

Blessed art thou among women..." (St. Luke 1: 40-42). In response, the Theotokos observes that "...henceforth all generations shall call me blessed."

#### Inside this issue:

Shepherd's Message	2
Malankara Orthodox Liturgy	3
Diocese News	5
Kids Corner	7
Sports Wing	8
Parish News	9
General	10

# UK

# Harmony

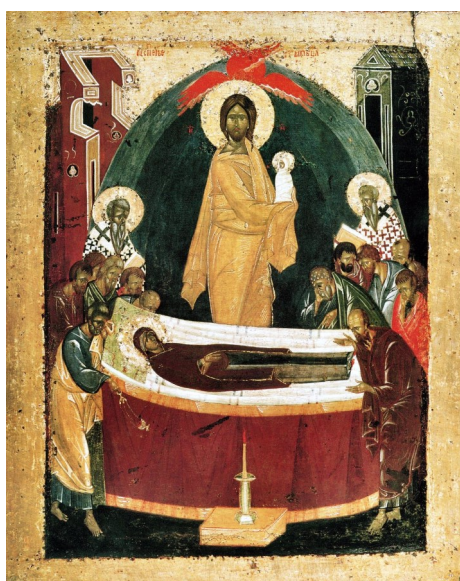
Indian Orthodox Church-Diocese of UK, EUROPE & AFRICA

News Letter-UK Region

Vol I Issue 4

August 2013

## Soonoyo-Feast of Assumption of Mother Mary



On 15th August, Church celebrated the Soonoyo Perunal-Feast of assumption of St.Mary, mother of our Lord.

At the time of her death, the disciples of our Lord who were preaching throughout the world returned to Jerusalem to see the Theotokos. Except for the Apostle Thomas, all of them including the Apostle Paul were gathered together at her bedside. At the moment of her death, Jesus Christ himself descended and carried her soul into heaven.

Following her repose, the body of the Theotokos was taken in procession and laid in a tomb near the Garden of Gethsemane. When the Apostle Thomas arrived three days after her repose and desired to see her body, the tomb was found to be empty. The bodily assumption of the Theotokos was confirmed by the message of an angel and by her appearance to the Apostles.

## VISIT OF MALANKARA METROPOLITAN

Our spiritual father and supreme head of Indian (Malankara) Orthodox Church, the Malankara Metropolitan and Catholicose of the East, H.H Baselios Marthoma Paulose II would be on Apostolic visit to the UK from 04th September through to 10th September 2013.

His Holiness will be leading the consecration ceremony of St.Marys Indian Orthodox Church Bristol on 06th and 07th September.

During the visit, Bava Thirumeni would be meeting with Church leaders, Political figures, Social dignitaries and other key personalities in the UK. Our Diocesan council is doing their best to make sure that our spiritual father is received with all the deserved elegance and with utmost dignity. On 08th September 9.00 AM, His Holiness will be celebrating the Holy Eucharist at St.

Gregorios Indian Orthodox Church, Brockley, London. On Monday the 09th September evening, Diocesan Metropolitan organised a reception and banquet in honour of the Catholicose of the East, at Lambeth Palace London with invited dignitaries





## Shepherd's Message



***Dearly Beloved of the Lord,***

We are very happy to be with you all once again!!!

During our last visit to the UK, We are overwhelmed by seeing the commitment and dedication shown of our beloved members towards the true faith and enthusiasm on spiritual growth .

On a personal note, We would like to thank you all for your love and regards extended to us on our 50<sup>th</sup> birthday.

May We invite your kind attention to the following matters:

**Visit of the Catholicos to the UK:** As informed by Kalpana no GEN/UK 13/74, Our Bava Thirumeni would be on Apostolic visit to the UK and Europe during the month of September 2013. We urge all of you to receive the supreme head of our Church with utmost honour and reverence.

