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My Beloveds in Christ,

Happy Harvest Thanksgiving! I wish each of you every blessing as we celebrate God's goodness and all the countless natural gifts He has lavished on us.

Our theme 'Abundance' is from the Latin word *Abundo* which means 'overflowing' or 'a state of plenty'. This is a very popular theme in the Bible. For people of Israel, who were often restricted in resources, abundance was an important feature of their future hope and it became a symbol of spiritual well-being. They strongly believed that, if we seek the Lord and obey Him diligently in all that we do then we will experience harvests of God's abundance in every area of our lives.

Jesus, affirming this hope of the people of Israel, says, "I came that they may have life and have it abundantly" (Jn.10:10). To offer abundance, Jesus made 'life-giving' as his life and mission. Some of the dimensions of Jesus' life-giving mission are healing, wholeness, solidarity with the suffering, hope for the hopeless. Jesus proclaimed 'abundant life' standing along with those who are victimized, dispossessed and marginalized. By this, Jesus pointed out that, abundant life is bringing dignity, justice and wholeness to those who are extinguished.

Harvest Thanksgiving is, therefore, an occasion to think of the many blessings that God has given us, of our dependence on Him for everything, and of the harvest of land and sea. This is also an occasion to think of our Christian responsibility to use these things in such a way that all people will share in God's bounty.

God has blessed us with abundance in various ways such as human resources, material resources, institutional resources, academic resources in addition to the spiritual resources. It is our bounded duty

to show our gratitude to God by using His resources wisely and helping those in need.

This Harvest Thanksgiving, it has been decided that the proceeds of the Harvest day sales shall be utilized for various missions of our Cathedral such as maintaining and expanding our existing mission fields; involving in the rehabilitation work at Kodagu and Kerala; initiating Care Ministry consisting of Grief Care, Elderly Care and Counseling; strengthening Prison Ministry and Health Care and Educating the Youth from the most deprived sections of society. Let us celebrate this Harvest Festival remembering God's goodness and expressing our gratitude to Him by making others happy.

Yours in Christ,

Rev. Dr. Vincent Vinod Kumar

Presbyter in charge

Editorial

“Abundance” the term conjures up many images of plenty, not lacking, contentment and satisfaction amongst others. As Christians this word is significant in the prospect of us feeling protected and secure knowing that we are under His abundant love and care. Having just passed another Harvest Festival, there are many ways where we have witnessed God's abundance in all walks of our life. Some areas, maybe a little slow in reaching that goal, but ultimately we pray and believe and know that our God is in control and we will definitely see His abundance.

At the same time, having abundance in our lives is not always about what we have or what we get. It's not about what we voice out. But it is most importantly what we receive from our Saviour and how we utilize these blessings as proper stewards of Christ. Many a times, we may face situations of rejection, badgering, unwanted malice, untruths that mire our thoughts and focus in life. But God encourages us to dwell on His abundance. His grace that he imparts on us will see us through these negativities, knowing that with Him all these negativities are changed into an abundance of positives. The key is to understand that we will not automatically receive material blessings and to acknowledge that we can be remarkably blessed and live an abundant life in the midst of difficult situations.

As human beings, we also tend to view life through the lens of scarcity, resulting in being fearful and anxious. But our Lord shows us a different situation, one of abundance. He wants us to have a 'stewardship' mentality of all that the Father has generously put into our hands. If we are able to lift our eyes above the physical realm, then we're able to look at a world beyond.

Jesus says: “Put the resources in my hand and see what I can do with it.” Scarcity then becomes abundance. We are serving a king who has abundance at his disposal. After the feeding of the 5,000, there are 12 baskets full of food!! The leftovers of the abundance of the kingdom are far greater than the scarcity the world offers.

Often times abundance is confused with having all our material desires met. Being close to Jesus, giving him what we have, and trusting him to

provide for what we need is indeed summarizing that abundance is indeed sufficient, enough.

From the new Magazine Committee for this triennium, we wish to focus on His abundance and highlight His care for us in all our ensuing publications. We thank God for the abundance in penning and bringing ours and other contributors' ideas, solely for His glory. We thank God for the abundant talents He has blessed the Committee with. We have people with diverse literary talents in content writing, graphic designing, web designing, authors, doctors, journalists, English language specialists, Soft Skills Trainers and authors.

God's abundance is indeed overflowing.

Anjana Samuel

An Abundance of Encouragement

When life is tiring, when we are struggling to move forward in our life, when family members are not giving support, when work is exhausting, when our health is failing, when our loved ones are hurt, when the future is unsure, and when our life partner leaves, it is natural to be discouraged in our life.

Discouragement has various connotations, such as fatigue, hopelessness, despair, self-pity, depression, doubt, and bitterness. Sometimes, discouragement can be so strong that we even do not want to go on living. Discouragement is dissatisfaction with the past, distaste for the present, and distrust of the future. It is ingratitude for the blessings of yesterday, indifference to the opportunities of today, and insecurity regarding strength for tomorrow. It is unawareness of the presence of God, unconcern for the needs of our fellow human beings, and unbelief in the promises of God's Word.

If we have nothing to rely on, then keep our eyes on our Lord Jesus Christ, who is the Author and Perfector of our life; who has the key of encouragement. In Him, we have comfort, peace, and encouragement. His Cross offers us abundant life, if we completely rely on Him. As believers of Christ, get encouraged from these two biblical stories as narrated below:

Remember the life of discouragement that Daniel went through, when he was in the lion's den (Daniel 6). The King Darius asked, "O Daniel, servant of the living God, has your God whom you serve continually been able to deliver you from the lions?" Then, Daniel answered, "O king live forever! My God sent His angels and shut the lions' mouth and they have not harmed me." The God who saved Daniel from the lion's den, can He not comfort us and encourage us when our life journey is in the midst of sadness, tiredness, depression, hopelessness and bitterness?

Remember again the life of discouragement the people of Israel faced when they were asked to leave Egypt (Exodus 14). God told Moses to tell the people of Israelites to turn back and encamp in front of Pi-hahiroth, between Migdol and the sea, in front of Baal-Zephon; they

listened to Moses. But God hardened the heart of Pharaoh, so that the Egyptians will know about the living God. When the Israelites saw the Egyptians marching towards them, and all the roads were closed, they cried to the Lord. They started grumbling, and got angry with Moses saying, "Is it because there are no graves in Egypt, so you have taken us away to die in the wilderness? What have you done to us in bringing us out of Egypt? Leave us alone that we may serve the Egyptians, for it would have been better for us." This is where Christians fail in their life. When troubles come, we fail to remember God's blessings and mercies. In the midst of sufferings, life becomes bitter and irritated which lead to discouragement, and we forget the abundance of life in Christ. But, God gives us hope through His words saying, "Fear not, stand firm, and see the salvation of the Lord which He will work for us today. For the Egyptians (our enemy in different shapes, forms, figures) whom we see today, we will not see them again. The Lord will fight for us and we have only to be silent" (Exodus 14:13).

Therefore, be encouraged because God is a God of mercy and comfort. Take encouragement because God is there with us in our affliction and we should be encouraged, because the comfort and encouragement that we received from God through our Lord Jesus Christ needs to be communicated through us as instruments of comforts to others.

Jesus said, "Come to me, all who are weary and burdened and I will give you rest" (Matthew 11:28).

May God bless us through His everlasting love and encourage us in abundance.

