



# Newsletter St. Ignatius Sunday School Carrollton, TX - 75006



Volume 2, Issue 1

Quarter 1, 2014



## From the desk of the Clergy

**Glory be to the Father, Son and the Holy Spirit!**

Dear parents and children,

We would like to congratulate the team who worked hard to make this newsletter published. This is the second year since we started this mission and may the Almighty Father help us to continue this for our kids.

As per the Church calendar we are approaching the season of Great Lent, Good Friday and Resurrection. We all know how the seasons change four times a year; look at the trees outside. They all have shed their leaves and now getting ready to welcome the next season. This is a natural process of preparation, welcoming and rejuvenation. We have to learn from the nature as the same rules are true for us- the human beings.

Great lent is a time for preparation and rejuvenation.

We need to find out what we need to shed and expel from our lives. Is that our unwanted emotions, our certain attitudes, our pride, our inattention or negligence, our irreverence, or whatever?

During the Great Lent season, along with the regulations of the Church- fasting, charity, compassion and prayer, let's also meditate about what is that God want us to shed and expel from our lives in order to spiritually rejuvenate and welcome the joy of resurrection on the Easter day.

May the love of the Father, grace of the Son, and fellowship of the Holy Spirit be with you all, Amen

*John Corepiscopa Achen,  
Renjan Chammachen & Abin Chemmachen*

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## A note from your HM

As we start off the New Year, we have the opportunity to make changes to our daily and weekly routines. We might decide to obey our parents more often without acting out, study with more focus to get better grades, not fight with our siblings and finally find ways to get even closer to God. Well, easier said than done. How do you get closer to God?

As Christians, we believe that our actions should speak louder than words. Whether in school, home, church, with friends, we should remain the same and consistent with our strive to display through our actions our Christian values. The only way to achieve this is to have a Christ centered life.

When you wake up, you start off with your morning prayers talking to God, where after you say your common prayer that you are taught, take a few minutes to talk to God. Before a test, game, etc. you remember to talk to God and ask him to have you do your best. The same applies to when you are faced with tough situations such as friends advising you to do something you know is bad or you are desperate and just need to cheat once in your exam to move ahead. Before you do any of this, take a minute or few seconds to talk to God and when you let the Blood and Body of Christ that you accepted in Mass help guide you in your daily routines, you will truly start experiencing a better spiritual life as well as earthly peace.

One of the biggest challenges being kids in a

Jacobite house is the challenge of understanding our prayers as well as understanding our Mass, which is so enriching and beautiful. Well, how do you follow and understand prayers better? Ask your parents to occasionally do an English prayer at home where once you start understanding the words for each part along with your parents help, you will start grasping the Malayalam prayers. Knowing the words in Malayalam is not good enough. You need to feel the words from your heart for the beautiful prayers that our forefathers have put together which has kept our strong faith over 2000 years. Think about it!

As far as the witnessing and participating in the Holy Qurbana, you have all been provided the Holy Qurbana books. Please remember to bring it to Mass every Sunday and follow it carefully participating and being positive witnesses to your peers. Again, as Christians, you should be a positive witness for them to want to also sing & participate like you in Mass. If they forget to take their book out, nudge them, smile and ask them to also bring up their books and participate with our congregation. The Sunday School Staff and your parents are working very hard to help close the gap you all have with attending Mass, but we need you to push us further, challenge us with more areas you need help so that you can one day teach your children with true passion.

*Jeeth Thomas*

We're on the web!

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

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

Check out our Blogs which include Sunday  
Lections (Bible Reading & Devotional)  
<http://stignatious.com/blogs/category/sschool/>

**Sunday School Performance During the Church Anniversary Program  
October 18th, 2013**



**Prayer Song**



**Pre-Kindergarten Students**



**Pre-Kindergarten Students**



**Kindergarten & 1st Grade Students**



**Second, Third, Fourth Grade Students**



**Fifth and Sixth Grades Students**

**Sunday School Performance During the Church Anniversary Program  
October 18th, 2013**



**Group Dance From Different Grades**



**Seventh and Eight Graders**



**Seventh and Eight Students**



**Seventh and Eight Graders Students**



**Eleventh Grade Students**



**Prasoon Varghese from 12th Grade**



What is the Holy Qurbono? The word derives from the Syriac word meaning “offering” or “sacrifice”. It’s one of the seven sacraments that allow us to participate and remember the birth, ministry, crucifixion, resurrection and the second coming of Jesus Christ. It is also known as the “Queen of Sacraments” because it gives completeness to all the other sacraments. Holy Qurbono brings all of us together so that we can worship and witness as one.

