



Didache graduation in Chicago

The first batch of 46 laity from the Mar Thoma Theological Institute of the Mar Thoma Sleeha Cathedral successfully completed their Theology course and graduated on Feb 5, 2022

[See Pages 3,4 for details](#)

Sunday School Survey and Dei Verbum Bible Quiz

- Dates to Note:
- Complete survey before: Apr-03
- Diocesan Quiz: May-14

[See Page 7 for details](#)

What events to celebrate in the next 3 months

- Lent with the Saints
- Lenten Chart

[See Page 15-16 for some helpful suggestions](#)



MESSAGE FROM BISHOP JACOB ANGADIATH

May I congratulate The Catechetical Department for all its efforts to improve the Faith Formation Program of our Diocese. Teachers' training Courses, Dei Verbum Bible Quiz, Theology Program for the adults, and even this E-Journal publication are the new initiatives to enrich our Faith Formation of children, youth, and adults.

Our Catechism-Faith Formation – is different from all areas of imparting knowledge and training. This is a call to live with the living person of Jesus Christ. The Catechism of the Catholic Church presents the Four Pillars of our Faith, the way of our life with Jesus:

Faith, Sacraments, Commandments, and Prayer.

Let us open our hearts wide to welcome Jesus and invite him to stay with us every day: Jesus has said, **“I am the way, the truth and the life”** (Jn. 14:6). Let us follow him, walking with him in his way, knowing him as the truth of everything and living with him every moment of our life.

Yours sincerely in the Lord,

Mar Jacob Angadiath
Bishop

FROM THE EDITORIAL DESK

Greetings in the precious name of our Lord Jesus Christ!

After the last issue of Katechein was published, the world has seen a resurgence of Covid infection, mostly through the new Omicron variant. I am aware, the new wave of infection and the tightening of Covid protocols have impacted Christmas festivities and CCD mid-term exams in your parish. Once again, I am proud of how you all rose to the occasion and made the right calls regarding online vs in-person classes and mid-term exams.

It is now two years since people all over the world started adjusting their lifestyles to the realities of a worldwide pandemic. Covid is still with us and challenging us to explore a new normal life. I am sure this situation has given us new insight into how our parishioners value the Church services like CCD and other youth programs. We should leverage this new insight into more meaningful programs and effective student engagements in a post pandemic time.

I am pleased to hear the reports of inauguration and jubilee celebrations of **Little Flower Mission League (LFML)** in many parishes. Some of these reports and pictures are included in this journal. Hope that you are planning year-long activities under the auspicious of LFML to foster the mission spirit among children and to promote vocation and spiritual development. Pray that St Theresa of Lisieux ignites the spiritual spark among the students and enkindles the love of God permanently in their lives.

Didache program - our Diploma course in Theology organized by the Pontifical Oriental Institute - celebrated its first batch of graduates in USA recently. I was very proud to see forty-six laypeople of St Thomas Diocese Chicago parading in their cap and gown to receive their well-earned diploma from our Bishop. Hope these trend setters will inspire all of you to enroll in this diploma program. You can read more about the graduation event on pages 3 and 4.

The season of lent is upon us very soon. We are called to take stock of our lives, turn away from sin and renew our commitment to a saintly life during the period of lent. This is also an opportunity to inculcate the habits of almsgiving and selfless service in our children's life by engaging them in such activities in our parishes. Pages 15 and 16 of this e-journal give you a few recommendations for such activities.

May the Blessing of Almighty be with you and your family!

Fr. Dr. George Danavelil

Chief Editor



Katechein

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DIDACHE: PROUD MOMENT FOR THE ST. THOMAS SYRO-MALABAR CATHOLIC DIOCESE OF CHICAGO

It was a proud moment for the diocese as the first batch of 46 laity from the Mar Thoma Theological Institute from the Mar Thoma Sleeha Cathedral successfully completed the course.

Didache theological program was established by the Paurastya Vidyapeetham, Vadavadoor, Kottayam for the laity. The Didache program within the St. Thomas Syro-Malabar Catholic Diocese of Chicago was coordinated through the Department of Faith Formation, under the auspices of Rev. Dr. George Danavelil. Approximately 400 students are currently

enrolled from through-out the diocese and is at different stages of completing the courses.

