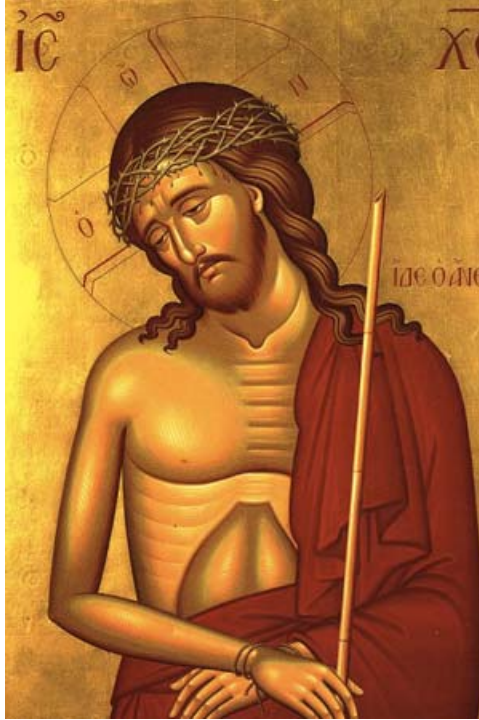




GREGORIAN GAZETTE



O Lord and Master of my life! Take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, O Lord and King! Grant me to see my own errors and not to judge my brother; For Thou art blessed unto ages of ages. Amen.

Martyrs of Saint Sebastia PG 2

Chicago Area Lenten Retreat PG 6

Calendar PG 3

Kids' Korner PG 7

Fasting - A Spiritual Weapon PG 4

Compline Prayers PG 8



The Holy Forty Martyrs of Sebastia

The Forty Holy Martyrs of Sebastia were martyred in approximately 320 AD. They were Christians from various towns and cities of Lesser Armenia who served as soldiers in the royal regiment of Sebastia.

Upon the decree of Roman Emperor Licianos, Lucias, Duke of Caesarea, organized interrogations to identify Christian soldiers among the regiment. Forty of the soldiers remained steadfast in their faith, defying the judges by their brave answers, and were imprisoned. One cold winter night the soldiers were thrown into a lake near Sebastia, to freeze to death.

One of the 40 soldiers, unable to endure the torments, came out of the water to find salvation in a bathhouse built on the bank. The lone soldier died, deprived of both earthly and heavenly life.

At dawn, halos are seen encircling the heads of the remaining soldiers. One of the guards charged with the execution of the 40, witnessing the holy phenomenon, accepted Jesus Christ as his savior and threw himself into the lake to be martyred along with the others. In the morning, it became apparent that through a divine miracle, the 40 soldiers have been saved from freezing. This infuriated their captors and subsequently executed all them. Thus they finished the good course of martyrdom, and their names are: Acacius, Aetius, Aglaius, Alexander, Angus, Athanasius, Candidus, Chudion, Claudius, Cyril, Cyrion, Dometian, Domnus, Ecdicius, Elias, Eunoicus, Eutyches, Euty chius, Flavius, Gaius, Gorgonius, Helianus, Herachus, Hesychius, John, Lysimachus, Meliton, Nicholas, Philoctemon, Priscus, Sacerdon, Severian, Sisinius, Smaragdus, Theodulus, Theophilus, Valens, Valerius, Vivianus, and Xanthias.

The martyrs' remains are buried in Sebastia, where subsequently a 40-domed Cathedral was built. The Cathedral of Sebastia stood for nearly 1,000 years, until the invasion of Tamerlane and the Mongols at the end of the 14th century. However, the "Forty Martyrs Cathedral" name has survived to this day.

