

# THE INDIAN ORTHODOX CHURCH (The Malankara Orthodox Syrian Church) Catholicate of the East



*Diocese of Ahmedabad*



'Gandhi Smriti'  
St. Thomas Bishop's House  
Naroda- Ahmedabad  
Gujarat, India - 382 330

By His Grace,  
Dr. Geevarghese Yulios Metropolitan

**Kalpana No: 04A/15**

Apostolic blessings be upon all our beloved MGOCSM members of the Diocese of Ahmedabad and greetings in the precious name of our Lord and Savior Jesus Christ!

As all of you know the Holy Church is entering into the great lent which makes us participants of salvific suffering, death and resurrection of our Lord. As St. Paul exhorts the Philipians, through the process of lent and fasting with prayer, the Holy Church prepares her children “to know Christ and the power of His resurrection and the sharing of His suffering becoming like Him”. We advise you with paternal love to observe the whole of the lent with spiritual enthusiasm, focus of mind and commitment. You may be reminded that anyone who shows laxity in observing the lent and fasting of the Church are not worthy of the kingdom of God.

It was a blessed experience for me to visit all the parishes and congregations in our Diocese (within India) participating in the prayers of lenten season and sharing the devotional thoughts together with you. Such an interaction with you during this year’s lent is not practically possible, because of various inevitable duties including a session of the Holy Episcopal Synod, teaching for a couple of weeks at our Nagpur Seminary etc. We used to lead the Holy Week services in different parishes in our Diocese during all the four years since the assumption of the office of the Metropolitan. This year as per the decision of our Holy Episcopal Synod we have to lead the Holy Week Services at St. Paul’s and St. Peter’s Church, Parumala, the greatest pilgrim center of our Church where St. Gregorios (Parumala Thirumeni) has been entombed. You may pray for me, the weak and sinful servant of God, to have grace of God in abundance to prayerfully accomplish my responsibility of leading the Holy Week services of this year.

Again my dear beloved in Christ,

You may recall the exhortations we have made last year and keep the ethical life of witness based on fasting, prayer, and liturgy. We wish to remind you about there once more.

1. Be vigilant to conduct canonical prayers for the hours at least three times a day.
2. You may be careful to practice prostration during reciting Kaumas, Nicene-Creed and reading of Sedros. You may encourage the younger generation also keeping those spiritual practices. All of you may fast until noon and practice 40 prostrations at the noon prayer.

3. You may invest time to read and to contemplate biblical portions entitled for each day of the lent. Biblical references for daily reading (Lectionary) are available in both Malayalam and English. It provides you the stuff for devotional thoughts and spiritual journey.

4. We remind all of our Priests to conduct all liturgies of the hours promptly at Churches/home and to encourage the believers to have participation in it.

5. During the Lenten season the mind also has to abstain from evil thoughts while body gives up food. You may completely avoid meat, fish, egg, fatty food, milk, dairy products, unhealthy soft drinks and all kinds of alcohol; and may keep yourself from being gluttonous and talkative. You may consciously avoid watching entertainment programs in T.V, socio-political discussions, excessive use of social media and everything which distracts our single-mindedness towards God and the spiritual journey in the Lenten season. Rather, you may invest your time in reading Bible and Spiritually enriching books to keep the spirituality and commitment towards God.

6. You may be fervent in extending necessary assistance to the poor and needy with the tithe of your income and the savings of your abstinence from extravagance.

7. We must be passionate do good things to others and convey the message of peace through our words and deeds to everybody around us. We must make ourselves people praying for the well-being of the whole world as is testified in the Holy Bible about our Lord Jesus Christ, 'He went around doing good'.

We wish and pray that the love of God the Father, the grace of God the Son and the communion of God the Holy Spirit prevail with us forever and ever!

May God Almighty shower His abundant Blessings upon your faces; and may the unceasing intercession of St. Mary, the Mother of God, St. Thomas, our Apostle, and all Saints, Fathers and Departed be with us always!

Your Shepherd in Christ,



By His Grace, Dr. Geevarghese Yulios  
Metropolitan, Diocese of Ahmedabad

+Be with Him and be like Him+

Camp:

St. Stephan's Indian Orthodox Congregation, Kuwait

12 February, 2015

---

Ph: 0792 298 0253(Off.) Mobile: +91-962-446-1457(ADI), +91-944-738-3931(KER)

URL: moscad.in E-mail: hgyulios@gmail.com FB: hgyulios