



Newsletter St. Ignatious Sunday School Carrollton, TX- 75006

Quarter 1, 2016



From the desk of the Clergy



Happy Pentecost to our wonderful Sunday School family. "This is indeed the day the Lord has made, let us rejoice and be glad in it" (Psalms 118:24). We know on Pentecost that we remember and participate in the descent of the Holy Spirit on the Church. The Holy Spirit reveals truth to man, enlightens him, and purifies him with fire. The Holy Spirit, who guides into all truth, reveals the mystical dogmas of Christ and the Holy Trinity. By the Holy Spirit, the prophets prophesied, the apostles taught, and the councils of the church defined the divine dogmas concerning the Holy Trinity, and other things in the life in the church. By the Holy Spirit, the weak were made strong, and the faint-hearted were made brave, and seeing the things of God, are made able to endure grievous martyrdoms. By the Holy Spirit, ordinary bread and wine are changed into the body and blood of Christ. By the Holy Spirit, a man has his sin revealed, and has the means to change. By the Holy Spirit, the simple are made wise. By the Holy Spirit, a

man sees things that cannot even be uttered, the deep things of God, after the Spirit prepares him. On this day, the Church bows down once again for the first time after Kymtho (Easter) to receive the Holy Spirit. Our Lord says, "And I will pray the Father, and He shall give you another Comforter, that He may abide with you forever; {17} Even the Spirit of truth; whom the world cannot receive, because it sees Him not, neither knows Him not: but you know Him; for He dwells with you, and shall be in you." (John 14:16-17) By the Holy Spirit, a person, even a child or youth member may pray in spirit and truth, according to his/her need and the will of God. By the Holy Spirit, the Christian life is lived and prospers. Take that into heart this day and may this knowledge be a source of strength and solace for you in the coming weeks and months.

**V. Rev John Varghese Corepiscopa,
Rev Fr. Dr. Renjan Mathew &
Rev Dn Abin Puravath**

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A note from your HM

We are at the end of our 2015-2016 Sunday School academic year and it has been such an exciting year. I was reading the surveys completed after the Final Exam on May 8th and am really impressed by the depth of some of the responses from the students. It genuinely shows how much you are trying from your side to connect with God by letting us know where you have grown as well as what areas you would like to see further improvements. One of the requests I saw repeatedly from a list of kids was to have more teachers stand with them during Qurbana and to help their peers stay better focused on Qurbana. Along with this feedback, there were a list of other valuable feedback responses which we will all be taking back and looking to incorporate into Sunday School next year.

August 21st. The local competition is scheduled for Saturday, August 13th and the back to School Retreat will be held on Saturday, August 20th. We have VBS this summer for which we will be finalizing the dates shortly based on the Youth's availability given the youth retreat. There is also the Guatemala Medical Mission Trip, family conference, and more which we will be taking into account. We hope to finalize this right after the teacher meeting scheduled for Sunday, May 29th.

Now that the academic year is done, only the textbooks are taking a break. Unlike past years, we will be extremely busy throughout the summer. As announced a few weeks ago in church, we have received the topics for the Sunday School competition for which we will be preparing this summer itself. Also, practicing for the Anniversary Program will take place and the activities in the program need to be finalized before Sunday School restarts on Sunday,

We need each of you to continue through the holidays the Bible Reading plan depending on what you finalized with your teachers. We will be looking to give some extra credit to the students who keep this up during the summer and come back with the logs and signatures form your parents. We need to ensure that each of you are staying connected via your bible readings and personal prayers, as well as attendance in Qurbana. As you learned through the 10 commandments which we covered, we are not to arrange God around your day but you should arrange your day around God. We hope each one of you has a blessed and adventurous summer!

Jeeth Thomas

We're on the web!

www.stignatious.com/sundayschool.php

**Have any questions or concerns, please email
St.Ignatious.SundaySchool@gmail.com
or reach out to any Sunday School Staff**

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

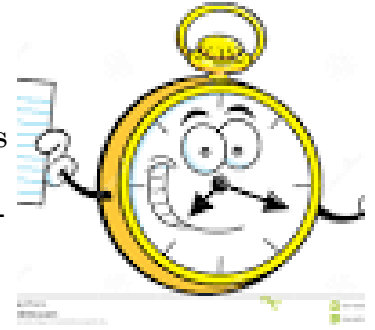
<http://stignatious.com/blogs/category/sschool/>

Sunday School Lenten Retreat 2016



Prayer in Morning

Do you own a watch? If so, how does it run and function? Most watches today run with power from a battery. Did you know that before batteries existed, you had to wind up your watch? The device gets its power from the user manually winding it. Windup watches are designed to have springs that will store enough energy to keep the mechanism working for a day or more.