Article courtesy of <http://www.neamericandiocese.org>

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George Panicker
Joe Varghese
Peter Varghese

George Varghese (Publisher)

EDITORIAL BOARD

11. Sunday - Canaanite Women

DB - POCE

Sunday School Teachers' Meeting

Ward 4 Prayer

*Acts 4: 1-12, Romans 7: 14-25, St. Matthew 15: 21-31***13. Tuesday - Tele-Conference Prayer 7.30PM****14. Wednesday - Mid-Lent Divine Liturgy 7PM***Acts 15:22-23, 2 Corinthians 9: 1-15, St. John 3: 13-21***17. Saturday - DB-DOCE**

OCYM Meeting 6PM

Chicago Area Lenten Retreats 9AM

18. Sunday - Healing the Crippled Woman

DB - DOCE

24. Saturday - Common Prayer 6.30PM**25. Sunday - Annunciation to St. Mary & Healing the Blind Man**

Catholicate Day

MMVS Fundraiser

General Body Meeting

Ward 3 Prayer

MGSF

*1 Peter 3:8-16, Romans 12: 1-15, St. Luke 1:26-38***27. Tuesday - Tele-Conference Prayer 7.30PM****30. Friday - Fortieth Day of Great Lent Divine Liturgy 7PM***St. Matthew 4: 1-11***31. Saturday - Lazarus Saturday**

MC Meeting 3PM

Evening Prayer & Confession 6PM

*Acts 5:33-42, 1 Thessalonians 2:13-20, St. Luke 6: 1-11***Planning Ahead**

1-7 April—Holy Week

8 April—Feast of the Resurrection

15 April—New Sunday

**if you would like to partake of the sacrament of Holy Confession anytime throughout this Lenten Season, please contact Ninan Achen or Chris Achen to make an appointment*

Our early church fathers used to say that fasting and prayer are the two wings of our soul which elevate us to heavenly kingdom. As today's generation, especially outside Kerala community, has not been exposed to a culture as in Kerala, we need to understand the significance and interpretation of fasting, prayer and lent in the context in which Christ taught and saints and church fathers followed. Fasting, a highly discussed as well as preached topic has been more or less misunderstood today. Fasting means 'abstinence from worldly pleasures'. But we have now a days made it very restricted as per our convenience. We have modified it as 'abstinence from some food items (meat and fish)'. I was recently talking to an MGOCSM student of my diocese. During the conversation he told me that he was fasting year round! The statement made me quite anxious. On asking further explanation he said that he had been brought up in Gujarat, with hindu friends and so he does not take meat. It was humorous indeed but the thought that came to my mind at that instance was that our children do lack knowledge of true fasting. Fasting is self-denial or self-restrain towards any and all physical things that is a pleasure to you and not a compulsion. So for those people, whom food is not a pleasure, but just a daily ingredient to provide necessary nutrients to body, avoiding food is not fasting. In today's world the physical lures are quite different from the ancient times. If you start, the 1st rank in the demerit list will undoubtedly be mobiles and computers, not as modes of communication and work but as means of social interactions, chatting, entertainment ...to name a few. Sin takes on humans in their physical weakness; spirit is never weak as it's the Holy Spirit which resides in all of us. But then it is we who make it inferior to our physical needs. Our carnal desires suppress the spirits voice. We give in to ungodly ways just to complete our physical luxuries. Fasting equips us to stay away from our physical needs for a stipulated amount of time and then gradually develops in us a resistance towards it, so that we may not move away from God because of its temptation. Hence, it gives us the immunity to resist evil when it comes across us in our day-to-day life. It is because we do not

FROM PG 4 understand this aim of our savior, we often misunderstand fasting. Often people ask “What good will it do to starve ourselves?” ‘Why should we refrain ourselves from the food that God gave us?’ and ‘What will God gain if we don’t eat?’. All these questions may sound funny for some who didn’t ask them, and for those who had these in mind, I feel I have answered them. So it is actually we who have to lay down the criterion for our fasting, but in accordance with the rules laid down by the church and keeping in view our tradition.

My beloved ones now I would like to hear from you as to what will you refrain yourself from during this lent. Few weeks of the lent that passed by should not restrict you from implementing more resolutions during the lent. Don’t let Satan tell you to implement it next time. We are not sure of next moment, next year is quite far, and who knows our Lord’s glorious second coming may not permit another opportunity to you for observing lent! That’s why it is said ‘Better late than never’.

-HG Geevarghese Mar Yulios, Metropolitan - Ahmedabad Diocese

Elmhurst Church

By the Grace of God we have signed the contract of our new church at Elmhurst on Friday. We earnestly request that our members keep this project in their prayers and work together for the fulfillment of the project. The fund collection is going well and so far we have collected well over \$ 400,000 in two weeks.