The journey for the Mar Thoma Theological institute at the Mar Thoma Sleeha Cathedral started three years ago with approximately ninety students and forty-six graduated the course. In order to complete the course, each student must complete twenty-four subjects and for each subject, the student is expected to write assignments, classroom presentations, and a written exam on each topic. Faculty include subject matter experts from within the United States and from Kerala.





The program was successful due to the wholehearted support and encouragement from both Bishop Mar Jacob Angadiath and Auxiliary Bishop Mar Joy Alappatt. Within the parish, Vicar, Rev. Fr. Thomas Kadukappillil, assumed the role of administrator for the program, and Mr. Thomas Moolayil and Mr. George Ambatt as program coordinators ensured courses are completed, encouraged completing assignments, and provided one-on-one assistance to students.

The convocation ceremony was conducted at the Mar Thoma Sleeha Cathedral Parish Hall, Saturday, February 5, 2022. Bishop Mar Jacob Angadiath and Mar Joy Alappatt along with Rev. Thomas Kadukappillil, Vicar General and Vicar of the Mar Thoma Sleeha Cathedral; Rev. Dr. George Danavelil, Chancellor of the Diocese and Director of the Department of the Faith Formation; and Rev. Dr. Andrews Mekkattukunnel,

President, Paurastya Vidyapeetham (attended via zoom), students, family and others attended the ceremony.

Rev. Dr. George Danavelil submitted the class for approval and Rev. Dr. Andrews Mekkattukunnel, accepted it. Mar Jacob Angadiath distributed the diploma certificates to the students. Everyone congratulated the graduates for their accomplishments. Bishop Mar Jacob Angadiath in his presidential address, stated that the graduates will help invigorate the faith formation of our diocese. Mar Joy Alappatt stated that these warriors will help defend our faith and help the church to transmit the sacred traditions of our faith. Ms. Cicily Varkey and Mr. Joppan Joseph, representing the class, shared their experience with the gathering. George Ambatt delivered the vote of thanks. The ensuing dinner and cake cutting marked the end of the graduation ceremony.



SAFE ENVIRONMENT FOR OUR CHILDREN AND YOUTH OFFICE FOR THE PROTECTION OF CHILDREN AND YOUTH

As the Chairman of the Protection of Children and Youth of the diocese, I had to address inquiries about situations where our community members have raised questions about the proper behaviors/actions by teachers, parents, and priests in various circumstances. Most of these situations are the result of actions by individuals who intended to correct the children but, causing pain and discomfort to the child or the parents because of misguided enthusiasm.

In dealing with children, adults should keep in mind that all children are individual personalities, which need to be always respected and all actions should be geared towards enhancement of expression of this individuality. Any challenge to individuality should be avoided at all costs.

Any disciplinary action should be corrective and done in a private session intended and planned for that purpose. Public chastising, while may seem an appropriate teaching moment for the class/group, it has very sustained negative effects on the children. A few points worth mentioning:

- Scolding children in Public should be avoided. While the instant punitive response may have the best behavioral change in animal experiments, the negative impact will also have a sustained impact on one's life.
- Corporal Punishment of any kind including slapping, pinching, should be avoided.
- Isolating the child for disciplinary purposes, like making one stand in the corner, waiting outside the class, sending a child home should be avoided.
- Grabbing food, books, and toys and throwing them away are inappropriate instant responses to child behavior where the adult responds like a child in response.

Publishing grades: There had been several complaints about publishing grades and recognizing students based on academic achievements. Generally, the grades and student achievements are subjects shared among the student, teacher and parents. There are governmental regulations that guide the release of grades for schools. As the age of the child increases the parent-access to the academic progress decreases. Any other release is for statistical analysis where individualized scores are not released. However, schools also would like to use academic recognition as a means of motivating students. Rank order is still used by many schools to identify the top students, but never published. Ranking enhances competition and is not considered efficient except for physical activity.

