

## MONTHLY NEWSLETTER

APRIL 2023

VOLUME XXVII ISSUE 4

### Assistant Vicar's Message

#### Reframing and Christian Faith

One of the necessary abilities needed for a thriving life is the ability to respond well to setbacks. Modern psychologists often propose *cognitive reframing* as an essential skill that helps us to respond to negative experiences. Cognitive reframing is a method to identify and then change the way situations, experiences, and events are interpreted. This skill is emphasized the most in the psychological schools that focus on human thought (cognition). When we compare this approach to scripture and ancient approaches, we can see many things in common.

The key insight behind reframing is that we have the power to interpret negative events. It is not simply a naïve optimism. Humans are a meaning making machine. We ascribe meaning

to everything that happens in our lives. Often the meanings we ascribe are negative. For example, if we see something that is considered a negative omen in the morning, we might conclude that day will be filled with bad things. Or in another scenario if we see an acquaintance who does not respond well to our greeting, we might think that they are angry at us. Most often we interpret the event without much conscious thought.



Through practicing the skill of reframing, we are making a conscious effort to change how we interpret events in our lives. When St Paul was imprisoned, he saw that as an opportunity for the spread of the gospel. St Paul told the Philippians, "I want you to know, brethren, that what has happened to me has really served to advance the gospel, so that it has become known throughout the whole praetorian guard and to all the rest that my imprisonment is for Christ; and most of the brethren have been made confident in the Lord because of my imprisonment, and are much more bold to speak the word of God

without fear” (Philippians 1:12-14). How would we have responded to being imprisoned for faith?

For Christians, reframing is not just a mental trick to look at the bright side. We reframe because we trust that nothing is a coincidence, and that God can bring good out of every situation. God is able to use all things for our salvation. “We know that in everything God works for good with those who love him, who are called according to his purpose” (Romans 8:28).

One arena where reframing can be helpful is in interpersonal relationships. Others might intentionally or unintentionally offend us. These slights can wound us and occupy our minds. We might recall the event or become angry at the offender. Here it is helpful to remember that our enemies are not other

humans but evil powers. “For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places” (Ephesians 6:12). We need to remember that when we get angry at another person, the devil rejoices because now the passion of anger grows in our heart. Ultimately only we get hurt through that anger.

The term *cognitive reframing* refers to a technique or skill through which we change the interpretation of something that happens to us. Through practice and God’s grace we can acquire this skill and use it well for our flourishing.

Lovingly, Fr. Sujit Thomas, Asst. Vicar

### COVID-19 and Support System

#### **Financial Assistance to Members**

If any of our members need any assistance with food, medicine, transportation, shopping, or any other needs due to the COVID-19 pandemic, they may contact our Achens or the Secretary. They will coordinate help. Our MC members, along with other volunteers will be available to provide any possible help.

***We are all in this together.***

#### **Contact:**

- Rev. Fr. M. K. Kuriakose: 201.681.1078
- Rev. Fr. Sujit Thomas: 516.754.0743
- Steven Kurian: 267.450.6815



# Parish Highlights from March

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## World Day of Prayer

Ecumenical Fellowship of Indian Churches of Philadelphia (EFICP) conducted the Annual World Day of Prayer at our Church. The lead speaker was Mrs. Ceena Mathew (St. Vladimir's Seminary).

## Parish Lenten Retreat

The retreat was held on March 18<sup>th</sup>.



### PARISH LENTEN RETREAT – ENGLISH SESSION LED BY REV. DN. ROBY ANTHONY



### PARISH LENTEN RETREAT – MALAYALAM SESSION LED BY REV. FR. SAJI THOMAS

# April Events and General Announcements

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## Holy Week

All Holy Week Services were led by our priests, Rev. Fr. M.K. Kuriakose and Rev. Fr. Sujit Thomas, as well as Rev. Fr. Tojo Baby.

**April 2<sup>nd</sup> – Hosanna/Palm Sunday:**



**April 9<sup>th</sup> – Qyomtho/Feast of the Holy Resurrection:**



**Organizational Updates**

**CAYA:** The Come As You Are (CAYA) Middle School Fellowship focuses upon instilling its main values of kindness and compassion in the students through weekly general sessions during the school year and monthly meetings throughout the year. CAYA will be having its April monthly meeting on April 22 via zoom @ 3PM. The youth prayer line will also be held the last Sunday of the month, 04/30/23 @ 9PM.

**Diocesan Events**

**Northeast American Diocese MGOCSM Delegates meeting**

There will be a meeting of all MGOCSM delegates, and unit secretaries on Saturday, April 22, 2023 at Saint Gregorios Orthodox Church of Queens, located at 987 Elmont Road, Valley Stream, New York.

MGOCSM Parish Committee members, and Parish Reps and anyone interested in becoming an MGOCSM Leader is requested to attend the meeting.

