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Editorial Pulse

A big thank you to all our contributors for taking the time to pen their thoughts. I am sure that *Pulse* readers will find them inspiring especially in the current global scenario of recession, terrorism, pain and anguish.

Easter is not a time for groping through dusty, musty tomes or tombs to disprove spontaneous generation or even

to prove life eternal. It is a day to fan the ashes of dead hope, a day to banish doubts and seek the slopes where the sun is rising, to revel in the faith which transports us out of ourselves and the dead past into the vast and inviting unknown. –Author unknown

May this issue be a beacon of light to all of you.

Matilda Yorke

Without Easter,
there would be no hope of heaven.
Without the hope of heaven,
there would be no repentance,
no personal transformation,
no attempt to follow biblical principles.
Without Easter,
the world would be in chaos
and darkness.
Jesus' death and resurrection
means we can be reborn,
to live better, to do better,
to shine light into the shadows.
Hallelujah!
Happy, Happy Easter.

By Joanna Fuchs, poemsource.com



150th Year of St. John's Church
– Rooted in Christ,
Reaching out in Service

Presbyter's Letter



Dear brothers and sisters in Christ,
Greetings to you all in Jesus' Name.

This is one more season of Lent which brings us closer to God, in our prayers, devotions and in living accordingly. To taste and see that the Lord is good to us, in all our problems, failures, sickness, loneliness, weakness, and helplessness.

The story of every human life begins with birth and ends with death. In the person of Christ, however, it was His death that was

first, and life that was last. The cross was first, and it cast its shadow back to his birth. If there were no cross, there would have been no crib.

Therefore for all who believe in the Lord Jesus, it is a time of celebration. Because Christ died for our sinful life, through that death He gives us abundance of life. Jesus has given his physical life to us so that we can receive life in God.

Let us experience this abundance in every walk of our life.

NEW LIFE, NEW HOPE

In the history of the world only one tomb is open. The tomb of Lord Jesus Christ. Inside that tomb, it is written "He is not Here". To understand the empty tomb and the resurrection of Jesus Christ, we need to go back to the purpose of God's creation,. God created both man and woman in His image and likeness (Gen. 1:26) to have fellowship and relationship with Him. Because of Eve and Adam's disobedience, sin entered their lives, followed by physical and spiritual death. From

then the sins of humanity increased hurting God's heart. God saw, how great man's wickedness on the earth had become and that every inclination of the thoughts of his heart was only evil. So the Lord was sorry he had ever made them. It broke His heart (Gen 6:5-6). God still loved His created beings. He had a saving purpose for them.

I would like to compare the 40 days of lent with other groups of 40 days In Genesis 6th chapter. "Therefore, God decided to

wipeout this sinful human race on the earth”. But Noah found favour with the Lord. God wiped out the sinful race by bringing rain for 40 days and 40 nights. This 40 days’ of rain washed away the evil that had infected this world. After this new life came into this world (Gen. 8:11). The bird sent by Noah brought a fresh olive leaf in its beak. This is a symbol of New Life (*Vasantha kalam*).

Similarly, the generation of Hebrews who were liberated from slavery in Egypt, refused to enter the promised land. Forty years they wandered in the wilderness. That unbelieving generation was wiped-out, and a new generation who believed, entered the Lord promised land.

Finally, let us think about the 40 days that Jesus spent in the wilderness. Forty days and 40 nights – Jesus didn’t eat anything and He was tempted by the devil. After this He started his ministry which led Him to the cross. His death on the cross brought new life to humanity through repentance and faith in Him.

1. DESPAIR TO HOPE

(Despair = The feeling of having lost all hope)

In-spite of Jesus’ promises, neither the disciples nor the loyal women were expecting Jesus to rise from

the dead. We can say that when Jesus’ body was buried, all their hopes and beliefs were also buried.

In this situation of despair, the angels at the tomb spoke to the women “Don’t be afraid. He is not Here. He has been raised from the dead.” (Mt. 28:5-6). The women ran quickly from the tomb, they were very frightened but also filled with great joy (Mt. 28:8). The words of the angels at the empty tomb, renewed their hope.

In despair Mary Magdalene wept (John 20:13,15). Then Jesus called her by name Mary. Now after seeing the risen Lord, Mary was confident and filled with hope.

Most of the time we too experience this kind of hopelessness, for many reasons, may be loss of dear ones, loss of position, loss of love, when people whom we trusted have cheated us, when we are lonely. Dear Brother and Sister, the resurrected Lord calls you by your name. Turn to Him with repentance and faith, you will find everything in Him.. When we put our full confidence, hope and faith in the Lord Jesus Christ, HE TURNS OUR CRY TO COMFORT, DESPAIR TO CONFIDENCE.

2. FEAR TO JOY

When Jesus died, the disciples not only lost a much loved friend and teacher, but also the focus of all their hopes. They were alone and terribly afraid (Lk. 24:5, 18) of the Roman government and religious leaders.

But their fear and, sadness, turned to joy, when the risen Lord appeared to them. After the ascension of Jesus to heaven, the disciples worshipped Him and returned to Jerusalem filled with great joy (Lk. 24:52).

We too have a lot of fear when our life is in danger. We need to know that the risen Lord is always in our life's journey with us. When we turn to him through faith, definitely our fear will turn to great joy. Therefore, let us not fear for the dangers threatening us, but let us learn to fear the Lord. The fear of the Lord is to depart from evil and do good - [Proverbs 8:13]. Then the joy that God gives to us will abide in our life (John 15: 9-12).

3. UNBELIEF TO BELIEF

The disciples' despair and their fear brought unbelief in their lives. The women rushed back from the empty tomb to tell the disciples what they saw, but they didn't believe it (Lk. 24:8-11). It is true

in our lives also when we undergo continuous problems, pain, suffering, failure, and the attack of evil doers. Our belief in God fathers. When we are troubled, God's invitation to us is to believe in Him.

After seeing the risen Lord, Mary and the disciples acknowledged Jesus as Lord.

The people who were slow to believe, now became very strong in their belief. They repented for their sinful life.

We also can see the Risen Lord, and can worship Him only when we repent from our sins. Here I would like to bring the meanings of sin and repentance.

Sin =

1. Greek word Hamartia = Missing the target, failure to attain the goal.
2. Adikia = unrighteousness, jealous, envy, guilty conscience, worthless, iniquity, bad.
3. Poneros = evil, bad, wicked, sinful, guilty, malignant, painful
4. Paraptoma = trespass, transgression, lawlessness, disregard, violation of the law, line we deliberately cross.
5. Rebellion against God-Isaiah. 1:2
6. Unbelief - I John 5:10

7. Knowing to do good and not doing it James 4:17
8. Evil desire - James 1:15
9. Violation of conscience - John 8:9
10. All wrong doing - I John 5:17

The call of God is to repent and believe (Mk 1:15). Without repentance simply believing has no effect in one's life. Repentance means - change in mind, in purpose, in attitude and in action. It results in being raised to newness of life.

Very specially, I would like to refer to the scripture portion John 20:22, "Then He breathed on them to receive the Holy Spirit". New life was given through the risen Lord. In Gen 2:7, the Lord God formed man from the dust of the ground and breathed into him the breath of life. The first breath of God created a living person, and now THE BREATH OF THE RISEN LORD GIVES HIM NEW LIFE IN THE HOLY SPIRIT OF GOD.

New Birth:

When a man / woman has heard Christ's call and has turned to Him the whole direction of his life is reversed or converted. When he has entrusted himself entirely to Christ in an act of faith with repentance, and commitment, he is put right with God and justified receiving the forgiveness of his

sins; then a new life begins, THAT IS NEW BIRTH. This brings a change in every part of his life. He becomes a new creature in Christ. The things once loved he begins to hate, the things once hated, he begins to love. He has a new sense of values, his priorities are different, his very reason for living has changed. He is New.

God Bless You,

Rev. P. J ayanesan



Help Build the Education Fund for Underprivileged Children

There are many children who cannot realize their dreams of an education, simply because their families cannot afford it. Some are not sent to school, while others when they reach the eighth standard or finish standard X they stop studying and begin to work.

The Socio Economic Concerns Committee of St. John's Church has initiated an Education Fund to help such children, help them to be educated so that they can stand on their own feet.

Last year, nine children from high school to college were given this

subsidy; they are doing well in their studies. The Committee wants to reach out to more children, and encourages you to support this cause. The cost of subsidizing the education of one child is Rs. 5000/- per year.

Let us help these children enter the portals of an institution, confident that they can complete their education and be an asset to their families and society.

As the Chinese proverb says — “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” Join in our efforts to do so.

Saturday Prayer — Be a Prayer Warrior

“In the rush and noise of life, as you have intervals, step within yourselves and be still. Wait upon God and feel his good presence; this will carry you through your day's business” — William Penn

We are not fully alive until we are alive to God and in touch with him. Through prayer, we make contact with God, listen to him, get onto his wavelength and tell him everything that is in our minds. Since God is our Father, a simple and sincere prayer helps us to feel close to him.

The Prayer Fellowship continues to meet every **Saturday** in the church from **6.30 a.m. to 7.30 a.m.** Prayers are offered through Jesus Christ our Lord, for the ministries at St. John's, the Diocese, for those who are sick,

lonely and with special needs. We also intercede for our country and society.

We thank God for answered prayers and wait upon Him in confidence as we make our requests known to Him.

You are welcome to join us. If you have prayer requests or know of somebody who needs prayer, kindly write the details and drop it in the box provided at the entrance of the Church.

You may also call the Presbyters or Church Office (25513805) or Thomas Swaroop (9448277064) and inform of any such request.

Thomas Swaroop

Compassionate Fund

Be a part of this initiative to reach out to the underprivileged

Do you / or a member of our church need financial aid for a medical crisis? The Church can help through the Compassionate Fund. Contact the Presbyter / Convener of the Socio Economic Concerns Committee of St. John's Church.

Members who would like to contribute towards this causes, may

do so in cash or by cheque/demand draft drawn in favour of St John's Church, Bangalore.

If you do know a member who needs financial help for medical needs, inform the Presbyter / Convener, Socio Economic Concerns Committee, St John's Church.

Be an Active Member of St. John's

There are several opportunities that will help you be more than a Sunday Christian. You can call the pastors / church office and discover

how you can use your talents and gifts, that God has given you. Be a member of the Wings of the Church.

Wings of the Church

Women's Fellowship: Tuesday – 5 p.m.

Men's Fellowship: First and third Thursday- 6 p.m.

Youth Fellowship: Saturday – 430 p.m.