Some schools rank students on several aspects of academic achievements and publish the top 5 or 10 of each ranking list. The most effective way of using academic achievements as motivational aids is to provide an evaluation of projects given to small groups and the groups ranked, based on several academic factors.

"Creative educational uses of technology hold promise for increasing motivation for a generation of students who have grown up teaching themselves to communicate online, surf the Web, write blogs, or edit photos." ("UsherKober) Inquiry-based learning provides opportunities for students to acquire knowledge and develop analytical skills by choosing activities that interest them. This also will eliminate the need for publishing individual grading.

From Dr, Paul Cherian, Commission Chairperson



DIDACHE – ST. THOMAS SYRO-MALABAR CHURCH & ST. TERESA OF CALCUTTA MISSION, SAN FRANCISCO, CA

“All scripture is inspired by God and is useful for teaching, for refutation, for correction, and for training in righteousness, so that one who belongs to God may be competent, equipped for every good work.” [2 Timothy 3:16-17]

The Theology is a way for tasting the grace of God. We all experience how tasting something like cake becomes more meaningful when we know details about the ingredients. When we know that God is our creator and the ultimate destination we would like to reach, we should use every opportunity to learn more about God so that we can taste the absolute goodness of Him. For centuries, Theology has been a concept that is mostly associated with the priests and the religious. As lay people, it never occurred to most of us that we would learn theology, prior to our diocese starting the ‘Didache’ program.

The preparation of our parishioners to participate in the Didache Theology course began towards the end of 2019 under the guidance of our Vicar at the time, Rev. Fr. George Ettuparayil. The kick-off of the course took place in August 2020 with 24 students, when Fr. Dr. George Danavelil, Director of the Department of Faith Formation of our Diocese was our interim-Vicar. We are profoundly grateful to Fr. Dr. George Danavelil, the Diocesan Director of the Didache program, for spending countless hours to arrange the professors from the Pontifical Oriental Institute for our virtual classes every month and to guide us in every step of this journey. We thank our vicar Fr. Ligory Kattiakaran and Assistant vicar Fr. Rajeev Valiyaveetil for their continued

support and blessings to complete this theology course.

The Didache theology course helps us to enjoy the sweet taste of God in a very meaningful way. Below are some snippets of the feedback we received from the participants about the Didache course experience:

“I know now that I know nothing.”

“You Christians look after a document containing enough dynamite to blow all civilization to pieces, turn the world upside down and bring peace to a battle-torn planet. But you treat it as though it is nothing more than a piece of literature”; I am inspired by this quote of Mahatma Gandhi that is included in the course: Introduction to the Bible.”

“Right thinking and right faith must issue in right living. Right living is the way of the cross”; Gospels offer a renewed basis for our faith, making clear the trials and tribulations along the journey of faith.” (Inspired by the content from the course: ‘Introduction to the Gospels & Gospel of St. Mark’).

“and you will know the truth, and the truth will set you free.’ (John 8: 32); Didache course is helping me to learn the truth, which is Christ Himself and His Church. This true understanding is helping me to live my faith and to be a better Christian in the community.”

“Therefore, the mixing of water with the wine symbolizes the intimate union of the faithful with Him”; After learning this from the Syro-Malabar Holy Qurbana class, whenever attending Qurbana, I feel my soul is in unison with the Lord. May I be never inseparable from Him, Amen.”



ANNUAL SUNDAY SCHOOL SURVEY – PLEASE COMPLETE BY APRIL 3, 2022



The Department of Faith Formation is requesting each parish/mission to complete the Annual Sunday School Survey. This survey is very important. The Department uses the information provided in the Survey to communicate with the Principal/Vice Principal and others regarding important information (Sunday School activities/Exams/Question papers/Textbooks etc.). The information provided in the survey is also used for diocesan statistics, report to Syro-Malabar Curia, United States Catholic Bishop Conference, and others.

The survey can be accessed at: <https://forms.gle/eiTBFUQdUetzXbcvQ7>.

DEI VERBUM BIBLE QUIZ UPDATE

We have successfully completed the semifinal diocesan level Dei Verbum Bible Quiz. Kudos and appreciation go to the Dei Verbum Bible Quiz national team who coordinated the semifinals. The Dei Verbum Bible Quiz, helps parents, teachers, youth, and students read and study the Word of God.

