



Melbourne Orthodox Cathedral Bulletin

FEBRUARY 2025



ST. MARY'S INDIAN ORTHODOX CATHEDRAL, MELBOURNE.

CONTENTS

- Vicar's Desk
- Liturgical Calendar: February 2025
- Sunday School
- MMVS
- OCYM & MGOCSM
- Prayer Meetings
- Article
- Bulletin Editorial Board



VICAR'S DESK

Rev. Fr. Aji K Varughese

Dearly beloved in Jesus Christ,

“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning. Rend your heart and not your garments. Return to the Lord your God.” (Joel 2:12-13)

The church is observing Nineveh Lent from Feb 10 -13. The purpose of this fast is to encourage repentance, reflection, and spiritual renewal. It serves as a reminder of God’s mercy and the opportunity for redemption. It commemorates the three days that Prophet Jonah spent inside the belly of the Great Fish and the subsequent fast and repentance of the Ninevites at the warning message of the Prophet. Let this be an instance for turning back to God.

The people of Nineveh responded to Jonah’s warning not just with words, but with actions that demonstrated their sincere desire to change. They understood that true repentance calls for both individual and communal transformation. In our lives, we are often faced with distractions, temptations, and habits that pull us away from our faith and from God. Reflecting on the story of Nineveh compels us to strive for a shift in our hearts that leads to God. God extends His mercy to us, inviting us to return to Him no matter our past. This season of reflection is an opportunity to embrace this forgiveness wholeheartedly, allowing it to transform our lives and our relationships with others.

As we navigate this sacred season, may we find courage to confront our shortcomings, embrace the gift of forgiveness, and pursue radical love for ourselves and others. Let this Lent transform us, allowing us to emerge renewed and closer to the God who loves us unconditionally.

May God bless you all.

Yours loving,

AJI ACHEN










LITURGICAL CALENDAR

SEASON OF SANCTIFICATION

February 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
<p>2</p>  <p>4th Sunday after Epiphany. Commemoration of St. Simon and Hanna, (Elder's Day). 57th Commemoration of H. G. Pathrose Mar Osthathios Metropolitan, Mookkancheril. (Carmel Dayara, Kandanadu)</p>	<p>3</p>  <p>Feast of St. Bar Soumo - the Chief Among Mourners & Mar Kauma.</p>	<p>4</p>	<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>  <p>Feast of Mar Severios of Antioch Comme. of Mar Abo</p>
<p>9</p> <p>Sunday before Nineveh Lent 5th Sunday after Epiphany. 16th Comme. of H. G. Mathews Mar Epiphanius Metropolitan. (St. Thomas Cathedral, Kollam).</p>	<p>10</p> <p>Nineveh Fast Begins</p> 	<p>11</p> <p>Three Day Fast</p> 	<p>12</p>  <p>Comme. of Prophet Jonah</p>	<p>13</p> <p>Nineveh Feast Comme. of Patriarch St. Severios of Antioch 93rd Comme. of Patriarch Ignatius Elias III. (Manjinikkara Dayara).</p>	<p>14</p>	<p>15</p>
<p>16</p> <p>Comme. of all the Departed Priests 13th Commemoration of Sabha Ratnam H. G. Dr. Geevarghese Mar Osthathios Metropolitan. (St. Paul's Chapel, Mavelikkara).</p>	<p>17</p>	<p>18</p>	<p>19</p> <p>63rd mem. of Elias Mar Julius (Manjanikkara Dayara)</p>	<p>20</p> <p>Comme. of St. Augen the monk</p>	<p>21</p>  <p>Comme. of Thimotheos of Alexandria</p>	<p>22</p>
<p>23</p> <p>Comme. of all the Departed Faithful 9th Feast of St. Geevarghese Mar Dionysius Metropolitan Vattasseril. (Old Seminary, Kottayam). 17th Comme. of H. G. Dr. Thomas Mar Makarios Metropolitan. (Catholcate Aramana, Devalokam). Feast of St. Policarpus of Smyrna.</p>	<p>24</p>  <p>Feast of St. Mathew the Evangelist.</p>	<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	

SUNDAY SCHOOL

Sunday School will resume on 2nd February 2025 for the new academic year.