Sunday School: Sunday – 830 a.m.

Young Married Couples Fellowship: Third Sunday – 10.30 a.m.

You can also be a volunteer at Stephen's Home for the Aged, Asha Nivas and St. John's Boys Hostel.

Subscription and change of address

Have you moved residence, changed your contact numbers? Please do inform the

Church office to enable us to keep in touch with you. You are requested to also update your subscription.

Neighbourhood Fellowship Meetings

Cox Town, Jeevanahalli – Every Friday at 6.30 p.m Manuel & Mary Paul: 9449030043

Jal Vayu Vihar – First Friday at 7 p.m. Satish & Priya Arnold: 9880288685

Kammanahalli – Second and fourth Friday – 6.30 p.m. P.S.N. Devadason: 25442026

Hennur Banaswadi-Kalyan Nagar-HRBR-Babbusalpalya – Every Thursday at 7 p.m. Manjula & Thomas Swaroop: 9448277064

Benson Town – Third Saturday of the month at 4.30 p.m. Shobha & Andrew Bangara: 23543062

Hope – A Privilege for God’s Children



By Sarojini Sargunaraj

According to the church calendar, the Passion Week heralds the resurrection of Christ on Easter morning in spring the promise of newness, the rebirth in the world of nature. Likewise, the resurrection is the promise of new hope to the Christian, to enter the new life in the kingdom of God. One, whose inner man has undergone a silent change of heart or regeneration is renewed by faith in Jesus Christ and is transformed imperceptibly to godliness. Such a man has the hope of inheriting eternal life. Jesus said, “Unless a man is born again, he cannot enter into the kingdom of God”.

When our earthly life is ended, we are no more physically but the soul lives on. “Dust thou art, to dust returnest. Was not spoken of the soul” — Longfellow
Job had the assurance of seeing God after his life was over, in a new body. Job 25: 26. Jesus said to the sceptical Sadducees who denied resurrection, that God is the God of the living and not of the dead.

Resurrection is veritably linked with the world to come and everlasting life. “They that have done good shall come into the resurrection of life and they that have done evil into the resurrection of damnation”. John 5: 29

God’s children have the great privilege and the certainty of hoping for a new life of divine peace. They need have no fear of death, judgment and damnation, for Jesus declared they shall not come into condemnation but pass from death to life. John 5: 24

“The wages of sin is death but the gift of God is eternal life through Jesus Christ our Lord”. Just as children inherit their father’s property, so God’s children inherit the new life above. We are heirs of God and joint-heirs with Jesus Christ. It is well said that God came down with the law of life at Sinai, with the gift of life at Bethlehem, with the power of life at Pentecost. Significantly, the living Christ offers eternal life to the elect, at His victorious second coming.



Remember The Titanic?

By Ernest Gurupatham

All of us know about the British luxury passenger liner Titanic which sank on April 15, 1912, en route to New York city from Southampton, England. The vessel, with the richest folks from America and Europe, sank about 400 miles south of Newfoundland, leading to a loss of 1500 lives.

The Titanic was a very huge luxury vessel, the largest afloat, and was known as the Palace On Sea. Experts in the marine world considered it unsinkable because it was manufactured in the Best Bay in Europe and by the best marine engineers in the world. They used the best of steel and wood, and the decor inside the living suites — was the best in the world.

Yet it sank on its maiden voyage as it rubbed against a huge iceberg. Man's great work of many years went down to the bottom of the sea in a few hours.

All of us are also familiar with the story in Genesis about Noah and his ark. God instructed Noah to build this big ark and gave him the exact specifications as he was going to be the engineer and the captain of the ark. The workers who built the ark were very ordinary men — Noah and his wife, their three sons and their wives. The ark was built on dry land and not in the best of bays as the Titanic. It accommodated the whole of the Noah's family and a pair each of all the living creatures the Lord had created.

In the time of Noah, the world was very wicked and God planned to destroy the world as He was sorry that He had created mankind who forgot Him. They were also wicked and they never ever gave Him praise and glory and honour for all the good things he had blessed them with. The only family who worshiped Him was Noah's family. God wanted to protect them as well as all the creatures He had created.

When the time of God's judgment came on man, the earth and the heavens opened and there was continuous heavy rain for 40 days and 40 nights. The ark which was built on the dry land floated over hills and vales and mountains and finally rested on top of Mount Ararat. Not a single person or living creature lost their lives. God the captain, designer and engineer of the ark saved the faithful few who honoured and worshiped him faithfully.

As God fashioned the ark so also has he fashioned each one of us. The word of God says that each one of us is 'fearfully and wonderfully made' in His own likeness, for His glory. Whether we are black, white or brown, fat or thin, tall or short, all have been created by Him for a specific purpose in this world. He expects us to give Him all the praise and glory he deserves.

We are also living in the same type of period as when Noah lived. Today the world is so wicked that man does not respect God. In the name of religion so many atrocities are committed. Man has polluted the world for his greed. We are living in a world where churches are being attacked. Man has taken

the law into his own hands in the guise of religion. Young innocent women are being pulled out of hotels and pubs and thrashed mercilessly in Mangalore and elsewhere. Killing for gain is the order of the day. We hear of children killing children in schools, daughters and sons killing their parents over some misunderstanding or for gain, parents killing and abusing their children.

The world also is in a Great Depression as in 1930, so says the media. World famous companies and automobile industries are closing shop, world famous banks are falling like nine pins and stocks and shares are crashing. People have lost millions in this depression; those who had good long standing jobs now find they are jobless and don't know how to repay the loans taken from the banks. Their homes and cars are at stake. The young and the old are restless.

In all this chaos, towards the end of 2008, Barrack Obama created history when he became the first black American president, the 44th President of the United States.

In this gloomy and dark period in our lives we have to continue to trust in our God, who is the LIGHT OF THE WORLD. He must continue to shine His light and favour on our lives, when you do not know whether to sink or swim. We may be going through the darkest valley. But this is the time to trust in a God who never fails us.

A good Christian can be knocked down but he cannot be knocked out as the Lord will stretch out his mighty strong right hand of righteousness and pull him from the miry clay and set his feet on the rock. If we trust in God faithfully He changes our lives from tragedy to triumph, from scars to stars, from a time of trials to a time of triumphant living, from victims to victors. When God guides, He provides. When we mess it, He fixes it. We

should let go of the ashes and go for the beauty from ashes.

This Easter season let us not worry and go weary. When God closes a window He will open a door. But we have to trust in Him. A delay in God answering our prayers is not a denial. More things are wrought by PRAYER than the world dreams of. When we are down to nothing in our lives God is working up something for us. "When upon life billows you are tempest tossed when you are discouraged all is lost, count your many blessings name them one by one and it will surprise you what the Lord has done."

With Christ as captain, we can smile away the storms in our lives. Remember the disciples survived because Christ was on the ship. Noah's Ark survived as God was its captain. So can we.

The man whispered, "God speak to me" and a meadow lark sang. But the man did not hear. So the man yelled, "God speak to me" and the thunder rolled across the sky. But the man did not listen. The man looked around and said, "God show me a miracle! And a new life was born. But the man did not know, so the man cried out in despair, " Touch me, God, and let me know you are here"! Whereupon God reached down and touched the man, but the man brushed the butterfly away and walked on.

(Ray Simpson—A Pilgrim Way)

Sent in by Mary Edna Mathews

For Whom was the Tombstone Rolled Away?

By D.R.J . Prasad Phillips

This article invites you to revisit the first Easter event and undergo the same experience that the disciples would have had on the first Easter Sunday. This can be done by asking one question — for whom was the stone kept on Jesus’ tomb and for whom was it rolled away? Was it for Jesus or for his disciples and the world?

For an answer, let us study the passage found in Mark’s Gospel 16: 1-8 (refer also to Mat 28: 1-8 and Lk 24: 1-10). It discloses that the Sabbath was over by 6 p.m. and early next morning, three women – Mary Magdalene, Mary, the mother of James and Salome, with spices, (certainly not bought on the Sabbath day, but well before, which means they were

well prepared) were heading towards the tomb to anoint Jesus’ body. Jews did not have the practice of embalming; their love for Jesus brought the women to the tomb.

Approaching the tomb, the women asked a very pertinent question: “Who will roll the stone away from the tomb” (16:3)? The large stone was not easy to roll as it was slipped into the groove cut in bedrock in front of the entrance. This question entails several other questions, like where are the ‘men disciples’ to help us now? Will people make fun of us and ridicule us for this act of ours? In this situation of hopelessness, a rude shock awaits them as they approach the tomb. They find the tomb opened, stone rolled away,

Lord teach us to see thee not just in stained glass, but in stained lives: not in gothic arches, but in arthritic fingers. Lord teach us to hear thee not just in hymns of praise, but in sneers of disdain. Lord, let us know thee and love thee in all things as thou lovest us, for thou lovest the self-seeking, as well as the unselfish; the vindictive as well as the kind, the sinners as well as the saints. Thou lovest even me, Lord.

Source: The Rev: Virginia C. Thomas in the Women’s Uncommon Prayers

Sent in by Mary Edna Mathews

and Jesus' body missing, their last chance for new hope and new life had disappeared.

Jesus did not need to open the tomb to come out, as he passed through closed doors to visit his disciples (Jn. 21:26). The stone was rolled away for the women to see the empty tomb. Jesus heard their prayer "who will roll ...?" and surprised them with a lifetime encounter by meeting and talking to them. So, in a place where one normally finds death and loneliness, these women found new hope and life in Jesus.

Now, don't we as disciples of Christ live in hopeless and lifeless situations - stock market falling, losing jobs, rise of terror and violence, fear of persecution, families breaking, etc! In such

times, we need to find courage and strength like the devoted women who believed in Jesus and pressed on to Jesus' tomb. Jesus can surprise us with the same kind of encounter to experience new life and hope in Him. He takes the extra step to roll the stone away that keeps us from encountering Him.

Therefore, this Easter let us allow a fresh encounter with our resurrected Jesus. Remember the stone was rolled away, certainly not for Jesus, but for the women, for other disciples and for the world to see the empty tomb and declare that He lives, and certainly not for Jesus. Let us also witness this to others and give new hope and life to those who have lost it or are losing it - God can roll their stones away too.

God's Plan

By Rita David

My dad and I were taking a walk in the park. After the usual two rounds, I was exhausted and wanted to relax. I chose a shady green bench and happily placed myself on it. It was then my dad pointed out to the trees, and reminded me of God's careful plan for nature — the brown, dry



leaves would soon be replaced by fresh, new green leaves, indicating

the arrival of a new season – spring, new life, a new beginning.