The following qualified for the finals:

- Sub-Juniors, Juniors and Seniors who scored 70% or above in the semifinal are qualified for the Diocesan Level Quiz.
- Adult participants who scored 80% or above in the semifinal are qualified for the Diocesan Level Quiz.

The final Diocesan Level Quiz will be held on Saturday, May 14th, 2022. List of qualified candidates for the finals from each parish will be sent in next few days. Detailed guidelines for the finals, including time, will be sent to you soon. Please see below the books for the finals. Please share it with the finalists and encourage them to read and study these books.

- Sub-Juniors & Juniors: Gospel of Luke & Revelation Ch 1-16
- Seniors: Gospel of Luke, Letter to Romans
- Adults: Gospel of Luke, Letter to Romans & Revelation

ENGAGING FAITH FORMATION: RESOURCES FOR SUNDAY SCHOOL TEACHERS



PRAYER VIDEO RESOURCES

[The Pope Video: Monthly Prayer Intentions of Pope Francis](#)
[Scripture Videos](#)
[Pope's Worldwide Prayer Network: Apostleship of Prayer](#)
[Saint of the Day](#)
[Holy Fatima Saint of the Day](#)

OTHER VIDEO RESOURCES

[Rome Reports: News from the Vatican](#)
[Formed](#)
[Ascension Presents](#)
[Word on Fire](#)

CATECHETICAL RESOURCES

[Catholic Answers](#)
[Made this Way: Prepare Kids to Face Today's Tough Moral Issues](#)
[Theology of the Body](#)
[Catechism of the Catholic Church](#)
[Bible in a Year with Fr. Mike Schmitz, featuring Jeff Cavins](#)

TEAM BUILDING ACTIVITIES

[Rubber Band Cup Stack Challenge](#)
[Marshmallow Spaghetti Tower Challenge](#)
[Water Suspension Magic Trick](#)

GAMIFICATION RESOURCES

[Kahoot](#)
[Jeopardy Labs](#)
[Quizlet](#)
[Blooket](#)
[Quizizz](#)

CATHOLIC MEDITATION RESOURCES

[Pope Francis' Catechesis on Meditation](#)
[Explanation of Catholic Mindfulness](#)
[Hallow Catholic App](#)
[Amen Catholic App by Augustine Institute](#)
[USCCB: Meditation & Lectio Divina](#)
[Ignatian Audio Meditations](#)



TALENT SHOW BY CML KIDS OF ST. THOMAS SYRO MALABAR CATHOLIC CHURCH, SOMERSET NJ

The MDC Special Children Home at Shirur, Maharashtra is a charitable organization run by CMC sisters assisting less fortunate children. St Thomas Syro Malabar, Somerset NJ CML team decided to lend a helping hand by conducting a talent show that gave an opportunity for our kids to demonstrate their unique God given talents. More than 30 kids performed in various performances including dances, songs, music instruments etc. All performances were recorded and broadcast virtually on Youtube over many weekends. A nominal admission fee was collected with all proceeds being donated to the MDC Special Children Home. This was the first ever virtual talent show conducted by the parish CML team and the kids were happy to see it benefit the less fortunate children.



EMMANUEL - THE RAY OF HOPE

St Thomas Syro Malabar Catholic Church, Somerset, NJ had the annual Nativity play on December 19th, 2021. The children recreated the magic of Christmas with their performance. The spirit of Christmas was evident as the audience was left captivated with the music & light show that helped teach the story of the Savior's birth and remind us of all what Christmas is really about.