The first section we observe is the public ministry. We see the celebrant who represents our Lord Jesus Christ and the deacon or alter server holding the candle representing John the Baptist. The first words from the celebrant’s mouth tell us of the birth of our Lord Jesus Christ who was brought forth by Mary and baptized by John the Baptist. The priest and deacon going around the Thronos symbolize His ministry around the four corners of the Earth. Following that is the Trisagion. This is addressed to Christ and praises our Lord three times. It originated from the time of Jesus’ burial when the angels cried out “Holy art Thou O God, Holy art Thou Almighty, Holy art Thou Immortal” and Nicodemus and Joseph of Aramathia answered saying “ Thou who was crucified for us have mercy on us.” After the Trisagion, there are bible readings read from the north and south side of the alter. They signify how the Apostles spread the Gospel throughout the world. The Gospel reading from the celebrant is read afterwards. The reading comes from the words of Christ whose body and blood is in the bread and wine of the Holy Qurbono set before us. The Nicene Creed is later said by the congregation which is a prayer that affirms our faith and holds four Major Tenets: the Holy Trinity, Holy Church, One Baptism and the Final resurrection.

Another section we partake in is the Anaphora of the Faithful. It begins with the Kiss of Peace. This prayer brings peace from the celebrant to the deacon and alter servers and lastly to the congregation. It shows our love and unity with our neighbors and it executes the words of Jesus Christ in His Sermon on the Mount. Following that is the prayers of Inclination that are said. The congregation bows their head for those prayers so that they may receive the blessing being implored. Next is the celebration of the Shushefo. It represents the opening of Heaven and how the grace of God is open to all to confess their faith. The prayers of Institution come after and are the single most important part in the Holy Qurbono. It’s significant in that it reflects the time when the Holy Mysteries were given to the Apostles by our Lord in the upper room. The Invocation of the Holy Spirit comes afterwards. It’s a time for everyone to be awestruck and pray because this is when the Holy Spirit descends and changes the bread and wine to the Body and Blood. After that, the Diptychs are read aloud from the alter. It’s consisted of six thubdens, three for the living and three for the dead. The Church recognizes these prayers because it’s important to acknowledge the faithful from the beginning of time to the end. The next topic is fracture and commixture. This is when we remember the passion, crucifixion and resurrection of Jesus Christ. It reminds us that He who died and suffered is truly God and that His divinity and humanity is inseparable. Following the Diptychs is the Lord’s Prayer. This part relates to the time between the resurrection and ascension of our Lord. The Elevation of Holy Mysteries comes as a celebration of the Ascension of our Lord. The congregation should feel the presence of the ascended Christ with their inner eyes and remain in full reverence and devotion. The following prayers are said so that the congregation can pray to achieve worthiness, holiness and preparation to receive the Holy Communion. The continuous words from the celebrant repeat the unity of the Holy Trinity and remind us that the Holy Spirit is with us. A little while later is the beginning of the procession of Holy Mysteries. When the curtains open, the celebrant holds the paten and chalice while the Altar servers hold candles and the deacon has the censor with incense creating the clouds of heaven. The image we see on the altar is the Second Coming of Jesus Christ. His First Coming was as a Redeemer, but His Second Coming is as a Judge.

Last but not least are the Prayers of Thanksgiving and the Dismissal of the Faithful. The prayers of Thanksgiving are said to thank our Lord for letting us be worthy enough to partake in Holy Qurbono. Then, the celebrant gives peace to the congregation as a symbol of eternal peace for the Second Coming. The dismissal of the faithful is primarily significant because it recognizes those who are far and near, living and departed and those sealed with Holy Baptism. That is sincerely a blessing for those who contribute physically and spiritually.

With all that’s been said, Holy Qurbono is full of important aspects that can be hard to grasp with or without physically partaking in it. There’s so much to witness in just a few hours and yet there’s still all that meaning behind everything. When I come to partake in Holy Qurbono, I see the forms of God from the past, present and future. I witness a lot during Qurbana and even though I don’t understand all that’s happening, I’m in the process of obtaining that understanding. Holy Qurbono is something to experience. Every chance should be taken up because only then could anyone truly witness what we witness every Sunday.