**MMVS Annual Retreat**

May 18-20<sup>th</sup> at the Holy Transfiguration Retreat Center, Dalton, PA. Please register by April 15<sup>th</sup> if you are interested in attending.

**Northeast American Diocese G.R.O.W Annual One-Day Women’s Conference**

June 17, 2023 from 9am - 3:30pm at Sts. Basilios-Gregorios Orthodox Church, North Plainfield, NJ 07060.

The conference is open to all women ages 13 and up (high school, college, post grad, working professionals, married, and mothers). Registration fee for the conference is \$15 (paid online).

**Family and Youth Conference**

- Dates: July 12-15.
- Location: Holy Transfiguration Retreat Center
- Housing available at local hotel in Clarkstown, PA.

**Fasts & Feasts**

<u>Date</u>	<u>Event</u>
4/9	Easter

**Diocesan Calendar**

<u>Date</u>	<u>Event</u>
April 22	MGOCSM Delegates meeting
May 4-5	Diocesan Leaders Retreat
May 18-20	MMVS Annual Retreat at Holy Transfiguration Retreat Center
May 20	MMVS Delegates meeting

June 17	Diocesan Assembly
June 17	GROW One Day Conference
July 12-15	Family & Youth Conference
July 26-29	Talmeedo Men's Retreat
August 16-19	MGOCSM College Camp at Holy Transfiguration Retreat Center
September 27-28	Clergy Conference
October 14	MMVS Annual One-Day Conference
November 25	MGOCSM One-Day Conference

## Member Announcements

### Memorials

- ❖ **Mr. C.T. Thomas**, Uncle of Mrs. Suja Abraham (#297) passed away on March 6<sup>th</sup>.
- ❖ **Mr. P.V. George**, brother of Mrs. Elizabeth George (#286) and Mr. Thomas Varghese (#109) passed away on March 27<sup>th</sup>.

*On behalf of the parish, we express our deepest condolences to the bereaving families. Let us pray for the departed souls and for the bereaving families. May our heavenly Father grant peace and comfort that surpasses human wisdom and understanding.*

#### Memorial Prayer List

As you know, members can submit names of departed loved ones that needs to be included on the Memorial Prayer List. You probably have given the names of your departed ones in the past. However, please note that our church doesn't have a system to save such names with dates or automatically track and decide on which Sunday the name should be included on the prayer list. You need to enter the name on the Memorial Prayer list kept in the church office. Note: We do have a master list of departed faithful that we keep for remembering them on the Sunday of the departed faithful, which is a week before the Holy Lent begins. This list has names only no dates.

#### Life Events Announcements

Do you have a special day that you would like to announce, like a milestone wedding anniversary (25<sup>th</sup>, 50<sup>th</sup> etc.) or a birthday (50<sup>th</sup>, 60<sup>th</sup>, 70<sup>th</sup>, 80<sup>th</sup> etc.)? If you would like to, please inform the Secretary in advance. Please remember that even though our parish database includes birthday and wedding day, it doesn't include the year of birth or marriage. Unless you notify the Secretary or Clergy, they wouldn't know milestone events.

## APRIL WEDDING ANNIVERSARIES

Mr. & Mrs. Raju C Samuel	Apr 3	Mr. & Mrs. Thomson Korah	Apr 23
Mr. & Mrs. Saji Varghese	Apr 5	Mr. & Mrs. Mathew George	Apr 24
Mr. & Mrs. Philip George	Apr 7	Mr. & Mrs. Ronnie Cherian	Apr 28
Mr. & Mrs. John P Eapen	Apr 11	Mr. & Mrs. Robin P. Montharayil	Apr 28
Mr. & Mrs. Thomas T Varghese	Apr 11	Mr. & Mrs. Jacob George	Apr 29
Mr. & Mrs. Joyes M George	Apr 13	Mr. & Mrs. Biju P. Varghese	Apr 29
Mr. & Mrs. Samuel George	Apr 15	Mr. & Mrs. George Abraham	Apr 30
Mr. & Mrs. George Thadathil	Apr 17	Mr. & Mrs. Jose V Abraham	Apr 30
Mr. & Mrs. Prince Sam Jacob	Apr 22		