Mrs. Sushana Pramanik

D.Th (New Testament)

Abundant Life

We talk of life and about "abundant life" in our churches regularly. What does it mean? It is abundant life in Christ and it implies new life which needs to be a reality. In II Cor. 5:17, Apostle Paul talks about this life, he says, "Therefore, if anyone is in Christ, they are a new creation. Old things have passed away and new things have come." And Jesus calls that life as "abundant life" in John 10:10 and it is being earned by being in Christ.

So how does this new life look like? The new life given to us in Christ is more than material blessings. In the Bible, we see God blessing people, and promising blessings to people. Is abundant life the result of having been made new? Is prosperity the sign of abundant life? Is having material wealth and no worries a sign of abundant life? Life is a mixture of struggle, suffering, joy and pain, yet it is life in abundance. Is not bearing the Cross also a sign of abundant life? Does abundant life pertain to this world or to the world to come, which is heaven? These are pertinent questions that keep lingering in our minds as we think of abundant life.

Hebrews 11 highlights people of great faith and blessing, but also tells us that many believers were tortured, mocked, scourged, imprisoned, stoned, sawn in two, destitute, mistreated and homeless. The writer says the world was not worthy of these saints. They were approved through their faith, but they did not receive what was promised. Does that sound like abundant life? Is that prosperity? And yet, we find that these struggling people spoke of a deep-seeded joy.

Paul himself, talks of "exceedingly abundant" phrase, did a fair amount of writing of joy and peace in the middle of his own difficult circumstances. He used terminology like, "My God shall supply all of my needs according to His riches in glory." Paul found his life sufficiency in Christ. But what are these "riches in glory" to which he refers? We know there are some things that can only come from God. God gives peace that passes all understanding. Jesus and Paul promise there will be trouble in the life of a believer and no one can escape it. It is true that life in Christ costs physical and materials abundance; yet, Jesus says we have abundant life! We are promised abiding peace, peace which is beyond what we can work up on our own.

Abundant life means being changed by the power of Christ, leading different life, which affects all aspects of life's experiences. So, spiritual change, accompanied by better decisions, often leads to better circumstances. Good decisions, often undertaken because of spiritual decisions, leads to greater prosperity. Here are a few examples: "Honor the Lord with your possessions and with the first produce of your entire harvest; then your barns will be completely filled, and your vats will overflow with new wine." (Proverbs 3:9-10) "Go to the ant, you slacker! Observe its ways and become wise. Without a leader, administrator, or ruler, it prepares its provisions in summer; it gathers its food during harvest." (Proverbs 6:6-8) "The diligent hand will rule, but laziness will lead to forced labor." (Proverbs 12:24) "The slacker craves, yet has nothing, but the diligent is fully satisfied. (Proverbs 13:4) So, that's not the prosperity gospel, but greater prosperity can come from a gospel-centered life. It is not because of our "seed faith," but because we see our faith lived out in a new kind of life.

We ask why God blesses some with more material things than others. Is God rewarding faithful with more opportunity? Is God trying to show faithfulness to some people through the fact they don't have as many resources as others? We also should not be mad at people who are blessed materially. We all must remember that we are blessed as Abraham was to be a blessing. Acknowledge that people prosper when they are changed by the gospel. That is a form of Christian prosperity. We should understand that we will not automatically receive material blessings and to acknowledge that we can be remarkably blessed, and live an abundant life, in the midst of difficult circumstances. Poverty and persecution cannot overcome the prosperity that God provides for us in Christ.

Therefore, abundant life is not about what we have. It is not about what we get. It is not about what we claim. Ultimately, abundant life is about what we receive as a gift from the Lord and to live, knowing we are stewards of the blessings of God. Stewardship is not measured by what we have received, but by what we have given. When we have enough of the blessings of God (mercy, peace, love, grace, wisdom, etc.) to share with others that is where we truly have abundant life.

May God bless all of us to have this abundant of Life. Amen.

Rev. P. Victor Paul,
PRO Office, UTC, Bangalore.

Spiritual Abundance

Abundance meaning **plentiful, wealth, richness, overflowing, profusion** etc. itself makes us to raise our eyebrows with high expectations. That is because we have on our side our Lord, **Jesus Christ as He is the God of abundance**. In Deuteronomy 30:9 we see that, "The LORD your God will prosper you abundantly in all the work of your hand, in the offspring of your body and in the offspring of your cattle and in the produce of your ground."

As we gaze through the above verse, we could see our God's abundance in all the earthly matters. At the same time, in the New Testament we see the abundance of love, grace, peace, mercy, salvation, joy, etc. and life which are very personal to each one of us as they're intangible. At the same time, In Luke 6:4, we see that **our mouth speaks the abundance of our heart**. If you carefully look at this verse, it is not just about receiving the blessings in abundance, but what matters the most is what comes out of our heart and mouth in abundance. That is the reason why we need to welcome our Lord Jesus within ourselves as this inner sanctification is not possible without our redeemer's intervention.

The Lord also gives us an opportunity to challenge His abundance. In Malachi 3:10, "Bring the whole tithe into the storehouse, so that there may be food in My house, and test Me now in this," says the LORD of hosts, "**if I will not open for you the windows of heaven and pour out for you a blessing until it overflows.**". Here is one challenge to test the abundance of our faithful God. Unfortunately, our human mindset is, the more we get the lesser we give to God, but we still expect the abundance from Him. Isn't it unfair on our part? There is a funny story about our giving attitude. Three Christian brothers met and were talking about how they give the Lord in abundance. The first one said, I draw a line which is 5 feet away in front of me. All the salary I receive in the month I just throw in front of me. Whatever falls within the line belongs to me and the rest belong to God. The second one came and told how you can dishonor God by drawing line in front of you. I draw the line behind me and throw it backwards so that I cannot see. Whatever falls within the line belongs to me and the rest belong to God. The third Christian may be the most noble one came and told, I do not draw any lines for God. I just throw the salary above me. Whatever God gives me back I cheerfully take as it comes from the Lord. **Let's be of good cheer by bringing His tithes and offerings along with thanksgiving, faith and obedience and in turn receive the abundance of His spiritual as well as worldly blessings.** Amen!

Selvakumar Rajakumar

Abundance is an Attitude

Harvest festival is a time to express our gratitude and share our testimony of God's mercy in our life. While this can be done any time in a year, harvest festival perhaps gives us a better opportunity to reflect on these things and put them in perspective. When we have what we have in abundance, it will call for sharing, contentedness, and accountability. But, here is the trick! Our mind never says we have in 'abundance' what we wanted unless we consciously cultivate this attitude.

Let us revisit three stories in the New Testament that we kept hearing since our Sunday school days- one, that of the poor widow, who threw her last two mites into the offertory, and two, that of the rich man who was certain to make merry by expanding his barns to accommodate the excess produce and goods; and three, that of the man who did not demonstrate accountability because he received only a single talent. I do not know about others, but honestly, I would not have put my last mites into offertory, and would see no harm in garnering more treasures or wishing for more talents. But, as I ponder upon these parables, it dawns on me that what richly gets blessed at the end is what the poor widow demonstrated- feeling contented enough to give back to God it could be riches or a skill.

Each of us will be blessed with many things, but if we expect only specific things that we set our eyes on, then we will be discounting the abundant riches we have in other dimensions of life. Or, we may be waiting for a better time to give things back to the church, people and community. We can reflect through this season how best we understand 'abundance' and put it to good use in ways that brings glory to God. But, certainly it is our attitude that will help us achieve this.