**St.Mary's Indian Orthodox Church, Bristol:** God Almighty have blessed our Diocese with one more golden feather. Our newly constructed St. Marys Indian Orthodox Parish, Bristol will be consecrated on 06th and 07th September by H.H Baselios Marthoma Paulose II.

**Family Conference 2013:** Family conference for the Year 2013 will be held from 23rd August through to 25th August. Message from the General Convenor is published in this issue. Please make sure that all our families/individuals shall attend the conference and make it a great success.

**Sunday School Talent Competition:** Diocesan level annual OSSAE talent competitions and Sunday School Meet will be held at Hemel Hempstead on 14th September 2013. Unit level competitions are already begun. Please make sure that all our parishes shall send selected children to the Talent competition..

**Sports and Games:** Our diocesan level Sports and Games activities has got a good start. The first south zone badminton tournament was held on 13th July. Please encourage our members with sports talent to participate the events in a sportsmen spirit.

**Divyabodhanam:** I am very happy to see that there is a warm response from our members to Divyabodhanam programme. I would request all of you, who haven't yet done the course shall enrol and get benefitted of learning about our faith and worship.

May God Bless You All!

Your Shepherd in Christ

**+Mathews Mar Thimothios Metropolitan**



Rev. Dr. B.Varghese

Orthodox Theological  
Semminary

Kottayam

## THE MALANKARA ORTHODOX LITURGY

Since the 17th century, the Malankara Orthodox Church uses the Syrian Orthodox Liturgy, which belongs to the Antiochene liturgical tradition. The East Syrian (Persian), Byzantine, Armenian, Georgian, Maronite liturgies also belong to the same liturgical family. In the first half of the fifth century, the Antiochene Church adopted the anaphora of Jerusalem, known under the name of St James, the brother of Our Lord. In the fourth and the fifth centuries, the liturgical language of Jerusalem and Antioch was Greek. Therefore, the original form of St James liturgy was composed in Greek.



***Malankara Orthodox Church uses the Syrian Orthodox Liturgy, which belongs to the Antiochene liturgical tradition. The East Syrian (Persian), Byzantine, Armenian, Georgian, Maronite liturgies also belong to the same liturgical family.***

Following the Council of Chalcedon (451), the Eastern Church was divided into two, one group accepting the council and the other opposing it. Both groups continued to use the Greek version of St James. The Byzantine emperor Justin (518-527) expelled the Non-Chalcedonians from Antioch and they took refuge in the Syriac speaking Mesopotamia on the Roman-Persian Border (modern Eastern Syria, Iraq and South East Turkey). Gradually, the Antiochene liturgical rites were translated into Syriac. New elements such as Syriac hymns were introduced into it.

It was Mar Gregorios of Jerusalem, who came to Malankara in 1665 who introduced Syrian Orthodox liturgical rites in our Church. The most striking characteristic of the Antiochene liturgy is the large number of anaphoras (Order of the celebration of the Eucharist).

About 80 are known and about a dozen are used in India. All of them have been composed following the model of St James.

### Structure of the Eucharist

#### 1.Preparation rites (Tuyobo):

The important elements of the preparation rites are the vesting of the celebrant and the preparation of the bread and wine on the altar. The priest places the bread in the paten and pours the wine in the chalice and holds them in the form of a cross. Then he remembers the names of the faithful, the sick and the departed. Then he places the paten and the chalice on the altar and covers them with the veil (Sosappa). The preparation rites are concluded with censuring.

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***The Gospel is the “life-giving proclamation” of the words and deeds of our Lord Jesus Christ.***

***The Syriac word Sedra means ‘row’ or ‘series’. Sedra is a series of prayers and meditations.***

(contd, from p3)

## **2. Public celebration or Pre-anaphora:**

The pre-anaphora begins with a solemn procession around the altar. Formerly at this time the bread and wine were solemnly brought to the altar in a procession. During the procession, the congregation sings the anthem (manitho) composed by Patriarch Mar Severios of Antioch (+518). This entrance hymn is a beautiful summary of our doctrine of Christ. In fact there are several liturgical hymns and prayers that describe the faith of the Church in a rather simple style. After the procession, the priest begins the Trisagion, which is addressed to Christ.