Sunday school welcomes back all the students after the holidays especially the children starting Kindergarten and new students who are new to the SMIOC Sunday school.

Congratulations to all the below students who have completed year 10 Sunday School in 2024. Stephin Sajith, Shalomi Samuel, Anoushka Ashish Oommen, Abigail Thirsa Thomas, Alita Esther Aiju, Joana John, Abishua Jacob, Lisa Jiju, AleenaThomas, Adriel Tisvy Yohannan and George Anish.

Please find the rank list for the Sunday school examination for the academic year 2024. Congratulations to all the winners.

SMIOC Sunday School Academic Examination Ranks, 2024

	First Rank	Second Rank	Third Rank
Prep	Amelia Matthew	Evelyn Ajesh Maria Chemmanam	Johan Jerin
Grade 1	Amelia Suban	Noah Subin	Rhea Rachel Romy
Grade 2	Evan Paul Ebin	Jayden Alex Stephen Siyona Scaria	Adrian Suban
Grade 3	Jerusha Mariam Maneesh	Joanna Mary Mathew	Faith Nirmal
Grade 4	Davia Mathew Ivanna Ajesh Raizel Dennis	Johan Ashly Chemmanom	Eric George Jayce Chemmanom Jeremy Jacob
Grade 5	Adam Philip Alex	Ethan George	Sanya Shine
Grade 6	Aiden Alex Aiju Davina Mariam Mathew	Elyna Susan Binil	Alex Oommen Shalyn Elza Joseph
Grade 7	Irene Elsa Philip	Nathanael Jacob Ninan	Danil Bejoy George Jaydon George
Grade 8	Shawn Nirmal	Austin Suban	Reece Thomas
Grade 9	Ann Grace Philip	Joel Ashly Chemmanam	Rhea Joby
Grade 10	Stephin Sajith	Shalomi Samuel Anoushka Ashish Oommen	Abigail Thirsa Thomas Alita Esther Aiju Joana John

MMVS:

The MMVS Melbourne region is organizing a one-day conference on 15th February 2025, Saturday at St. Gregorio's Indian Orthodox Church, Clayton.

The last day for registration is 7 February 2025. The registration link is shared in the MMVS Group.

Children will be supervised and entertained by the youth.

Your participation is highly appreciated.

Achan and MMVS members spent some quality time with Shanta Aunty and Joy Uncle.



OCYM & MGOCSM

Youth Midweek Meditation

MGOCSM & OCYM will be conducting Midweek Meditation session on the 1st, 3rd and 5th Wednesday of each month.

PRAYER MEETINGS

ST. Thomas Prayer meeting - 02/02/25 at the residence of Mr Ajay Oommen at Balwyn

St Dionysios Prayer meeting - 16/02/25 at the residence of Mr. Praveen C Paulose

ARTICLE - NINVEH LENT

In the month of February, we celebrate Nineveh Lent and we would like to share what is Nineveh lent and its importance.

What is Nineveh lent?

Nineveh lent last for 3 days and at that time we remember the city of Nineveh. The people of Nineveh listened to Gods message and finally decided to change their ways and pray for forgiveness.

The Story of Jonah.

The story of Jonah is about a man who was sent by God to tell the people of Nineveh and change their bad ways. But Jonah did not listen to God as he tried to run away. God decided to punish Jonah. Jonah ended up on a big ship and was hit by a storm. He was thrown into the sea and was swallowed by a giant fish. After 3 days Jonah prayed to God for help and finally the fish spat out Jonah. Then Jonah went to Nineveh and told the people Gods message. They listened to him and changed their ways.

