR:

Rev. Jacob Thomas  
(770)-342-8071

### GENERAL CONVENORS:

Abraham John  
(678)-314-1005

Reena George  
(678)-412-5129

For any email enquiries : [mtcchoir@gmail.com](mailto:mtcchoir@gmail.com).





XIX Southern Regional Youth Conference hosted by  
St. Mark's MTC and SoFlo MTC invite you to



# LIVING Water

**John 4:13-14**

**June 25<sup>th</sup>-28<sup>th</sup> 2026**

CHRISTIAN RETREAT CENTER IN  
BRADENTON FL

**Learn More & Register Today**

**[www.sryfc.org](http://www.sryfc.org)**

Questions? Contact

Sushmita Saji: (813) 992 7874

Steven John (954) 909-3700

## Surviving to Thriving Building Our Community of Care

Hosted by Southern Regional Activity Center (SRAC)

Mar Thoma Church Diocese of North America

Led by Dr. Cini Abraham, M.D., board-certified adult and pediatric psychiatrist

**Date & Time: Sunday, March 22, 2026, at 7.00 PM ET - 90 minutes interactive session**

**A Program of Faith Ally for Mental Health Initiative (FAMHI) of Diocese of North America**

*For Zoom meeting access double click anywhere on the page*

### **Topics We'll Cover:**

- Reframing Mental Wellness
- Understanding Mental Health Across Generations
- Building Resilience & Everyday Practices
- Resources & Getting Help

### **What to Expect:**

- Understanding mental wellness as a continuum for all of us
- Breaking the silence: addressing stigma in our community  
Recognizing mental health across different life stages
- Practical tools for building resilience and daily wellness

### **Why Attend?**

Mental wellness is for everyone · it's not just about 'mental illness.' This session offers a safe, supportive space to learn, share, and connect. Whether you're supporting a loved one, curious about mental health, or seeking resources for yourself, you'll gain practical tools and build community connections.

*[contact: famhi@marthomana.org](mailto:famhi@marthomana.org)*

# March Birthdays

1

Mrs. Alice George  
Rev. Larry Varghese  
Mr. Rihan V. Mammen

2

Mrs. Jemy Mathew  
Mrs. Susan Jacob  
Mrs. Susan Sabu

4

Mrs. Shari Joseph  
Mrs. Sheila M. Mathew

5

Mr. Lukose Tharian  
Mr. Shaji Alexander

6

Mrs. Dharti John  
Mrs. Sancy Sara Linu

7

Mrs. Bindu H. Mathews  
Mr. Jenson Jacob

8

Mr. Abraham Thomas  
Mrs. Reshma Joseph

9

Mr. Abraham John  
Mrs. Anna Amey Jacob  
Ms. Nidhiya Abraham

10

Ms. Leia Philip  
Mr. Sruthin Abraham  
Mr. Vinu G. Samuel

11

Mr. Benjamin V. Johnson  
Mr. Evaan Shone  
Mr. Shijo Joseph Mathew

12

Mrs. Ange Mariam Cherian  
Ms. Leah Anan Jacob  
Mrs. Natasha Jacob  
Mr. Thomas M. Koshy

13

Mrs. Shanthi Thomas

15

Ms. Alisa Sara Philip  
Mrs. Anila George  
Mrs. Daizy V. Cherian

17

Ms. Evangelia Rose Binu  
Mr. George Thomas  
Mr. Josiah Kurian  
Thomas

18

Mr. James Aiden Mathew  
Mr. Joseph E. Jones  
Mr. Philip J. Pappalparambil

19

Mr. Jaise John  
Mr. Joel Mathew  
Mr. Sanjay Roy

20

Mr. Noah Samuel Wilson

21

Mrs. Anju Susan Raju  
Mrs. Sheena Thomas

22

Ms. Alexis Anne Jacob

23

Mr. Amal C. Jacob  
Mrs. Beena Kurian  
Mr. Jessen Joseph  
Dr. Jose Enos  
Mrs. Kunjooamma Thomas  
Mr. Tiji Mathew

24

Mr. Jobin Wilson  
Ms. Maya Marisa Cherian

25

Ms. Sheila Thomas

26

Ms. Lara Thomas  
Mr. Tobias Mathew John

28

Mr. Ajith Mathew Philip  
Mr. Shyno Thomas  
Mrs. Sosamma Cherian  
Mr. Thomas George

29

Mrs. Geetha C. Thomas  
Mr. Joshua Titus Abrhaam  
Mrs. Sindhu B. Mathew  
Mr. Vergis Johnson

30

Mrs. Priya Mathew

31

Ms. Alicia Chacko  
Ms. Diya Mathew  
Mrs. Neena Oommen  
Mr. Shelby Alexander  
Mr. Vivin Varughese Issac



# March Anniversaries

3

Mr. Varughese Thomas & Mrs. Soney Anu Thomas

5

Mr. Thomas Oommen & Mrs. Rani Thomas

8

Mr. Philip Joseph & Mrs. Shari Joseph

10

Mr. Meresh Alex & Mrs. Jemy Mathew  
Mr. Shijo Joseph Mathew & Dr. Tina Varghese Mathew

25

Mr. Rejish Philip & Mrs. Shabana M. Mathew

# Quick Glimpse of FEB 2026

## *Liturgy Workshop*

Hosted by the Youth Fellowship, Over 100 participants

