

Message From Clergy

Dear friends,

If you could ask God for anything in the world - anything at all - what would it be? A million dollar? A happy-go-lucky existence? The love of your life? An ancient king named Solomon once asked God for wisdom. He had a good sense to ask for something that he would benefit from every day for the **rest of his life. Wisdom is “the ability to discern inner qualities and relationships; insight; good sense; judgment.” But there is more to this definition** - because the kind of wisdom you need to ask God for is heavenly wisdom, not worldly wisdom. Heavenly wisdom comes directly from the Father and produces righteousness and peace. Heavenly wisdom is pure and courteous, merciful, wholehearted, and sincere. It's straightforward and direct, and it accomplishes good things.

Now it's time to get started this New Year with the book of Proverbs. Like Solomon, you have to be smart enough to desire wisdom in order to make the most of your reading. You need to have a winning combination by linking your reading of Proverbs with prayer. Everything you do, every decision you make, every relationship you have, will be affected by your ability to apply wisdom to your experience. When you have deep understanding of why people behave the way they do, then you have acquired a level of understanding well beyond your years. Yours can be the voice of reason in an illogical situation, you can be the peacemaker by resolving conflicts. Your wisdom will earn your respect despite your young age. Just like Solomon, during this New Year ask God for wisdom, and set up a system to remind yourself to read and meditate Proverbs every day.

**“The fear of the LORD is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever.”** Psalm 111:10  
Have a blessed 2018!

Rev Fr. Eldho Paily, Fr. Dr. Renjan Mathew &  
Dn. Dr. Abin Puravathu

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As 2017 has become but a memory now, and we have to bid farewell, we look to the stars with the hope for a bright new 2018. If you have no choice but to repeat a resolution from 2017, then do so with a strong commitment and determination. A strong determined soul who seeks to grow spiritually, cannot be stopped.

Some of the strong resolutions you would also want to consider are ensuring you truly are working to keep a Christ centered life as mentioned repeatedly in Sunday School. This involves having that alone time every day where you read the Bible and reflect on the words, even if for just a few minutes. This is followed by ensuring you are keeping your daily morning and evening prayers, attending Mass from the beginning itself, especially since we now are truly blessed as a Cathedral to have both English and Malayalam service every Sunday in parallel. Regular confession is also included along with the previous mentioned things to help you grow spiritually and also ensure you keep the key priorities in your life. One key aspect to keep in mind as you work on resolutions that failed in the past, is sacrifice. So, for example, if you feel you do not have enough time, take a look at other areas such as phone time, computer time, TV time, etc. where you can make some adjustments and find the extra time needed to for prayer and meditation.

2018 has a lot of great things for us to look forward to which include the charity event in February we are planning, 1st time Regional Sunday School retreat where all of our sister churches in the Texas area and Oklahoma will be joining us this year, as well as conducting a parallel teacher training. **Let's all put our best foot forward to help make 2018 another exciting year for us with no time lost and no regrets!**

Sincerely,  
Jeeth Thomas  
Sunday School Headmaster

## My Experience in Guatemala

I first heard about the Guatemala medical missionary trip about four months ago in the English Chapel. Initially, I thought this would be a great way to get my service hours for school. As my first mission trip, this would be a new experience for me as a high school student to have contact with the patients. However, I was a little apprehensive about things, such as our accommodations and what the food would be like. I had no idea what to expect in Guatemala.

We arrived in Guatemala City after a three-hour, early morning flight. Outside the airport, we met our translators, Hugo and Oscar. Guatemala is a beautiful country with mountains, volcanoes, and rain forests. When we arrived in Antigua after a two-hour drive, we got to admire the Spanish colonial architecture and walk around the cobblestone streets. In the evening, when we arrived at our host's house, we were greeted with a generous feast. While we ate, young, local children played tradition Guatemalan music for us. This is one example of the hospitality that we received during our time in Guatemala. In the early morning, we set up our clinic in our Church hall in Comalapa. Within 30 minutes of setting up the clinic, there was a line of over 50 people waiting outside to receive medical attention. Surprisingly, people with their children waited in line for hours to receive medical attention at the clinic. During, patient intake, I worked with a translator named Adan. After three days of listening to patients, this experience opened my eyes to the connection between poverty and poor health in reality.