A person's watch was running slowly. He took it to the watchmaker. Opening the back cover of the watch, he examined it carefully with a magnifying glass. "When do you wind your watch?" he asked. "Just before I go to bed," said the man. The watchmaker replied, "You should wind it the first thing in the morning because every step you take during the day will jar its delicate mechanism; you should begin each day with a tight spring."

The watchmaker was talking about watches but he might as well have been speaking about us. By beginning each day with prayer, we strengthen our "spring", our soul, and are better prepared for the "jars" we shall meet during the day.

Our Lord showed us the example of this important habit. "In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there" (Mark 1:35). Jesus had the habit of going off by Himself to pray early in the morning. He was able to therefore meet the "jars" of life without being overcome by them.

How many of you pray before you go to bed? I'm sure most of you probably will say yes. How many of you pray when you wake up in the morning? If statistics hold true, the number is far less.



The main purpose of our morning prayer is to turn our thoughts to Christ as soon as we open our eyes. It can be a prayer of praise: "This is the day which the Lord has made, let us rejoice and be glad in it" (Psalms 118:24). Whatever may be the content of the morning prayer, its importance lies in the act itself.

Psychologists tell us that the first thoughts we have upon rising in the morning are important because they set the tone for the whole day. Do you know that amongst Hindus, they practice waking up and first seeing the Sun? For us, Christ showed us the importance of acknowledging and thinking about the Son of God in the morning.

How important it is then to begin each day with the thought of God's presence, love, and power. It will not only strengthen us to face the "jars" of the day, but will also help set a positive tone for the coming day.

By George Aramath



Ragan's Hope Charity

Train a child in the way he should go, and when he is old he will not turn from it.

Ragan's HOPE is committed to helping parents of children with catastrophic illnesses or injuries endure the initial impact and embrace the future by providing financial, emotional and spiritual support, in the name of Christ.

Our Sunday school families provided 65 shoebox-sized bins of toys and gifts for children, and their siblings in the Dallas area with serious health problems. The children ranged from 2 months to 16 years of age. The children we supported suffered from a wide range of conditions from extremely low birth weight, autism, Down's Syndrome, Cancer, severe burns, and a variety of other serious diseases and health issues.

A few teachers and Sunday school parents helped deliver packages on the weekend before Easter to families in the local area. This service project was a great experience for our kids and parents to experience true giving and to demonstrate Christian charity and compassion this Easter. We are thankful to all the families who supported this very worthy cause on behalf of our Church in the name of Jesus Christ.

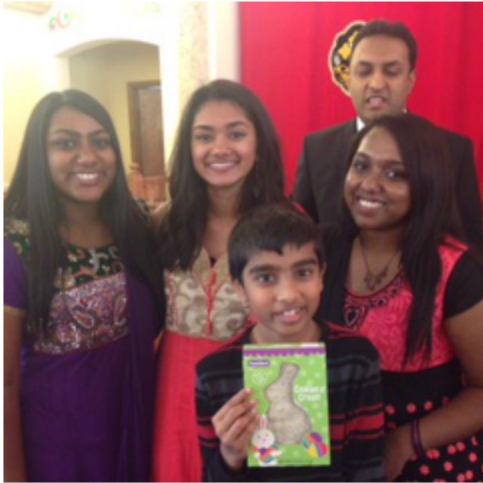
<https://raganshope.org/>



Easter Egg Hunt 2016



Easter Egg Hunt 2016



Synoptic Gospels

The first three gospels are known as synoptic gospels. Synoptic gospels are similar in content, order, and narration. These gospels emphasis mainly the ministry of Jesus in Galilee. Although the gospels are known as synoptic gospels they have various differences.