## **3. Reading of the Scriptures:**

Then the Epistles and the Gospel are read. Formerly, the lessons from the Old Testament were also read at this moment. The Gospel is the “life-giving proclamation” of the words and deeds of our Lord Jesus Christ. Our worship and our hope are founded on the salvific work and the life-giving words of the Lord. In the early Church, the Scripture reading was followed by the sermon, a custom still followed by many Churches. Sermon is an important element of the worship and it aims at explaining the meaning and relevance of the text that was read.

## **4. Promiun-Sedra and the Blessing of the Censor.**

The Syriac word Sedra means ‘row’ or ‘series’. Sedra is a series of prayers and meditations. Promiun (Greek word means introduction) is the introduction to Sedra. Promiun and sedra help us to participate in the Holy Qurbana with devotion and attention.

Then as the first step of the censuring of the whole church, the celebrant offers incense and blesses the censor. The blessing of the censor in the Name of the Holy Trinity implies that we offer our prayers to the Triune God. Incense and censor are the symbols of Christ, who “offered Himself as a fragrant offering and sacrifice to God” (Eph.5:2). According to the Book of Revelation, ‘the prayers of the saints ascend before God as an incense’ (Rev.5:8). Therefore the offering of incense means that the prayers of the Church ascend towards God as a fragrant offering that pleases God.

## **5. The Nicene Creed:**

Creed is the summary of the faith of the Church since the apostolic times. Chanting of the Creed in the Holy Qurbana and in all prayers and sacramental celebrations means that we are worshiping in accordance with the faith of the apostles and the Church fathers. Creed is the confession of our faith in the Holy Trinity, the Church, one baptism, the Kingdom of God and the final resurrection. These fundamental doctrines are regularly evoked in our prayers.

## **6. Offering of the Holy Qurbana:**

The part of the celebration that follows the Creed is called ‘Anaphora’ (Greek word means ‘offering’). As the first step, the priest washes his hands, symbolizing the purification of the heart. Then he kneels down before the altar and says an inaudible prayer and commemorates the names.

(contd...next Issue)



## Diocese News

### Family Conference 2013

23~ 25th AUGUST 2013

**Seminars, Discussions, Study Classes , Meditation, Cultural events**

#### Venue:

**Whitemoore  
Lakes,  
Lichfield,  
Staffordshire**

Main Resource Personnel:

Very Rev. Philip Thomas,  
Dn. Saju Sam Varghese  
Dr Manoj Kurian



**Dr. George Kuruvilla**

#### Message from General Convenor

This year's Family conference will again be held at Whitemoor Lakes Conference Centre, Staffordshire from 23-25th August 2013.

This is our opportunity to come together as a family to worship and glorify our God and to be uplifted spiritually in the beautiful and scenic settings of Whitemoore Lakes, Staffordshire. Our Speakers Very Rev. Philip Thomas from Malaysia, Dn Saju Sam Varghese of California, USA and Dr Manoj Kurian from World Council of Churches, Switzerland. are of truly international acclaim and will explore the challenging theme, we have chosen for the Conference, this year. There will be parallel sessions for all age groups.

Here is what our Diocesan Metropolitan His Grace Dr Mathews Mar Thimothios has said,

'The theme selected for this year's conference is: "My God, My God, why hast thou forsaken Me?" (St.Mathew 27:46), is very relevant in our life. This brings us the awareness of our Lord's great plan for us and gives the insight of His vision upon us. We all may at some point in life in despair. But when we perceive the will of God, we would realise the truth that He would not allow in our life anything to go wrong. What we feel bad could become good in real life'.