I left Guatemala feeling overwhelmed and open-minded. It was definitely a life changing mission trip for me. We were touched by the people who cared for us and also, those whom we served. I think often of the patients from the clinics, the translators who devoted their time to help us, and the mothers with their children waiting in line for hours. The Guatemala medical missionary trip was an enlightening and humbling experience for me. I would highly recommend this missionary trip to anyone interested in serving our Syrian Orthodox brethren in South America.

By: Gabriel Skaria



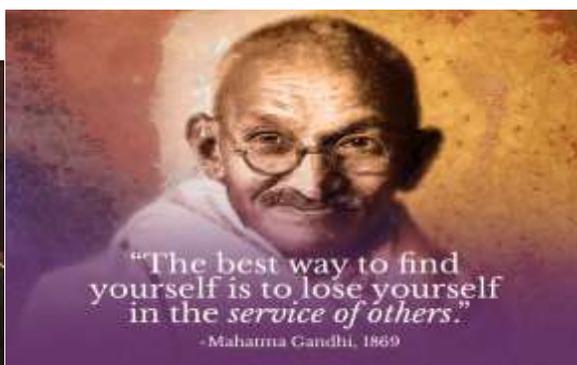


Since the last publication of the St. Ignatius Sunday School Newsletter in August of 2017 we have been very busy! Our students have given of their time and energy in four major service projects, participated in a lively, enjoyable, entertaining and fun filled VBS all while learning valuable Christian lessons and songs. We had another successful competition in which students participated in songs, speeches, and bible knowledge. Most all our students participated in the church Anniversary program in October, and our church Family Night in November. I

n August, our teachers took part in a teacher training workshop, led by Jessy Kuruvilla, to learn more about engaging our students and creating great lesson plans. The handouts included over 100 activities to use both in planning and implementing lesson plans.

Our Sunday School teachers and families enjoyed another wonderful Thanksgiving get together hosted by Johncy and Priya in November as well. We were able to not only build relationships, but also remind each other of the important job we hold in educating our children in our faith. The foundation we lay is what our children will have as they continue to grow and experience life.

The service projects included collecting and donating many supplies to Hurricane Harvey victims, collecting and donating school supplies for children and schools in need, each class collecting and sponsoring one full Thanksgiving meal to families in need, and our last service project in December was at Silverado Memory Care Facility in Southlake in which our students practiced the Nativity play and performed it along with Carols for the residents living there. After the performance of the Nativity Play, all the children, parents, and youth had some time to talk with, and spend some time getting to know the residents. It was truly a blessed way to end 2017, and we hope to make this a tradition and plant a little seed in our children to always look forward to, and make time to serve others.



By: Jasmine & Grace

Kuruvilla\_

God

**“I Am**

The Way, the

**Truth, and the life”**

Trinity

John 14:6



## Silverado Memory Care

Silverado Memory Care Facility is a live in residential community of elderly who are in different stages of dementia and Alzheimer's. One in seven Americans over age 70 has some form of dementia. And Alzheimer's disease is the most common form of dementia. Dementia is a general term for memory loss that is severe enough to interfere with daily life. This general term encompasses many different diseases, of which Alzheimer's is only the most common. Alzheimer's is a partially hereditary disease that causes a loss of brain cells. It gets progressively worse over time and is fatal. There is no cure, but there are medications that can treat the symptoms and slow its progress. Spending time with residents helps them in so many ways, and on December 3rd many of our Sunday School students took time to go and perform the story of the birth of our Lord Jesus for the residents. They were so happy and some of them were even moved to tears during the nativity play. To start the Christmas season off by sharing Gods word with everyone at Silverado was inspirational, and to watch the children meet and talk with the residents was heartwarming.



