EVENT CALENDAR		
Saturday 3/4 @ 10.00 am	World Day of Prayer At Church	
Saturday 3/4 @ 6.00 pm	North Area Prayer Mrs. Mariamma & Mr. Abraham P. Mathew 7709 N Stagg Lane, Winnetka, CA 91335	
3/5	Diocesan Sunday Malayalam Holy Qurbana Rev. Shinoi Joseph Long Island Mar Thoma Church, New York.	
	Western Regional MTVEA Tele Prayer 3/8 Conference No: (712) - 432 - 1500 Access Code No: 638599#	
Saturday 3/11 Field Trip Aquarium of the Pacific Saturday 3/11 East Area Prayer Mrs. Annie & Mr. Thomas Mammen 1684 Lemonwood Street, La Verne, CA 91750		
Wednesday 3/15 @ 7.00 pm Edavaka Mission Bible Study At Church Sunday 3/19 At Church Fellowship At Church after Worship Service		
		Sunday 3/26 @ 5.30 pm



Dearly beloved in Christ,

Vicar's Message

What should I give up for LENT? Giving up some foods I like the most like - Meat? Fish? Sweets? Chocolate? Ice Cream? Beverages? Or Giving up the Social media - Twitter, Tumblr, Instagram, WhatsApp, Facebook, Snapchat, Viber, etc.

Many of us try to be more disciplined for Lent and give up something that we really like. That's great!!! Fasting, Praying and Almsgiving has been an important tradition of Lent. Is giving up and living a disciplined life during this Lent help us to be transformed being? Let us take time to meditate on the verses and let this Lent be a time of transformation for us as a individual and as a community. Let us try at least few of these during this Lent:



- 1. **Give up Complaining & Focus on Gratitude:** *Phil. 2:14-15* "Do all things without murmuring and arguing, so that you may be blameless and innocent..." 1 Thess. 5: 18 "Give thanks in all circumstances, for this is God's will for you in Jesus Christ."
- 2. **Give up Bitterness & Turn to Forgiveness:** *Eph. 4: 31* "Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice." *Eph. 4:32* "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
- 3. **Give up Worrying & Trust in God:** *Matt. 6:25-27* "Do not worry about your life,Can any one of you by worrying add a single hour to your life?" *Matt 6: 33* "But seek first His Kingdom & His Righteousness, and all these things will be given to you as well."
- 4. **Give up Discouragement & Be Full of Hope:** *Deut. 31:8* "The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged." *Isa. 40:31* "but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint."
- 5. **Give up Hatred & Return Good for Evil:** 1 Jn. 2:9 "Anyone who claims to be in the light but hates a brother or sister is still in the darkness." Lk. 6:27 "...Love your enemies, do good to those who hate you."
- 6. **Give up Anger & Be more Patient:** *Matt. 5:22* "But I tell you that anyone who is angry with his brother will be subject to judgement." *Prov.* 15:18 "A hot tempered man stirs up dissension, but a patient man calms a quarrel."
- 7. **Give up Gossiping & Control the Tongue:** *Ps. 34:13* "Keep your tongue from evil and your lips from speaking lies." *Prov. 21:23* "He who guards his mouth and his tongue keeps himself from calamity."

Have a Blessed Lenten journey!!!

Yours in Christ's service,

John Oommen Achen

CHANGE OF ADDRESS

Mrs. MARIAMMA & Mr. ABRAHAM P. MATHEW 7709 N Stagg Lane, Winnetka, CA 91335



BIRTHDAY GREETINGS

3/2	Sheela Johnson	3/20	George Mathew
3/3	Ashish Zachariah	less ₂₀ 0u	Susan Varghese Jacob
		3/21	Kaitlin Elizabeth John
3/3	Isaac G. Karachepone	3/21	Lizabeth Mammen
3/4	Shiny Jacob	and the proof of the second	11/17
3/5	Rajesh John Mathew	0 3)/2 1 CO	Annamma Mathew
3/5	Anisha Ancy Job	b 3√21 n v	Bindhu George
3/6	Biju Thomas	3/21	Sosamma Mathai
3/6	Sanju Varughese	3/22	Mathew Kurian
3/7	Sosamma George	3/23	Renuka Abraham
3/8	Mathai Samuel	3/24	Veena Jace
3/9	Aina Elsa Manoj	3/25	Alan Thomas
3/11	K. J. John	3/25/	Nita Eipe
3/12	Alicia Mathew	3/26	Vin Varghese Thomas
3/12	Cibey Cherian	3/26 9	James V. Mathew
3/13	Aleykutty John	3/27	Annie Varghese
3/13	Tony Alex	3/27	Dr. (Mrs.) Leela Jacob
3/14	Sherry Zachariah	3/27	Thomas J. Mathews
3/14	Ethan Kurian	3/28	V. Z. Abraham
3/16	Arun Itty Varghese	3/28	Katherine A. Jonas
3/18	George John	3/29	Dr. Octavio Balbuena
3/20	Mathai Mathew	3/30	Rani.K. Mammen