## APRIL BIRTHDAYS

Mathew Vaidyan Lukose	Apr 1	Sean George	Apr 13	Goldy Mathew	Apr 20
Jose Ninan	Apr 1	Reshma R Padiyara	Apr 14	Keziah Sarah Lajy	Apr 21
Timothy Mathew	Apr 2	Babu Varghese	Apr 14	Aleyamma Kuncheriah	Apr 21
Sajini Babu	Apr 2	Daji Mathew	Apr 14	Reem Ann Bivin	Apr 21
Evelyn Ann Johnes	Apr 4	Sherry Kurian	Apr 14	Emilia Rachel Panicker	Apr 22
Mariamamma Thomas	Apr 4	Ansamma Saju Paul	Apr 15	Saramma Varghese	Apr 22
Raju C Samuel	Apr 4	Jacob Chacko	Apr 15	Lincy M Reji	Apr 22
Oshin Shinu	Apr 4	Achen Varghese	Apr 15	Janly James	Apr 23
Shibu Mathew	Apr 5	Susamma George	Apr 16	Simi Mary Mathew	Apr 23
Atlin Alex	Apr 6	K K Varghese	Apr 16	Philip John	Apr 24
Nathan George Thomas	Apr 6	Lukose Vaidyan Mathew	Apr 17	Alice Sathees	Apr 25
Ricky Panicker	Apr 6	Mathew Philip Varghese	Apr 17	Adith John Tojo	Apr 25
Samuel Joseph	Apr 6	Thomas Daniel	Apr 17	Jaisy A Thomas	Apr 25
Thankachan Samuel	Apr 7			Thankachan P Daniel	Apr 25
Renju R Padiyara	Apr 7		George Varghese	Apr 17	Leona Thomas
Rev. Fr. Tojo Baby	Apr 7	Jessy Jacob	Apr 18	Lilly Simon	Apr 26
Stephen Rajan	Apr 7	Synu Varghese	Apr 18	Philip Skaria	Apr 26
Koshy Daniel	Apr 7	Beena Joseph	Apr 18	Isaiah Thomas Anish	Apr 27
Manoj Mathew	Apr 9	Jacob M Zachariah	Apr 18	Alka Mirium Varghese	Apr 27
Jaison George	Apr 9	Jobin K. Abraham	Apr 18	Austin Mathew	Apr 27
Leahana Mariam Alexander	Apr 9	Ajish Kutty	Apr 18	Rajani T Rajan	Apr 27
Greeshma M. Geevarghese	Apr 9	Jeremy B Mukadiyil	Apr 18	AnnMaria Anooj	Apr 27
Annie Thomas	Apr 10	Suni Brown	Apr 19	Thomas G Kappil	Apr 28
Joel Koshy	Apr 10	Joel Sathees	Apr 19	Benjamin Jacob Sam	Apr 28
Thomson Korah	Apr 10	Bindu Sam	Apr 19	Benji Varghese	Apr 30
Leelamma Vaidian	Apr 12	George Eapen	Apr 20	Sean P Thomas	Apr 30
Jolly Reji	Apr 12	Joshua Koshy	Apr 20	Ajo Raju	Apr 30
Anitha Jossy	Apr 12	Aleyamma Varghese	Apr 20	Reuben Jacob Sam	Apr 30
Ashish Abraham	Apr 13	Binoy Varghese	Apr 20	Mathew Varghese	Apr 30
Raju T Chandy	Apr 13				
Tigy Elza Cherian	Apr 13				



# Sunday School News

*Submitted by Binny Cherian, Principal  
(Tel.: 914.708.7981, Email: [cbinny@gmail.com](mailto:cbinny@gmail.com))*

## One Year Bible Reading Schedule - April

Date	I	II	III
April 1	Numbers 15	Proverbs 11	Luke 24
April 2	Numbers 16	Proverbs 12	Galatians 1-2
April 3	Numbers 17-18	Proverbs 13	Galatians 3-4
April 4	Numbers 19	Proverbs 14	Galatians 5-6
April 5	Numbers 20-21	Proverbs 15	Ephesians 1-2
April 6	Numbers 22-23	Proverbs 16	Ephesians 3-4
April 7	Numbers 24-25	Proverbs 17	Ephesians 5-6
April 8	Numbers 26	Proverbs 18	Phil. 1-2
April 9	Numbers 27	Proverbs 19	Phil. 3-4
April 10	Numbers 28	Proverbs 20	John 1
April 11	Numbers 29-30	Proverbs 21	John 2-3
April 12	Numbers 31	Proverbs 22	John 4
April 13	Numbers 32	Proverbs 23	John 5
April 14	Numbers 33	Proverbs 24	John 6
April 15	Numbers 34	Proverbs 25	John 7
April 16	Numbers 35	Proverbs 26	John 8
April 17	Numbers 36	Proverbs 27	John 9-10
April 18	Deut. 1	Proverbs 28	John 11
April 19	Deut. 2	Proverbs 29	John 12
April 20	Deut. 3	Proverbs 30	John 13-14
April 21	Deut. 4	Proverbs 31	John 15-16
April 22	Deut. 5	Ecc. 1	John 17-18
April 23	Deut. 6-7	Ecc. 2	John 19
April 24	Deut. 8-9	Ecc. 3	John 20-21
April 25	Deut. 10-11	Ecc. 4	Acts 1
April 26	Deut. 12	Ecc. 5	Acts 2
April 27	Deut. 13-14	Ecc. 6	Acts 3-4
April 28	Deut. 15	Ecc. 7	Acts 5-6
April 29	Deut. 16	Ecc. 8	Acts 7
April 30	Deut. 17	Ecc. 9	Acts 8

**Please remember to pray for the Sunday school Children and Staff in your daily prayer.**