## 8<sup>th</sup> grade class project for the Newsletter

One of the prophetic books read in our church is from Book of Isaiah. He was married to a prophetess, and had two sons. The word Isaiah means "Help from God or "God helps". Isaiah was the only person who was blessed to have a glimpse of the glory of the Almighty. Isaiah saw the heavenly vision; therefore the holy Church calls him the glorious Isaiah. Even though Isaiah was from a royal family, he lived among the ordinary people. He criticized the ruling and upper class of society. His royal heritage was never a hindrance to mingle with the common people.

The book of Isaiah has many important concepts, some of which are listed. Isaiah had a larger vision of the Lord. The sovereignty of the Lord is universal and is founded on the concept of One True God, and the idols of the Heathens would be destroyed. Isaiah believed that the will of the Lord would be accomplished through a remnant of the Israelites. The expectation of this remnant, the prophesy about Immanuel, the transformation of Israel and all these would take place in the course of history. The prophet believed that the people of the Lord would get salvation and prosperity. The first 39 chapters of the book of Isaiah has 6 main ideas. Chapters 1-12 introduce messages and the call of the prophets. Chapters 13-23 are the speeches against heathen countries. Chapters 24-27 are the revelations. Chapters 28-32 are the foreign policies of Judah. Chapters 33-35 are visions about the end of time. Chapters 36-39 are historical addendum. The last part of the book is about Salvation.

The meaning of Salvation can be grasped from the book of Isaiah in chapter 56-66. In chapter 58:7 it says" I want you to share your food with the hungry" Meaning God wants you to share be kind and give to the needy. Being and acting this way will give you salvation, save you from sin. The more good deeds you do the more your sins are forgiven. So it is important that we commit as many good deeds as we can. In Isaiah chapter 60 it says "The light has come. And the Lord has risen." In chapter 61 it says that Isaiah the prophet who saw God was meant to heal the

### A New Year's Plan

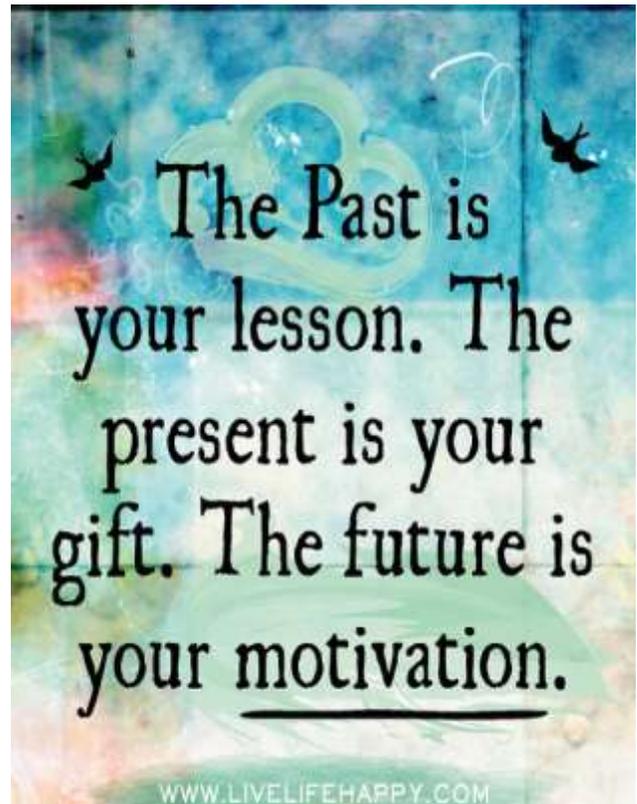
I tried to think of a clever new phrase –  
A slogan to inspire the next 365 days,  
A motto to live by this coming New Year,  
But the catchy words fell flat to my ear.

And then I heard His still small voice  
Saying, "Consider this simple, daily choice:  
With each new dawn and close of day  
Make new your resolve to trust and obey."

"Don't look back caught in regret  
Or dwell on the sorrow of dreams unmet;  
Don't stare forward anchored by fear,  
No, live in this moment, for I am here."

"I am all you need. Everything. I Am.  
You are held secure by my strong hand.  
Give me this one thing – your all in all;  
Into my grace, let yourself fall."

