



Melbourne Orthodox Cathedral Bulletin

THE TWELVE

APOSTLES ✝



JUNE 2023

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VICAR'S DESK:

Rev. Fr. Aji K Varughese

Dearly beloved in Jesus Christ,

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God". (Philippians 4:4)

A family becomes heaven when all its members pray together. All anxieties and worries end there. Tensions get relieved through prayers. It ensures the unity and goal-oriented life of the family.

Devotional songs at the beginning of family prayer becomes the music of the family. Songs sung by the family members together, whether endowed with melodious voice or not, resemble the sweet music produced by a piano. The reading of the word of God adds to the divine atmosphere. When the meaning of the bible words touches hearts, it becomes an unofficial religious study class. Some of us can recall our grandparents always keeping their spectacles near the Bible. That was an indication of their strong relation with the Bible.

The eldest member of the family should lead the prayers. We cannot imagine a better scene than the family members praying together and kneeling down before God. Children learn daily prayers even before they start attending Sunday school. Prayer becomes a part of their life. God will definitely come down from heaven to listen to these prayers. During early days, dinner was served only after family prayers. Today's lifestyle creates its own challenges to this environment. The greatest challenge we face today is families without a strong foundation (God) and have no time to pray together.

The family should join together in prayers – kneeling down before God. Some people find it below their dignity to kneel before God. It will be a big mistake on the part of the parents if they show disinterest in prayers and cease to be a model for their children. If you inculcate in your children the habit of prayer, it will stick to them till the very end. They will be able to lead their children also in the right path. Those parents who lament the godless life of their children should resort to self-examination, to find out if they provided their children with the right set of values.

The Church observes Sreeha Nombu from June 16 to 29. I wish and pray that it may a blessing for all of us.

The metropolitan visit was a blessing to our parish. H.G. was well pleased with the whole hearted welcome accorded by us.

May God bless you all.

Yours loving,
AJI ACHEN



LITURGICAL CALENDAR - JUNE 2023

- 2nd June - Golden Friday (Friday after Pentecost).
- 4th June - 110th Commemoration of HH Baselios Paulose I Catholicos (Pampakuda Cheriypally).
- First Sunday after Pentecost.
- 6th June - 98th Commemoration of Karottuveetil HG Yuyakim Mar Ivanios Metropolitan (Parumala Seminary).
16th Commemoration of HG Augen Mar Dionysius Metropolitan (Vallikkattu Dayara, Vakathanam).
- 11th June - Second Sunday after Pentecost.
Feast of St. Bartholomew the Apostle.
134th Commemoration of HG Simon Mar Athanasios Metropolitan (Kottayam Puthen Pally).
- 15th June - Feast of St. Mary, Commemoration of the Establishment of the First Church in St. Mary's Name.
- 16th June - Beginning of Apostles' Lent (13 days Sreeha Fast).
- 18th June - Third Sunday after Pentecost.
- 19th June - Feast of St. James, Brother of Jesus and the First Bishop of Jerusalem.
- 24th June - Commemoration of the Birth of St. John the Baptist.
- 25th June - Fourth Sunday after Pentecost.
- 29th June - Feast of St. Peter and St. Paul.
End of Apostles' Fast.
- 30th June - Feast of the Twelve Apostles.

SUNDAY SCHOOL

The Sunday school celebrated Sunday School Day on 21st May. We were blessed to have Diocesan Metropolitan H. G. Geevarghese Mar Philoxenos as the chief celebrant. Sunday school children lead the choir and ably assisted the Holy Qurbana service. We are thankful for the leadership provided by Mr. Philip M John, Mrs. Anusha Chacko & Miss Shilpa George in training the Sunday school choir. The dedication and hard work of students, parents, and volunteers to make the Sunday school choir a success is appreciated.

Sunday school children and Sunday school choir played a pivotal role in welcoming Diocesan Metropolitan H G Geevarghese Mar Philoxenos on his first visit to SMIOC, Melbourne.

A memento was presented to the previous Sunday School Headmaster Mr. Mathew Simon for his commendable service and contributions.



Dates to note:

June 18th: End of term 2 for Sunday school.

July 9th: First day of term 3 for Sunday school, Mid-term examination for all grades except grade 10

July 22nd: Talent Day competition

Below Sunday School Academic winners(2022) Prizes were presented by the Thirumeni.