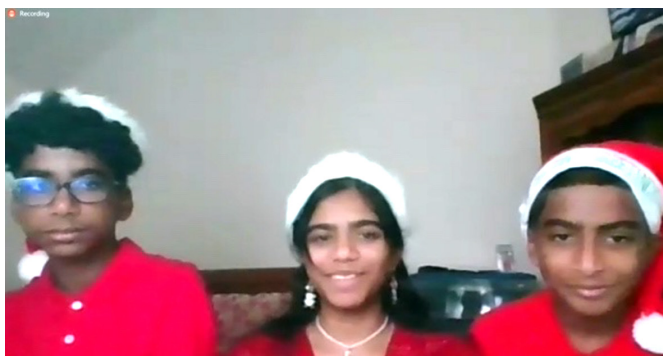


CML BAKE SALE

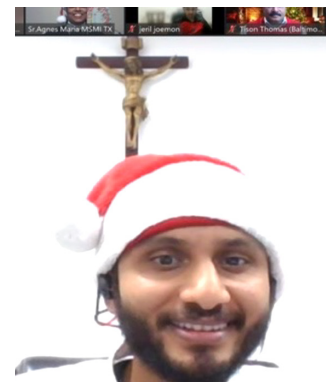
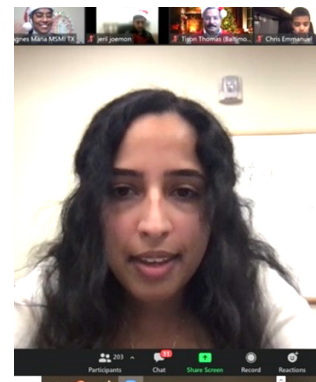
St. Thomas Syro Malabar Catholic Church, Somerset, NJ had their CML autumn Bake Sale on November 21st, 2021. The children got home made baked items for sale. There were separate stalls for each CML color team. The parish community supported the initiative whole heartedly and it was a great success. All proceeds went to charity.



JOURNEY TO BETHLEHEM- A DIOCESAN CML CHRISTMAS PROGRAM!



The LFML at the diocesan level organized a program to promote interest in LFML and to prepare children for Christmas, a one-hour "Journey to Bethlehem" Christmas preparation program on December 23, 2021, at 7:00 p.m. EST. The message was attended by approximately 250 LFML members from all over the country. The meeting started with a prayer song from the LFML members of St. Alphonsa Syro-Malabar Catholic Church, Baltimore, MD followed by a welcome from Sr. Agnes Maria MSMI, the diocesan joint director for the LFML. The icebreaker, CAHOOT was well organized by the LFML members from St. Thomas Syro-Malabar Catholic Church, Somerset, NJ. Rev. Fr. Joseph Alex gave a beautiful Christmas message. Christ the King Knanaya Church performed Christmas Carol. His Excellency Bishop Mar Jacob Angadiath provided the concluding remarks and blessings to all the members. The LFML mission anthem was sung by the LFML members from St. Mary's Syro-Malabar Catholic Church, Pearland, TX. Mr. Tison Thomas thanked everyone for their participation.



SANCTITY OF HUMAN LIFE - ST. THOMAS SYRO- MALABAR CATHOLIC CHURCH, BRONX, NY



The 9th Grade CCD students from St. Thomas Syro-Malabar Catholic Church, Bronx, NY volunteered with the Sisters of Life on Saturday, December 10th at St. Andrew's Catholic Church in downtown Manhattan. The Sisters of Life focus their ministry on the Sanctity of Human Life. The 9th graders helped with sorting mother and baby items, making strollers, stocking items, breaking down boxes and creating a nativity set. They played a big role in helping the Sisters with their annual Christmas operation for mothers and babies.





FOSTERING TEAM SPIRIT THROUGH MULTI-GRADE LEVEL GROUP COMPETITIONS AT SACRED HEART KNANAYA CATHOLIC FORANE CHURCH IN TAMPA, FLORIDA

One of the problems with secular education is that children are often kept with their peers and have minimal opportunity to interact with other children in different age groups. Children growing up without exposure to individuals from different age groups often have a difficult time socializing in the real world as adults in the workplace or other areas of social engagement.

To tackle this issue, the faith formation program of Sacred Heart Knanaya Catholic Forane Church of Tampa had created an innovative system a few years back designed by the former DRE, Sonia Pazhuka. In this approach, multiple grades are assigned a color, either green, red or blue. Each team color will consist of grades from various age levels, having two grades from elementary, one grade from middle school, and one grade from high school. The three teams will work together whenever the CCD program has competitions. Competitions include Christmas carol competitions, group-based oral bible quizzes, competitions during CCD Picnics, and CCD festival performance competitions. The three teams also earn points if one of their team members submits an article or artwork to our church bulletin.