There will be time for fellowship, friendship and recreation too and we intend to make full use of the facilities, this venue offers us. Special deal has been secured for group activities on Saturday evening for children and teenagers ( Activities include: -High ropes. -Zip wire/ Abseiling, -climbing.)and Tug of war for adults.

The organizing Committee is working hard to make this year's conference a truly inclusive one. Please visit our website: [www.orthodoxfamilyconference.co.uk](http://www.orthodoxfamilyconference.co.uk) for details including Tariff and user friendly way of payment by Cheque, Bank transfer or Paypal at no extra charge. We wish to encourage you to register yours and family early to avoid disappointment. There will be a crèche facility for mothers with children.

Please come and join us and we promise you an unforgettable spiritual experience and ample opportunities for fellowship and friendship.

See you !

Dr George Kuruvilla,  
General Convenor

**"My God, My God,  
why have You  
forsaken  
Me?" (Mathew 27:46)**

## Diocesan Annual General Body Meeting

Diocesan Annual General Body meeting was held on 11th May 2013 at St.Thomas Indian Orthodox Church ,Cambridge. More than 50 Delegates from different parishes across the UK attended the meeting.



The meeting was presided by the Diocesan Metropolitan. It was organised in an elegant manner by the parish managing committee lead by Vicar Fr. Mathew Abraham .



*Diocese of UK  
Europe and  
Africa -UK  
region Annual  
General body held  
on 11th May 2013*

*Diocesan  
Metropolitan  
H.G.Dr.Mathews  
Mar  
Thimothios'  
birthday  
celebrated on  
03rd May 2013*

## Thirumenis' 50th Birthday Celebrations



Parishes in the Diocese of UK Europe and Africa celebrated the 50th birthday of Diocesan Metropolitan H.G Dr. Mathews Mar Thimothios. The devout children of our diocese wish and pray that God may shower more blessings upon Thirumeni .



## Chit- Chat

## Kids Corner

## OVBS 2013

**Diocese of UK Europe and Africa-UK Region OVBS classes were successfully conducted at most of our Sunday School units**



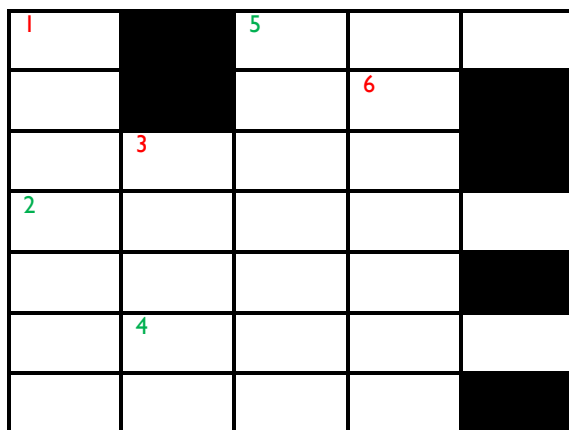
Stt.Thomas OVBS-Poole



St. George OVBS –Manchester

More photos and reports from various OVBS units will be published in the next issue

## CROSS WORD 1301



Down

1. Other name of St.Thomas
3. Language spoken in Wales
5. Egypt is famous for—
6. One of the main Christian Festivals

Across

- 2.This is used for baking and brewing
- 4.German word for Victory
- 5.Friend

Send your correct answers to Diocesan office (see page 11 for address)

Participants shall be under the age of 16

Winner will get M&S Gift voucher



## Sunday School Talent Competition

**First Diocesan level annual OSSAE talent competitions and Sunday School Meet will be held at St Thomas Indian Orthodox Parish – Hemel Hempstead on 14th September 2013. Teachers and Parents shall give necessary guidance to children and encourage them to participate in the competition. More details will be available from the Unit Sunday school head teachers**



# Sports



# Wing

Diocesan Sports council has started its initial activities under the presidency of Diocesan Bishop, Fr. John Varghese as the vice president, Mr. Joseph George as Convener, Mr. Vinod Kochuparambil and Mr. Linz Aynattu as council members. The main aim of the Sports Council is to bring together on a possible common sportive event at the Diocesan Level. For this Summer, Cricket and Badminton tournament (zonal) are scheduled.