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NJV- Mark 6: 41-44

NJV- Luke 12:13-21

NJV- Matthew 25:14-30

M. Thomas Kishore, Ph.D.,
Additional Professor, NIMHANS

A Scientific perspective in understanding Abundance

Many consider science as Anti-God. As a scientist, I understand science only as a tool to ask measurable questions just as an inquisitive child would, but with a difference: the child could be convinced with an answer within the 'limits' of our understanding, and possibly topped with 'I said so', while scientific inquiry is more like a horizon, i.e., after every convincing answer, there is the next question all this, but to know the Truth, which could give an impression that we defy God. With the exception of atheists, most scientists operate on the basis of abundance in truth rather than the lack or limitedness. Asking questions enables one to come closer to God. Dr. Francis Collins, Director of the Human genome project in his book, "The Language of God" reveals how much his work brought him closer to God. This experience is true for most scientists.

Speaking of Abundance, we have an aversion of it that is restricted to materialism represented by higher income, quality-of-life, possessions etc. 'Increase' is the operative word but with neutrality; it means 'in-plenty', and in itself as a word, it doesn't restrict 'to-what'. It allows the results based on our desire, be it good or not. Scientifically, in the process of signalling, our brain will allow an abundance of experiences of what we focus on. If we focus more on suffering and negatives, most likely we'll experience them in abundance. For example, remember a pain you had in your arm, that disappeared momentarily when your attention shifted away to something intense/interesting. Also, the modern-day tool of big-data analytics can predict the experience we'll have by evaluating what we mostly focus on: be it love, joy, wealth, or suffering, poverty, etc. So, we have to be very responsible in our intention.

Biblically, the above are activities of one's own free will, driven by the carnal part of our existence (Romans 8:5a), and not of the Holy Spirit in us (Romans 8:5b). If not well guarded, this power can be exploited by the enemy. So, by consulting the Holy Spirit when praying, and in our attention/focus, the results would be well refined in His purpose. But remember, His Voice is referred in the Bible as 'a still and small voice' and to not to grieve Him (Ephesians 4:30). I am not referring to our sub-

conscious, but to God's Spirit in us. We have to be mindful in seeking the abundance of His Will by aligning with Him. To do this, we need to be still, and pray. Prayer has been proven, also scientifically, to do wonders; hence can be termed as a 'tool' needed to connect with Him.

It is scientific to believe in God's abundance & by aligning our will with His will, we can experience the Abundance of His grace in every moment of our life. It is true that when we seek Him, we seek Him with earnestness.

So let's be mindfully responsible to experience His Abundance!

Dr. Maneesh Paul. S

Abundance of...?

The word "abundance" is a lovely, very meaningful term. We find it in various forms-abundantly, abundance, abundant, abound, abounding and so on, and it indicates fullness, plenty, bounty, ampleness, affluence, luxury its antonyms being lack, few, little, scarce, want, dearth, deficient, inadequate, etc.

As we turn to the Bible, while we scour its pages from the Old Testament to the New Testament, we find that there is a gradual deepening in the meaning of abundance. In the Old Testament, we read about abundance of cattle, sheep. Cedar trees, whales and fishes, metals, lands, fruit trees, meat, riches, apparel, milk and honey-the list is endless! Hovering over these situations, there is a cloud of transience, and they fail to give a feeling of lasting happiness. Of course, in Psalms, the meaning gets higher-there is an abundance of praise, abundance of blessings, abundance of forgiveness and abundance of satisfaction.

This begs a question-"what is it that gives us lasting happiness?" Definitely, it is not brought about by material success. Many of the richest persons of the world have been the unhappiest-some of them sinking into deep depression, while some even taking their own lives!

The psychologists present a practical view. They categorically state that there should be an "enoughness" somewhere there-having enough to do something that really makes you happy, satisfied, and even joyous, content with what you have, and not craving for more and more, rejoicing in the way things are.

All these are true to a certain extent, but still, they do not gratify our innermost hunger to know what the real "Abundance of life" means.

Coming to the New Testament while most of the thinkers stress the importance of "giving", none have put it more picturesquely than Jesus Christ. If, out of the material abundance of what we have received, we "give till it aches", our rewards are great. He said, 'in an apparently paradoxical passage,(Luke 6: 38), His words are extremely impressive-"Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over.." Here, He is hinting at our receiving divine gift of something abstract and impalpable.

This is quite pertinent in this season of Thanksgiving, When we give out of the abundance of our material blessings, we receive the invaluable, priceless abundance of grace, mercy and love as "showers from above". What a magnanimous reward!

The apostle, Paul, after a short period of silence, prayers, and meditation in the Syrian Desert near Damascus, clearly understood the words of Jesus Christ, elucidated them, giving a solid shape to Christianity. We in faith, as believers, although we may be undeserving, are entitled to receive the free gift of the abundance of grace from our Lord. This culminates our search for the highest meaning of Abundance. We in return get the divine Atonement, liberating us from all the shackles of our sins.

This gift is not totally an abstract term either! The abundance of grace, mercy and love of our Lord and Saviour, Jesus Christ, breathes new life into us. We sing a new song. We become humble. All avarice, envy, tension, sorrow and covetousness have disappeared! There is now, a sense of comfort and contentment in us. An abundance of true happiness dwells in us. No needless worries, no depression, torment us anymore! No anger, lust or hatred in us. This wondrous change is entirely due to the undeserving, no-cost gift of the abundance of grace.

Yes, we are now saved because of the abundant showers of grace and mercy from Jesus Christ. Salvation is ours, not caused by our good works, but entirely due to the Abundance of Grace and Mercy from our Lord!

Dr. Leelavathi Devadas

Stones of Remembrance

We are all familiar with the Red Sea crossing. But we may not be so familiar with another miraculous water crossing. The Israelites crossing the swollen Jordan River on their way into Canaan (Joshua 3: 7-17). The Israelites were unaware where they were going, but Joshua and the priests assured them that the Ark of the Covenant would guide them.

As they stepped into the waters, GOD parted the waters, allowing them to cross over.

We face similar situations in our own lives. It is at those very junctures, at which we don't know where to turn next; that GOD demonstrates his power most dramatically. Every new day brings us to a place we have never been before. There are new choices to be made, new directions to be followed, new fears to be conquered and the solutions are anything but obvious. When we are willing to take GOD at his word, he compassionately directs and sets our course. At times, he expects us to take the 1st step, before he amazingly makes things fall in place. But we have to have explicit faith in him, as he had promised that he will always guide and protect us, at all times (Isaiah 43: 2-5).

There is one important lesson to be learnt, from this 2nd miraculous crossing. After the entire nation had crossed over, GOD instructed Joshua to select 12 men. Who were to go back again into the middle of the river Jordan and pick one stone apiece for erecting a monument to GOD (Joshua 4: 1-9)

As we look back, each of us can pinpoint moments in our lives, when GOD has done something extraordinary, something remarkable to protect us, something too improbable to be a coincidence, something so fascinating that it totally alters our perception of him forever. We like the Israelites, should recollect those times as "Memory Stones". These stones should not only remind us of GOD's faithfulness, but should be an impetus to share with others our experiences so that they too could see and experience the power of GOD at work. Remembering is important as it highlights the power of GOD in our lives.

Even our Lord set up a “Stone of Remembrance” The Eucharist. Each time we partake of the sacraments, we are to be reminded of his transcendent Love and Faithfulness. Not because we deserve it but because his love is inestimable. So as recipients of several stones of remembrance how do we react? Are we content to thank and praise him or are we willing to transform our thankfulness into acts of gratitude. The season of Thanksgiving offers us an opportunity to show our thankfulness. May GOD grant us the wisdom and the willingness to display our “Stones of Remembrance.”

Stephen Paul M

Abundance in Music

"If Music be the food of Love...Play on!" so said Shakespeare.

