

St. Paul's Mar Thoma Church
2425 Gus Thomasson Rd.
Mesquite, TX 75150

THE EPISTLE

A MONTHLY PUBLICATION



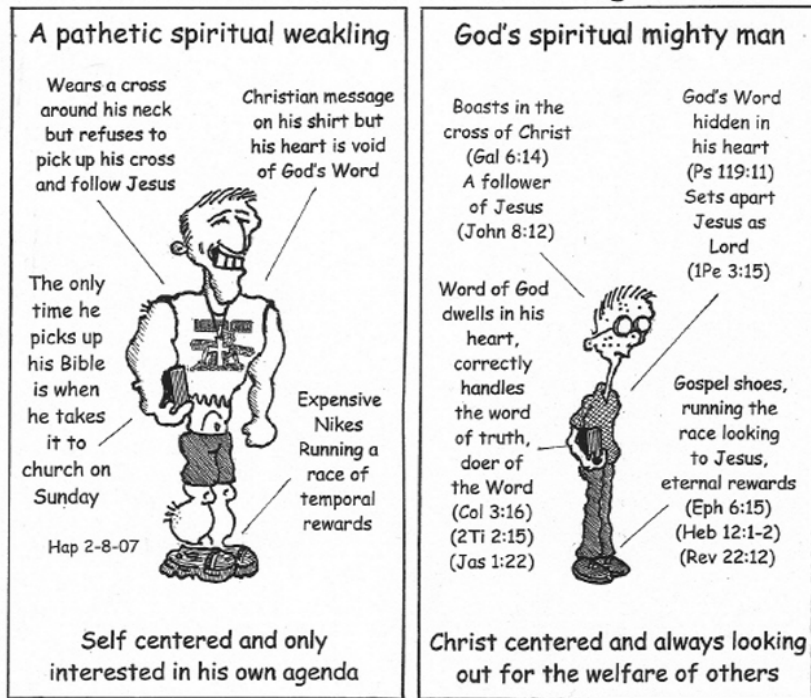
August 2008



Youth Chaplain's Message

Dear Brothers and Sisters in Christ,

The Spiritually Fit Believer by Hap (Looks can be deceiving)



"...Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." -1Timothy 4:7-8

What keeps us from being spiritually fit?

God requires that we as Christians must "...throw off everything that hinders and the sin that so easily _____ and let us run with perseverance the race _____ out for us" (Heb.12:1).

Imagine you only ate food once a week?! How would that affect your health? Suppose an athlete only practiced for a couple of hours once a week? How would that affect his game?

It is the same way in our Christian life! If we are just training one day a week, it is very difficult for us to have the endurance to finish the race. As a Christian,

Christ calls us to be "spiritually fit" athletes for Him.

First, the Christian athlete must have **clear vision of finish line**. It is as St. Paul said, "...I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day - and not only to me, but also to all who have longed for his appearing". (2Tim.4:7-8)

Secondly, to be a spiritual athlete one must have **discipline** and **perseverance**. We must constantly be working towards our goal. Just as one can't expect to run a marathon a week after training, spiritual athleticism involves patience and commitment. It involves denying yourself certain things you may want because they are not good for your training. There are constant hurdles that one will come across. They may seem insignificant at the time like missing church one Sunday, not taking time for reading the Bible, or not praying because you are too tired, not going to prayer meetings, etc. But when you add them up, they are all designed to keep you from training... to keep you from progressing toward your spiritual goal.

So, remember, you must be a Christian athlete and **train** in this way:

Prayer, is a unique experience where we confess our sins and God strengthens us through conversation and relationship with Him.

Worship, all our life and not just on certain days alone.

Reading the Bible, everyday as spiritual food and source of strength and endurance.

Fasting, denying the physical desires for the sake of the spiritual. "Man does not live by bread alone but, by every word that proceeds from the mouth of God" (Mt.4:4).

Mission, sharing the blessings God has given us with others so that we may be a blessing to all people.

May God strengthen us all to be spiritual athletes for Him and as the faithful before us, keep the faith and finish the race!

Jaisen Achen
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BIBLE TRIVIA

-by Lydia Philip

There are 30 books of the Bible in this paragraph. Can you find them?