## Sunday School Volunteers at North Dallas Food Bank



The St. Ignatius Sunday School students, teachers and chaperones had a great turnout on January 25th at the North Dallas Food bank to help sort cans for the needy. They started at 8:45 AM and wrapped up at 3:30 PM in the afternoon. All the volunteers had a heartfelt experience and the kids were so excited that they wanted to come back

the following weekend itself. The Sunday School staff seeing their enthusiasm have scheduled another Saturday, March 29th. So the Sunday School Staff is looking forward to all the students attending especially those who could not make it last time.



Everyone is busy sorting out the cans.



Volunteers and students enjoying a well deserved break after the first shift and preparing for 2nd shift.

## Teacher Training Workshop

St. Ignatius Sunday School hosted the Regional Teacher Workshop on January 18th, 2014. The sessions were led by Mrs. Betsy Thotakat and Mr. George Aramath. There were over 55 participants that attended from St. Ignatius Dallas, St. Mary's Dallas, St. Gregorios Dallas, St. Mary's Houston and St. George Oklahoma.



Regional Sunday School Group Photo

## Are We Zombies?

Have you heard of zombies? They are imaginary humans in a dead-like state without consciousness. That is, zombies are undead people who cannot make decision on their own; their free-will is taken over by some other. They usually are portrayed walking slowly with hands raised and emotion-less. You may have read a book, watched a scary movie, or played a game involving zombies, such as *Resident Evil*. Zombies have become so popular that the United States government's Center for Disease Control prepared a zombie-themed disaster preparedness kit. There are even zombie walks organized in different parts of the world, with people dressing up in zombie costumes as they walk around city streets together. What a scary sight!



As the New Year is around us, let's look at verses 26-30 from Luke chapter 17. It describes how people will be living during the time of Jesus' return. Christ tells us:

Just as it was in the days of Noah, so also will it be in the days of the Son of Man. People were eating, drinking, marrying, being given in marriage up till the day Noah entered the ark. Then the flood came and destroyed them all. It was the same in the days of Lot. People were eating and drinking, buying, selling, planting, building. But the day Lot left Sodom, fire and sulfur rained down from heaven and destroyed them all. It will be just like this on the day the Son of Man is revealed.

What's interesting is that Christ doesn't say people will be sinning during these last days. Instead, he focuses on people doing everyday things such as buying, eating, and drinking. So what's Christ trying to tell us here? One interpretation is that their minds were focused on daily matters, the little stuff, such that they missed out on the more important things in life. They're like zombies, living life day-by-day like a programmed computer. Get up, eat, go to school, eat, sleep...get up, eat, go to school, eat, sleep...

Then there are those who become even more zombie-like with addictions to TV shows, alcohol, video games, internet, etc. Something tends to take them over and push everything else aside. This attraction takes a disproportionate chunk of time and energy. It makes them act like zombies.

Of course, we may have a love for positive passions such as hobbies, sports, or even parenting. But we should still ask ourselves: "Is there something that has more of me than it should?" Christ is suggesting from these verses in Luke that the trivial can become consuming, leading us to miss out on God's presence and purpose for life. Some of these attractions might become an idol such that it dulls or 'zombies' our excitement away from the things of God.



As the New Year is around us, it's a good time to self-reflect by answering these questions:

- Is there anything that consumes my energy and time more than it should?
- What steps can I take to ensure that my life does not become zombie-like?
- How can I prioritize and plan out my time for things that matter in the long-run?

As we answer these questions, let's also recall Christ's words: "Seek first the Kingdom of God" (Matthew 6:33).

*By George Aramath*

## Word Searches

Find and circle the search words in the puzzle grid. Spell out the hidden phrase with the leftover letters.