So, at last, I'm ready; I see the way.  
It's to daily follow, trust, and obey.  
I enter the New Year armed with a plan,  
To give him my everything. All that I am.



VACATION BIBLE SCHOOL  
2017



# Church Anniversary, Family Night,



# Church Anniversary, Family Night



## Local Champions 2017

**Kindergarten: Isabel Aramath, Primry: Naithan Mathew, Subjunior: Jeannette Thomas, Junior: Riya Ann Thomas Intermediate: Reshma Philipose**



**Regional Champion 2017: Chrisha Zachariah**

**Diocese 10 Grade Exam - 3rd Rank: Jacob Thomas**



English Chapel: Cementing Our Church for Generations to Come  
By: Serena & Gabrielle Kuruvilla

In August of 2016, our family moved from Austin to Dallas. It was our sixth move, and as always, we trusted God in leading us here. One of the biggest priorities for our parents was to find a church community that had kids our ages. From August till March we visited many churches in the area, met many people, and finally decided on St. Ignatious. We have always trusted that God knows what's best for us, but we had no idea the great plans He was already putting in place for us.

When we became members last year, we had no idea that the church board was already talking about the possibility of an English Chapel, but learned about it one evening soon after. Since the consecration of the English Chapel, we have been able to participate in a service that is just as beautiful as our Malayalam service, but we are able to understand every part.

The Chapel not only helps us better understand our meaningful service, but it helps us connect more with God. The language disconnect is very real for us, and we have tried to fully participate and understand the Malayalam service, but it was a very real challenge. With the Chapel service, we no longer struggle to figure out the meaning of unknown words, and attending Holy Qurbana is more meaningful and enjoyable.

As a family, we are so proud to be Malayalee, and cherish our culture and faith, but the reality is that as generations continue here in the United States, it will be difficult to keep only Malayalam service. Many people have different views on the topic, but God somehow guided our church and board to take this leap of faith for us, the youth, the future of our church.

Our mom is first generation here in the United States and has met with so many youth and young couples all around the nation who are really struggling with our church service and language barrier. She and our dad have tried to get kids to stay in our church because they know the value, but it's very hard if we don't show them we want them to stay using actions not just words. ***We can't just promise them things will change one day...we have to show them things are changing today.***

St. Ignatious is "doing" not just "talking", and we are so thankful to be a part of this so that we can continue to take part in our beautiful, powerful, original service. To have a strong foundation in Christ and the church is what allows us to get through our difficulties and challenges. We truly pray and believe that growing up in this environment will help us, the youth, and younger generations grow as Christians, and stay in our Church.

We will be keeping our church in prayer, and may we continue being good stewards, forgiving, humble, and love one another. Happy New Year and may God bless!



## Our Chapel

Teach Orthodoxy  
 Reflect on our true selves  
 Attend to the sick and needy  
 New life in Christ  
 Serve the poor  
 Faith in action  
 Orthodox community  
 Redemption through Confession  
 Motivate the new generation  
 Accomplish our evangelical mission  
 The True Faith  
 Integrate everyone into our Chapel  
 One, Holy, Catholic, and Apostolic Church  
 Nurture the young in Christ