In every walk of life, music has brought us blessings, comfort, contentment, joy and happiness. We can see God's abundance in music through the great Masters and Composers of both Western Classical and Gospel Music. Music brings joy, emotion, love, patience, peace, etc. There are so many instruments and variations from East to West of musical abundance. Music in various forms such as musical notes, drumming, singing, playing on the piano, guitar, cello, violin.....the list is endless...

Music is close to our faith, music is part of our Liturgy, our worship, our hymns. Some of the most well-known musical composers who have been blessed by the abundance of music include Johann Sebastian Bach, Ludwig van Beethoven, Dieterich Buxtehude, George Frideric Handel, François Couperin, César Franck and Charles-Marie Widor to name a few. Up to the present time, various composers have written instrumental (often organ) music as acts of worship, including well known organ repertoire by composers like Olivier Messiaen, Louis Vierne, Maurice Duruflé, and Jean Langlais.

God does give us many blessings and although He does not necessarily need anything from us we should be bestowing blessings and honor upon Him as one day we will sing with the creatures of heaven.

Scripture: "And I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them, saying, 'To him who sits on the throne and to the Lamb be blessing and honor and glory and might forever and ever!'" (Revelation 5:13 ESV)

Albert Einstein had a lifelong love of music (particularly the works of Bach and Mozart), once stating that life without playing music would be inconceivable to him. In some interviews, Einstein even attributed much of his scientific intuition to music, with his son Hans recounting that "whenever he felt that he had come to the end of the road or into a difficult situation in his work, he would take refuge in music, and that would usually resolve all his difficulties." Something in the music, according to Michele and Robert Root-Bernstein in *Psychology Today*,

"would guide his thoughts in new and creative directions." It has been said that Einstein considered Mozart's music to reveal a universal harmony that Einstein believed existed in the universe, "as did the great Wolfgang Amadeus.

Thus, music to those who wrote and composed, and to those of us who sing it is indeed, God's abundance in blessings. It speaks to our souls and it warms our heart as we lift our voices in one accord and raise our voices in praise to the Almighty!

Rani Padman

The Promise of Abundance

"I am come that they may have life, and may have it more abundantly"-
John 10.10

And who would need an abundant life than one who suffers the most? But who is to measure suffering? For the suffering of one is like a mild storm to another. People suffer every day and will continue to suffer for some reason or the other. That is the way of this world. But this suffering is timed and comes by default the moment we are born, for it is by default that we eat of the fruit of the tree of the knowledge of good and evil placed within our hearts in every step of life. We cannot stop eating it. It's an invisible trajectory that our thoughts follow and we are bound to suffer for it in some way or the other.

However, the suffering that is mentioned in the Bible is supreme. This suffering comes due to the entrance of faith upon hearing the word of God. In the parable of 'The Sower' we see, that the seed that fell on rocky soil immediately sprang up but withered away when persecution came about because of the word. Persecution on account of the word is inevitable and it is to those who suffer on account of it, that the Lord promises an abundant life.

Let's take a look at the legacy of martyrdom the early Christians faced. In A.D. 67 during the Neronian persecution, it is said that Apostle Peter was crucified upside down. Infact, Emperor Nero often made the Christians his form of entertainment by feeding them to the lions or dogs at the Coliseum. Then Apostle James the son of Alphaeus was thrown down from the temple by the Pharisees and his brain thrashed out with a fuller's club. Apostle Stephen was stoned; Apostle **Bartholomew**, who preached in several countries including India, was skinned alive and beheaded, while Apostle **Andrew** was crucified on an x-shaped cross. Apostle Matthew, the tax-collector was killed by the sword, Apostle Matthias who filled the vacant place of Judas was stoned at Jerusalem and then beheaded and Apostle John, the most 'beloved disciple' of the Lord was cast into a cauldron of boiling oil but was perhaps the only one to have escaped miraculously without many injuries. That was the plight of the Christians then.

Today, Churches across the world are being persecuted as a test of faith. The atheist Communist party in China has lately been destroying crosses on churches and replacing them with the photograph of President Xi Jinping, while burning Bibles, closing churches and forcing Christian believers to sign papers renouncing their faith as part of a crackdown on Christian underground churches. Closer home, in India, Hindu fundamentalists view Christians as outsiders and so, Christianity in India is in more danger than ever before. In 1998, a 46-year-old Christian priest, who opened schools for Dalit children in Bihar, was beheaded and burnt. In September 1998, four Christian nuns were gang raped in the remote village of Sepour, in Madhya Pradesh, followed by the martyrdom of Graham Steins that shocked the world.

In conclusion, the cost of Christian discipleship definitely seems expensive, but the reward of losing one's life in this world to find eternal life abundantly in the next, seems a distant dream. The promise is open to every generation of Christians, but are we ready to pay the price for an abundant life is quite a different thing!

Jacob V. David

A Hymn for the Harvest

'And the feast of harvest, the first-fruits of thy labours, which them hast sown in thy field: and the feast of ingathering, which is in the end of the year, when thou hast gathered in thy labours out of the field.' -- Exodus 23.16.

Hymns are an essential part of the Christian worship service. The practice of singing hymns, both in individual and communal worship, is recorded several times in the Bible (e.g., our Lord Jesus and His disciples in Matthew 26:30; Mark 14:26).

In the CSI order, worship services typically begin with a hymn of praise. The gradual hymn leads the congregation into contemplation of the theme for the service. Offerings are presented to the Lord accompanied by the singing of the offertory hymn. The solemn communion hymns set the tone for reflection on the Lord's sacrifice on the Cross. The closing hymn encourages us to stand firm in the faith as we return to the world outside the church.

Hymns express different aspects of Christian life with a primary emphasis on our Triune God and the message of Salvation. Hymns are also frequently written for special occasions or seasons, for example, for Christmas or Easter or the season of Lent. Similarly, hymns have been written for special occasions in the Church calendar, such as Harvest. Now, while harvest indicates abundance, we must remember that there are two sides to every coin. That is, some people may be in lack, while others celebrate abundance.

The hymn *'Now join we, to praise the Creator'* by Rev Fred Kaan (1929-2010), reminds us to praise and thank God for the blessings we have received from Him while remembering people in need. May we always have a heart of concern for all of God's people!

Now join we, to praise the Creator

Now join we, to praise the Creator,
our voices in worship and song;
we stand to recall with thanksgiving
that to God all seasons belong:
We thank you, O Source of all goodness,
for the joy and abundance of crops,
for food that is stored in our cupboards,

for all we can buy in the shops.
But also of need and starvation
we sing with concern and despair,
of skills that are used for destruction,
of land that is burnt and laid bare.
We cry for the plight of the hungry
while harvests are left on the field,
for orchards neglected and wasting,
for produce from markets withheld.
The song grows in depth and in wideness;
the earth and its people are one.
There can be no thanks without giving,
no word without deeds that are done.
Then teach us, O God of the harvest,
to be humble in all that we claim,
to share what we have with the nations,
to care for the world in your name.

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IL

“there can be no thanks without giving” Fred Kaan

Vinaya Vinodkumar

Questions on Abundance

Question: "What did Jesus mean when He promised an abundant life?"

Answer: In John 10:10, Jesus said, "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly." Unlike a thief, the Lord Jesus does not come for selfish reasons. He comes to give, not to get. He comes that people may have life in Him that is meaningful, purposeful, joyful, and eternal. We receive this abundant life the moment we accept Him as our Savior.

This word "abundant" in the Greek is *perisson*, meaning "exceedingly, very highly, beyond measure, more, superfluous, a quantity so abundant as to be considerably more than what one would expect or anticipate." In short, Jesus promises us a life far better than we could ever imagine, a concept reminiscent of 1 Corinthians 2:9: "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him." The apostle Paul tells us that God is able to do exceedingly abundantly above all that we ask or think, and He does it by His power, a power that is at work within us if we belong to Him (Ephesians 3:20).