# HOW EXCELLENT IS THE LORD

PSALM 8

ABOVE	FINGERS	ORDAINED
AVENGER	FOWL	OVER
BABES	GLORY	OXEN
BEASTS	HEAVENS	SHEEP
BECAUSE	HONOUR	STARS
CONSIDER	LORD	STRENGTH
CROWNED	MINDFUL	SUCKLINGS
DOMINION	MOON	THINE
EARTH	MOUTH	VISITEST
ENEMIES	NAME	WORK
EXCELLENT		

F	O	O	E	S	U	A	C	E	B	R	S	T	H
O	U	R	H	Y	U	S	X	T	H	I	N	E	A
S	O	D	B	T	R	C	R	O	W	N	E	D	M
A	V	A	D	E	E	O	K	E	H	H	V	I	M
A	E	I	G	L	A	L	L	L	S	T	A	R	S
I	R	N	L	M	W	S	D	G	I	G	E	T	T
L	I	E	E	L	O	O	T	L	O	N	H	W	T
F	N	D	D	M	M	O	F	S	O	E	G	S	E
T	H	S	E	I	M	E	N	E	A	R	E	S	P
R	O	T	N	N	S	H	V	R	A	T	D	E	N
T	N	I	H	D	E	N	T	O	I	S	E	B	N
A	O	N	G	F	E	H	O	S	B	H	L	A	E
N	U	H	T	U	O	M	I	C	S	A	M	B	X
K	R	O	W	L	A	V	E	N	G	E	R	S	O

Hidden Phrase: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

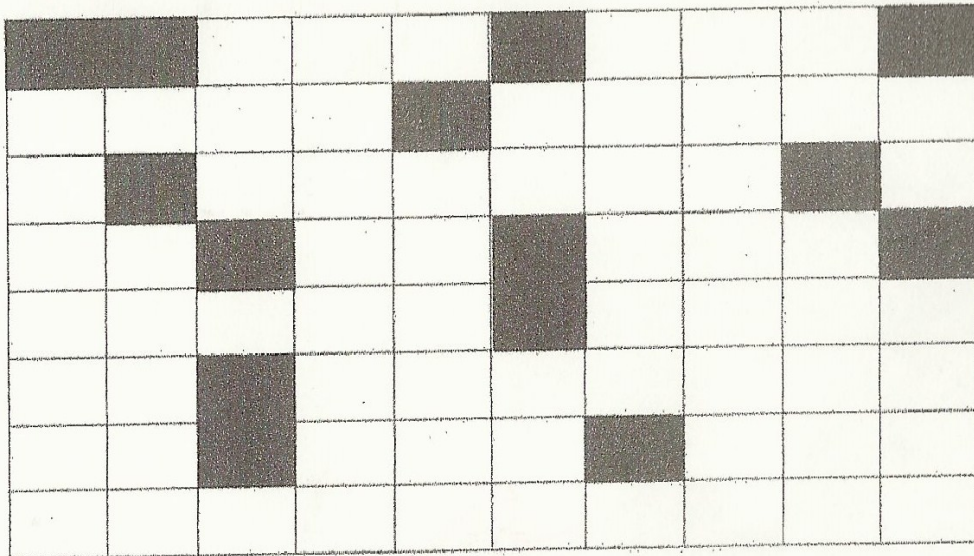
## Bible Quotation Puzzles

Place the letter in each column in the following puzzle grid to form Words. The letters may or may not fit into the grid in the same order which they're given; black spaces indicate the ends of words. When a letter has been used, cross it off and do not use it again. When the grid has been used, cross it off and do not use it again. When the grid has been properly filled in, you'll be able to read a Bible verse by scanning the lines of the grid from left to right.

### Puzzle 92

### Bible Quotation

## PROVERBS 2:6



L	O	U	O	N	G	O	H	E	O
H	H	F	T	N	D	H	V	E	G
U	E	S	K	A	D	D	M	N	E
G	O	R	O	R	N	T	I	N	T
E	R	W	D	F	O	I	O	M	D
M	T		A	S		C	L	S	D
T			T	H		W	U	E	
			I				I		

## Telephone Scramble

Each set of telephone push-buttons contains a hidden Bible word—and you'll need to determine which letter of each push-button combination is part of the word.