WEDDING ANNIVERSARIES

3/9	Shubham Mandloi and Lisa Jacob
3/12	Daniel P. George and Susan K. George
3/17	Raju Skaria and Mini Raju
3/29	nniGinu Samuel and Suni Ginu

	OFFICE BEARERS			
Vicar	Rev. John Oommen	626-963-0432		
Vice President	Mr. Joseph Simon	562-860-3041		
Secretary	Mr. Jonas Chacko	909-664-2378		
Treasurer	Mr. Joseph Varghese	626-914-6931		
Accountant	Mr. Prince Daniel	626-335-0835		







2017 Executive Committee Members

- Rev. John Oommen

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Vice President	- Mr. Jacob A. Mathew
Secretary	- Dr. Elsy Mathew
Treasurer	- Mr. Jacob John
Accountant	- Mr. Abraham O. Mathew
Lay Leader (Mal.)	- Mr. Daniel Samuel
Lay Leader (Eng.)	- Mr. George E. Verghese

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Vicar / President

- Mr. Thomas Mammen East Area

North Area South Area

Las Vegas - Mr. John Sunil Karachepone

ORGANISATIONAL REPRESENTATIVES:

Choir - Mr. Manoj Varkey - Mrs. Rachel Abraham Edavaka Mission Sevika Sanghom - Mrs. Rachel Mathew Sunday School - Mrs. Vinu Mathew Young Family - Mrs. Susan Prince Daniel Youth Fellowship - Mr. Aaron Mathew George Mandalam Representative - Mrs. Susan Kuruvilla George Assembly Representative - Mr. Daniel P. George

NON - COMMITTEE MEMBERS:

- Mr. K. M. Mathai Auditors



NEWSLETTER OF THE MAR THOMA CHURCH OF LOS ANGELES

WORSHIP SCHEDULE & LECTIONARY

Mar	Time	Service	Lessons	Epistle/ Gospel	Theme
5	10:30am	Holy Qurbana MALAYALAM	Zech 13: 1-9 1 John 1:5-10	Eph. 2:1-10 Mark. 1:40-45	The Cleansing Jesus
12	10:30am	Holy Qurbana ENGLISH	Gen. 4: 8-16 Acts. 16:11-18	Rom. 5:6-11 Mark. 2:1-12	The Forgiving Christ
19	10:30am	Holy Qurbana MALAYALAM	Hos. 2:14-23 Phile. 1-21	Gal. 6:1-5 Mat. 15:21-28	The Accepting Christ
26	10:30am	Holy Qurbana ENGLISH	Exo. 3:1-10 Rom. 8:31-39	Gal. 5:1-12 Luke.13:10-17	Reverberating Christ
	5 12 19	5 10:30am 12 10:30am 19 10:30am	5 10:30am Holy Qurbana MALAYALAM 12 10:30am Holy Qurbana ENGLISH 19 10:30am Holy Qurbana MALAYALAM Holy Qurbana Holy Qurbana MALAYALAM	5 10:30am Holy Qurbana Zech 13: 1-9 1 10:30am Holy Qurbana Gen. 4: 8-16 Acts. 16:11-18 19 10:30am Holy Qurbana Holy Qurbana Hos. 2:14-23 Phile. 1-21 10:30am Holy Qurbana Exo. 3:1-10	Mar 1 ime Service Lessons Gospel 5 10:30am Holy Qurbana MALAYALAM Zech 13: 1-9 I John 1:5-10 Eph. 2:1-10 Mark. 1:40-45 12 10:30am Holy Qurbana ENGLISH Gen. 4: 8-16 Acts. 16:11-18 Rom. 5:6-11 Mark. 2:1-12 19 10:30am Holy Qurbana MALAYALAM Hos. 2:14-23 Phile. 1-21 Gal. 6:1-5 Mat. 15:21-28 26 10:30am Holy Qurbana Holy Qurbana Exo. 3:1-10 Gal. 5:1-12



Western Region Sevika Sangham One Day Conference

Image in the

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