This is a most remarkable puzzle. It was found by a gentleman in an airplane seat pocket, on a flight from Los Angeles to Honolulu, keeping him occupied for hours. He enjoyed it so much, he passed it on to some friends. One friend from Illinois worked on this while fishing from his john boat. Another friend studied it while playing his banjo, Elaine Taylor, a columnist friend, was so intrigued by it she mentioned it in her weekly newspaper column. Another friend judges the job of solving this puzzle so involving, she brews a cup of tea to help her nerves. There will be some names that are really easy to spot. That's a fact. Some people, however, will soon find themselves in a jam, especially since the book names are not necessarily capitalized. Truthfully, from answers we get, we are forced to admit it usually takes a minister or a scholar to see some of them at the worst. Research has shown that something in our genes is responsible for the difficulty we have in seeing the books in this paragraph. During a recent fundraising event, which featured this puzzle, the Alpha Delta Phi lemonade booth set a new record! The local paper, the Chronicle, surveyed over 200 patrons who reported that this puzzle was one of the most difficult they had ever seen. As Daniel Humana humbly puts it, "The books are all right here in plain view hidden from sight." Those able to find all of them hear great lamentations from those who have to be shown. One revelation that may help is that books like Timothy and Samuel may occur without their numbers. Also, keep in mind that punctuation and spaces in the middle are normal. A chipper attitude will help you compete really well against those who claim to know the answers. Remember, there is no need for a mad exodus, there really are 30 books of the Bible lurking somewhere in this paragraph waiting to be found. God Bless.

Church Activities

SUNDAY SCHOOL:

Regular classes at 8.45am.

Sunday, August 10 - Teacher's Meeting after Holy Qurbana

Saturday, August 30 - Sunday School Annual Competitions @ 9:00am.

SEVIKA SANGHAM:

Saturday, August 2 at 10am - Bible Study at the residence of Mrs. & Mr. Anney & Zachariah Thomas

Saturday, August 23 at 10 am - Bible Study at the residence of Mrs. & Mr. Suja & Aby Thomas

YOUTH FELLOWSHIP:

Fridays, August 1, 15, 22, and 29 at 7pm - Bible Study at the Church.

August 8 - 9 - The 2008 Southwest Regional Sports Tournament at University of North Texas at Denton.

Tuesdays 7-8pm - Jr. and Sr. Men's and Women's Bible study will be held at the Church.

YUVAJANA SAKHYAM:

Sunday, August 10 at 6:30pm - Meeting at residence of Mrs. & Mr. Asha & Thomas Mathew, 5317 Hopewell Dr. Garland, TX 75043; 972-303-0393

Saturday, August 16 6-9pm - Banquet Dinner and Entertainment Program at the Church Auditorium.

August 22-24 2008 - 10th Mar Thoma Yuvajana Sakhyam National Conference will be held at Ramada DFW airport South hotel in Irving, Texas. Conference fee is \$100 per person. More information is available on Yuvajanaconvention.com

PARISH MISSION:

Fridays, August 1, 8, 15, 22, and 29 at 7pm - Bible Study/Prayer fellowships at the Church.

Sundays 9-9:30am - Intercessory Prayer

MALAYALAM CHOIR:

Sundays, August 10 & 24 - Practice sessions after Holy Qurbana.

ENGLISH CHOIR:

Friday, August 8 at 7pm - Practice Session at Church

Saturday, August 23 at 10am - Practice Session at Church

SPECIAL PRAYER:

Fridays, August 1, 8, 15, 22, and 29 from 9.30 to 11.30am - The residence of Mrs. & Mr. Jaisy & Raju George, 922 Dandelion Dr, Mesquite, TX.

Lectionary Information

Sunday, August 3, 2008 - (Malayalam Service)
Mission Sunday - Servant Ministry to Humanity

Lesson 1: Isaiah 42:1-9 **Epistle:** 2 Timothy 2:1-13
Lesson 2: 1 Corinthians 1:18-31 **Gospel:** John 13:1-17

Sunday, August 10, 2008 - (English Service)
The Sacrament of Holy Baptism

Lesson 1: Exodus 14:15-31 **Epistle:** Romans 6:1-11
Lesson 2: Titus 3:3-8 **Gospel:** John 3:1-8

Sunday, August 17, 2008 - (Malayalam Service 9:30 AM)
Reformation Day

Lesson 1: 2 Chronicles 34:8-21 **Epistle:** Jude 1:17-25
Lesson 2: Revelation 3:14-22 **Gospel:** John 2:12-22