The teams' scores are tracked on Church's faith formation website, <http://www.sacredheartccd.org>. On December 19th, 2021, the teams came together for a Christmas Carol competition. The competition's winner was the blue team, and they earned 10 points. At the end of the year, the team



that makes the most points at the end of the year will receive a rolling trophy. This multi-grade level group competition approach has fostered unity among our CCD students, encouraged sportsmanship, and fostered Christian fellowship greatly needed among our youth.

By Dustin Mundeekunnel
Principal

LFML INAUGURATION - ST MARY'S SYRO MALABAR CATHOLIC CHURCH, CHARLOTTE, NC

On January 9th, 2022, LFML Charlotte chapter was inaugurated by the Vicar, Fr. Sijo Tharakunnel at St Mary's Syro Malabar Catholic Church. The CCD co-ordinator, Sujith Chacko welcomed the audience. The student representative, Michelle Praveen gave an overview on LFML history and patrons. Sonia Binoy, the joint director of LFML walked the audience through the vision, mission, structure and activities of LFML. Fr. Sijo Tharakunnel, the Vicar of the parish delivered the inaugural address which was followed by the lamp lighting. The CML badges were blessed and given to the members after the prayer. The LFML anthem was sung by the choir and the entire parish was excited to participate in the inaugural activities of LFML.



LFML PLATINUM JUBILEE CELEBRATIONS INAUGURATED AT ST ANTHONYS KNANAYA CATHOLIC CHURCH, SAN ANTONIO, TEXAS, BY FR BOBAN VATTAMPURATHU, THE PARISH VICAR



LFML PLATINUM JUBILEE CELEBRATIONS INAUGURATED AT ST STEPHENS KNANAYA CATHOLIC CHURCH, ORLANDO, FLORIDA, BY FR BIPY THARAYIL



LFML PLATINUM JUBILEE CELEBRATIONS INAUGURATED AT ST PIUS X KNANAYA CATHOLIC CHURCH, LOS ANGELES, CALIFORNIA, BY FR SIJU MUDAKODIL, THE PARISH VICAR



LFML PLATINUM JUBILEE CELEBRATIONS INAUGURATED AT ST NEWMAN KNANAYA CATHOLIC MISSION, PHILADELPHIA, BY FR BINS CHETHALIL, THE MISSION DIRECTOR



LENT WITH THE SAINTS



Spending Lent with the saints is a great way to grow in holiness. We can gain inspiration from learning about their lives. Our liturgical calendar is filled with saints who lived colorful lives of extraordinary grace. They can help us go higher in this time of preparation for Easter.

In the season of Lent, we are called to examine our lives, turn away from sin, and renew our commitment to living as Christ taught us. Traditionally, we are invited to engage in three practices: almsgiving, prayer, and fasting. By embracing these practices, we can refresh our spiritual lives. Many of the saints made such practices the center of their lives. Though we might not match the extremes to which the saints took these disciplines, we can still learn from their spirit. **Let's look at some saints whose lives were exemplars of almsgiving, prayer, and fasting.**

Almsgiving: It is the practice of giving to those in need. The Christian tradition tells us that we have a duty to provide for the poor, the widow, the orphan, and the alien. Some saints have gone so far as to not only give of their excess, but to give all to the poor. St. Katharine Drexel, whom we celebrate on March 3, was an American heiress born just before the Civil War. She gave up her wealth (equivalent to \$200 million today!) and entered a convent.

St. Therese of Calcutta stated that "Poverty is freedom. It is freedom so that what I possess doesn't own me." The ability to give freely stems from a recognition that all we have is a gift from God. This recognition allows us to be generous. Our giving does not have to be in large ways. A small gift to the local food pantry, participating in the parish collections, or taking a meal to a new parent or an elderly person is good to move forward on our Lenten journey.