Before we begin to have visions of lavish homes, expensive cars, worldwide cruises, and more money than we know what to do with, we need to pause and think about what Jesus teaches regarding this abundant life. The Bible tells us that wealth, prestige, position, and power in this world are not God's priorities for us (1 Corinthians 1:26-29). In terms of economic, academic, and social status, most Christians do not come from the privileged classes. Clearly, then, abundant life does not consist of an abundance of material things. If that were the case, Jesus would have been the wealthiest of men. But just the opposite is true (Matthew 8:20).

Abundant life is eternal life, a life that begins the moment we come to Christ and receive Him as Savior, and goes on throughout all eternity. The biblical definition of life specifically eternal life is provided by Jesus Himself: "Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent" (John 17:3). This definition makes no mention of length of days, health, prosperity,

family, or occupation. As a matter of fact, the only thing it does mention is knowledge of God, which is the key to a truly abundant life.

What is abundant life? First, abundance is spiritual abundance, not material. In fact, God is not overly concerned with the physical circumstances of our lives. He assures us that we need not worry about what we will eat or wear (Matthew 6:25-32; Philippians 4:19). Physical blessings may or may not be part of a God-centered life; neither our wealth nor our poverty is a sure indication of our standing with God. Solomon had all the material blessings available to a man yet found it all to be meaningless (Ecclesiastes 5:10-15). Paul, on the other hand, was content in whatever physical circumstances he found himself (Philippians 4:11-12).

Second, eternal life, the life a Christian is truly concerned with, is not determined by duration but by a relationship with God. This is why, once we are converted and receive the gift of the Holy Spirit, we are said to have eternal life already (1 John 5:11-13), though not, of course, in its fullness. Length of life on earth is not synonymous with abundant life.

Finally, a Christian's life revolves around "grow[ing] in the grace and knowledge of our Lord and Savior Jesus Christ" (2 Peter 3:18). This teaches us that the abundant life is a continual process of learning, practicing, and maturing, as well as failing, recovering, adjusting, enduring, and overcoming, because, in our present state, "we see but a poor reflection as in a mirror" (1 Corinthians 13:12). One day we will see God face to face, and we will know Him completely as we will be known completely (1 Corinthians 13:12). We will no longer struggle with sin and doubt. This will be the ultimately fulfilled abundant life.

Although we are naturally desirous of material things, as Christians our perspective on life must be revolutionized (Romans 12:2). Just as we become new creations when we come to Christ (2 Corinthians 5:17), so must our understanding of "abundance" be transformed. True abundant life consists of an abundance of love, joy, peace, and the rest of the fruits of the Spirit (Galatians 5:22-23), not an abundance of "stuff." It consists of life that is eternal, and, therefore, our interest is in the eternal, not the temporal. Paul admonishes us, "Set your minds on things above, not on earthly things. For you died, and your life is now hidden with Christ in God" (Colossians 3:2-3).

Contributed by Sunil Pichamuthu

A Full Measure, Pressed Down and Overflowing

Abundance is a qualitative term though it is an indication of quantity. It indicates plenty, prosperity, copiousness, surplus and sometimes even excess. Proverbs 3:10 says: 'Honour the Lord with your substance and with the first fruits of all your produce; then your barns will be filled with plenty, and your vats will be bursting with wine'. Much as we all long for abundance in our lives, having more than what you need can also lead to dire consequences. As the age old adage goes - 'too much of anything is good for nothing'. But the Bible gives a totally different perspective of true and lasting abundance.

The root word for abundance is from Latin, '*abundare*' meaning 'overflowing' which is the sign of abundance. King David in Psalm 23 declares: 'Thou anointest my head with oil, my cup overflows'. Being anointed with oil is an indication of God's blessings and David goes on to say, 'Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever'. When our lives overflow with the righteousness and graciousness of God which together reflect His loving kindness, we have abundance in our lives.

Successful and abundant Christian living lies in a series of paradoxes. You have to die in order to live, in giving you receive more, in suffering you find joy and in defeat there is victory for Christ emptied Himself on the Cross for us to lead a full life! There is so much of truth in these self-contradictory statements when your life abounds with the love and grace of Christ. It is so true that His grace alone is sufficient for us at all times and in all situations and as we grow in the knowledge and love of His grace (II Peter 3:18), we experience the 'peace that passes all understanding' which is the key to an abundant life.

The Beatitudes which is the essence of Jesus' teachings reiterates this further. It is the meek who will inherit the earth and for the poor in spirit and those persecuted for righteousness sake is the richness of the kingdom of heaven. In a materialistic world, where abundance is equated with worldly possessions, Christ's teachings give a totally new perspective of true abundance.

Finally, when we pursue 'whatever is true and honourable, just and pure, lovely and gracious, excellent and praiseworthy and when our

minds dwell on these' (Philippians 4:8) and our actions evolve out of these noble intentions surely our lives will be filled with abundance. We will then live fruitful lives overflowing with 'love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control' (Galatians 5:22) which are the fruits of the Holy Spirit.

God sent His Son to dwell among us and show us the way to an eternal life of abundance:

'And from His Fullness (Abundance) have we received, Grace upon Grace'. (John 1:16).

Rachel ChittiMohan

Abundance of Mindsets

It is certainly no secret that a mindset can radically affect the course of your life. Overwhelming research on mindset shows that the way you think about yourself and the world around you can drastically change 'the way you learn,' 'how you handle stress,' 'how you create success,' 'your resiliency,' and even 'how your immune system functions.'

The term simply defines a concept in which a person believes there are enough resources and successes to share with others. He contrasts it with the scarcity *mindset* (i.e., destructive and unnecessary competition), which is founded on the idea that, if someone else wins or is successful in a situation, that means you lose; not considering the possibility of all parties winning (in some way or another) in a given situation.

Since that time, fostering an abundance of mindset has become widely recognized as a beneficial endeavor in personal and spiritual development. The prevailing belief is that creating an abundance of mindset allows you to:

- ★ Live an unlimited, full, and satisfying life
- ★ Exude happiness despite circumstance
- ★ Give and receive affections and items of high value with ease
- ★ Feel plentiful, creative, and inspired
- ★ Take full advantage of and enjoy new opportunities that come your way
- ★ Create memorable and meaningful life experiences
- ★ Feel secure and confident in your life endeavors and create successful outcomes

While it may not be completely natural at first, anyone can begin to create an abundance of mindset and live a meaningful and fulfilling life by taking consistent action. You can make the decision to start living a life of healthy abundance today, as you begin to expand your awareness and notice any scarcity mentality that might arise

Sheila Swartz

Abundant Love



Some time ago, a man punished his 3-year-old daughter for wasting a roll of gold wrapping paper.

Money was tight and he became infuriated when the child tried to decorate a box to put under the Christmas tree.

Nevertheless, the little girl brought the gift to her father the next morning and said, "This is for you, Daddy."

The man became embarrassed by his overreaction earlier, but his rage continued when he saw that the box was empty. He yelled at her; "Don't you know when you give someone a present, there is supposed to be something inside?"

The little girl looked up at him with tears in her eyes and cried;

"Oh, Daddy, it's not empty at all. I blew kisses into the box. They're all for you, Daddy."

The father was crushed. He put his arms around his little girl, and he begged for forgiveness.

Only a short time later, an accident took the life of the child.

Her father kept the gold box by his bed for many years and, whenever he was discouraged, he would take out an imaginary kiss and remember the love of the child who had put it there.