### Telephone Scramble

## NAMES FOR CHRIST

ABC 2	JKL 5	MNO 6	GHI 4	GHI 4	GHI 4	TUV 8	WXY 9
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ABC 2	JKL 5	DEF 3	PRS 7	PRS 7	DEF 3	DEF 3
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MNO 6	DEF 3	PRS 7	PRS 7	GHI 4	ABC 2	GHI 4
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PRS 7	PRS 7	GHI 4	MNO 6	ABC 2	DEF 3
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PRS 7	DEF 3	DEF 3	DEF 3	DEF 3	MNO 6	DEF 3	PRS 7
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PRS 7	ABC 2	TUV 8	GHI 4	MNO 6	TUV 8	PRS 7
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PRS 7	GHI 4	DEF 3	PRS 7	GHI 4	DEF 3	PRS 7	DEF 3
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## Know Your Vicar: V. Rev. John Varghese Corepiscopa



The Sunday School Staff would like to welcome our new Vicar, V. Rev. John Varghese Corepiscopa to our Cathedral Church. John Achen was born and brought up in the State of Karnataka, India. He is married to Ammini and has two children named Aneesh and Anusha who are both in their early 20's.

John Achen was ordained as a priest in 1985 and was elevated to the position of Corepiscopa in 2009. In addition to being a Vicar at over 7 churches in the past, he was also the Manager and former Director at St. George Pre-University College. He has also taught over 15 years in Sunday School as well as was an active role in the Youth Association where he was secretary also for several years.

Sunday School looks forward to continue working under the leadership of John Achen!



## Know Your Teachers: Emily Mathew



My name is Emily Mathew and I have lived in DFW with my husband Babu since 1986. I am from Kakkoor, Ernakulum and I work as a School Nurse. I started teaching Sunday school in 1998 when Ashley and Shawn were in Sunday school, loved it and stayed on even after my kids graduated. I taught several grades, but found my niche in 8<sup>th</sup> grade. At this age kids are still impressionable, but have a new found teen spirit and enthusiasm.

I believe that catering to the religious needs of the future generation is a major mission of the church. It is my pleasure to have known and be a part of the religious growth of many youngsters in our church.



## Know Your Teachers: Simi George



Hi my name is Simi George. I joined St. Ignatious family in 2001. I started teaching Sunday school in 2010, as a 5<sup>th</sup> grade teacher. The main reason I joined Sunday school was because I love to teach. Teaching has been a passion for me while I was growing up in India. In fact, I still say that if I were in India the two definite career path for me would have been to be a Teacher or a Lawyer.

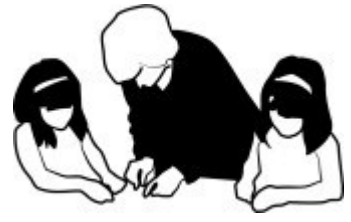
I came to US in 1994. While I was still in College, I was offered a job at the United States Postal Service. I have been with the Postal Service since 1996. I enjoy working at the Postal Service; hence I decided to choose a completely different career path and graduated in Business Administration from DeVry College in 2000. I have held various Managerial positions and at present I am temporarily acting as Finance Manager.

Needless to say, I love to lead teams. May be that was the reason why I was asked to take over Sunday School HM responsibility in 2012. I knew very little of what exactly goes behind the scenes in our Sunday school. Babu uncle had been doing a great job as an HM till then. Reluctantly I took the job as the HM with the support of Vice President, Alex uncle, secretary Achu uncle, and the committee members of 2012.

I believe the biggest achievement I had was the relationship I was able to build with our students and youth as an HM. Till then, the youth barely knew me and I knew none of their names. I give St. Ignatious youth and Jeeth, the entire credit for the success of VBS 2013.

Our Sunday School Teachers are great as well. Each individual teacher does his/her part with pride and at most sincerity. For that I was very thankful. Due to issues at work, I was having a hard time keeping up with my HM duties as well as other duties.

I am very happy that our Sunday school is functioning under the leadership of Jeeth. I could not have asked for a better HM myself.

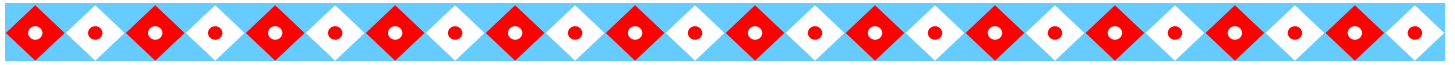


## Know Your Teachers: Binu Aramath

My name is Binu Aramath and currently serve as the secondary teacher for 11th grade. I am married to Mrs. Ramya Aramath and have two children, Noel and Isabel Aramath. I am the eldest son of Rev. Fr. Alias and Elizabeth Aramath.