The process of change goes on as God had ordained. I am reminded of Mathew 6:30, “If God so clothes the grass of the field, which today is and tomorrow thrown into the oven, will He not much more clothe you?”

Many times, I have worried in vain. As brown leaves change to green ones, situations change from bad to good and when we have such a great and thoughtful God, everyday, every moment definitely brings **NEW HOPE AND NEW LIFE.**

Hope and Life – Only in JESUS

In life's darkest hour, Christians have the brightest Hope!

By Rajesh Christian

During the recent attacks in Orissa, Mangalore and Mumbai, citizens of those places experienced what many people in other parts of the country and world had already known – the fear of terrorism. Repetition of such attacks have heightened the concern that mankind may be spiraling toward self-destruction.

How can the people who have lost their relatives or friends in such attacks be comforted? A hug, a kind deed, shared tears, and the presence of a friend may ease sorrow's pain just a bit. But these gestures won't answer our most urgent questions. What's after death?

All the unrest in the world and failure of human efforts to tame

them might make us think that our future is bleak and there is no hope of peaceful survival! However, answers to those questions and a shining **hope** which can brighten our view of the future, is not to be found in human efforts **but in the name of Jesus Christ!** He alone can solve the problems that are baffling mankind. Jesus said, *“I am the resurrection and the life. He who believes in Me, though he may die, he shall live” (John 11:25).*

Let's remember, these are the same tribulations and tests our forefathers have gone through! Paul says, *“Tribulation produces perseverance” (Rom 5:3).* “Only a believer who has faced distress can develop steadfastness. That in

turn develops character.” If you are facing a difficult test, praise God! Under His wise control, everything that happens to us – whether pleasurable or painful – is designed to develop Christ-like character. That’s why we can glory in tribulation. **He who waits on the Lord will not be crushed by the weights of adversity.**

We must look to Jesus Christ, because He is the One who defeated sin and death by dying on the cross for us and rising from the grave. Because He lives, all who put their faith in Him will live forever with Him (*John 11:25*). **In life and in death, our only hope is Jesus.**

Hope for a Positive Change

By Nita Isaac

In today’s world where there is conflict and despair we must have hope, that there will be peace in different conflicting areas.

To appreciate peace, be prepared for war because peace is dynamic between nations, individuals, families. If you want love, let there be peace. If you want hope between wars, be filled with faith. Faith is things not seen but yet you believe. Hope is trust in God to bring it to pass. The greatest of these is love. To love your neighbour as yourself you need peace between neighbours. Let our God who sacrificed his own son as a ransom for many bring you peace. Let GOD reign forever with peace in your hearts. Let peace begin with me. Love, faith, hope, peace are all

intertwined to make a great difference in the lives of people around you. It leads to a positive change and will help you deal with conflict positively.

To illustrate a prayer from ST FRANCIS OF ASSISI

*Lord make me as instrument of your peace.
Where there is hatred let me sow love.
Where there is injury, pardon,
Where there is doubt, faith,
Where there is despair, hope.
Where there is darkness, light and where
there is sadness, joy.
Oh Divine Master, grant that I may not
so much seek to be consoled as to console,
To be understood as to understand;
To be loved as to love;
For it is in giving that we receive
it is in pardoning that we are pardoned;
And it is in dying that we are born to
eternal life.*

Easter Morn Signifies Goodness

By Elizabeth Cherian

Hope to most of us Christians is a spiritual truth, a spiritual gift from God. In fact it is one of the three theological virtues - namely faith, hope and love. It is the expectation of promised blessings and righteousness that comes to us whose trust is in the Lord. Therefore when we hope, we have to trust in God's promises to us. 'The Lord is good to those whose hope is in him' Lamentations 3 verse 25

Hope is different from optimism. Hope is an emotional state or feeling. Optimism is a deliberate thought pattern helping us to have a positive attitude to life!

The psalmist wrote "Happy is he whose hope is in the Lord his God" Psalm 146 verse 5

With hope we can find joy in life, and have patience to bear all the afflictions and tribulations that come our way. Hope is a wonderful feeling, a belief of a positive outcome related to events and circumstances in one's life. It

is a feeling that whatever the circumstances, events that follow will turn out for the best.

Hope can be passive in the sense of a wish, or active, in a plan or idea, which sometimes goes against popular belief — like we saw recently about Valentine's Day being against Indian culture and tradition. However with persistent actions, people are able to execute a plan and prove that that these ideas are incorrect and thus their hopes and wishes for that particular event are fulfilled.

Easter is a time when we are called to rise above all the bad news of our times and rejoice in the goodness that the Easter morn signifies... It is the morning of the new hope of the new life of the world. We know that for most people there will be storms ahead in life, that there will be violence, sorrow, etc., but all of us have 'the HOPE' of God's wonderful window that opens to show us many magnificent surprises!

At Easter time themes of suffering, redemption and hope have enduring meaning especially

in these times of war, violence and economic uncertainty. The best that comes out of Easter is the nourishing current of hope that keeps on flowing in spite of all the ills in this world.

Easter is therefore a time of hope, and out of the blaze of

resurrection comes triumphant hope for everyone. It is a victory that transcends time and circumstance. At Easter time God has given to the world a light, and that light is the light of love that all of us must learn to nourish and cherish.

New Birth? New Genes?

By A nna Varughese

Jesus said to Nicodemus “Except a man be born again he cannot see the kingdom of God”. How does a man be born again? The Bible says that man has been conceived in sin. I have often wondered what exactly that means. At a recent Bible study I got some understanding of that. God created us in His image but when Adam and Eve succumbed to the seduction of Satan, sin entered their makeup. Their genes became sin positive (sin+ ve). They acquired the

ability to sin and this has been passed on to all of us human beings, their descendants.

That’s why Jesus had to come to vanquish our capacity to sin. By His death on the cross Jesus overcame Satan’s schemes and took away his power over us. We were promised forgiveness and salvation without having to pay the price for our sin; the only condition was that we repent and believe in Him, Jesus, Son of God. The moment we do that, a mighty healing transfusion takes place – we receive new spiritual genes, we become God positive (God+ ve), with the power to become godlike with the help of the Holy Spirit. So with new hope in our hearts we can say with St. Paul “Thanks be to God Jesus Christ our Lord...for we are more than conquerors through him that loved us”.



New Hope & New Life in Easter

By Bimla Philips

This is what the Bible says about hope.

- Hope comes from the Lord, who is called the God of Hope. Romans 15:13. Our God wants us to abound in hope by the power of the Holy Spirit.
- Hope is given specifically to us believers who have the living God abiding within us. Paul says that the secret is this ... “Christ in you, the hope of glory (Col. 1:27)
- When the seed of hope is planted in our hearts, it has the potential to grow greatly as described in Romans 15:13... over flowing with hope by the power of the Holy Spirit.
- We carry this hope with us, having full realization that hope is secured and... stored in heaven for us. (Col.1:5)
- Our hope is more than wishful thinking.... More than a feeble ‘hoping so’. Rather it is a certainly... a knowing so
- Our hope is fixed in Jesus Christ in His second coming, Paul in Titus 2:13, says, we wait for the

blessed hope- the glorious appearing of our great God and saviour Jesus Christ.

- Often the scriptures speak of hope inter-mingled with joy as stated in Rom 12:12...be joyful in hope

The resurrection of Jesus from the dead is the single most important event on which the Christian faith is built. Along with the death of Jesus it is the most significant act of God in history. As Paul says in 1 Cor.15:14. “If Christ has not been raised, then our preaching is in vain and your/our faith is in vain”.

The first Easter morning spelt the hope and assurance of eternity for all believers down the ages. The earliest Christian greetings” Christ is risen” and its response. “He is risen indeed” clearly signified the crucial place given to Jesus’ resurrection from the dead. In the choosing of a substitute to replace Judas, the essential criterion was that the person should be a witness of the resurrection. (Acts 1:22)

The most blessed hope that Easter sows in the believers hearts is that, “the same Jesus, who died and rose again, will one day come in the same manner. He ascended into heaven” Acts 2:11; only this time He will come as Ruler and Judge of all creation, to execute justice and righteousness with truth and equity. So this blessed hope purifies us and gives us new

life as we await. His coming. Blessed is that servant whom the Master when he comes will find him going about the work assigned to each one of us.

Easter in our hearts is all we need as we sojourn here, though not longing for death, but surely longing for heaven. May we carry this Easter in our hearts forever.

Be a hope-a-holic

February 18, 2009

Robert H. Schuller

“Be joyful in hope.” – Romans 12:12 When asked, at the end of his career, what great lessons he had learned from history, the great American historian Charles Beard answered, “I’ve learned four: First—whom the gods would destroy, they first make mad with power. Second—the mills of God grind slowly, yet they grind exceedingly fine. Third—the bee fertilizes the flower it robs. Fourth—only when it’s dark are you able to see the stars.”

Charles Beard was a *hope-a-holic*. So am I. I have an incurable, instinctive, impulsive tendency to surrender to hope. I know yesterday is a cancelled check. Today is cash in hand to spend as I want. And tomorrow is a promissory note from God Almighty.

This hope will not disappoint. Our “hopes” may not all be fulfilled, but hope is its own immediate reward; it offers us the gift of unceasing optimism.

Think about all of the things in your life that give you a sense of hope. Next time you’re feeling discouraged or disappointed, read through your hope list and you’ll find renewed optimism.

Be Hopeful, You Righteous



By C.I. David Joy

People of God all over the world irrespective of their denominations anticipate a hopeful Easter as they have gone through unexpected turmoil and many struggles during the year. The slogan for sustainable development has been shattered with the waves of globalization and eventually the flood of economic recession. However, when the world cannot move further due to the presence of the dark forces, the power of God will be manifested in the lives of the people of God. As Easter offers a unique new hope and new life, the church has a responsibility to witness to it by doing its mission in the world.