Moral: Love is the most precious gift in the world.

"And now these three remain: faith, hope and love. But the greatest of these is love." - I Corinthians 13:13

Contributed by George Philips G

The Church's Ministry of Abundance

St. John: 10. 10

The English Dictionary meaning of 'Abundance' is 'Great plenty, plentiful.'

While the biblical Hebrew and Greek has many words for 'Abundance' with a plethora of meanings in their given context. This widens the expanse of Church's Ministry. The basic words being: **Hebrew - shepha** = Abundance, multitude, brightness, strength, plenty, fullness, to make heavy, weighty, much, break forth; **Greek perissos** = Abundance to be over and above, above the common, many, much, excess.

The paradigm of 'Good Shepherd and Sheep' used by Jesus Christ encapsulates 'the true nature and calling of the church,' *"I came that they may have life, and have it abundantly."* He further buttresses this 'holistic ministry' in his parting charge to Apostle Peter, *"Feed my sheep."* St. John. 21. 15 17.

Jesus Christ wants the church to don the role of the 'Divine Shepherd' (Ps. 23) and step into his shoes and take the staff (Micah 7. 14) to lead the sheep/members of the church attending to their daily spiritual, physical and emotional needs. They are nourished with spiritual food and their souls are kept away from the heretical and guilt arousing teachings and are assured of God's constant keeping. The church is with its members both in thick and thin by addressing their socio-economic needs. As St. Paul's had, *"worked harder (Greek: perissteron = abundantly) than any of them"* (ICor. 15. 10), the church should and members in turn leave no stone unturned to reach out to those in need.

The Ministry of the Church crosses the boundaries of the church and reaches out to the unreached as Jesus Christ 'reached out to the other sheep which were not of this fold' (Jn. 10. 16). The Feeding Miracles of Jesus: 5000, 4000, bring into focus the spiritual and physical dimensions of the ministry of the church and Feeding Miracles end with a very happy and satisfying note, *"And all ate and were filled"* (Gk. *Persseuon* - filled = abundantly) Lk. 9. 17. No one should be stingy and closed fist in extending help. The Early Church had addressed the needs of the Hellenist widows by appointing 7 Deacons.

The Church's Ministry is carried on both by the unflinching support of its members through their prayers and the abundant Christian giving, remembering, *“the one sows sparingly will also reap sparingly, and the one sows bountifully will also reap bountifully . . . God is able to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work”* (2 Cor. 6 8).

Jesus Christ had all praise for the poor widow who gave offering out of her poverty and others 'out of their abundance' (Mk. 12. 41 44). Jesus Christ knew that what they were giving out of abundance was only, *“For you tithe mint and rue and herbs of all kinds, and neglect justice and the love of God; it is these you ought to have practiced, without neglecting the others”* (Lk. 11. 42).

Priya Kumar B

Some Quotes on Abundance

"Doing what you love is the cornerstone of having abundance in your life." ~ Wayne Dyer

"Riches are not from abundance of worldly goods, but from a contented mind."

"Abundance is not something we acquire. It is something we tune into." ~ Wayne Dyer

"When you are grateful fear disappears and abundance appears." ~ Anthony Robbins

"The first step toward discarding a scarcity mentality involves giving thanks for everything that you have." ~ Wayne Dyer

"Everything you need you already have. You are complete right now, you are a whole, total person, not an apprentice person on the way to someplace else. Your completeness must be understood by you and experienced in your thoughts as your own personal reality." ~ Wayne Dyer

"If you approach the ocean with a cup, you can only take away a cupful; if you approach it with a bucket you can take away a bucketful."

"Giving is the secret of abundance."

"When you realize there is nothing lacking, the whole joy belongs to you."

"Abundance can be had simply by consciously receiving what already has been given."

"Having everything is just an expression of complete inner peace."

"Any person who contributes to prosperity must prosper in turn." ~ Earl Nightingale

"Everything you're currently against blocks you from abundance." ~ Wayne Dyer

"Life in abundance comes only through great love." ~ Elbert Hubbard

“What is called genius is the abundance of life and health.” ~ David Henry Thoreau

“For me, the opposite of scarcity is not abundance. It's enough. I'm enough. My kids are enough.” ~ Brené Brown

“Abundance is a process of letting go; that which is empty can receive.” ~ Bryant H. McGill

“The test of our progress is not whether we add more to the abundance of those who have much it is whether we provide enough for those who have little.” ~ Franklin D. Roosevelt

Compiled by Smyrna Pichamuthu

Quotes on Abundance

Man's life is of GOD, not of his goods, however abundant they may be
Henry Alford.

To love abundantly is to live abundantly, and to love forever is to live forever - Henry Drummond.

Prayers prayed in the Spirit never die until they accomplish God's intended purpose. His answer may not be what we expected, or when we expected it, but God often provides much more abundantly than we could think or ask. He interprets our intent and either answers or stores up our prayers. Sincere prayers are never lost. Energy, time, love, and longing can be endowments that will never be wasted or go unrewarded - Wesley L. Duewel.

If I have but enough for myself and family, I am steward only for myself and them; if I have more, I am but a steward of that abundance for others - George Herbert.

The Holy Bible brings such life and health and peace, and such an abundance that we should never be poor any more
- Smith Wigglesworth.

It is a fatal mistake to assume that God's goal for your life is material prosperity or popular success, as the world defines it. The abundant life has nothing to do with material abundance, and faithfulness to God does not guarantee success in a career or even ministry. Never focus on temporary crowns - Rick Warren.

Stephen Paul M

I had it all!!

This morning I was sitting on a park bench next to a homeless man. I started a conversation by asking him how he ended up this way.

He said, "Up until last week, I still had it all. I had plenty to eat, my clothes were washed and pressed. I had a roof over my head. I had TV and internet and I went to the gym, the pool, and the library. I was working on my MBA online. I had no bills and no debt. I even had full medical coverage.

I felt sorry for him, so I asked, "What happened? Drugs? Alcohol? Divorce

"Oh no, nothing like that," he said. "I just got out of prison."

I don't want to go to church today!

A mother went to wake her son for church one Sunday morning. When she knocked on his door, he said, "I'm not going!" "Why not?" asked his mother. "I'll give you two good reasons," he said. "One, they don't like me. Two, I don't like them." His mother replied, "I'll give you two good reasons why YOU WILL go to church. One, you're 47 years old. Two, you're the pastor!"

Contributed by Abigail Sheila

My Prayer to Thee my Lord

This is my prayer to Thee O my Lord
Strike and strike at the root of my heart (Oh Jesus)

1. Give me the strength lightly to hear my joys and sorrows
Strike and strike at the root of my heart (Oh Jesus)
2. Give me strength to make my Love fruitful in service
Strike and strike at the root of my heart (Oh Jesus)
3. Give me strength to raise my mind to fight against trifles
Strike and strike at the root of my heart (Oh Jesus)
4. Give me strength to surrender to Thy will with love
Strike and strike at the root of my heart (Oh Jesus)

P. K. Sahu

Pastorate Committee



The Pastorate Committee is seen here with our Bishop, Rt. Rev. Dr. Prasanna Kumar Samuel, Prof. Esther Prasanna Kumar (Our Bishop's Wife) and Mrs. Anita Caroline (Our Presbyterian's wife).