Malankara Orthodox Syrian Church of the East - Diocese of South-West America
CHICAGO AREA LENTEN RETREAT 2012
SATURDAY - MARCH 17, 2012

MALAYALAM RETREAT
(ADULT)

9AM - 1 PM
ST. GREGORIOS, OAK PARK
1125 N. HUMPHREY AVE.
OAK PARK, IL 60302



MGOCSM + FOCUS
(ENGLISH)

9AM - 3 PM
ST. MARY'S, OAK LAWN
6801 W. 96TH STREET
OAK LAWN, IL 60453



MALAYALAM RETREAT LEADER
H.G. GEEVARGHESE
MAR YULIOS

METROPOLITAN OF AHMEDABAD DIOCESE



ENGLISH RETREAT LEADER
REV. FR.
CHRISTOPHER
MATHEW
 CHICAGO AREA
 YOUTH MINISTER

AFTER THE RETREAT THERE WILL BE OPPORTUNITY TO RECEIVE THE SACRAMENT OF HOLY CONFESION

FOR MORE INFORMATION PLEASE CONTACT:

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REV. FR. ABI CHACKO
 VICAR, ST. MARY'S, OAK LAWN
 TEL: 516-655-0117

MR. MATHEW MANI
 MR. SUBIN OOMMEN
 MGOCSM
 TEL: 847-571-6738
 TEL: 847-687-0751

Kids - Korner

Bible Quiz

- 1) Where did the Ten Commandments come from?
- 2) What happened to the prophet Jonah?
- 3) What happened to the prophet Daniel?
- 4) How did Moses' mother save him from being killed by the evil pharaoh?
- 5) What happened to the three men Shadrach, Meshach and Abednego?

MARCH BIRTHDAYS

03/01 Kuriakose Jr., Alex

03/17 Panicker, Sam

03/01 Poulouse, Dincy

03/17 Skariah, Jaison

03/05 Jacob, Shane

03/17 Alexander, Rahul T

03/05 Geevarghese, Grace Ann

03/18 Eappen, Sybil

03/05 Panicker, Isabel Abraham

03/18 Cherian, Reuben Iby

03/06 Oommen, David Mathew

03/19 Eettickal, Abel Isaac

03/07 George, Susan

03/23 Mammen, Gibson G

03/07 Panicker, Lincy T

03/25 George, Thomas

03/09 Varghese, Ryan V

03/31 George, Iyke Joseph

03/11 Joseph, Joshua V

03/12 Kalarical, Joshua

03/15 Areekal, Aditya Varghese

Happy Birthday

To You!

Live Webcast of Daily Lenten Evening Prayers on Vokle

The council members of MGOCSM North America have began a new online ministry offering Lenten Prayers live via webcast using the platform called Vokle. The prayers take place every night at 11 PM EST | 10 PM CST | 9 PM MST | 8 PM PST, and consist of the two evening offices of Ramsho (Vespers) and Soutoro (Compline). The platform, Vokle, allows attendees to join live via webcast and follow along with the prayer session leaders (via live video). The prayers are led by clergy members as well as MGOCSM National Council Members. Attendees can join live via Facebook, Twitter, or Vokle and can interactively send in their prayer requests to the session leaders. Additionally, a form for submitting prayer requests is available (see below). If you are unable to attend the prayer sessions, each session will be recorded and made available within 10 minutes after the live session ends.

The books used during the prayer sessions include: The Book of Common Prayer (English Sh'himo Namaskaram) & Prayers of The Great Lent (2nd edition). The hopes of this new initiative is to unite MGOCSM members in communal worship especially during this Lenten season. Additionally, we seek an opportunity to encourage members to learn the daily liturgical prayers during Lent, as well as observe the Sh'himo prayers the rest of the liturgical calendar.



In order to follow along on Vokle, please follow us on the Facebook page (<http://www.facebook.com/groups/239267339500977/>) for daily updates or follow us on Vokle (<http://www.vokle.com/people/515446>)

To make submit a prayer request, please visit

<https://docs.google.com/spreadsheets/viewform?formkey=dEdtelppQmlvWXJVUUVfc1B0QWI4R2c6MQ#gid=2>

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