Prayer: We are called to dive into the sea of prayer, which is the sea of God's boundless love. **It is the "raising of one's heart and mind to God,"** as St. John Damascene defined it. In Lent, we turn back to prayer and away from the distractions of the world. St. Dominic Savio, whose feast day is March 10, only lived to be 14 years old, but his life was marked by prayerfulness. He would spend hours in silent meditation.

St. Therese of Calcutta explains "If you want to pray better, pray more." There are no perfect words or gestures, just pray

from your heart. The first way we can pray more is to disrupt our routine by making room for silence by turning off the television during dinner, switching off the radio in the car, and putting down our smart phone.

The personal prayer life of St. Alphonsa was an outflow of her intimacy with the Lord and was fulfilled in her conscious choice of making the Lord the center and priority of her life. The ultimate sign of that infinite Love is nothing but Cross.

Fasting: Pope Francis exhorts us, "Fasting makes sense if it leads to some benefit for others, if it helps us to cultivate the style of the Good Samaritan, who bends down to his brother in need and takes care of him. St. Joseph Oriol, who is celebrated on March 23, was a 17th-century Spanish priest. He is known for his intense regimen of fasting. During Lent each year, he ate only once a week!

Saint Francis spent 40 days on an island in the middle of Lake Perugia taking nothing with him but two small loaves of bread. Fasting helps us to attune our hearts to the essential and to sharing. It is a sign of awareness and responsibility in the face of injustice, abuse, especially to the poor and the little ones, and it is a sign of the trust we place in God and in his providence.

Saint Teresa of Avila explains "Lent is a time for fasting but not a gloomy fasting that lowers one's spirit. It is meant to be a way of lifting one's soul and growing in love and communion with God and neighbor. For many, our simple meal might be more like a royal banquet". Like St. Teresa, we must see it as an attitude of love not a harsh rule to be endured!

Let us turn to our heavenly friends this Lent. We can commit to spending more time in silence with God. Consider this Lent how fasting might help us to be more loving and community oriented. St. Francis teaches that perfect joy is found in "conquering himself, and willingly enduring suffering, insults, humiliations and hardships for the love of Christ".

Encourage your students to study the life of a saint during this Lent. Invite them to do a presentation in the class about their saints. The Lenten chart below is an example for you to use it as it is or modify it according to your class.

