

St. Thomas Indian Orthodox Church,  
Greater Washington



*St. Thomas  
Mirror*

EDITION : 29

JULY 2016

**Joseph Mar Dionysius Pulikkottil II**



## Vicar's Message

Dearly Beloved,

“The Inward Temple: There is no need to weep much over the destruction of a church; after all, each of us, according to God's mercy, has or should have his own church—the heart; go in there and pray, as much as you have strength and time. If this church is not well made and is abandoned (without inward prayer), then the visible church will be of little benefit.- Archbishop Barlaam to Abbess M., Russia's Catacomb Saints, p. 281.

The basic items you need to have in a prayer book are the Morning and Evening prayers. Also, it is absolutely essential that every Orthodox Christian go beyond the use of the prayer books and cultivate an interior life of the heart through the use of the Jesus Prayer ("Lord Jesus Christ, Son of God, have mercy on me").

Ideally, this should be done under the guidance of a spiritual father or mother. The practice of the Jesus Prayer is central to Orthodox spirituality. “There are many among you who have no knowledge of the inner work required of the man who would hold God in remembrance. Nor do such people even understand what remembrance of God means, or know anything about spiritual prayer, for they imagine that the only right way of praying is to use such prayers as are to be found in Church books. As for secret communion with God in the heart, they know nothing of this, nor of the profit that comes from it, nor do they ever taste its spiritual sweetness. Those who only hear about spiritual meditation and prayer and have no direct knowledge of it are like men blind from birth, who hear about the sunshine without ever knowing what it really is. Through this ignorance they lose many spiritual blessings, and are slow in arriving at the virtues which make for the fulfillment of God's good pleasure.” (Faber & Faber, *The Art of Prayer*, p. 43).

Please practice Jesus Prayer in our daily life to become spiritually motivated. Also I am dedicating the following prayer from ‘The Little Red Prayer Book’: “O heavenly King, O Comforter, the Spirit of truth, who art in all places and fillest all things; Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord.”

Yours in Christ

Fr Dr. Johnson C John



### Members celebrating birthday

Milan Palathra On 7/1  
Shanthi Abraham On 7/2  
Anu Paul On 7/3  
Josephine George On 7/4  
Shine Jacob On 7/5  
Kieth Thomas On 7/6  
Shiji James On 7/8  
Ajesh John On 7/8  
Stacey Sam On 7/12  
John Koshy On 7/13  
Jaysen Skaria On 7/14  
Subha Mathew On 7/14  
Anna Abraham On 7/16  
Manoj Abraham On 7/16  
Renju Rajan On 7/17  
Jacob Varghese On 7/18  
George P. Thomas On 7/27  
Abraham Yohannan On 7/28

### Food Roaster - July – Ivanios

Leelamma Varghese (Leader),  
Nita Thomas,  
Gracy Thomas,  
Reena Palathra

### Members celebrating wedding anniversary

Fr. George C Mathew and Regina George 7/1  
T.P Johny and Leemol Johny 7/1  
K Yohannan and Leelamma Yohannan 7/5  
George Daniel and Aleyamma George 7/6  
Jason Abraham and Ashley Abraham 7/10  
Jaysen Skaria and Annamma Jays 7/11  
Bavan Vargese and Soni Paul 7/12  
Binu Abraham and Anu Abraham 7/15  
Issac John and Mini John 7/17  
Biju Lukose and Ansa Lukose 7/30

\*\*\*\* If any of your family member's anniversary/birthday falls on this month and doesn't see under birthday/anniversary column; please login to our church website and update \*\*\*\*

# Worship Schedules

## SERVICE

### 07/03/2016 – Malayalam

Morning Prayer 8:30 AM - 9:30 AM.

O.T. Bible Reading :

[Exodus12:43-51,Job23:1-7,Isaiah52:1-15]

Epistle Reading

[1Peter2:15-17,1Corinthians6:9-11,St.Mathew5:21-26]

### 07/10/2016 – English

Morning Prayer 8:30 AM - 9:30 AM.

O.T. Bible Reading : Sara Shibu, Teena Varghese, Sneha Abraham

[Exodus3:9-15,Jeremiah7:21-25,Isaiah52:1-6]

Epistle Reading

[1Peter2:4-10,Hebrews4:14-5:5,St.John6:47-59]

### 07/17/2016 – Malayalam

Morning Prayer 8:30 AM - 9:30 AM.

O.T. Bible Reading :

[Psalms22:1-21,Deuteronomy4:1-6,Proverbs13:1-7,Isaiah24:1-5]

Epistle Reading

[Acts28:11-22,1Corinthians6:1-11,St.Luke14:7-11]

### 07/24/2016 – English

Morning Prayer 8:30 AM - 9:30 AM.

O.T. Bible Reading : Jonathan Varghese, Jacob Varghese, Kevin Bixa

[Exodus15:23-27,Job42:7-17,Psalms112:1-10]

Epistle Reading

[Acts28:23-30,Romans10:5-21,St.Matthew18:1-11]

### 07/31/2016 – Malayalam

Morning Prayer 8:30 AM - 9:30 AM.

O.T. Bible Reading : Sneha Abraham, Nidhi Mathew, Sara Shibu

[Leviticus19:13-18,Joshua23:7-14,Malachi4:1-6]

Epistle Reading

[St.James2:14-26,1Corinthians14:34-39,St.Mark6:7-13]