



Newsletter

St. Ignatius Sunday School

Carrollton, TX - 75006

Volume 1, Issue 4

March, 2013

March 2013

S	Mo	Tu	W	Th	Fri	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

A note from your HM about Dallas Life Homeless shelter visit

As you all know, Sunday School and Youth combined, led a voluntary trip to Dallas Life Homeless shelter. The main reason, I decided to take our kids to this shelter was to show them that we had some very unfortunate people in our community and how we should be thankful for what we have.

This took a lot of planning and almost a month before we could actually go. On March 3rd, our youth, myself and 5 other parents visited Dallas Life Homeless shelter. Our first impression of the place was that it had a distinctive odor yet clean and orderly.

Then we were introduced to the kids at homeless shelter. At first sight, they looked like cute and well dressed kids. No one would say that these kids were homeless, not by their dress or by their physical condition. But upon looking into their eyes, you can see that there is a pain hidden in their eyes.

These kids sounded real street smart and intelligent. They also looked physically well fit. We saw a 15 year old boy pick up a fairly fit 10 year old by one hand as if this kid was only a pound or two (they were playing). None of these kids told us or shared anything personal with us. But they sure did enjoy our company and the little prizes we brought with us.

The next assignment was to serve dinner to the people at Homeless shelter. We got ready right at 3:50 p.m. We were told that the first serving goes to the employees of the Dallas Life Shelter,

then from 4:30 to 6:00, we will be serving the people that live in the Homeless shelter. We saw some very good dishes that were being served to the homeless along with some not so good.

The meal consisted of an entrée (chicken and rice or meat patti), vegetables (corn, green beans), bread(wheat or white), salad, and a variety of delicious deserts(brownies, chocolate chip cookies, pastries, cupcakes etc...). We all expected to see some very clean plates to be picked up after they finished eating. I mean these are after all homeless people. They of all people would not waste food right?

We were so wrong. A lot of these people wasted food. Some wasted the vegetables, where as some wasted everything but the desert. Sadly, our volunteers had to throw these food to a trash bin, while we saw several people stand outside the shelter for a plate of food.

America is considered to be the most wasteful country in the world, may it be food or electricity. Did you know that our country is in the lead when it comes to wasting food and electricity? We waste about 40% of our food and \$130 billion dollars worth of energy a year.

I wonder if we can ever teach our kids not to waste food or electricity like our parents taught us, when we were growing up back in India.

Simi George

Inside this issue:

A note from your HM 1

History of Christianity In India 2

Did you know in Qurubana? 3

Upcoming Sunday School events 3

What we are learning this month 4

Know your teacher 4

We're on the web!

www.stignatious.com/sundayschool.html

Have any questions or concerns, please email HM @

St.Ignatious.sundayschool@gmail.com

History of Christianity in India

Have you ever wondered how Christianity spread to India from the Middle East? Please read what our 4th grade, Soumya Thomas learned upon research.

St. Thomas was born in the 1st century AD, in Galilee. He was also known as the doubting Thomas or Didymus (meaning twin). He is one of the disciples of Jesus Christ. He is known for questioning Jesus's resurrection when first told of it and then saying, "My Lord, and My God ..." on seeing Jesus..(John 20:28).

Thomas is mentioned in the Gospel of John. He comes across as somewhat aggressive and argumentative. In chapter 11, we are told that Jesus has just received word that his friend Lazarus, the brother of Mary and Martha, is seriously ill. But Jesus waits for two days before deciding to go to Bethany. The disciples are somewhat alarmed because there are people who are threatening the life of Jesus and try to dissuade him from going. But, when it is clear that Jesus has made up his mind, Thomas says to his companions, "Come, let us also go to die with him." Was it just bravado or was it a statement of loyalty? Perhaps something of both.

St. Thomas is said to have traveled outside the Roman Empire to preach the Gospel and traveling as far as India. He is believed to have sailed to India in 52AD, to spread the word of Christian faith among the Jews, the Jewish diaspora present in Kerala at the time. He is supposed to have landed at the ancient Port Muziris near Kodungalloor.

Then he went to Palayoor (near present day Guruvayoor) which was Hindu community at that time. He left Palayoor in 52AD for the southern port of what is now Kerala, where he established the Ezharappallikal, or "Seven and a half churches". These churches are at Kodungallur, Kollam, Niranam (Niranam St. Marys Orthodox Church, Nilackal (Chayal), Kokkamangalam, Kottakkayal (Paravoor), Palayoor (Chattukulangara) and Thiruvithancode Arappally - the half church.