The root word for hope is *ELPIS* which means a state of reformed and renewed life. P.S. Minear, a leading New Testament scholar, presents the theological meaning of hope:

Here ‘hope’ involves all facets of the manifold relationships of God and his people. God is the author

and source of hope, its sustaining power, and its unseen yet certain object. Each of these relations is subject to multiple and varied articulations. But common to all is the conviction that because hope is God-grounded, God-sustained, and God-directed, hope is a reality within which human beings may dwell.¹

Any building is strongly built upon a reasonably good

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foundation. In case of Christian faith and community, the following are the foundational elements. John H. Leigh argues:

The doctrines that are at issue today and that are at great risk in our secular society are quite clearly not peripheral doctrines, but those that are essential for Christian faith. No Christian community has ever thrived for long without a clear affirmation of the doctrines that are precisely at risk in our society, and no Christian church in history has ever endured for long without the clear affirmation of these particular doctrines.²

It is important for the church to understand, interpret, preserve, and re-visit these foundational elements of the building up of the community in hope. They are:³

1. The living God who is personally and purposefully active in the created orders of history and nature
2. The revelation of God supremely in Jesus Christ and in scripture, as the Word of God written
3. The work of God for the salvation of all people in the life and death and resurrection of Jesus Christ

4. The resurrection of Jesus Christ as a reality that happened

5. The sending of the Holy Spirit

6. The doctrine of eternal life

It is noted that the resurrection of Jesus Christ is counted as a reality that happened in history and the same is the basis of our faith and spiritual growth. Hope and salvation are two important words that are used to denote the very act of incarnation the coming of Jesus Christ. Salvation history is the story of divine action for our salvation in and through the lives of God's creation. Salvation is explained as an eschatological reality- real, present, active, but not yet fully revealed. Salvation in the New Testament refers to the establishing of new life and the same life to be shared in the world. Thus new hope and new life remain the focal points of the Easter event.

It is the salvation that is experienced through Christ and in Christ which sustains the people of God. The Easter event indeed provides a platform for us to rekindle our faith even in the midst of violence and crisis. Romans 5:11 "We also rejoice in God through our Lord Jesus

Christ, through whom we have received reconciliation.” This is indeed the power of Easter. New life and new hope remain the centrality of the community formed through the blood of Jesus Christ. In the context of war, terrorism and anti-Christian violence, what should be our

response? As the scripture offers a great hope, we need to declare solidarity with the victims and thus try to form a community of hope. Let us pray for God’s blessings to understand the message of Easter. “Be hopeful, you righteous.”

¹ P.S. Minear, “Hope”, IDB vol. 2, Nashville: Abingdon Press, 1986, p.641.

² John H. Leigh, *Crisis in the Church: the plight of Theological Education*, Kentucky; John Knox Press, 1997, pp.29-30.

³ *Ibid.*, p.30.

Give people hope

March 23, 2009

John C. Maxwell

“I helped those without hope, and they blessed me.” – Job 29:13

A reporter asked Prime Minister Winston Churchill, who led Britain during the dark moments of the Second World War, what was the greatest weapon his country possessed against the Nazi regime of Hitler. Without pausing for a moment, Churchill said, “It was what England’s greatest weapon has always been—hope.”

Hope is one of the most powerful and energizing words in the English language. It is something that gives us power to keep going in the toughest of times. And its power energizes us with excitement and anticipation as we look toward the future.

It’s been said that a person can live forty days without food, four days without water, four minutes without air, but only four seconds without hope. If you want to help people win, then become a purveyor of hope.

Be the supplier of hope to those you come in contact with today.

Relevance of 40 in the Bible



By M.V. Gibin

It rained for 40 days and 40 nights when God wanted to cleanse the world and start over.

(Gen 7:12 KJV) And the rain was upon the earth forty days and forty nights.

Noah waited another 40 days after it rained before he opened a window in the Ark.

(Gen 8:6 KJV) And it came to pass at the end of forty days, that Noah opened the window of the ark which he had made:

Embalming required 40 days **(although this was an Egyptian custom, the Egyptians recognized the period of 40 for the preparation of going into a new life, what they called the afterlife)**

(Gen 50:3 KJV) And forty days were fulfilled for him; for so are fulfilled the days of those which are embalmed: and the Egyptians mourned for him threescore and ten days.

Moses was on the mountain with God for 40 days **(TWICE)**

(Exo 24:18 KJV) And Moses went into the midst of the cloud, and gat him up into the mount:

and Moses was in the mount forty days and forty nights.

(Exo 34:28-29 KJV) And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the Ten Commandments.

(Deu 10:10 NIV) Now I had stayed on the mountain forty days and nights, as I did the first time, and the LORD listened to me at this time also. It was not his will to destroy you.

Moses' face shone after the 40 days on the mountain.

(Exo 34:29 KJV) And it came to pass, when Moses came down from mount Sinai with the two tables of testimony in Moses' hand, when he came down from the mount, that Moses wist not that the skin of his face shone while he talked with him.

It took the spies 40 days to search out the promised land and bring back fruit

(Num 13:25 KJV) And they returned from searching of the land after forty days.

The Israelites spent 40 years in the wilderness, one year for each day they explored the Promised Land.

(Exo 16:35 KJV) And the children of Israel did eat manna forty years, until they came to a land inhabited; they did eat manna, until they came unto the borders of the land of Canaan.

(Num 14:33-34 NIV) Your children will be shepherds here for forty years, suffering for your unfaithfulness, until the last of your bodies lies in the desert. {34} For forty years—one year for each of the forty days you explored the land—you will suffer for your sins and know what it is like to have me against you.

Goliath came for forty days before being killed by David

(1 Sam 17:16 NLT) For forty days, twice a day, morning and evening, the Philistine giant strutted in front of the Israelite army.

Elijah strengthened by one angelic meal went forty days to Mount Horeb where the Lord passed by and he heard the voice of God

(1 Ki 19:8 KJV) And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.

Jonah warned the City of Nineveh they had 40 days until God would overthrow the city. The people repented in those 40 days and God spared the city.

(Jonah 3:4 and 10 KJV) And Jonah began to enter into the city a day's journey, and he cried, and said, Yet forty days, and Nineveh shall be overthrown.

And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not.

Jesus fasted for 40 days in the wilderness

(Mat 3:17 KJV) And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased.

(Mat 4:1-2 KJV) Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. {2} And when he had fasted forty days and forty nights, he was afterward an hungered.

Jesus was seen in the earth 40 days after His crucifixion

(Acts 1:3 NIV) After his suffering, he showed himself to these men and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God.

**Success, success to you, and success to those who help you,
for your God is with you ... 1 Chronicles 12:18 NIV**

Dr. Eva Bell

First Prize awarded for Dubasch Competition (A story highlighting multicultural environment in India). Title: "**The Dancing Bull.**" Awarded by the Goethe Institute Chennai on 24-9-2008.



Prize: Trip to Germany, One month's residency at the Goethe Institute, Schwabisch Hall, Germany, with free board and lodging and pocket money. Proposed Departure: May 2nd 2009.

Dr. Gnana Sarojini Edwin

Dr. Gnana Sarojini Edwin has been conferred the Doctorate of Literature by the University of Jerusalem. This honour was



bestowed on her by the Cardinal Prof. Dr. Thomas Edmunds Vice Chancellor of Colombia on January 23, 2009. Dr. Edwin is the Principal of Ben Hur High School, which she started in 1969, and Jeeva Christian Composite PU College.

Gideon Jayanesan

Son of our sexton, Benjamin, has added another laurel to his list. He is the Head Boy of St. John's High School



where he is doing his ISC (Commerce). Last year, he was the School Prefect and when he was in the 9th standard was the Leader of the Scripture Union. Gideon has won awards for his prowess at cricket and on the athletic fields.

That's not all. Gideon is a budding artist. He has won many prizes in competitions organized by the Diocese and corporates. His pictures have been published in the Pulse. "Actually, pencil sketching and painting are my hobbies." And would have remained hobbies, had it not been for Shantha Solomon. "She bought my first painting, and has always encouraged me to sell them." Best of luck, Gideon.

The Biswas Family – Making Melody for the Lord

This may sound straight from a movie. In Kolkata, Shyamal Biswas, studying engineering, had a Hindu friend. He visited his friend's home and fell in love with the friend's sister Manju. Her parents opposed the relationship. But Manju had witnessed the hand of the good Lord Jesus in this relationship, and stood firm about her decision. She became a Christian, and the couple wed.

This is the real life of account of Shyamal and Manju Biswas' great endeavor to make music as an offering to the Lord.

Says Shyamal: "My father bequeathed his love for music to me. I was interested in playing the violin, which was loaned to me by an elderly lady. But there was no opportunity to get formal



*Their world revolves around music –
Shyamal Biswas on the viola, Grace on the violin and Manju*

education in music. So I observed other musicians at concerts, and learned."

Then Shyamal got a job as an engineer in Mysore in 1977. "I can vividly remember Manju insisting that I carry the violin with me, when I suggested that I return it. But I am glad she did. I played at prayer meetings in Mysore." In 1989, the company closed down. Unable to get another job, Shyamal was worried about how he could support the family. Says Manju, "Times were difficult. I cannot forget the

friends the Lord sent to us. Some brought us ration, others looked after little Grace."

It was then that Manju felt that Shyamal should turn his hobby into a career. "The date was March 17. Manju gave me my violin and encouraged me to practice for minimum eight hours daily, until I was confident of moving to Bangalore to take up a job with the Bangalore School of Music." From then on there was no looking back. Shyamal had a stint of 13 years until 2006 with the Kannada film industry, and then quit to concentrate on private tuitions. Today during the week, Shyamal teaches music at Vincent Palloti, St. Joseph's Boys' High School and the Amod Centre of Liberal Arts. On Saturdays and Sundays, the Biswas home becomes a music centre with children streaming in to learn the violin, keyboard and guitar.

In the meanwhile, Grace was becoming very enchanted with the music from her father's viola. "She was just five years in 1995, and would dance when I played. Then suddenly she asked me for a violin." At six she gave her first performance at St. Mark's

Cathedral, and has gone on to play solos in churches, especially St. John's Church, Sunday School, and won the UTC competition for four consecutive years. She also topped the exams in some of the grades and ranked first in Southern Region, winning the Admiral Dawson Tambuchetty Award for the most promising violinist. She was selected, after tough auditions, as a member of the Indian Symphony Orchestra, Mumbai. After her 12th class, Grace plans to do her ATCL, a one-year course that makes her eligible to give recitals.

If you thought that all these achievements were a cakewalk for Grace just because she has a maestro in her father, you are mistaken. Grace has a rigorous schedule that is part of an achiever's life. She says "Right from the time I asked my father for a violin, he drew up a timetable. I wake up at 6, getting ready for school, and practising playing. Back from school, study for two hours and then play the violin for an hour. My father is pretty strict when it comes to discipline. Even his students know it."

Grace's love for the violin helps her cope with her moods, her studies. "Whenever I get bored studying or annoyed, I find comfort in the music."