First: Joanna Mary Mathew Second: Jerusha Mariam Manesh, Zaniel Yohannan & Kerrin Mary Leju Third: Faith Nirmal	GRADE 1	First: Liana Vargheese Second: Aiden Santosh Third: Johan Ashly Chemmanam	GRADE 2
First: Adam Philip Alex & Ethan George Second: Sanya Shine Third: Reuben Varughese Binoy	GRADE 3	First: Evlyn Mariam Cherian Second: Eva Susan Thomas & Diya Elsa Nirmal Third: Elyna Susan Binil & Jerin Varghese Jinu	GRADE 4
First: Irene Elsa Philip Second: Nathanael Jacob Ninan Third: Danil Bejoy George	GRADE 5	First: Austin Suban Second: Shawn Nirmal Third: Reece Thomas	GRADE 6
First: Ann Grade Philip Second: Joel Ashley Chemmanam Third: Alexia Elza Alex	GRADE 7	First: Christeena Geo Second: Stephen Tom Sajith Third: Aleena Thomas	GRADE 8
First: Feba Sussan George Second: Stellina Ann Sajith Third: Aaron Oommen	GRADE 9	First: Evan Abe Roney Second: Freya Thomas	GRADE 10

St Marys Cash Award for the Highest Academic scorer in Grade 10: Evan Abe Roney

Sunday School Academic Prize distribution snaps:



HG also presented trophies of the winners of H H Moran Mar Baselios Marthoma Paulose II Quiz competition 2022.



OCYM & MGOCSM

Team Youth meet fortnightly on Wednesdays to participate in Vespers and Compline prayers in English, followed by a spiritual discussion on various topics that arise throughout our lives. The session on 10 May was led by Nithin Tharakan on the topic of anxiety.



The SMIOC Melbourne MGOCSM & OCYM conducted a Charity Kebab Sale on Sunday 28 May 2023. Over 20 youth members volunteered in order to bring the fundraiser to fruition - and it was a grand success, with over 250 kebabs sold, and many donations received which will be passed onto charity.



MARTHA MARIAM VANITHA SAMAJAM

Last MMVS meeting was conducted on 14 May which coincided with Mother's Day. The message on this special day was delivered by our dear Blessy Kochamma. MMVS office bearers met with H.G Geevarghese Mar Philoxenos thirumeni and discussed the activities of MMVS during His Grace's visit. The feast of St George was celebrated on 21 May and MMVS members brought in Appam as nercha. The next meeting of MMVS will be held on 11 June 2023.

CHARITY - SNEHA BHAVAN PHASE II BUILDING PROJECT

SMIOC successfully completed the fundraising for Snehabhavan Phase 2 building project. A cheque of Rupees 10 lakhs, being the cost of building one room was handed over to His Grace Geevarghese Mar Philoxenos, the Diocesan Metropolitan of Madras, at the ceremony held after the Holy Qurbana on 21 May 2023 at the Cathedral. His Grace emphasised the vision and services to be catered at Snehabhavan and also appreciated everyone who contributed their money, time, and effort for this project.



MARTHA MARIAM SAMAJAM CENTRAL EXAM

The Martha Mariam Vanitha Samajam central examination for the year 2022 was conducted on 20 November 2022. A Couple of members participated and passed with distinction . Prizes for this was presented on Sunday 21st May 2023 by H.G Geevarghese Mar Philoxenos thirumeni to Mrs. Siby Nirmal and Mrs. Shiny Jiju for their achievements.



DIOCESAN METROPOLITAN - H. G. GEEVARGHESE MAR PHILOXENOS' INAUGURAL VISIT TO MELBOURNE

SMIOC Melbourne was pleased to welcome H. G. Geevarghese Mar Philoxenos in his inaugural visit to Melbourne as Dicoesan Metropolitan. His Grace was received by the Clergies and faithful at Melbourne Airport on 20 May 2023 evening. His Grace was then welcomed at the Cathedral by the congregation and then conducted the Feast of St. George Ramsho and Soutoro services.





His Grace celebrated the Feast of St George on Sunday, 21 May 2023. Sunday School day was also observed this day, with the service being led by the Junior Choir, consisting entirely of our Sunday School children. Following the service, SMIOC presented His Grace with a cheque to support the Vellore Snehabhavan project. Prizes for Sunday School Academic, Quiz competitions and MMVS members prizes were also awarded by His Grace. To mark the visit, HG took a photo with the congregation. After the refreshments, HG interacted with the spiritual organizations representatives and then visited the newly purchased property.



HG with Managing Committee - 2022-2023



HG with SMIOC Acolytes



HG with Martha Mariam Vanitha Samajam



On Sunday evening, 21 May 2022 - HG visited our sister parish - St Gregorios Indian Orthodox Church, Clayton.

On Monday, 22 May 2023, H.G celebrated a Holy Qurbana for the faithful in Geelong. Following the Holy Qurbana, Rev. Fr. Aji K. Varughese read an order (Kaplana) of the Diocesan Metropolitan, declaring the Saint George Indian Orthodox Congregation, Geelong and appointing Rev. Fr. Aji K. Varughese as the priest in charge of the congregation.