Why is Nineveh Lent important?

- 1.Reminds us to be a better person.
- 2.Reminds us to come together and pray to God.
- 3.Reminds us to help people in need by sharing food and kindness.

How can we celebrate?




- 1.By being Kind.
- 2.By saying a little prayer each day
- 3.By sharing toys and clothes we don't use anymore.

Nineveh Lent teaches us about kindness, prayer and helping others. The story of Jonah shows us that its never too late to change. Lets all try to be loving and kind just like the people of Nineveh. Thank you.

BY

ADRIAN SUBAN & AMELIA SUBAN

STAY IN TOUCH WITH US

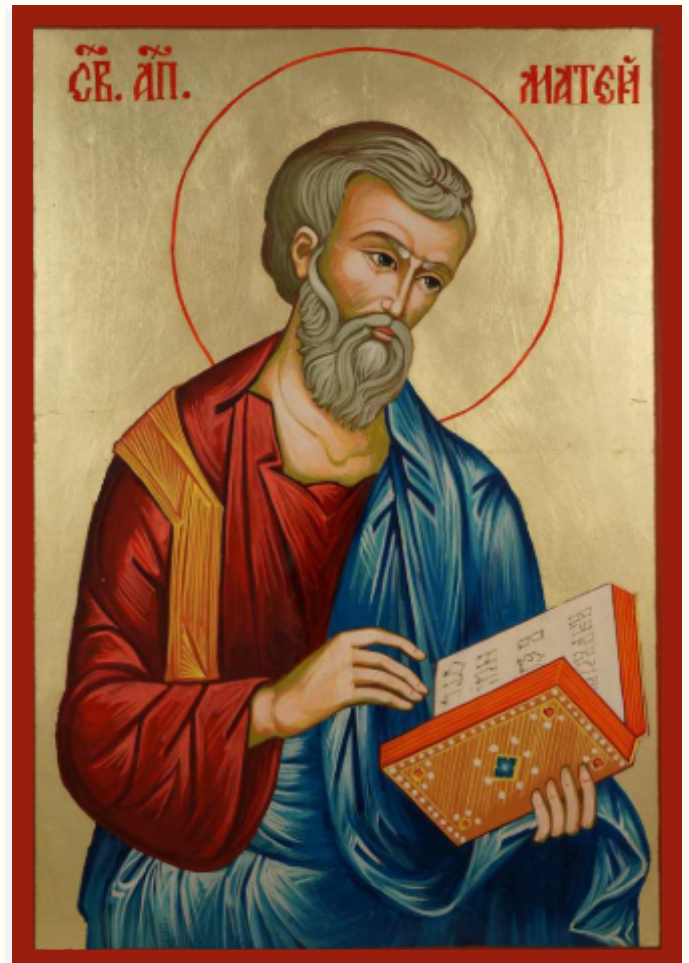
 Vicar: Rev. Fr. Aji K Varughese  +61 466 460 552 +61 3 9383 7944
 118-122 Nicholson Street, Coburg, Melbourne, VIC, Australia, Victoria.
 @SMIOCMelbourne
 www.stmarysioc.org.au/
 Cathedral: @SMIOCMelbourn
 MGOCSM & OCYM: @SMIOCYouth
 MGOCSM & OCYM: @SMIOCYouth

BULLETIN EDITORIAL BOARD

Vicar: Rev. Fr. Aji K Varughese
Chief Editor: Mr. Philip M John
Media Director: Mr. Subin Kochummen
Parish Trustee: Mr. Kochumon Varghese
Parish Secretary: Mr. Philip M John
Spiritual organization representatives: Mr. Jacob Ninan, Ms. Akita Reji, Mr. Reji Cherian,
 Mrs. Siby Nirmal, Mr. Alex Kallapurackal
Media committee Members: Sijo Varghese & Mr. Reuben Iywan



Prophet Jonah



St. Mathew