For the Biswas', their whole world revolves around music. In fact, there is nothing in the world so much like prayer as music is (William P. Merrill). "We especially enjoy playing for St. John's Church, where we became members in 1990. St. John's is a very powerful church that has a lot of divine power." In fact, come rain or sunshine, Shyamal is there every Sunday for the 6.30 a.m. service,

accompanying the organist. Shyamal is thankful to Mr. Frank Aaron for the opportunities he has given them.

"Our Lord has directed our footsteps, and we are always guided by Him. We can see his divine intervention in all the ups and downs of life. For us hope is God's fulfilment of his plan for us."

In the words of Plato, "music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything." The Biswas' totally agree.

Shirin Samuel, winner of the Catchphrase competition for the 150th Year of St. John's Church writes:



I was thrilled to know that my catchphrase was chosen to commemorate 150 years of St. John's

Church. The catchphrase, 'Rooted in Christ, Reaching Out in Service' draws inspiration from John 15: 5: "I am the vine, you are the branches. He who abides in Me, and I in him, bears

much fruit; for without Me you can do nothing."

Also, Jesus said there are only two commandments: Love God. Love your neighbour. I have seen the active community service done by the St. John's Church members, and this can stem only from a deep love for Jesus and His teachings. This service to humanity bears fruit only if it is blessed by God. This is a wonderful tradition that we can build on as we continue to grow in Christ.

Faith Strengthened

*Michael Peter read the announcement
about the contribution to Pulse on a visit to St. John's*

For most of us, it is a time to wear new dresses, attend church, call friends for lunch or dinner and have a lot of sweets like Easter eggs and plum cakes.

This is good. I too do the same thing. It is a day of celebration, to rejoice in the resurrection of our Lord God and Saviour Jesus Christ.

Many non-Christian friends ask me as what is Good Friday and what is Easter? I used to find that many of them could not grasp what I said. They had more questions.

- 1) Did Jesus really exist?
- 2) Is Jesus God?
- 3) If Jesus is God, then why did He keep praying to the Father in Heaven? How can the Father and Jesus be one God? Why did Jesus have to suffer on the Cross?
- 4) What is the Holy Spirit?
- 5) Why should I believe the Bible and the word of God to be accurate?

- 6) What is so special about Jesus? Why can't I just view him as an ordinary man, a teacher or a prophet? Why should I see him as God?

Answers to these questions would take a lot of time, which unfortunately no one has in this fast paced world.

To overcome this and to explain everything about Jesus and the Holy Trinity in very simple terms for all to understand, including children, I decided to introduce a website. I am very enthused that more than 10000 people have visited <http://jesustrinity.blogspot.com>. The website has strengthened the faith in Jesus, and man has got to know Him better. Videos, songs, sermons and clips from the movie Passion of Christ, make the site more interesting.

Please visit the website. It will help strengthen your own faith in Jesus. Encourage your Christian and non-Christian friends also to do so. Remember the last words of Jesus to spread His message in all parts of the world.

'Crushed for Fragrance'

Margaret Newnes was left widowed - crushed, jobless with three children - the eldest just over three years old.

But she found new hope and life in Jesus. In her book *Crushed for Fragrance*, she tells her story.

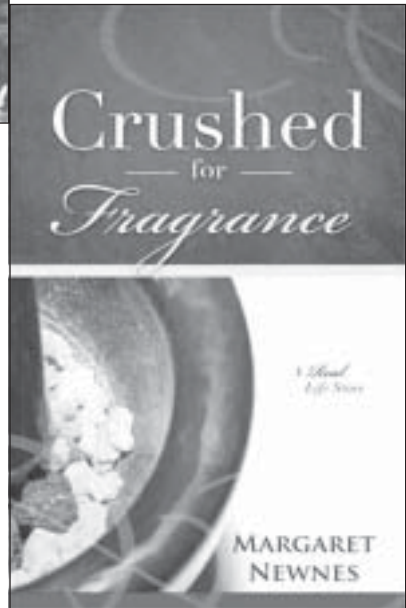


Margaret lives in Bangalore, and travels the world over giving hope to many.

Margaret's dad, an Army doctor, was sent overseas during the War, so she with her sister and brother was admitted as boarders to a convent in Yercaud. Margaret was just over four, and thoroughly spoilt by the nuns, who made a lasting impression on her, so much so, that she wanted to become a nun when she grew up. Even after she completed her Teacher's Training, she didn't change her mind. Her mother advised her to test her vocation for six months. She obeyed and taught a nursery class of 64 children at Khadakwasla, Pune.

On her way from school one day, she thought of her love for these

children and wondered if she'd meet someone who would love her and become the father of her children!!! Quickly, she wiped these thoughts from her mind as she wanted to become a nun.



But God brought Percy Newnes a pilot into her life, and she soon knew she would not become a NUN but a NEWNES!

Percy and Margaret were married in December 1958. The day after their third baby was born, Percy left for a six-month training to Russia. When he

returned, the family accompanied him to Chandigarh in July 1963. Their joy was complete after this long separation. But 12 days later, on July 16 whilst night flying, the plane burst into flames just two minutes before landing. Death struck its cruel blow with no pity, no warning. Four years of a dream-come-true marriage was extinguished in the stillness of the night. Percy her love, her life was gone. Margaret was left widowed - crushed - jobless with three small children.

In 1969, she met with a car, train and scooter accident and wondered why she was saved each time. She realised later she was saved to be saved for all eternity, because “unless a man is born again he cannot enter the kingdom of Heaven.” In 1976,

mother and children repented of their sins and found this new life by inviting Jesus to be Lord and Saviour of their lives.

Margaret had two major spinal operations and faced numerous financial and other difficulties but her life has been one of complete faith and trust in the Lord. In her darkness she saw a radiance, in her crushing she found a fragrance.

What gives her hope? It's only Jesus, the resurrected Lord. You can know more of the new hope and life she has found in Jesus by reading her book “Crushed for Fragrance” available at E.L.S. Visit her web page at www.geocities.com/margaretnewnes. Margaret also publishes THE FRAGRANCE, a quarterly publication of testimonies and inspiration, which can be read online.

Newsletter Bloomers

- The Fasting & Prayer Conference: includes meals.
- The peacemaking meeting scheduled for today has been cancelled due to a conflict.
- Next Thursday there will be tryouts for the choir. They need all the help they can get.
- Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.
- Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

Have you discovered funny bloomers in the Pulse?. Write to us

Who is Your Enemy?

By P.T. Cherian

My wife, Lalitha, has the habit of spending a few minutes every evening with our two grandsons. Each of them reads a portion from their own Children's' Bible. Then they have a discussion about it. Sometimes surprising insights come out of these discussions.

One evening, seven-year-old Ranjit, read the passage on Christ's injunction to love your enemies. During the ensuing discussion Lalitha asked him, "Ranjit, can you love your enemies?"

He thought for a while and replied, "Ammachy, I don't have enemies".

Later, when she related the incident, I started thinking about forgiving my enemies, and suddenly realized that I too couldn't readily come up with any enemy. This bothered me, as Christ's command was quite specific. "Love your enemy" without any stipulation "if you have any", and all the sermons I have heard on the subject, held the assumption that everyone must be having enemies.

Trying to search out people with such an aberration like my grandson and me, who are not

conscious of having any enemies, I came across the following blog by a person signing as "agabus":

"To the best of my knowledge I don't have any enemies. There have been moments when, as a police officer, there were individuals with a wish to do me physical harm; I suppose they could be described as enemies. But, generally speaking, I don't have any.

There are states and organisations that resist the will of my country; are they enemies, perhaps, but it is not a personal animosity, at least not on my part. Were I much younger and much healthier and called upon to resist these people on behalf of my country then perhaps I would feel different.

I'm sure those subjected to the bombing campaigns of the Second World War on both sides felt very different, as I'm sure do those today who experience daily violence or war in their every day life. But... I am fortunate to live in comfort in pleasant, leafy suburbia where the concept of enemies is far removed from my daily experience. For those for whom enemies are very real."

So there - do you really have any enemies?

Why People Take Drugs ?

☉ **They're bored and they think drugs will help.**

Is being bored worth the risk?

Some people say they are curious or bored and want to see how drugs will make them feel. But everyone reacts differently to drugs, and there is just no way to predict what your reaction will be. The real question is: By "trying" drugs, do you realize that you're setting yourself up for even bigger problems? What's happening to your passions, your future? What type of person are you becoming?

☉ **They think drugs will help with stress.**

Drugs don't fix stress or fix problems.

Other people say that they think they can make themselves feel "good" by taking drugs. They think that if they are unhappy, drugs will make them feel better. And some people say they think that taking drugs might help them to cope with stress in their lives. But drugs don't fix the problems that are causing the stress in the

first place, and they don't stop the feelings themselves.

Taking drugs can alter brain chemistry. The brain's chemistry is so complicated and fragile that altering it can disrupt how it naturally works, possibly leading to depression or other mental diseases. In fact, people who have depression and other mental illnesses already suffer from chemical imbalances in their brains, and taking drugs can make things worse.

Stress becomes worse if you don't deal with it, so figure out what is causing your stress in the first place. If you cannot remove stress from your life, you can learn solid ways of dealing with it. You do have options. If schoolwork is stressful, meet with your teacher for extra help and to learn techniques that will make learning easier. Activities such as exercise, sports, art, meditation, going for a long walk, napping, and just chilling every once and a while, will help you manage stress.

Also remember that if your stress becomes completely overwhelming, you don't have to cope with it alone. You can talk with a counselor, coach, family member, or any adult that you trust who can teach you how to deal with stress or recommend someone to talk to. Sometimes when feelings of stress become overwhelming, it can lead to anxiety or depression, which can be identified and treated by a professional.

☉ **People think drugs will help them fit in.**

Most people don't use drugs.

Many people have the misperception that "everyone is doing it." But it is not true. What you do need to realize, though, is that drugs could eventually become more important to your friends than your friendship. This is especially true when users become addicted because they grow so dependent on and interested in getting high that they no longer have time for friends.

Friends don't always agree on everything, and you don't have to do the same things in order to be good friends.

☉ **They think drugs will make them seem rebellious or cool.**

There are better ways to get noticed.

Sometimes movies, television, and advertisements use images of drugs, alcohol, and cigarettes to make characters seem rebellious or cool to increase the ratings of a show or to sell products. Most people understand these are just images designed to sell products, and that these are not real people or stories. In reality, students who use alcohol or drugs are more likely to perform poorly in school³ and people who use drugs are more likely to get fired from work.⁴

Alcohol, cigarettes, and drugs aren't the things that make someone grown up. What makes people "grown up" are *constructive* things like organizing a group of friends to do something that matters; figuring out how to use your talents to make the world a better place; making good decisions that are healthy for you, friends, and family; earning a good living; and being involved in community or sports groups.