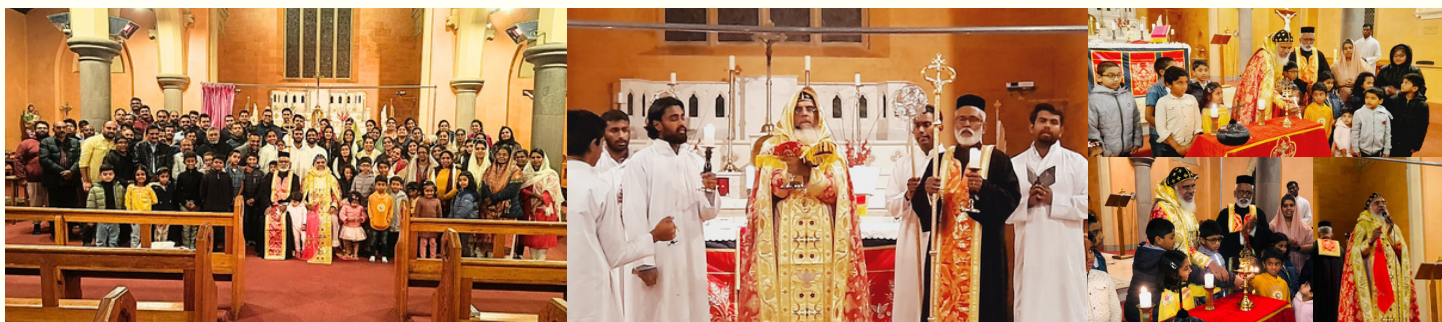


HG visited Wagga Wagga Parish on Tuesday, 23 May 2023.

On Wednesday, 24 May 2023, HG visited the St Anthony Coptic Orthodox Monastery in Heathcote, They were guided by Fr. Dr. Daniel Ghabrial, Vicar General of the Coptic Diocese of Melbourne and Fr Michael, head of the St Anthony Coptic Orthodox Monastery. The Coptic clergy presented His Grace with icons and a wooden Sleeba cross as a token of appreciation.



On Wednesday, 23 May 2023 evening, HG celebrated a Holy Qurbana for the faithful of the St Dionysius Indian Orthodox Congregation, Ballarat. The children of the congregation, along with His Grace, partook in a lighting of the lamp ceremony to mark the inauguration of the SDIOC Sunday School.



H. G. Geevarghese Mar Philoxenos, concluded his visit to Melbourne, and returned to Chennai on Thursday, 25 May 2023 from Melbourne Airport. SMIOC Melbourne extended our sincere thanks to His Grace's for visiting and blessing St Mary's Indian Orthodox Cathedral, Melbourne with his presence.



ARTICLE: FEAST OF PENTECOST

'We celebrated Pentecost last week. But, what is meant by 'Pentecost', some of you may be wondering? Well, in Greek the term Pentecost means 50th as in the number or more precisely 50 days. The Jews didn't use this term and therefore referred to it as "the feast of harvest". Originally Pentecost was remembered as the day when Moses received the commandments but this was then altered throughout history.

After Jesus' resurrection, he gave his final instructions to his disciples before he ascended into heaven. When he ascended into heaven two men dressed in white said, "Men of Galilee, why do you stand here looking into the sky? This same Jesus will return back to earth the same way you saw him enter heaven".

10 days after Jesus's ascension, the disciples were praying in a room when tongues of fire came and rested slightly above their heads. This enabled them to speak in many tongues or languages as the Bible refers. There were many Jews and Gentiles outside, so Peter came and preached about Jesus Christ and his works. Here is a portion of his speech.

"Therefore my heart is glad and my tongue rejoices; my body also will rest in hope, because you will not abandon me to the realm of the dead, you will not let your holy one see decay. You have made known to me the paths of life; you will fill me with joy in your presence." "Fellow Israelites, I can tell you confidently that the patriarch David died and was buried, and his tomb is here to this day. But he was a prophet and knew that God had promised him on oath that he would place one of his descendants on his throne. Seeing what was to come, he spoke of the resurrection of the Messiah, that he was not abandoned to the realm of the dead, nor did his body see decay. God has raised this Jesus to life, and we are all witnesses of it. Exalted to the right hand of God, he has received from the Father the promised Holy Spirit and has poured out what you now see and hear. For David did not ascend to heaven, and yet he said, 'The Lord said to my Lord: Sit at my right hand until I make your enemies a footstool for your feet. "Therefore let all Israel be assured of this: God has made this Jesus, whom you crucified, both Lord and Messiah"