St. Matthew, one of Jesus' disciples wrote the Gospel of Matthew. He was called Levi, who worked as a tax collector until Jesus called him. Matthew wrote the gospel to mainly address the Jewish Christians. He furnished the genealogy to prove that Jesus was born in David's line. The gospel of Matthew was given the first place in the New Testament, even though it was not written first because it was a connecting link between the Old and New Testament. It also contains the most detailed information about the life and teachings of Jesus. For this reason, it is called the Church Gospel.

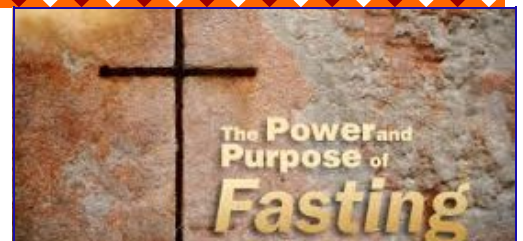
It has universally been accepted that the Gospel of St. Mark was written by Mark. Mark was a follower of St. Peter who called him "Mark my son". St. Peter may have been the person who led Mark to Christ. St. Peter gave apostolic authority to Mark's Gospel. Peter was evidently Mark's primary source of information. It is believed that Mark was the interpreter of Peter who wrote down all the events and miracles performed by Jesus. The gospel was written mainly to address Gentiles and Romans. The Gospel of Mark taught that Jesus, the son of God was fully God and fully human with sentiments such as happiness, sorrow, love, anger etc. The Gospel of St. Mark is the shortest of the four gospels with only 16 chapters.

The Gospel of St. Luke is the longest and most literary gospel in the Bible. Luke, a physician who was a close associate and travelling companion of St. Paul wrote this gospel. He was also the author of the Acts of the Apostles. The important message that Luke conveyed through the gospel was that salvation is not only for Jews, but for all humanity. In this gospel St Luke has given special consideration for women who were ignored by the society during that time. This gospel narrates about the crippled women, the sinner women, the women with severe bleedings, and etc. The gospel of St. Luke contains the two most popular and beautiful stories in world literature which are the parable of the Good Samaritan and the Prodigal Son. St. Luke has also established that Jesus Christ was perfect God and perfect man with all human characteristics except sin, and he came to seek and save us sinners.

by Irene Chacko
6th Grade

What is the Importance and Purpose of True Fasting?

God expects each and every one of us to fast and pray, as it's told in the Bible. Also, to restore friendship with God, if you have sinned or fallen away from God, fasting is one way to come back to Him. Third, you fast to get guidance from God, a way of asking for help, example, what should I do in a tough situation. Fasting will help you get closer to God and a spot for you in heaven. To get closer to God you have to do it with the right attitude, humbleness.



The purpose of fasting is to take our eyes off the things of this world and instead focus on God. For example you've watched TV a lot and you give up watching TV for lent, then what do you do during your TV time? You talk to God, pray and enhance your spirit. Many things you could give up but the best thing is the thing you do all the time, sleeping, video games, TV etc. Then you can be a True Christian, and you will have a life ahead with help from God!