☉ **They figure that if it's prescribed by a doctor, it must be ok.**

Not if it's not taken as prescribed.

Prescription drugs can be dangerous and even lethal when taken without medical direction or mixed with other drugs or alcohol. Misusing or abusing prescription drugs can result in addiction, strokes, seizures, comas, and other severe medical conditions. Only a doctor can know what types of prescription drugs are beneficial for a patient and what dosage is safe. The very reason prescription drugs require a prescription from a doctor is because they can be dangerous and need to be regulated to ensure patients take them as directed. Getting high on prescription drugs is no safer than street drugs and can cause addiction or kill. Even if a person is prescribed a medication, taking more of that drug, or taking it more often than recommended, is dangerous.

☉ **They think that prescription drugs and steroids will improve their performance and looks.**

Only if you think acne and "man boobs" are attractive.

There are a lot of pressures today - to look good, play sports, and get great grades. And you may be feeling those pressures right now. Some teens think they can take a drug to help "improve" their bodies, change how they feel, or get more energy. You may have heard of kids doing this.

While drugs like steroids or weight-loss supplements can seem like a "quick fix," the changes you get can disappear just as fast as soon as you stop taking them. Worse, they can cause problems you don't want. Males who take steroids may temporarily gain muscle, but they can develop terrible acne (zits), stunt their height, develop shrunken testicles, and even develop breasts (a condition known as gynecomastia; sometimes referred to as "man boobs.")²⁸ Females taking steroids can become more masculine with deepened voices, decreased breast size, and growth of excessive body hair.²⁹ Steroids can cause balding in both men and women.³⁰ When teens take weight-loss drugs or supplements, not only does the weight return when they stop

taking the supplements; but they are also putting their health at risk, since these drugs can cause heart disease, irregular heartbeats, and high blood pressure.

The only way to safely and honestly improve your performance in sports is to train hard and eat a healthy diet, high

in protein — the building blocks of muscle — and to get energy from complex carbohydrates from fruits and vegetables to fuel your muscles, and to get enough rest.

The way to better grades is to develop good study habits and not just cram before a test.

Source: <http://www.abovetheinfluence.com>

There is Hope

- Freedom Foundation — 25440134 / 2549766
- Dare — 26755001
- Sphoorthi Foundation — 9742173757, 9739670414, 9742173767
- Higher Power Foundation — 66379110, Mobile : 9743598580
- Kripa Revival Centre — 64526462, Mobile : 9741111643, 9343645566
- Sneha Counselling Centre — 9342133520, 9342505975
- Alcoholics Anonymous — 9845000531
- Helping Hand, Bangalore — 23535787 / 23535766
- Sr. Lily Chunkapura, Trada De-addiction Center, Carmelaram — 28439505
- Path Rehab & Transit House — 9740076396, 9620185154

The basic thing nobody asks is why do people take drugs of any sort? Why do we have these accessories to normal living to live? I mean, is there something wrong with society that's making us so pressurized, that we cannot live without guarding ourselves against it?

John Lennon

English rock musician, singer, and songwriter

The Youngest Wing of the Church – The Young Married Couple's Fellowship

YMCF, as it is called, is a fellowship opportunity for young married couples and families of St. John's Church.

St. John's with its long heritage has attracted a varied cosmopolitan parish that comes together in worship and reverence to the Lord Jesus Christ. From children and teenagers to adults and senior citizens, the church stands for imparting and sharing the Good News in an urban and relevant context.

Many young couples and young families have been drawn to the beautiful worship services of St. John's and actively participate in the different wings of the church, the outreach and thanksgiving initiatives.

Urban living, dual working cultures, stress, changing lifestyles, health challenges, travelling jobs and rapidly altering values leave young adults, couples and families confused and often challenged in the decision to live Christian lives in alignment to the Bible.

To offer a gainful opportunity of learning and sharing, YMCF took

on a threefold theme which has been appreciated by the members of this new Wing of the Church.

- Marriage & Relationships
- Family & Values
- Parenting & Children

YMCF, with its logo of two hearts coming together, has kept a vibrant and sound communication programme going. The fellowship meetings are announced regularly and promoted through

- Email alerts
- Posters
- SMS reminders
- Phone calls
- House visits
- Church pew slip and
- Announcements at the worship services.

YMCF by consensus maintains a participant list of 25 families/couples. The group, under the guidance of the Nurture & Pastoral Care Committee, meets every third Sunday of the month after the service between

10.30 a.m. and 1230 p.m. in the Parish Hall. There's prayer, singing and adoration, ice-breakers and a think-through-it session. Our resource people have been Juliet Thomas, Mary Paul, Dr. Prabhakara Rao, Dr. Julian and Anita Sundersingh and Peter S.C. Pothan.

If you are hesitant to join because you don't know where to leave your children, don't worry. Just bring the children along. At every YMCF Fellowship Meet, there's a special programme of fun, games, quiz, music and even a movie for your children – all planned by the Resource team from the church – Vinod David and Nancy and Benson and his team.

SPECIAL EVENTS HELD

Carol Rounds

On December 10, 11 and 12, the YMCF choir that included tiny-tots and other children, visited homes, for a time of rejoicing and enthusiastic Christmas carol singing with the accompaniment of guitars and the keyboard. Thank you, St. John's School for providing us the bus for two evenings. Snacks, cakes, juices, pastries and food flavours of the season were generously served at each home.

Christmas Fellowship

Eighteen couples met for a time of fellowship, prayer, quiz and carol singing at the YMCF Christmas Fellowship on December 14, 2008. Besides the regular session of reflection and singing, members shared their thoughts on Christmas. This was followed by a delicious lunch.

Parish Evening

YMCF presented a 10-minute skit at the Parish Evening on December 19. The skit, titled 'Better Understanding', highlighted the need to invite Jesus into the everyday reality of a young married couple's family life and thereby making it joyful and full. The skit was scripted and enacted by participants of YMCF.

First Family Camp

On January 25 and 26, 2009, 16 YMCF families attended the first YMCF Family Camp at ECC, Whitefield, Bangalore.

This resident camp, attended by a total of 60, was titled –A Vow to Cherish. Resource couples Biju & Sheeba Thomas and P.C. & Ciby Mathew of Urban India Ministries, Bangalore, led the four sessions complete with presentations, exercises, games

and a movie that revisited principles of marriage, relationship and family life. The camp was a rewarding time for the



participants, calling them to renew their vows and pledges to marriage and family.

Children had a separate Resource Team which led them on the theme 'Let Your Light Shine'.

Rev. Nirmala Vasanthakumar opened the camp with prayer and also led the morning devotion after a time of praise and worship. Rev. P. Jayanesan, closed in

prayer, benediction, and then everyone joined in the singing of the national anthem.

Future

The YMCF will continue to meet once every month to share on topics of importance to marriage, young family and spiritual



life. We thank our God Almighty for inspiring, supporting and sustaining the Young Married Couples' Fellowship at St. John's Church.

The YMCF Team



VBS - 2009

Theme: Come and Dine

Dates: April 20 - May 3, 2009

Venue: St. John's Church

NEIGHBOURHOOD FELLOWSHIPS

The Bonding Grows Stronger

It was in the first week of February that we opened the doors of our home for the Neighbourhood Fellowship. We were regular members of this fellowship for six weeks, and when the opportunity to host it arose, we quickly accepted.

This fellowship brings together members of our church who live in Hennur-Banaswadi-Chellikere-Hennur Cross-Babusapaliya-Horamavu-HRBR-Kalyan Nagar. We have also been blessed with the presence of Uncle Ruban & Aunty Indra, who are not members of our church, but are regular at the church services and the fellowship, and have opened their home and have led the fellowship many a time. Our fellowship has been blessed with many lay leaders who help with

the Bible Study like Aunty Juliet, Manju & Thomas Swaroop, Padmini Hastings, Gibin M.V. and Peter Yorke.

The fellowship starts with a time of singing followed by prayer and the study. After the Bible Study, the leader asks for any prayer requests and volunteers pray for certain needs, especially for our church and those who are sick. The concluding prayer is followed by hot tea and snacks which helps us to relax and catch up with what happened during the week. We have also celebrated many birthdays and happy occasions. Some of the sessions have also been dedicated for the children, who participate in the singing and prayer with all their enthusiasm.

What is remarkable is that God has enabled the bonding to take place so beautifully, that every member is motivated to earmark



Thursday evening 7.00 p.m. for the Bible study and fellowship. We thank God that this group has been able to meet every week since February 2008.

For our outreach programme, once a month we visit home-bound church members. If you live in our area, do join us.

Reena & Mohan George

Parish Evening

December is a time of celebration, of festivity to commemorate the birth of our Lord Jesus Christ who brings love, joy and peace during this season. Families come from far and near to celebrate the season at St John's.

St. John's got together as a family at our Annual Parish evening December 20, 2009. At 4.30 p.m. the programme started with the children's Christmas party. The games for the children were organized by the Sunday School teachers. The children had a great time of games, fun and frolic. As the familiar song Jingle Bells was played, Santa Claus trudged in with his bag full of goodies for the children who were given their gifts by Santa with lots of love and affection. After receiving their gifts the children had their bag of snacks and drink.

Later in the evening Rev. Nirmala Vasanthakumar welcomed the congregation and opened with a word of prayer. Our compere Allan Myaboo set the ball rolling for the evening. The

community singing was led by our evergreen Mary Josefs along with the Praise & Worship team.

The New Life Centre for Girls presented a well orchestrated choreography. The students of St. John's High School also presented choreography. Our ever vibrant Women's Fellowship drew accolades and whistles for their outstanding dance performance. They were followed with songs by the Men's Fellowship and the Choir.

The Young Married Couples' Fellowship came up with a skit to promote their fellowship meeting. The Hostel boys acted in a skit and choreography.

As the programme came to a close everybody lit their candles and silently reflected in memory of the victims of the Mumbai blasts and prayed for their families.

Rev. P. Jayanesan closed with prayer and benediction. And the evening closed with a sumptuous fellowship dinner.

Vinod David
Convenor, Parish Evening

Asha Nivas

Visits cheer them up

At a time when the whole world is facing recession, people are faced with financial crises and suicides on the rise, we can take refuge in I Corinthians 13. Hope is necessary for leading a Christian life. We can have all through Christ who strengthens us. We as Christians have the assurance that Christ is always near, protecting, guiding and leading the way. "Fear not, I am with you always even unto the end of the age", this is one of the greatest promises of Jesus to all who trust in him.