The first friendly cricket match between St. Gregorios IOC London and St. Thomas IOC Hemel Hempstead held on Sunday 19th May 2013 at Wallington Sports and Social Club, Croydon. The second match was held on 18th August at Hemel Hempstead.

## South Zone Badminton Tournament

Diocesan Sports council's first zonal Badminton tournament held on Saturday 13th July 2013 at Trinity School, Shirley Park, Croydon



Senior Mixed Doubles – P O Joseph memorial trophy – winners Idicula Thomas (Toto) & Bitu Thomas receiving the trophy from Mrs, Kunjamma I John



# PARISH NEWS

## Consecration of St .Mary's Indian Orthodox Church-Bristol

Regd Charity No -111393

1B, Bank Road, Pilning, Bristol. BS35 4JG



Consecration lead by H. H. Baselios Mar Thoma Paulose II, Catholicos of the East and Malankara Metropolitan with H.G Thomas Mar Athanasios and H.G Dr. Mathews Mar Thimothios

**The Vicar, Managing Committee & Members of St Mary's Indian Orthodox Church, Bristol**

*Cordially invite you to bless this occasion with your presence and prayers for the Consecration ceremony of our new Church at Bank Road ,Pilning, Bristol.*

### 06 September

**5:00 PM: Reception to His Holiness and Bishops**

**6:00 PM: Evening Prayer followed by first part of Consecration**

### 07 September

**07:30AM: Morning prayers followed by second part of Consecration AND Holy Eucharist**

**12:45 PM: Public Meeting**



**Perunal: St. Mary's Indian Orthodox Church ,Coventry lead by Fr.Mathew Abraham**



**Perunal: St. Mary's Indian Orthodox Church , Oxford lead by Fr. Mathews Kuriakose**

## DIOCESAN METROPOLITAN'S DIARY

DIOCESE  
INFORMATION

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**org**

Please visit  
[www.indianorthodoxuk.org](http://www.indianorthodoxuk.org)

August	16	Friday	Arrival from India
	17	Saturday	Indian Orthodox Congregation Woking
	18	Sunday	Indian Orthodox Congregation, Preston
	23	Friday	Orthodox Family Conference
	24	Saturday	Orthodox Family Conference
	25	Sunday	Orthodox Family Conference
	31	Saturday AM	St. Gregorios IOC, Canterbury
	31	Saturday PM	St.Gregorios IOC, South End -on-Sea
September	1	Sunday	St.Gregorios IOC, South End -on-Sea
	6	Friday	St.Marys IOC, Bristol
	7	Saturday	St.Mary's IOC, Bristol
	8	Sunday	St.Gregorios IOC, London Brockley
	9	Monday	Reception to H.H The Catholicose, London
	14	Saturday	Sunday School Meet-Hemel Hempstead
	15	Sunday	St. Gregorios IOC, Belfast
	21	Saturday	St..Gregorios IOC, Glasgow
	22	Sunday	St.Thomas IOC, Aberdeen
	28	Saturday	Germany
	29	Sunday	Germany
October	5	Saturday	Switzerland
	6	Sunday	Rep of Ireland
	12	Saturday	St.George IOC, Portsmouth-TBC
	13	Sunday	St. Marys IOC, Bristol -TBC
	16	Wednesday	Return to India

## May His Soul Rest In Peace

**Jacob Puthukeril Peter (51)**

Member  
 St.Thomas Indian Orthodox Parish,  
 Hemel Hempstead

*"Let not your heart be troubled; you believe in God, believe also in Me. In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you."*  
 (John 14:1-2)

**REFLECTIONS:** Please send your feedbacks, news and articles to [office@indianorthodoxuk.org](mailto:office@indianorthodoxuk.org)

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