The Pastorate Committee for the triennium 2018-2021 constitute the following members:

◆ Chairman	Rev. Dr. Vincent Vinod Kumar
◆ Secretary	Prof. Hephzibah Doss
◆ Treasurer	Mr. Deepak Pothan
◆ Mission and Evangelism	Mrs. Christy Joseph
◆ Community Care	Mr. Jebakumar
◆ Building	Mr. Leslie Pearson
◆ Program Committee	Dr. Ebenezer
◆ House Groups	Mrs. Anjana Samuel
◆ Youth Fellowship	Mr. Kevin Simon
◆ Sunday School	Lt. Col. George Mathew
◆ Senior Citizen & Home	Mr. John Wesley Amose
◆ Men's Fellowship	Mr. David Stephen
◆ Music	Mr. Santosh Baynes
◆ Editorial Committee	Mrs. Anjana Samuel
◆ National Issues & Ecumenical Relations	Mr. David Stephen

Senior Citizens and Home

Report July to Sep 2018

“Even to your old age and gray hairs I am he, I am he who will sustain you.
I have made you and I will carry you” Isaiah 46:4

This report covers the plans that have been put forth for the Senior Citizens at prominent level. The committee members met during the month of Aug 2018 and formalized short-term goals.

Vision: The vision of the St. Mark's Cathedral Senior Citizens and Home is to enhance the elderly care programs, launch new initiatives, and manage its supporting systems.

Mission: The mission is to facilitate Christ centric, caring and friendly environment for the senior citizens of St. Mark's community.

The need of the Senior Citizens is broadly classified into two categories:

- Care for Seniors and provide extended Support in Christian way.
- Establishing/ Restoration of homes for Senior Citizens.

As a short-term goal, it was decided to create a friendly environment, to start with having a Senior Citizen's Lounge. It was decided to recognize and honor them especially on the Senior Citizen's day; conduct special programs, awareness sessions, get together, and to create a platform for them to share their knowledge and experience among the upcoming generations with an initiative called 'The Wisdom of Elders'. It was decided to visit the elders in times of their need and offer prayers, and wish them on their special day or occasions.

The sub-committee comprises of following members:

Rev. Dr. Vinod Vincent Kumar, Prof. Hepzibah Doss, Mr. Deepak George Pothan, Mr. John Wesley Amose, Sister Annama Mathew, Rev. Clement Rajkumar, Mrs. Flowrence Prem Kumar, Mr. Jacob Joseph, Mrs. Mary Rajarathnam, Mrs. Nirmala Thomas, Mrs. Rebecca Doss, Mr. Satish Navaraj, Mrs. Sujita Raj.

Beside these members, there are quite a few volunteers who showed their interest to assist the programs and elders in one way or other. We would like to recognize them, and they will be invited to get involved during the execution of various initiatives of this committee.

In this juncture, I would like to request the elders to continually share their needs and suggestions, and the congregation members to share their inputs by writing to us at care4citizen@saintmarks.in.

Let's work towards to eliminate or minimize, the so called 'Golden Age-Social Isolation' in a Christian way and make a difference. Let's pray continually for the welfare of our elders.

God Bless.

John Wesley Amose,
Convener Senior Citizens and Home

Email: care4citizen@saintmarks.in

Web: <http://saintmarks.in/senior-citizens-home/>

Answers from Page No. 50

1. Onesimus.(Phil)
2. Deborah(Judges)
3. Solomon (1 Kings 4:32)
4. Eutichus(Acts20:9)
5. Rhoda(Acts 12:14,15)
6. Baruch(Chr.36)
7. Jethro (Ex. 18:13-23)
8. Ebed-melech (Jer 38)
9. Esther(8:9)
10. Obed.
11. 3rd John)
12. Ps.(117)

Bonus Questions-.Esther, Song of Solomon.

Mission and Evangelism Committee



Hunsanahalli Mission Field



Hunsanahalli Church

Dear all, praise be to God for all His mercies and blessings. I am grateful to God for his calling to serve the M&E Committee. This is a great challenge and mission to work for His kingdom. We have six mission fields to reach the poor and needy and spread the word of God through the faithful missionaries. The six mission fields are Hunsanahalli, Chikbalapur, Chithradurga Tumkur, KGF and Bangalore Urban. The M&E Committee visited Hunsanahalli and Chikbalapur as part of their missionsurveys.

The need of the hour in Chikbalapur area is a place to worship. Kindly, uphold the family who has come forward to give a small land to use for worship. Though they are very poor in nature, they are blessed people to give their land to build a church so that five villages will worship in this place together. Praise God and God bless them. We as St. Mark's family, let us all join together and build the church and extend His kingdom.

As you are all aware, BKEP (Bible knowledge enrichment programme) is on Sunday. October 21, 2018, at 10.45am at the resource centre. We look forward to the full participation from our congregation.

Our other programmes are seminars, conventions, Gospel Musical programmes, Christmas programmes and VBS in the mission fields. I am thankful to all my active committee members for their support and prayers.



Chikballapur land donated to KCD



Discussion with the donors

The Mission & Evangelism active members of the committee are Ajith Samuel, Albert Devaprasad, Suren Chander, Dr. Edwin Devadas, Dr Elizabeth Cherian, Sujita Kingsley, Elizabeth George, Bindu Mathew, Sheela Ranjit, Sasirekha Edwin and Sheeba John.

Christy Joseph

Convener, Mission & Evangelism Committee

Community Care Committee



Training Program & Interactive Workshop on “Preventive Cardiac Care, Holistic Wellness & Nutrition”

With the objective of educating and creating awareness on Cardiac care and wellness, a training program was organized on 23rd Sept 2018. The program covered the following topics:

- Taking best care of heart and the habits to ensure the same
- Body composition check for muscle, protein, fat levels
- Bone mineral density check to ensure bone strength
- Ways to improve energy, vitality and upgrade overall health
- Get valuable tips hormonal balance, nutrition for optimal health



Dr. Keshava, MD, DNB, FSCA eminent cardiologist from Fortis hospital gave a presentation on Cardiac Care and also enriched the members on protecting the heart condition with adequate care and healthy habits. Mr. Avinash, Health & Wellness Coach emphasized on the importance of getting right nutrition to ensure optimal health and maintaining high energy levels. The program was well attended by 67 members across all age groups and Q& A session was highly interactive and beneficial to the members.

M. Jebakumar
Convener, Community Care Committee



HARVEST FESTIVAL SEPT. 16, 2018



“A blast from the past...”



Chapter 1

From the Magazine Committee, for this triennium we will be focusing and highlighting on the cultural and traditional heritage of our great Cathedral. This will help many of us to appreciate our beautiful Cathedral and truly give thanks for His mighty hands and wonders. Each publication will have a different section and for this publication we start with an introduction of the history of our Cathedral.”

Introduction:

St. Mark's Cathedral is named after 'Saint Mark' (believed to be the first gospel writer) and is located at the west end of Mahatma Gandhi Road, Mclvor Town, Bangalore. Its architecture is inspired by the 17th century St. Paul's Cathedral.

The foundation stone was laid in 1808, and construction was completed in 1812. The church was consecrated by the Bishop of Calcutta in 1816. The church was expanded in 1901, and went through reconstruction in 1927. The church had its beginnings as a garrison Anglican Church. It became part of the Church of South India after Indian independence in 1947, going on to be the Cathedral of the Karnataka Central Diocese in 1961.

When it began as a garrison church in 1808 of the Madras Army of the East India Company, it had a seating capacity of 400. As a result of the number of members growing to 2000, a new building was constructed in August 1902, with a seating capacity of 700. However, this new church building collapsed, and had to be rebuilt again in 1906. On 17th February, 1923, the church building was ravaged by fire (caused by short circuit) and restoration had to take place. However, as the renovation works were about to be completed in February 1924, the church building again collapsed. Reconstruction of the church started in 1926 and was completed in 1927.