Asha Nivas had its share of ups and downs in the last six months. The residents were treated to times of fun and fellowship by the Senior Sunday School and the youth Fellowship as part of the programmes arranged by the Golden Age Fellowship.

The residents had a wonderful Christmas season, beginning with their celebration on December 6, 2008. They were visited by many groups of carol singers, including the Young Married Couples'

Fellowship. They were also invited for the school Christmas programmes. They were provided a grand Christmas lunch too.

Various repairs have been undertaken to improve life at Asha Nivas — tiling of bathrooms, and remodelling of the kitchen. A microwave oven and a refrigerator have been purchased for the residents.

We lost three of our very dear residents — Mrs. Rajalakshmi Sundaram in the first week of December. She had been bedridden for quite some time.

Mrs. Dorothy Steers and Mrs. Monica Skill passed away on March 15 and March 17 respectively this year. A few of our residents have been hospitalised in the recent past. The residents thank the St. John's family for their constant support and request continued prayers. If we have faith, hope and love all things are possible. Words of encouragement, prayer support and occasional visits from the members of St. John's are deeply appreciated.

A shalatha J oshua
Secretary

Choir

The Choir, an integral part of the St. John's family, meets every Sunday after the Church service at 11.00 am for practice.

The Choir takes an active part in all the weddings which they are invited to. Every first Sunday of the month, the Choir leads the service through a time of 'Praise and Worship'. The fifth Sunday of the month is observed as Choir Sunday, when the members are involved in the reading of the Scripture, the collection of offertory and the sharing of Peace.

During the Christmas season, the Choir was invited to perform at the Indira Nagar Methodist Church. The three numbers that were rendered, were well appreciated.

Although there were many rumours and threats against carol

singing during the night, each of us felt the presence of God with us as we successfully completed three days of Carol rounds.

The senior citizens of the Rotary Club invited us on December 21. We sang well-known carols as well as a few special songs requested by the members. We must say it was a blessed time of singing and fellowship.

The much awaited programme of the year. 'Carols by Candlelight' was on December 21. The Choir presented 12 songs, which were a big success and was truly enjoyed by all. We owe our success to God and we give Him the Glory.

The next programme for the year is the performance for the Lenten season on April 5, 2009.

F rank A aron
Choir Director

Men's Fellowship

Fellowship Renewed

The closing programme and the highlight of the year is always our Christmas celebration to which we also invite wives of our members. It was held on December 11, 2008, and was attended by a record crowd of 40 people. We were glad to welcome many of our new members and their wives. It began with the joyful singing of Christmas carols

followed by an inspiring message by our Presbyterian Rev. Nirmala Vasanthakumar. The games that followed rekindled the spirit of the season. Then there was the short entertainment programme by our members and a scrumptious dinner together. At the Parish Evening, the Men's Fellowship team presented two songs.

We began 2009 with a New Year service on January 8, 2009.

Our members testified to God's goodness in the past year in spite of sickness and other problems. Rev. P. Jayanesan, the celebrant at the Holy Communion, gave the message.

Our meetings were addressed by several speakers. Rev. John Wesley, the General Secretary of IEM, spoke to us on January 22 of mission in India today in spite of persecution. Dr. Julian Sundersingh showed us a better way of public communication especially in reading the Bible portions and Mr. David Selvaraj pointed out the need for change in

attitudes as we face problems and divisions in today's society. The Lenten service on March 5, was a special blessing as each member led different parts of the service. The challenging message on the Cross was given by Pastor Gavin Cunningham. We look forward to an Easter Service together in April.

Our project of helping the Home of Hope for the destitute continues as many members give towards it.

Peter S. C. Pothan
President

Stephen's Home for the Aged

Communicating Hope

How blessed to be the ones who are able to communicate hope to some other – may be by words, may be without; may be gesture, may be actions. St Paul's exhortation, as we remember, is to "keep on loving...as brothers..." as sisters!

Members from St. John's family have continued in their love towards the members Stephen's Home; towards the people who come to us looking for sustaining and upholding. It is a matter of joy that there has continued to be a generous response to the needs of the residents.

Christmas time was as always a special time and the Home looked

forward to the visit by members of St. John's congregation, and friends who so kindly come to spend that evening of Christmas celebrations at Stephen's Home. It was a time of shared joy. Sincere thanks go out to all who came, and participated in the programme and were channels of blessing. One of the residents who said a few words spoke from her heart as she gave expression to profound thankfulness for the love and care they receive and their happy stay here.

We look forward to continuing interest in the Home, and to your caring and sharing. May we be enabled to heed the call to be Harbingers of Hope.

The Stephen's Home Committee

Women's Fellowship

Trusting in God's Promises

After a short break for Christmas we re-opened on January 13, 2009 with Holy Communion conducted by Rev. Nirmala Vasanthakumar. Her message on this occasion was based on Joshua 1: 1-9. Whatever Joshua faced in his life, we also face in our lives. Whatever criticism and situation we face, God is with us. God is in control of our situation. She highlighted on the need:

- To be strong and courageous
- To trust God's promises
- To meditate on God's word
- Not to fear and have anxiety

This term is rather a quiet term for our fellowship. There are fewer activities and more sharing and devotions. One devotion was led by Beulah Jayakumar, who emphasized on the spiritual parenting of our children. Sunitha Rathnakumar, who was our choreographer for the Parish Evening spoke on the parable of the lost coin. (Luke 15: 8-10) Sin has blocked our hearts and so we are lost in sinful nature. Broom represents the filth, foolishness, our ego, pride, etc., which can be removed by the Holy Spirit. As

the coin has two sides so do our lives. On one side we may be 99% good, but the inner side too has to be clean. She wound up saying be a channel of blessing to others.

An interesting quiz and Bible games were conducted by Annie Moses. Our members were thrilled to hear Shakuntala Narasimhan, an eminent writer of DH share her experiences with the public. She also encouraged us to join hands as WF St. John's Church to fight against social problems wherever we find it. Juliet Thomas spoke on Glory hereafter, i.e. about death. She emphasized on how people misinterpret suffering as God's punishment for the sins we have committed before one passes away to glory. There was good interaction from our members.

Our Lenten Devotions began from March 3, 2009, and are being led by eminent speakers like Pastor Francis Richard, Leelavathi Manasseh, Rev. Sham P Thomas, Grace Sathyaraj, and Rebecca Jayachandran.

We invite ladies from our Church and other churches for these devotions.

Lalitha Vergis

Sunday School

The Church is a People,
Not a Building

“Let the children come to me; do not hinder them, for to such belongs the kingdom of God.”
Mark 10:13

Through the year the Sunday School team has worked together with parents to bring our children and teenagers closer to Jesus. This has taken hard work, preparation and prayer and we have experienced God’s enabling as we undertook this important task.

As we reached the end of the year, the children reviewed all that they had learned through the year and took a test. Some in each class won prizes, but ALL are winners as they can only gain by studying God’s Word.

The children and teenagers led a special service in church on the Final Day – March 8, beginning with praise and worship time led

by the Teens. The children felt really involved as they along with the teachers were responsible for ushering, reading the lessons, intercessory prayers and took the offertory. They enjoyed singing their favourite action songs for the congregation, and even taught the congregation a new song that they learnt this year, which reminds us that the church is not a building but a people. It was very meaningful in our church’s 150th year to hear children and adults join in singing:

*I count if I am ninety, or nine or just a baby
There’s one thing I am sure about
And I don’t mean maybe:
I am the Church! You are the Church!
We are the Church together
All who follow Jesus all around the world
YES, WE’RE THE CHURCH
TOGETHER!*

K aruna B askar
Sunday School Superintendent

Sunday School Holiday HW:

Learn the names of the Books of the Bible

Class 1& 2: First 12 books of the New Testament

Class 3& 4: All the books of the New Testament

Class 5-7: All the books of the Bible (OT & NT)

Kids, there’s a surprise waiting if you complete your HW!

St. John's Hostel

Your Support Has Been
Their Hope

I have been told by congregation members who support the Hostel boys, "We love those boys, we want to do something more". This is what we call "compassion" as Jesus has worded it and not pity. They say this out of love. This gives us "joy" which is long lasting and not just happiness which is temporary.

We now have 30 boys – they study at St. John's School, St. Anthony's (nearby school) or the Methodist High School.

At Easter, the hostel is quiet because the boys go home for summer holidays (unless it falls before their vacation).

At the Christmas celebrations in 2008, Mohan Selvaraj (Convener – Property Committee) was our guest speaker. He was brought up at the Tumkur Hostel, and therefore could relate to the boys' lives at the hostel. He emphasised on the importance of education and special care, the boys' adjustment in society. He advised them to be faithful to God and to their supporters.

Like Christmas 2007, (but on a larger scale), the boys made cut-

outs in sand, that depicted the birth, life, death and resurrection of Jesus. We are thankful to Susie Verghese and her friends who made the function lively, and encouraged the guests to join in the sing-along.

The boys entertained the guests with choreography. They received gifts donated by St. John's School. This was followed by a sumptuous and tasty dinner, ice cream and plum cake.

We are thankful to our Pastor and the Assistant Pastor, the Warden, the Office Staff especially Hannah for their love and hard work put in to make the boys happy.

The boys are encouraged to do well in their studies. Our special thanks to Deepak Abraham, Greeta Sigamanie and Anuradha Pole for their commitment to coaching the boys in their studies. It is encouraging for the other boys and the congregation to know that one of our boys Gideon Jayanesan has been chosen to be the captain of the School.

My sincere and special thanks to the committee members and those who contribute special donations and pay special visits

with their goodies. The boys really appreciate these special gestures.

Growing up isn't easy for any child, and all our prayers and support are with the boys as they go through their various stages of life.

We are grateful to God who gives us joy when He is honoured through your love and giving. Happy Easter.

Jyoti Parker,
Convener

St. John's School

Renewal of Christian Discipleship

Jesus came back! That was the Easter experience for the disciples who had seen him crucified, dead and buried. Despite their betrayals, Peter's denials and everyone fleeing for their lives, Jesus did not give up on them. He came back from the dead to make sure they got not what they deserved but what they needed — grace, forgiveness and peace with God.

Sometimes we may feel as if God has given up on us because of our personal failures or for the mess we've made of this world. The Easter story reminds us that Jesus never fails to come again and take us to himself. He meets us where we are. He forgives our sins, mends our wounds and restores



our spirit for a renewal of Christian discipleship in the world.

We, at St. John's High School, have experienced His Grace throughout this term. January 24, 2009, witnessed the graduation of 190 ICSE and 39 ISC students from this esteemed institution. Rev. Dr. Israel Selvanayagam, Principal of United Theological College, Bangalore, led the Thanksgiving Service and delivered God's message.