It is said that, St. Thomas was the only witness of the assumption of Mary into Heaven. Thomas was in India at the time of Mary's death and other apostles had left to Jerusalem to see her. But after Mother Mary's burial, Thomas was transported to her tomb, where he saw Mary's body go up to heaven. As she went up, she dropped her belt for Thomas. The other apostles didn't believe him, until they saw Mary's belt and her empty tomb.

In December of AD 72, St. Thomas was pierced with a spear. He died on December 21, near the ancient town of Mylapore. His mortal remains were apparently buried in the town and his burial place was situated in the right hand chapel of the church or house known after his name. No archaeological evidence support these claims though. Now, his mortal remains are buried in the church of St. Thomas the Apostle in the town of Ortona, in Italy. A small part of his (mortal) remains was brought to Malankara by the Patriarch, Elias the IIIrd.

**Provided by Soumya Thomas
4th Grade**

Did you know in Qurubana? **How to Receive Holy Communion**

Receiving Holy Communion is arguably the most important part of our Holy Qurbana service. When we partake in Holy Communion, we are receiving the body and blood of Jesus Christ and are joined with Jesus Christ to one another. Eucharist is for the remission of sins and for life eternal, as our Achen reminds us during each liturgy.

Receiving Holy Communion is not something we just decide to do. Anyone who wants to partake, must properly prepare themselves. The Church teaches that we must take a bath and dress neatly. We must abstain from all food and drink in the morning prior to Holy Qurbano and actively participate in the service. In addition to all the physical requirements, there is the spiritual side. We must do the evening prayers the night before, read the bible and meditate. This meditation involves self-examination and finding out the sins committed and honestly repent about the sins and make decisions not to repeat them again.

In the morning (in our church around 8:30 am now), Achen comes forward to the Kestrumo and gives Hoosoyo to everyone in the congregation who wants to receive Holy Communion that day. Hoosoyo is a prayer of absolution and is necessary. If you miss the Hoosoyo prayer that morning, we cannot receive Holy Communion at that service. After the liturgy, the chemachens often lead the congregation in a "Prayer before receiving Holy Communion." This is not the same as Hoosoyo, so if we missed the Hosoyo prayer, you can't use this as a substitute.

Since we are receiving the Body and Blood of our Savior, we should go respectfully to the achen for Qurbana. Carefully lean forward and do not let the Eucharist fall to the ground. We should make the sign of the Cross and say the prayers for after receiving communion.

Provided by 9th Graders

Upcoming Sunday School Events.

- ◆ March 31st, 2013 No Sunday School. We will be hosting our annual Egg Hunting on this day instead, due to Easter.

What we are learning:

1st Grade: Lesson 16 thru Lesson 18

2nd Grade: Lessons completed.

3rd Grade: Lesson 23 thru Lesson 25

4th Grade: Lesson 21 thru Lesson 23

5th Grade: Lesson 18 thru Lesson 21

6th Grade: Lesson 22 thru Lesson 25

7th Grade: Test on Mar.24th, Lesson 19 thru 20

9th Grade: Lesson 14 thru Lesson 15

10th Grade: Church History

11th Grade: Peer Pressure

12th Grade: Sacraments

Know Your Teachers: Mini Mammen



Praise The Lord & all glory to my Lord.

My name is Mini Mammen , born and brought up in Kerala , India.

I joined St Ignatious Cathedral in 1993 after my marriage, like any other Kerala / India girl .I took my husband's church /denomination as my church. Ironically as a little girl, I was fascinated by Jacobite wedding. This was a slightly difficult transition for me. That same year, I joined Sunday School per request of Aleyamma Aunty. Sunday School was under the leadership of Mr Ommen Chandy then. As many of you know, I love to write skits or plays for children ,for various events or coordinate special events. My leisure time is spent either reading ,listening to music or movies. I think I am an out going & optimistic person but can be adamant also (My Acha says sometimes) & enjoy family vacation trips .

My Family consists of my husband (Mr Mammen P John) & we have two kids (Josh & Joanna). My parents are retired , staying in KTM, Kerala . I have two brothers settled in Kerala also. As a child I was a "little" spoiled, since me being the only girl in the family.

I am a nurse by profession, currently working as a Clinical Manager for one of the dialysis facility. I am still learning about our liturgy & Bible, which feels like an ocean that I don't think I could conquer. I am blessed to be part of St Ignatious Cathedral family that gives me the inner peace & strength to run the race that was given to me. I hope and pray that our children be close to God's heart like King David and walk with Almighty like Enoch and lead our church to the next millennium by faith.

Mini Mammen