*Mikhail Skariah*  
 5<sup>th</sup> Grade

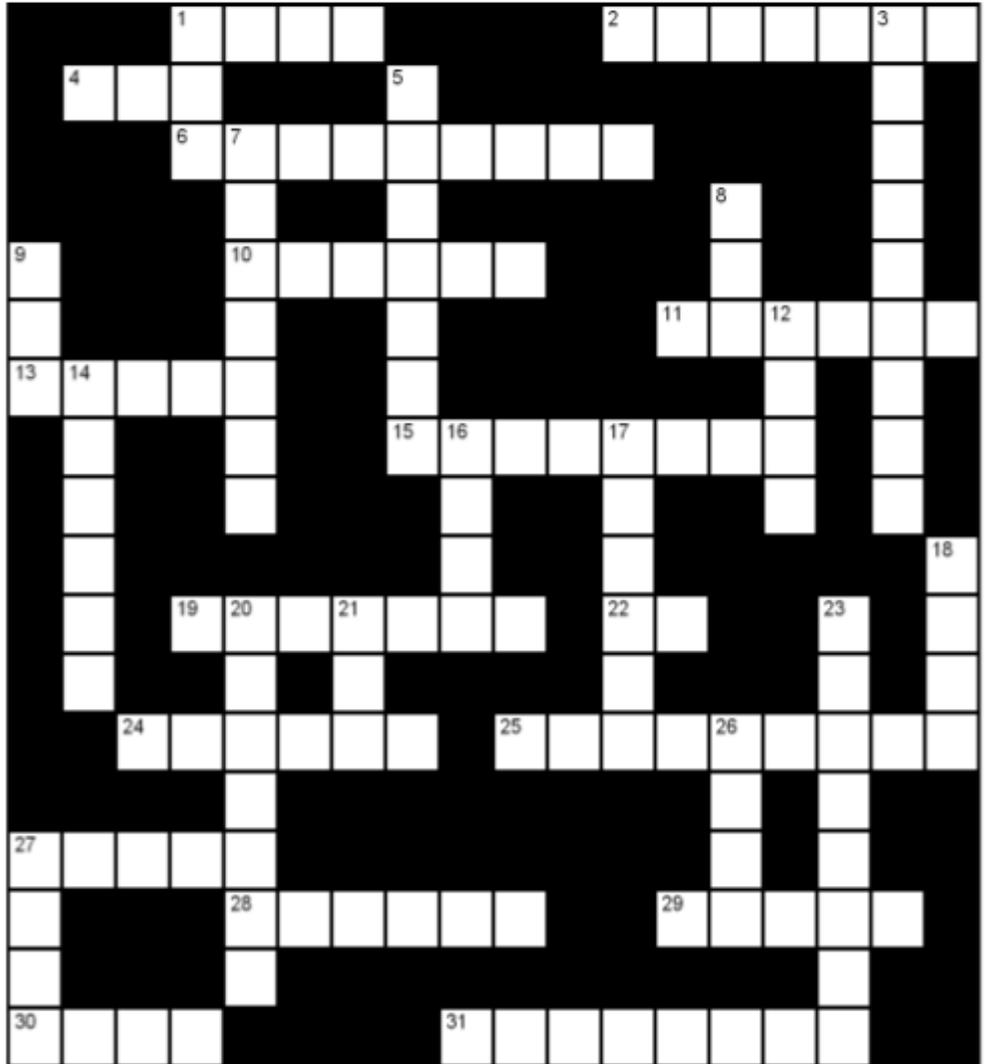


## Blessed Are the Peacemakers, Matthew 5:1-12

Remember that forgiveness and peace are always a better way to live. You will find peace that cannot be found in holding anger. It will eventually make you very unhappy. God will protect you and take away the things that hurt you. He will fill your heart with joy. He will bless you for not returning a bad word with a bad word. He will bless you for solving a problem in a peaceful manner with respect.

## Across

1. happy  
 2. feel joyful  
 4. which person  
 6. followers of Christ  
 10. need for food  
 11. prize  
 13. say  
 15. full of mercy  
 19. wrongly  
 22. opposite of down  
 24. place where God and angels live  
 25. filled up  
 27. cry  
 28. power source of life  
 29. body pump  
 30. comforting  
 31. highest land



## Down

1. heaven and earth creator    3. lessened pain death  
 5. land ruled by king    7. receive upon    8. exist now  
 9. person being talked to    12. shall    14. want water  
 16. bad    17. call bad names    18. not water  
 20. not for    21. view    23. young people  
 26. reason    27. not bragging



## Meet Our Clergy



The Sunday School Staff and Students would like to welcome our new Vicar, Rev. Fr. Eldho Paily to our St. Ignatious Cathedral family. Eldho Achen was born and brought up in Ela-nad, Thrissur, Kerala , and is married to Sajini Eldho. Achen has two children, a daughter, Sherin Merin Eldho who is in her first year degree, and a son, Ignatius Paul Eldho who is in class 5. Achen was ordained as a priest in 1998, and has served in nine churches both in Kerala and out of Kerala, as well as outside of India. He was the Youth Coordinator from 1999-2022 outside the Kerala Diocese. He was also the Coordinator for premarital counseling in the Thrissur Diocese from 2009-2015, and taught liturgical music in the MSOTS as a prefect from 1990-1994. The Sunday School staff and students look forward to growing and working under the leadership of Eldho Achen!