Sunday, August 24, 2008 - (English Service)
The Sacrament of Holy Qurbana

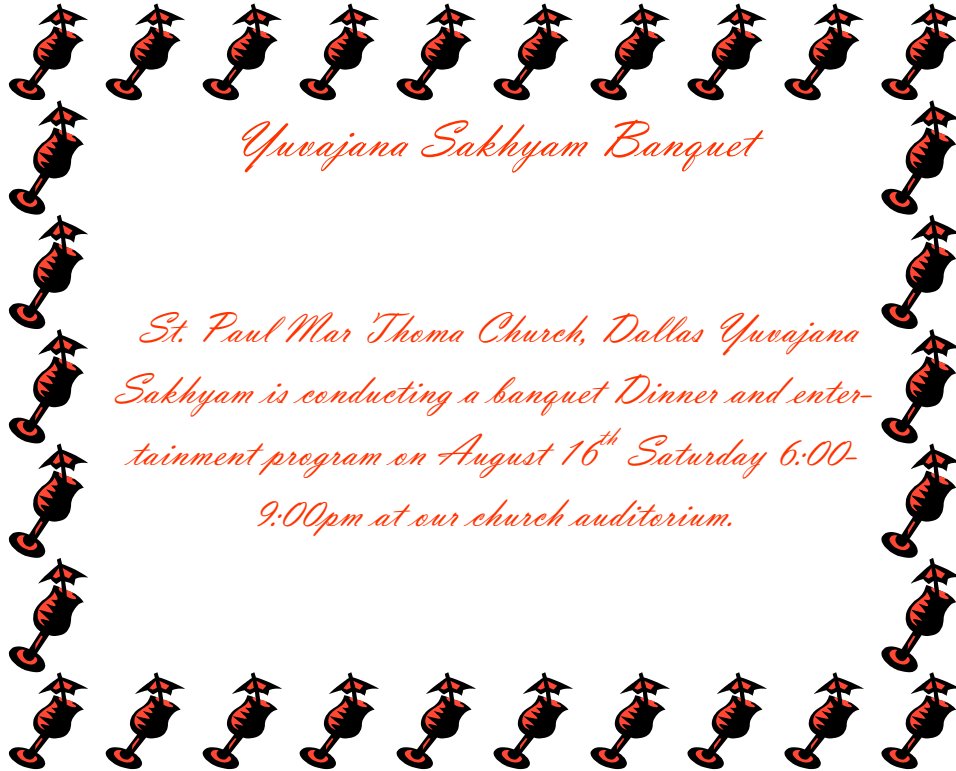
Lesson 1: Deuteronomy 26:1-11 **Epistle:** 1 Corinthians 10:14-22
Lesson 2: 1 Corinthians 11:23-34 **Gospel:** Mark 14:17-26

Sunday, August 31, 2008 - (Malayalam Service)
God's Image and Human Dignity

Lesson 1: Job 36:1-15 **Epistle:** Colossians 3:1-11
Lesson 2: Revelation 1:1-8 **Gospel:** Luke 4:16-21

Prayer Meetings

<p><u>AGAPE</u> LEADER: MATHEW BABU 972-771-1058 TBA</p>	<p><u>EMMANUEL</u> LEADER: MATHEW SAMUEL 972-494-5545 TBA</p>	<p><u>EBENEZER</u> LEADER: ANNA JOHN (LIZY) 972-289-2675 TBA</p>
<p><u>SHALOM</u> LEADER: ABRAHAM KOSHY 972-681-7083 TBA</p>	<p><u>MANNA</u> LEADER: P.P. CHERIAN 972-203-2018 Saturday, August 2 @ 7:00pm Residence of Mr. & Mrs. Philip Samuel Saturday, August 16 @ 7:00pm Residence of Mr. & Mrs. Rajankunju Chirayil</p>	



Yuvajana Sakhyam Banquet

St. Paul Mar Thoma Church, Dallas Yuvajana Sakhyam is conducting a banquet Dinner and entertainment program on August 16th Saturday 6:00-9:00pm at our church auditorium.



SPORTS TOURNAMENT

St. Paul's will be hosting The 2008 South West Regional Sports Tournament at the University of North Texas in Denton on August 8 and 9. All members of St. Paul's are welcome to come and support our youth fellowship in this event.



[Yuvajana Sakhyam National Conference](#)

10th Mar Thoma Yuvajana Sakhyam National Conference will be held from August 22-24 2008 at Ramada DFW airport South hotel in Irving, Texas. Conference fee is \$100 per person. More information is available on Yuvajanaconvention.com

Building Project Update

As you all know our New Church Project is going very well and on schedule with several interruption of weather problems. Foundation and utility work completed. The fire lane layout and parking lot will be completed soon. As the Building Fund diminishes with the progress of the project, we urge everyone to contribute their 8% of the household income towards this project. Remember **ONLY** your prayers and financial support can make this noble project successful. Stain Glass, audio/video and souvenir sub committees are working towards the goal to meet each requirement of our project. We thank each and everyone involved for their hard work and dedication. Let us thank God for His abundant mercy on us, as our building grows and materialize everyday.

-Koshy Thomas

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ARTICLES NEEDED!

If you would like to submit any articles in English or Malayalam,
please send it to: Jacobkab@hotmail.com

**WE'RE ON THE
WEB!**

WWW.STPAULSMTC.ORG

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Published by Department of Communications, St. Paul's Mar Thoma Church, Dallas