THE LENTEN CHART

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fast:	February 28 One full meal	March 1 Sleep without pillow	March 2 Laziness	March 3 Anger	March 4 No phone after 8	March 5 Television	March 6 Sweets
Acts of Love:	Offer Holy mass to begin Lenten journey	Altar lifestyle and find time for God	Read and meditate on the scripture	Read and study the life of Saints	Meditate on the way of the cross	Spent extra time with your family	1/2hr adoration before Holy mass
Pray for:	Intentions of Pope	Our Cardinal	Grandparents	Parents	Our Bishops	Our Vicar	Unborn babies
Fasting:	March 7 Judging others	March 8 Chocolate	March 9 Junk food	March 10 Let go of a grudge	March 11 Staying late	March 12 Sweets	March 13 Being picky
Acts of Love:	Do chores without complaints	Read Bible for 10 min	Send appreciation to grandparents	Pray together as a family	Pray stations of the cross	Prepare a meal for an elderly person	Share your Jesus love with others
Pray for:	Teachers	You don't like	Your family	All missionaries	Church leaders	Political leaders	Catholic Church
Fasting:	March 14 Social media	March 15 Putting yourself first	March 16 Arguing	March 17 Lunch	March 18 Sacrifice a meal	March 19 Judging people	March 20 Anger
Acts of Love:	Apologize someone who hurt deeply	Tell someone about Jesus	Thank someone who influenced you	Memorize a new prayer	Pray stations of the cross	Do personal prayer for 1/2hr	1/2hr adoration before Holy mass
Pray for:	Homeless	Your Classmates	Parish Families	All the Children	All the youth	Sick people	Parish Ministries
Fasting:	March 21 Snacking	March 22 Facebook	March 23 Movies	March 24 Complaining	March 25 Busyness	March 26 Social media	March 27 Chocolate
Acts of Love:	Express your love for your parents	Donate canned food to poor bank	Do chores at home voluntarily	Clean dishes after dinner	Pray stations of the cross	Have a good confession	Tell someone about your faith
Pray for:	Health care workers	All Priests	Your neighbors	Souls in purgatory	Sick people	Less fortunate	Lonely people
Fasting:	March 28 Noise, turn off music	March 29 Social media	March 30 Excuses	March 31 Give up juice/soda	April 1 No phone after 8	April 2 Staying up late	April 3 Being ungrateful
Acts of Love:	Donate canned food to poor bank	Be extra kind and nice to others	Attend Holy mass and pay attention	Have a chat with grandparents	Pray stations of the cross	Clean your room voluntarily	Read a book on spiritual growth
Pray for:	Syro Malabar Church	Peace at home	World peace	Your ancestors	Catholic church	Sick people	All Prisoners
Fasting:	April 4 Movies	April 5 Television	April 6 Phone	April 7 Sweets	April 8 Sacrifice a meal	April 9 Chocolate	April 10 Junk food
Acts of Love:	Be positive, think and act positively	Wash all the dishes after meals	Pray Divine mercy chaplet	Donate old clothes to the poor	Pray stations of the cross	Have a good confession	Spend mealtime together
Pray for:	Religious Vocation	Religious vocation	Religious Vocation	Religious Vocation	Vocation	Religious Vocation	Vocation
Fasting:	April 11 Social media	April 12 Sacrifice a meal	April 13 Facebook	April 14 Fast Laziness	April 15 Expectations	April 16 Social media	April 17 1/2hr adoration before Holy mass
Acts of Love:	Learn about your family traditions	Free yourself from greed, envy & pride	Give unwanted toys to Charity	Attend Holy mass	Meditate on the way of the cross	Observe an hour of silence at 3pm	1/2hr adoration before Holy mass
Pray for:	Syro Malabar Church	Souls in purgatory	Our Country	Our Diocese	Unborn babies	Grandparents	Your Family

USEFUL RESOURCES FOR CATECHISTS

1. ASH MONDAY: WHY IS IT IMPORTANT?

You are dust and to dust you shall return

Happy Ash Monday!

Celebrating Ash Monday instead of Wednesday has been an ancient tradition in the Syro Malabar Church in accordance with having 50 days for the season of Great Fast instead of 40.

Starting lent on Ash Monday helps us to re-prioritize our life to its proper order.

Watch our own Rajiv Achan's creative take on the Ash Monday message in this video, published on Syro Creatives banner.



2. BISHOP BARRON ON LENT AND TEMPTATIONS

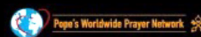
[Bishop Barron on Overcoming Temptations](#)

A very insightful video as we enter the lenten season – the challenge to sacrifice sensual pleasure, the quest for glory and honor and the pursuit of power for personal gratification in exchange for a life-giving relationship with God.

Bishop Barron is asking us to examine our value system and the choices that we make. It is necessary to overcome our temptations before we start doing God's work.



2021/12 CATECHISTS



3. POPE VIDEO – NO 12 –DECEMBER 2021

[Pope recognizes the role of Catechists in Church](#)

Pope Francis tells us in this video, "catechists have an invaluable mission for the transmission and growth of the faith.

"Being a catechist means that you 'are a catechist,' not that you 'work as a catechist.' It's an entire way of being, and we need good catechists who are both companions and teachers."

If you want to see more videos and other content about the Pope's intentions, you can find them at <https://www.thepopevideo.org/>



4. ASH MONDAY (VIBHUTI)

[Why do we celebrate Ash Monday or Vibhuti ?](#)

This is a short video produced by the CCD students from our Melbourne Diocese in Australia. This may answer some of the recurrent questions from our students.

Why do we have to fast for 50 days?

Do you know the origin of the word 'vibhuti'?

Let us learn all these and much more by watching this video made by the girls from Sydney, Australia.

Our students might be able to relate to this video better as this is prepared by two students just like them. It is good to see the next generation of Syro Malabar faith tradition taking roots in far corners of the world.