I have been involved with the Sunday school since 2000 and had the opportunity to teach several classes. I also had the opportunity to serve as the Sunday school headmaster and the southern regional Sunday school director. I am a Physical Therapist by profession and currently work at an outpatient facility. I enjoy music, movies and playing musical instruments.

My humble request to our parents is to spend as much time possible with your precious children, especially during their early years, as precious and long lasting memories are engraved during these years. Inspiring them with your presence and positive influence will have a long lasting impact. The time spent with them will probably be your best investment with the greatest return.



## Know Your Teachers: Priya Varghese

I came to the United States when I was 14 years old. I finished my high school and college in Virginia. I moved to New York and started my first tax job there. I got married and moved to Dallas in 1998. I am married to my husband Johnsy and have 2 beautiful girls Jenna and Jasmine whom I love spending time with. I have a 2 year old German Shepherd dog named Zeus.

I teach 6<sup>th</sup> grade Sunday school at our church. It is very rewarding to be a Sunday school teacher and I love teaching little kids who are so eager to learn.



## Know Your Sunday School Staff

Pre-K	Kinder- garten	1st	2nd	3rd	4th	5th	6th	7th	8th	10th	11th	12th
Asha Reji	Nina Abraham	Shiji Jacob	Ciney Skariah	Seena Abraham	Gigi Paul	Simi George	Priya Varghese	Binoi Skariah	Emily Mathew	Mini Mammen	Reji Paul	Babu Mathew
Babitha Markose	Nimmy Abraham & Stacey Ninan	Jolly Kuria-kose	Jobin Kuriakose	Ruby Kurian	Sini Paul	Shawn Mathew	Varghese Thomas	Ashley Mathew	Dona Jose	Binu Aramath	Sabu John	P.C. Varghese

### President

V. Rev John Varghese  
Corepiscopa

### Headmaster

Jeeth Thomas

### Assistant Headmaster

Mini Mammen

### Adviser

Dn. Dr. Renjan  
Mathew

### Secretary

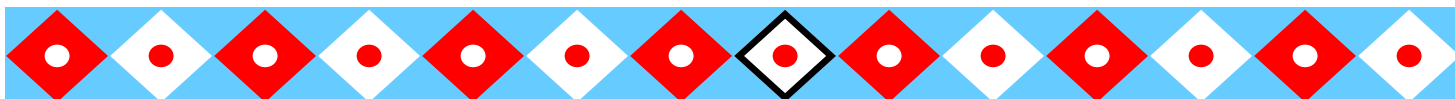
Jolly Kuriakose



# SUNDAY SCHOOL UPCOMING EVENTS

2014

Quarter 1, 2014



## For the month of January:

- ◆ Midterm Exams
- ◆ Sunday School Volunteer Activity at North Dallas Food Shelter

## For the month of February:

- ◆ Picture Day on February 9th

## For the month of March:

- ◆ Sunday School Volunteer Activity at North Dallas Food Shelter. Date Planned for March 29th

## For the month of April:

- ◆ No Sunday School on Palm Sunday
- ◆ No Sunday School on Easter Sunday

## For the month of May:

- ◆ Final Exam for Sunday School on May 18th
- ◆ Sunday School Graduation and High School Graduation on May 25th.

## For the month of July:

- ◆ VBS to start on July 28th and continue on 29th, 30th, 31st (Date to be finalized)

## For the month of August:

- ◆ VBS to continue on August 1st, 2nd (Date to be finalized)
- ◆ Teacher Meeting on August 17th prior to Sunday School Opening
- ◆ Sunday School Reopens on August 24th along with Parent/Teacher/Student Meeting

## For the month of September:

- ◆ Sunday School Local Competition on September 6th starting at 9 A.M.
- ◆ Sunday School Regional Competition on September 20th

## For the month of October:

- ◆ No Sunday School the week before the Church Anniversary Program for the Teachers/Students to use the time to prepare the kids for the programs from Sunday School

## For the month of December:

- ◆ If all classes are on track & no weather classes makeup needed, December 21st & December 28th will be Winter Holidays Dates where we will not have Sunday School

By The St. Ignatious Sunday School Staff

*Disclaimer: All Dates Subject to change depending on circumstances in the future.*



We're on the web!

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

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

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

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

