



Newsletter

St. Ignatius Sunday School

Carrollton, TX - 75006

Volume 1, Issue 3

January, 2013



St. Ignatius Sunday School welcomes our new achan, Rev. Father Varghese Paul.

A note from your HM:

January 2013

S	M	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		

January is a month of new beginnings, promises and pledges for many of us. We have even given it a name, NEW YEARS RESOLUTION. When I Googled about history of New Year's resolution, I found some very interesting facts.

but many of us break in or stray away from it before the month is over. Bud did you realize that when you break a resolution or a promise, you are also breaking it with God.

- ◆ New Year's celebration began with Babylonians who celebrated it, in the month of March.
- ◆ New Year's celebration changed to January by Romans.
- ◆ January gets its name from Janus, two faced God who looks backwards into the old year and forwards into the new.
- ◆ Roman empire upon converting to Christianity in the 4th century, New Year's Resolution were replaced by prayers and fasting's.

1 Corinthians 3:16 - Know ye not that ye are the temple of God, and [that] the Spirit of God dwelleth in you? 1 John 2:5 states, "But whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him."

So this year whenever you feel like you cannot keep your New Year's Resolution, simply do one thing. Just pray to the Lord quietly in your mind and believe me you will get the strength to complete your resolution.

It works for me every year. Now that I have shared my secret, try it out and see if it works for you. You have nothing to lose and everything to gain.

So you see this is a tradition that has a long history. For me, resolutions are simply recognition of the fact that there are sinful things in our lives that need changing as none of us are perfect and we can always be better than what we were in the past. So resolutions are like promises that we make to ourselves to improve us.

Looking forward to hearing from you, if you were able to keep your New Year's Resolution or not.

HAPPY 2013 TO ALL

Simi George

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We're on the web!

www.stignatious.com/sundayschool.html

Have any questions or concerns, please email HM @ St.Ignatious.sundayschool@gmail.com

Upon checking Bible to find a verse that supports New Year's Resolution, I only had to look at Ephesians 4:22-24, where Paul tells the Ephesians to put off their old self and put on their new self, which was created to be like God in true righteousness and holiness!

Each year many of us start a resolution,

Did you know in Qurubana?

One of the most important part of the Holy Qurubana

When the choir sings, “Hearken Gracious Lord, (Anpudayone) or any other song during this time, it is considered the most sacred and holy part of Qurubana. This part is so holy, altar members are not allowed to move or see what the priest is doing.

What happens is, the priest performs the fraction ceremony of the holy bread secretly. The fusion of the bread with the wine symbolizes the passion, the crucifixion, the burial and the resurrection of our Lord.

When Christ lost his life on the cross, the sun lost its blaze. The burial and resurrection all took place in darkness so the Madbaha (altar) is covered by the veil (curtain) so that no one could see what is going on.

In the midst of the song, the priest raises up and breaks the bread as part of the fraction ceremony. When you hear the sound of a small hand bell ringing, you will know that this is the time representing that the Lord has resurrected from the dead. Everyone must be making the sign of cross upon hearing the bell ring.

Ashwin Mathew

6. grade.

Upcoming Sunday School Events.

- ♦ **Jan 27**, competition deadline on writing an essay about “What are you witnessing every Sunday, when you attend Holy Qurubana?” Open to all Sunday School children.
 - ⇒ **1st prize will get \$20.00 gift card of winner’s choice.**
 - ⇒ **2nd prize will get \$10.00 gift card of winner’s choice.**
 - ⇒ **3rd prize will get \$5.00 gift card of winner’s choice.**
- ♦ Sunday School would like to have volunteer donations of money or food for making Sandwiches for homeless people. If you would like to be a volunteer or a coordinator, please contact your HM or your Sunday School Teacher. This will be an activity that Sunday School will be conducting with the Youth Association. Further details coming soon.
- ♦ Sunday School would also like to participate in the annual, National Association of Letter Carriers, (NALC) food drive that is held every year in May. Further details will be provided in near future, if everyone is interested.

What's your plan this year?

Have you ever thought about your New Year's resolution? Well, if you haven't, then we need to get you caught up! You might want to start off with thinking about your goals and what you want to achieve. For example, you might want to exercise more or play less electronics per day or be more organized. As 2nd Thessalonians 3:3 states, "The lord is faithful, who establish you and guard you from the evil one."

To top off your New Year's resolutions, you can communicate with god, because as you continue to pray you will get closer to god and he will be there to watch over and protect you. You can start off by paying attention during church. Our church fathers taught us how to communicate wisely to our savior Jesus Christ. What this means is listening to the Holy Qurabana, taking the Holy Communion (Eucharist) and praying to the departed.

As you know, the Holy Qurabana is very meaningful with the beautiful songs and prayers. As you know, a few months ago our church had been declared as a Cathedral. Our Cathedral holds a lot of active organizations. For instance, we have M.G SOSA, choir, madbaha (altar boy), Sunday School, Youth Association and many more! Our Malankara Arch Diocese puts together all these activities so we all stay closer to God.

If you are interested in joining these associations, ask a religious leader or a trusted adult. If you did not know, our choir and altar boy service makes our Qurabana very interesting and beautiful. We hope everybody had a great new year and put all these thoughts into action. As Psalms 100:2 states, "Serve the lord with gladness: come before his presence with singing." this year.

Thank you and have a great day!

Anjali Philipose and Tania Baby

6th Grade

What we are learning:

1st Grade: Lesson 12 thru Lesson 14

2nd Grade: Lesson 11 thru Lesson 18

3rd Grade: Lesson 18 thru Lesson 19

4th Grade: Lesson 16 thru Lesson 18

5th Grade: Lesson 12 thru Lesson 13

6th Grade: Lesson 15 thru Lesson 20

7th Grade: Lesson 13 thru Lesson 15

9th Grade: Lesson 7 thru Lesson 10

10th Grade: Holy Spirit, Review New Testament

11th Grade: Matrimony

12th Grade: Sacraments



Know Your Teachers: Reji and Asha Paul

I am from Marady
St. Marys Jacobite
Church, near

Muvattupuzha. I came to USA as a student after completing BTech from MA College of Engineering. I did my Masters from UT Arlington. I am attending this church from 1991. I am teaching 11th grade for last 10 years or so. I am married to Asha and I have two children, Tanya and Thomas. I am a software engineer by profession.

Reji Paul



I am Pre-K teacher of our Sunday school. I was born and brought up in Ernakulum. I came to U.S after I got married. Since then I am coming to St. Ignatious church. I started as a substitute

teacher in kindergarten and eventually became the teacher of Kindergarten. When the number of young children grew in our church, Sunday school decided to start a class for Pre-k and since then I have been the Pre-K teacher. I am a Montessori teacher by profession and teach Pre-K every day except Saturday. Since I have a wide range of ages in my Pre-K class in Sunday school, I read stories, give kids coloring papers, and teach kids how to make the sign of the cross and so on. My goal is to see my little Pre-K kids grow up as a good Christian.

Asha Paul