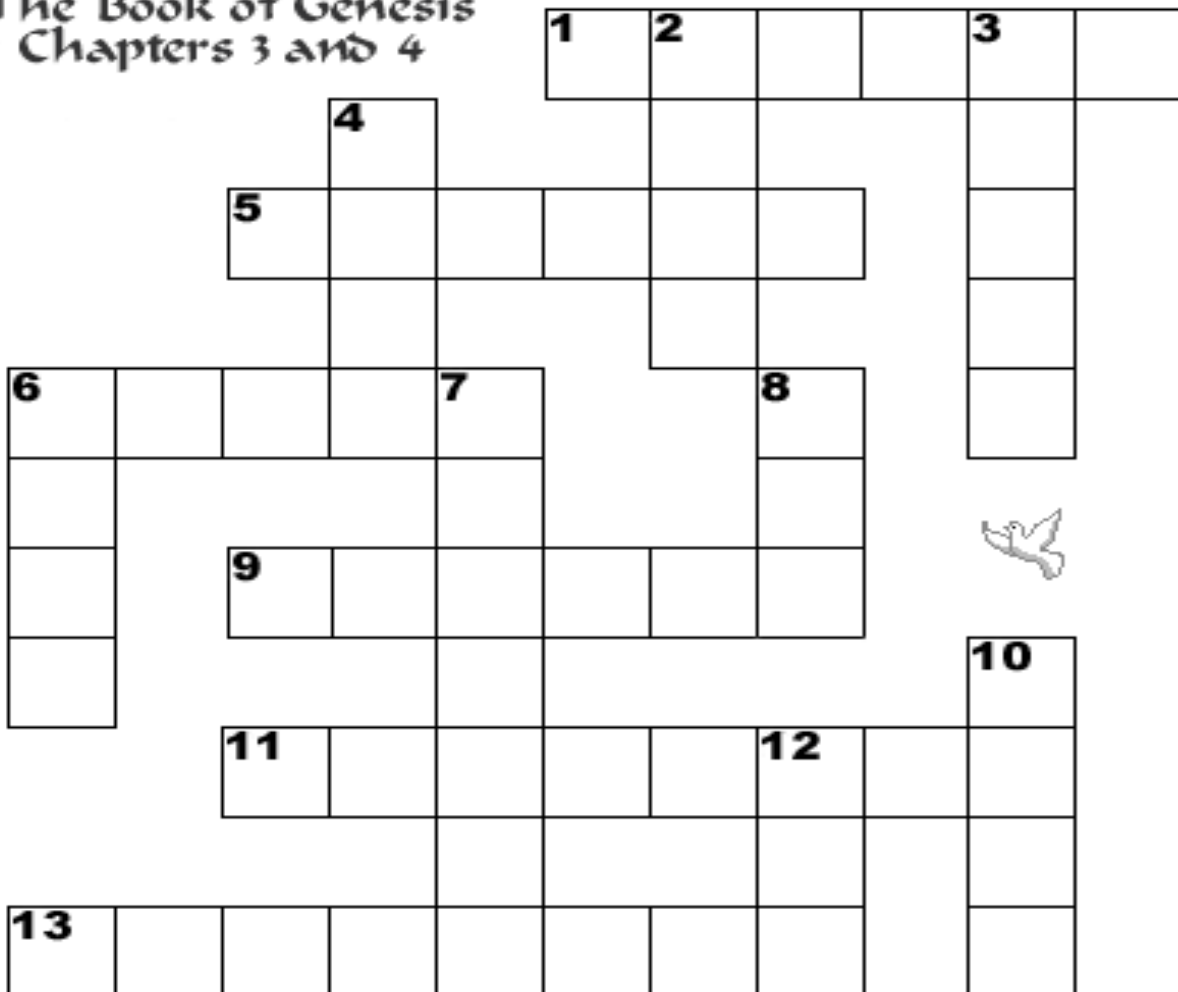
by Rohan Paul
6th Grade

Bible Crossword

Instructions: Now that you are reading the Bible, use the clues provided in the Book of Genesis Chapters 3 and 4 to complete this crossword.

Bible crossword for kids

The Book of Genesis
Chapters 3 and 4



Down

- (2) Adam's second son
- (3) Cain's first son (Gen.4:17)
- (4) Adam's first son
- (6) Adam's third son
- (7) What creature tempted Eve
- (8) Cain lived in this land
- (10) First man
- (12) First woman

Across

- (1) Cain's occupation (Gen.4:2)
- (5) The _____ of Eden
- (6) Adam and Eve's first clothes(Gen.3:21)
- (9) Because of sin the ground was _____ (Gen.3:17)
- (11) Abel's occupation (Gen.4:2)
- (13) Cain became a _____ and a vagabond (Gen.4:12)

Know Your Teachers...



Ciney Skaria



My name is Ciney Skariah. I am married to Binoi Skariah. I have two boys, Gabriel and Mikhail. I work at FedEx. I am from the suburbs of Kochi. I lived in Iowa for 2 years before I moved to Dallas. I have taught 2nd grade for the past three years. I enjoy teaching as I feel I have grown spiritually and personally since I started teaching. I've also gained patience and perspective as a parent.

Ramya Aramath



Hi, I am Ramya Aramath, returning back as a Sunday school teacher after 7 years. I currently teach the 10th grade and I enjoy teaching and love to be a part of children's spiritual life. I am married to Binu Aramath and we are blessed with 3 kids, Noel, Isabel and Immanuel. I was brought up in Coimbatore and came to Dallas in 2006. I work as a physical therapist. I am so grateful to be a part of St Ignatius Sunday school and do my part of God's work in the best of my ability.