When the people heard this, they were cut to the heart and said to Peter and the other apostles, "Brothers, what shall we do?" Peter replied, "Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. The promise is for you and your children and for all who are far off—for all whom the Lord our God will call." With many other words he warned them; and he pleaded with them, "Save yourselves from this corrupt generation." Those who accepted his message were baptized, and about three thousand were added to their number that day. They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread, and to prayer. Everyone was filled with awe at the many wonders and signs performed by the apostles. All the believers were together and had everything in common. They sold property and possessions to give to anyone who was in need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved." - Acts 2:26-47 NIV

At this day, over 3 thousand people converted into Jews and started believing in Jesus this is why Pentecost is a one of the most significant day in our life.

by: Mr. George Anish

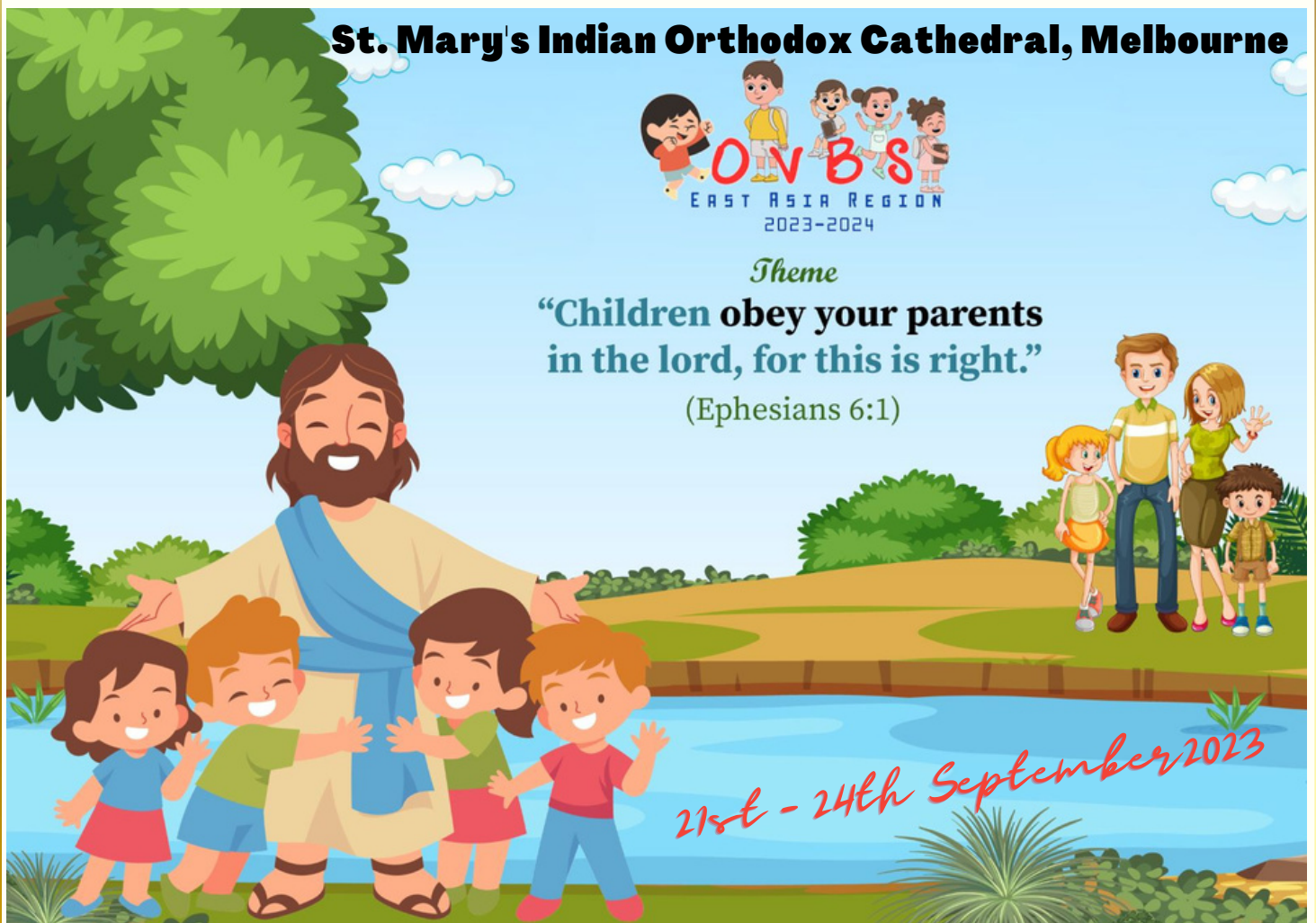


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St. Mary's Indian Orthodox Cathedral, Melbourne

OVBS
EAST ASIA REGION
2023-2024

Theme
**“Children obey your parents
 in the lord, for this is right.”**
 (Ephesians 6:1)

21st - 24th September 2023