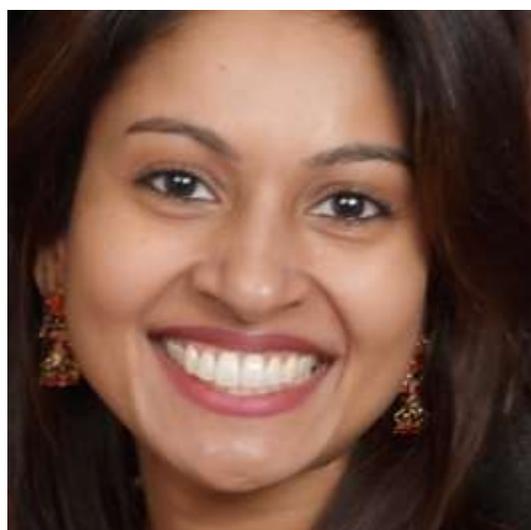
Rev. Fr. Dr. Renjan Mathew is serving as our Associate Vicar and leading the English Chapel services. He was ordained as a priest on January 4, 2015. He has extensive work experience with various church and ecumenical organizations. Currently he is serving as the Joint Secretary of the Malankara Archdiocese. A few journal articles both in secular and religious publication are attributed to him. He was instrumental in the translation and compilation of many liturgical books into English. He has a Ph.D. in Clinical Psychology and completed a Post-graduate Diploma in Theology. By profession, he is a practicing Clinical Neuropsychologist. Fr. Mathew is married to Mrs. Nisha Mathew, and the couple is blessed with two Children—Naithan and Rebecca.

The Sunday School students and staff look forward to continuing our faith journey under the guidance of Renjan Achen!



Hello Everyone,

My name is Akash (Anderson) Paulose. I am the secondary teacher for the 10<sup>th</sup> grade Sunday School class. My job is to make sure that the students who come to our class will be able to learn the material, so they will excel in the 10<sup>th</sup> grade final exam. Outside of school I am currently enrolled in Nursing School. I am a veteran who served in the United States Marines prior to enrolling in nursing college. I am grateful for the opportunity to help students learn about the church and its history.



Hello St. Ignatius! My name is Leena Varkey and I teach our 9<sup>th</sup> graders. I was born and raised in Texas. I currently work with Lewisville ISD. I have been part of St. Ignatius since 1999 when I married Sonu. We have 2 wonderful children: Dominic and Danica. I enjoy doing and learning craft activities, jogging, snorkeling, and spending quality time with family and friends.

**I've taught our Sunday School students since 2004 ranging from 4<sup>th</sup> through 7<sup>th</sup> grade.** I took a break for a few years and decided to rejoin the Sunday School family this year. I find it important for our Sunday School children to be able to appreciate our Orthodox faith. In addition, be able to apply what they learn at church to their daily lives and be able to build a relationship with God. I find pleasure in teaching our students and seeing the positive impact on their lives. My goal with our students is to make sure class time is a meaningful and enjoyable experience.



**Hi this is Johnsy Varghese. I'm currently a substitute teacher, past student, and former Headmaster of our Sunday School.** I hold a BS and MS in Electrical Engineering, and am currently working at TI in Marketing. **I'm married to Priya and have two kids, Jenna and Jasmine, plus our fur-baby Zeus, and we reside in Frisco, Texas.**

**As a kid that grew up in our church, I'm excited to see all the growth our Sunday School is seeing and the tremendous cooperation between our Vicar, board of directors, Headmaster, teachers, parents, and children.** Our ultimate goal is the education of our children, who are the future of our church, in the fundamentals of **our sacred church. I'm looking forward another great year and peace be to you all!**

Hello, my name is Jessy Rebecca Kuruvilla and I am excited to be teaching our 10<sup>th</sup> graders this year. I was born in New Jersey, and have always been actively involved in many of our churches.