Dr. Sherley Aramath



I am Sherley Aramath, currently teaching pre-Kindergarten at St. Ignatious. Growing up in India, teaching had always been my inner passion. I finished my medical school in India, acquired my Masters in Public Health degree in Minnesota, and finished my residency training from Michigan state. I am a board certified family physician serving the Arlington area for the past four years. I am blessed with a supportive husband and two girls, Abigail and Chloe. I appreciate all my family for their love and support always. I love teaching my two kids and I count it a blessing to be able to nurture young hearts at an early age. I love teaching my pre-kindergarteners the love of God, through songs, bible stories and activities. Every week in the classroom is rewarding when you see your young students presenting a story or leading a song. My goal for the pre kindergarteners at St Ignatious is not only to learn about God through simple stories/songs, but also shape them to become confident and bold young minds as they move on to kindergarten. I will certainly miss my current kids next year, but I am looking forward to work with another exciting bunch next year.

Know Your Teachers...



Alisha Paul



Hi everyone! My name's Alisha Paul and I am the secondary teacher for 9th grade in Sunday School! You may have also seen me playing the piano for our church choirs as well! I am currently a senior at the University of Texas at Dallas. When I'm not busy, you'll probably find me either reading a good book, playing with my dog (his name is Sammy), or trying to catch up on some sleep! I love teaching and being able to share my knowledge with others. If you want to get to know me better, please don't be shy to come talk to me at any time!

Angela Abraham



Hey Everyone! My name is Angela Abraham. I am 19 and I'm a sophomore Neuroscience major at UTD. My hobbies include reading, playing basketball, volleyball, dancing and singing. My parents and I moved from Colorado to Dallas in July of 2014. I am so incredibly grateful that we were able to become a part of St. Ignatious. I am currently the secondary teacher for 5th grade. This is my second year of teaching Sunday school and I absolutely love it! The thing I love most about teaching Sunday school is that I can help in the spiritual growth of the younger generation, and I love seeing the joy and enthusiasm on the kids' faces when they learn more about church and our overall faith in Christ.

Sunday School Staff

<u>President</u>	<u>Headmaster</u>	<u>Assistant Headmistress</u>	<u>Adviser</u>	<u>Secretary</u>	<u>Charity Coordinator</u>
V. Rev John Varghese Corepiscopa	Jeeth Thomas	Shiji Jacob	Rev Fr. Dr. Renjan Mathew	Ashley Mathew	Binoi Skaria

<u>Pre-K A</u>	<u>Pre-K B</u>	<u>Kindergarten</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>
Asha Reji	Dr. Sherley Aramath	Nina Abraham	Sini Paul	Ciney Skariah	Seena Abraham	Priya Varghese	Simi George
Babitha Markose	Mini Korah	Deepthy Zachariah	Jamie Thomas	Josh Mammen	Ruby Kurian	Gigi Paul	Angela Abraham

<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>9th</u>	<u>10th</u>	<u>12th</u>	<u>Substitute</u>
Shiji Jacob	Ashley Mathew	Emily Mathew	Binoi Skariah	Mini Mammen	Binu Aramath	Reji Paul
Anu Abraham	Nimmy Abraham	Dona Padanilam	Alisha Paul	Ramyra Aramath	P. C. Varghese	Stacey Ninan





UPCOMING EVENTS

2016

May 2016:

- ◆ May 8: Final Exam
- ◆ May 15: Sunday School Fun Day with Desserts & Games where final grades will be shared with student

June 2016:

- ◆ VBS ? Date will be finalized shortly for either June or July
- ◆ 30 Minute Class for both Local Competition & Anniversary Program: Schedule for timings to be shared by teachers shortly.

July 2016:

- ◆ VBS ? Date will be finalized shortly for either June or July
- ◆ 30 Minute Class for both Local Competition & Anniversary Program: Schedule for timings to be shared by teachers shortly.

August 2016:

- ◆ 30 Minute Class for both Local Competition & Anniversary Program: Schedule for timings to be shared by teachers shortly.
- ◆ August 13: Local Competition at St. Ignatious Church
- ◆ August 20: Back to School Retreat
- ◆ August 21: Sunday School Reopens for Academic Year 2016-2017

September 2016:

- ◆ September 24: Regional Competition - Venue to be finalized.



We're on the web!

www.stignatious.com/sundayschool.php

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

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

*Have any questions or concerns, please email
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