Dr. B.K. Chandrashekar, former Chairman of the Karnataka Legislative Council

and Former Education Minister, Government of Karnataka, who was the Chief Guest for the Graduation Ceremony, advised the graduating students to adopt technology and transfer the same to the less privileged people.

Bible Day was observed on February 25, in a meaningful way. There was a special assembly followed by a skit competition for students of Std. I & II.

World Day of Prayer was observed on March 6, 2009. At a

special assembly, prayers were said for the children of Papua New Guinea. We bid farewell to teachers Elvina Jackson, Josephine Joseph and Gwendoline Menon, and Maintenance Staff Mary Puttaraj, who are retiring at the end of this academic year.

We are thankful to God for being with us and blessing us throughout this academic year. We give Him all praise and honour.

Youth Fellowship

'Youth Zest'

The St. John's Church Youth Fellowship began the New Year with a get-together called youth zest. The main intention was to encourage more youth from our church to join the Fellowship. Elections were conducted by our presbyters.

We won the second prize in the western vocals in an inter-church musical competition organised by the Karnataka Central Diocese. Over the last couple of weeks, we have raised more than Rs. 11,000/- by way of breakfast sales after the church service. This amount will be used for our programmes. We would like to thank all the members for their support.

On behalf of all the members of the Youth Fellowship, I invite all the youth of our church to join us. If you have completed your class X, you can be a member. We meet every Saturday at 4.30 p.m. and have various programmes like Bible studies, visits to the Asha Nivas, hostel and CSI hospital. Guest speakers enlighten us on different aspects of life.

We extend our grateful thanks to our Presbyters for all support and co-operation, and above all, we want to thank God for leading us.

Rebecca Selvaraj
Secretary

Milestones

NEW MEMBERS



Victor Jeyaraj, Elizabeth from Kariyanapalya
Vasundhara Anandarao and daughter Sikhasriya from Frazer Town
Sahayaraj Gunapandian, Francisca and son Segel Fred from R.T. Nagar
Milton Devaosan, Sheeba and children Dorothy & Griffin from Cox Town
Dr. Chandrasingh, Dr. Viola Chandrasingh from Cox Town
Reginald Christian, Ruth and children Zipporah & Belicia from GM Palya
Sanjeeva Rao Vaddi, Margaret and daughter Nancy from HRBR Layout
Thomas Sathiadass and Lydia from Kalyan Nagar
Mercy Prabhavathy and daughter Asmita from Pillana Garden
Corey Marshall from Kalyan Nagar.

BAPTISM



Yagnya Sikha Sriya, daughter of Arun & Valli Ananda Rao

Joshua Abyudaya, son of Hepgzibah & Praveen Kumar

Abigail Christine, daughter of Anitha & Ranjit Norman

Mathew William, son of Karen & Andrew William

Benito Carlin, son of Felicia & Alwin Selvakumar.

Evelyn Annette, daughter of Vanitha & Daniel Shekeran.

WEDDING



V'NN Sylvia Alphonse &
Stephen Karan Maran



IN MEMORIAM

"I am not tired of my work, neither am I tired of the world; yet, when Christ calls me home, I shall go with gladness.." Adoniram Judson, American Baptist missionary.



Mrs. Avril Rozario
(44 years)
April 13, 2008



Mrs. Sulochana Benjamin
(69 years)
August 4, 2008

Mr. Eapen Stephen

October 6, 2008

Mr. Eapen Stephen was our loving Dad and also a friend to all. He was loved by all. We miss our Dad a lot, but we feel he is still in our lives. .



Dad worked as PRO in Phonicia Hostel, Dubai, for nearly 10 years. He was a member of St. John's Church for 58 years. His father the late Mr. David Stephen was a member of St. John's.

Dad was a loving husband to our mother Leelamma, a caring father to both of us, and a God-fearing person. He was a

cheerful person. This spirit he demonstrated in the last three years, even though he was confined to a wheelchair, since his legs were amputated as he was suffering from diabetes. Dad's favorite song was

*There's a land that is fairer than day,
And by faith we can see it afar,
For the Father waits over the way
To prepare us a dwelling place there.*

It was to this land, that it pleased the Lord and his Saviour to call him, to be home with Him for ever and ever on Monday October 6, 2008, at around 6.45 pm.

We will remember him with love. He will stay in our hearts forever. May his soul rest in peace.

Benita and Binoy, children

Cecile Dickson

December 24, 2008

Our mother Cecile Dickson will best be remembered as a dedicated mother, teacher



and friend — someone who took pride in all that she did and carried out her responsibilities with meticulous precision. She was a friend to all she met and a faithful member of St John's Church where our family worshipped regularly since 1962.

Dean Dickson, son

Cecile Dickson was perfection personified. Punctuality was of utmost importance to her, be it to school or any other function. She took it upon herself to do her best for the students under her care. She not only taught them their daily lessons – but also taught them to become disciplined, well-behaved children. She was always smartly turned out - with matching ensembles. She was the pulse-point in our staff-room, keeping in touch with every colleague of hers and their families. Be it a

junior or even a worker in the school, she always greeted them pleasantly. A very hard working person, who never took her work lightly and worked tirelessly till the end.

Jayanthi Stanley, a colleague

Asha Nivas Says Farewell ...

The life we live is a gift from God and the Lord keeps with Him, the right to take back the “gift” at any time when it pleases Him.

It is sad that in less than two months, Asha Nivas has lost three Residents – Mrs. Rajalakshmi Sundaram, Mrs. Dorothy Steers and now Mrs. Monica Skill. We all know that death is inevitable. Nevertheless our resurrected Lord has given many assurances that ‘death’ is not an end in itself but is only a stepping stone or gate to enter into the kingdom of God. Grieve we must over the death of a dear one or a member of the family. But, we Christians, should bear in mind that grief should not overtake us and make us feel distressed. The Lord of Comfort and compassion will comfort

and console the family members and relatives of Mrs. Skill, Mrs. Sundaram and Mrs. Steers.

Mrs. Monica Skill

March 17, 2009

The life we live is a gift from God and the Lord keeps with Him, the right to take back the “gift” at any time when it pleases Him.



One more resident, Mrs. Monica Skill is no more. It is sad that in less than two months, Asha Nivas has lost three Residents – Mrs. Rajalakshmi Sundaram, Mrs. Dorothy Steers and now Mrs. Monica Skill. We all know that death is inevitable. Nevertheless our resurrected Lord has given many assurances that ‘death’ is not an end in itself but is only a stepping stone or gate to enter into the kingdom of God. Grieve we must over the death of a dear one or a member of the family. But, we Christians, should bear in mind that the grief should not overtake us and make us feel distressed. The Lord of Comfort and compassion

will comfort and console the family members and relatives of Mrs. Skill, Mrs. Sundaram and Mrs. Steers.

Mrs. Skill was one of the senior most members of St. John’s Church – her baptism, confirmation, wedding and now funeral – all took place in this church. The Lord blessed Mrs. Skill with 74 years, and a contented and happy life. Though she was at Asha Nivas for less than two years, she endeared herself to all the residents with her friendly disposition and disciplined way of life. Frank and accommodative, she was a good conversationalist and could engage you in any conversations. Till the day she left Asha Nivas on February 27, she was very punctual for the devotion before breakfast and regular in leading the devotion on Wednesdays. She had a kind and sympathetic heart and treated her helpers well and never hesitated to help financially deserving poor people.. Her room was spick and span. She used to have her walking exercise around Asha Nivas. Whenever, she passed

my room, she would tell me that she was starting the second round. She has now run and completed her last round.

May her soul rest in peace.

*Asirwatham,
resident of Asha Nivas*

There are some people who bring good cheer wherever they go. Mrs. Monica Skill was one of them. She was smartly attired at all times, had a ready smile and a laugh to share with everyone who came her way. A woman with a heart as open as her smile, she was ever ready to lend a helping hand to the less-fortunate.

When Mrs. Skill lost her husband a few years ago, it was her fervent wish to take up residence in Asha Nivas — close to her God and with people like herself.

Asha Nivas was her true home — her 'comfort zone' in the twilight of her life. She loved the people here, and was a good friend to all of them.

Mrs. Skill is survived by her son, two daughters, their spouses and their children. A loving mother who will be missed by her children, she was

a wonderful grandmother to her grandchildren, who will miss her very much.

Judy, daughter

Mrs. Dorothy Steers
March 15, 2009



Mrs. Dorothy Steers resided at Asha Nivas for 27 years, and lived life to the full, making many long lasting friends who frequently visited her. Over the years her cheerful disposition and helpfulness was appreciated by both friends and the residents of Asha Nivas.

She was very witty and always spoke about her life islands. God had specially blessed her with good health and strength, He kept her in his loving care for 87 years. She was a person who rarely complained of old age and the aches and pains that usually come with advancing years. She has moved to a far better place. Memories of her smiling face, her well built personality and her kind nature will live on.

I thank one and all for being a true friend to my mother.

Darryl, son

Dorothy Steers was a beautiful person, a strong personality, whom God shaped and moulded through various trials and events. She was kind to those in need. She was faithful to her daily prayers and devotions and spoke with wisdom to those who needed her advice. She had a sense of humour and softened an impatient remark with a joke or a smile. She was ever grateful to those who helped her, especially those who served her for many years.

Dorothy studied at Loretto Convent, Calcutta. In 1942, she married Horace Steers, and was in the Andaman Islands as Horace was working for the P & T Department. Her only son, Darryl, was born there. After two years Horace was sent on diplomatic assignments to Lucknow, Shillong, Nepal and other places. Dorothy worked for the Polish Embassy for some time. Later, she remained in Delhi and worked as a Secretary in Mater Dei Institute.

When Horace retired from active service, he and Dorothy

came to Bangalore and settled in Asha Nivas in 1982 . Meanwhile, most of her family, including Darryl, migrated to England. After Horace died in 1996, Dorothy continued to live at Asha Nivas.

Dorothy was in robust health till June 2008, when she was diagnosed with cancer. Throughout her illness, Dorothy showed a deep faith in God. "Jesus Christ, have mercy on me" was her frequent prayer. Her son, Darryl, who had arrived six days earlier, was able to be with his mother to the end.

Farewell, dear Dorothy. We shall always remember you as a good friend, a gentle advisor, a prayerful and devoted Christian.

Sr. Rose Marie, a friend

**Mr. Vinay
Surendran
Nawgiri
(47 years)
March 25, 2009**