I have always believed education is a gift, and after graduating high school, I attended St. Mary's University in San Antonio, TX. While there, I joined Alpha Phi Omega, a service fraternity which served the local community. Through APO, I began volunteering at local, inner city elementary after school programs, and a battered women's shelter. It was difficult to know these children were not able to receive a quality education, but they flourished with me and became a big part of my life. It was then I realized my true passion for teaching.

Saju and I married in 1996, and I moved to Pennsylvania where I received both my Bachelors of Science in Education K-12, and my Masters in Education Administration. I started teaching in 1998 and haven't looked back!

I have taught 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>, and 11<sup>th</sup> grades in PA, and TX and loved it, but resigned to raise our four precious daughters, Serena, Gabrielle, Jasmine & Grace. They are truly the best part of our lives and we are thankful they have so many kids close in age to build bonds with here.

In my free time, I enjoy spending time with my family. I also love to read, write, dance, sing, exercise, bake, and travel.

Education has always been a very important part of my life. My parents, who immigrated to the United States in 1968, instilled in us a love of learning at an early age. It is this love of learning, an innate curiosity for the world around us, a love of life, as well as a genuine hope to instill kindness, a strong work ethic, sincerity, confidence, and courage in the children I teach, that make this profession never seem like work, but rather a true blessing.

## Sunday School Staff

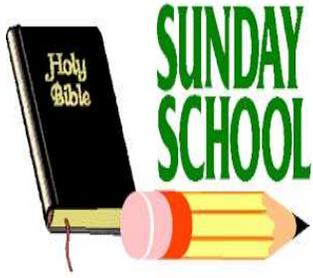
<u>President</u>	<u>Headmaster</u>	<u>Assistant</u> <b>HM's</b>	<u>Adviser</u>	<u>Secretary</u>	<u>Charity Coordinators</u>
Rev Fr. Eldho PP	Jeeth Thomas	Mini Mammen & Binoi Skaria	Rev Fr. Dr. Renjan Mathew	Ashley Mathew	Anu Abraham, Sini Paul, Angela Abraham

<u>Pre-K</u>	<u>Kindergarten</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>
Asha Reji	Nina Abraham	Sherley Aramath	Ciney Skariah	Seena Abraham	Anu Abraham	Angela Abraham
Babitha Markose,	Leena Rubin	Jamie Thomas	Mariam Kurian	Ruby Kurian	Gigi Paul	Sini Paul

<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>9th</u>	<u>10th</u>	<u>11th</u>	<u>12</u>
Shiji Jacob	Ramya Aramath	Simi George	Binoi Skariah	Jessy Kuruvilla	Reji Paul	Mini Mammen
Stacey Ninan	Nisha Mathew	Dona Padanilam	Leena Varkey	Akash Paulose		Asha Thomas

Substitutes:

Johnsy Varghese, Priya Varghese, Angitha Zachariah, Ashley Mathew



# UPCOMING EVENTS

2018

January 2018

- ◆ 1/14: Midterm Exam
- ◆ Sunday School Picture Day

February 2018

- ◆ Sunday School Charity Work

March 2018

- ◆ Regional S.S. Retreat & S.S. Teacher Training

At St. Ignatious Cathedral

- ◆ March 25: Palm Sunday– No S.S.

April 2018

- ◆ April 1: Easter– No S.S.
- ◆ April 8: Church Camping Trip– No S.S.

May 2018

- ◆ May 6: Final Exam
- ◆ May 13: Dessert Day/Last Day of S.S.
- ◆ Sunday School Graduation



We're on the web!

[www.stignatious.com/sundayschool.php](http://www.stignatious.com/sundayschool.php)

Check out our Blogs which include Sunday  
Lectons (Bible Reading & Devotional)

<http://stignatious.com/blogs/category/sschool/>

*Have any questions or concerns, please email  
[St.Ignatious.sundayschool@gmail.com](mailto:St.Ignatious.sundayschool@gmail.com)  
or reach out to any of the Sunday School Staff*