After the church was damaged in fire in 1923, the congregation temporarily worshipped at the St. Andrew's Kirk, Cubbon Road, till St. Marks's was rebuilt in 1927.

The first Indian Presbyterian of the cathedral was Rev H F J Daniel, who was installed as the Presbyterian-in-charge in 1961.

Architecture:

The cathedral is a beautiful colonial style, modeled on the lines of the St. Paul's Cathedral, London, with a dome, semi-circular chancel and Roman arches. The entrance of the cathedral has elaborate wood work with ornate carvings. The ceilings and the domes are majestically done. The bell is amongst the most well-maintained church bells in India. The stained glasswork adds to the beauty of the cathedral.

The church measures 100' x 53' x 20', and was the only government (Government of the British Madras Presidency) church in Bangalore. The extension in 1901 was also funded by the Government of British India. The renovated church was dedicated on 26th August, 1902, by Bishop Whitehead of Madras. The stained glass was created by M/s Sreenivasulu Naidu & Sons, Madras. The stained glass on the west facing window was created by the architect of St. Dunstan's Society, England and had incurred a cost of INR 4500.

The cathedral is an architectural marvel, but it is not something which happened overnight. Different architectural styles have been adopted during successive restoration and reconstruction work. As a result, the cathedral has a mixture of different architecture. Italian Marble from Genoa has been used in designing the pulpit and the font used for baby baptisms. The marble pulpit was created by M/s Snaize & Co., and Bishop Tubbs of Palayamkottai was the first to preach on the marble pulpit on 1st July, 1928, delivering the sermon, 'the reunion of Christendom'. The Brass lectern (eagle with spread wings on the globe) was presented by some planters of Mysore in 1903, in memory of Harry Alexander Campbell and Montague Beaden Follett of Lumsden's Horse Regiment who died in the Boer Conflicts of South Africa. The Bible on the lectern was presented by Mrs. Laura Amelia Amaller.

However, in the late 1800s, an Indian ecclesiastical historian described St. Mark's Church building as the ugliest ever constructed. It has since grown into a beautiful church with some unique architectural features.

to be continued . . .

My Haven of Abundance

Would your life be as great as it is now, if everyone turned their back on you and if nobody was on your side? Everybody needs to have that one cosy spot or place that makes them feel like the entire universe is on their side and like they're on cloud nine! Well, my haven is a snug spot on my gorgeous swing in my enormous garden. It is my personal bliss! The rejuvenating flowers and their fragrance always keep my mind invigorated. I should mention the marvellous varieties of flowers, herbs and fruit trees in my garden. It is like a mini-nursery. If you're sick and have a cold, there is tulsi, lemon grass and ginger. If you're hungry and want a healthy and fast bite, there are guavas and mangoes. If you have run out of necessary vegetables or ingredients in the kitchen, there are tomatoes, drumsticks, pumpkins, chillies, coconuts, bitter gourds and onions! Also, if you have the craving to eat pickle or something tangy, there are gooseberries! And must I mention that all these are absolutely fresh and organic! All this is in one phenomenal garden. Over here, I feel imperturbable. Whether it is studies, singing, even dancing, reading, writing an article or story, or relaxing with my family and my little puppy, I can unwind here, undisturbed. Here, I feel like my life is without any worries!

When life is full of anxiety, sorrow or burden, I can only thank God for this fantabulous place and all the blessings in it, that he has given me; and I must be extremely thankful to him for blessing me in abundance with amazing Grandparents Col RJ Shanthraj and Premala Shanthraj who have made this breathtaking haven for me! They had ample opportunities to sell this place but it was their dream that all their grandchildren should enjoy this little haven on earth. Thank you LORD for giving them the wisdom to create for me **Calm in the midst of Chaos!**

Elisha James
(12 years old)

Fall word search




ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



Thanksgiving



1. A journey (esp. long) made to some sacred place for devotion (noun)
P _ _ _ _ _
Root: PILEGRIM = abroad


2. The season when ripening crops are gathered (noun)
H _ _ _ _ _
Root: HARVEST = rake

3. Act or words of a person who requests God's favor (noun)
B _ _ _ _ _
Root: BLESSENI = consecrate

4. A horn containing food and drink in endless supply (noun)
C _ _ _ _ _
Roots: CORNU & COPIA = horn & supply

ROOTON

by Jan and Caroly



1. The people who established Plymouth Colony in 1620 made a _____ from England on the Mayflower.
2. After toiling in the fields, so it is only wonder farmers enthusiastically celebrate the crop _____.
3. Americans should count our _____ because we live in a free country with an abundance of resources.
4. The beautiful _____ as a dining room table centerpiece symbolizes the bounty of our fertile land.



Thanksgiving Word Search



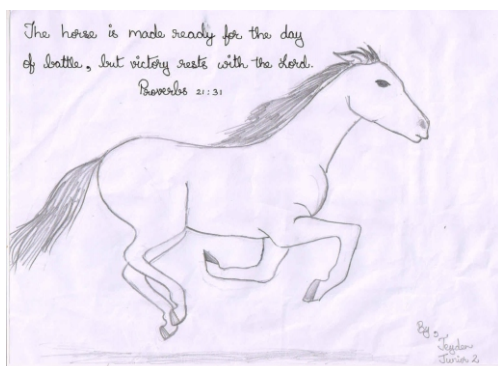
Name: _____

Find Thanksgiving words from the grid below

c	t	u	r	k	e	y	i	t	r	n	i
e	y	k	e	t	g	m	s	e	p	o	b
l	a	a	b	t	i	a	n	u	m	p	s
e	d	g	m	k	e	n	m	r	g	t	y
b	i	e	f	i	p	d	i	o	a	v	
r	l	p	v	d	k	i	m	i	a	c	a
a	o	m	i	m	l	a	i	a	c	r	
t	h	a	n	k	s	g	i	v	i	n	g
i	g	a	d	h	n	r	z	r	s	u	s
o	d	d	i	m	u	i	e	t	r	g	s
n	y	p	p	l	y	m	o	u	t	h	i
s	d	i	l	i	a	s	n	c	e	l	t

- Pilgrims
- Pumpkin
- Pie
- Plymouth
- Ship
- Turkey
- Sail
- Yam
- America
- Thanksgiving
- Gravy
- Indians
- Celebration
- Dinner
- Feast
- Holiday
- Com
- November

Contributed by Abigail Sheila



Sunday School Contribution



Contributed by Jerusha Thomas

Who am I?

1. I am a run-away slave.
2. I sat under a palm tree and prophesied.
3. I wrote 1005 songs.
4. I dozed during a sermon, fell down and died.
5. I was too excited to open the door.
6. I was the amanuensis for Jeremiah.
7. I advised Moses to delegate some of his work to others.
8. I lifted Jeremiah out from a well.
9. I am the longest biblical verse
10. I am a book in the Bible, but have only one chapter with 21 verses.
11. I am the shortest book in the Bible.
12. I am the middle chapter in the Bible.

Bonus question-

God's name is not found in 2 books of the Bible, which are they?

Contributed by Dr. Leelavathi Devadas

Answers on Page 38

Bible Riddles #1: Animals of the Bible

1. I named the animals. Who am I?
2. Aaron carved a likeness of me out of gold. What animal am I?
3. I bit Paul hard on the hand. What am I?
4. I was sacrificed instead of Isaac. What animal am I?
5. John the Baptist ate me in the desert. What insect am I?



Bible Riddles #2: Children of the Bible

1. I was sold into slavery by my brothers, who am I?
2. My mother and sister put me in a basket in the river where Pharaoh's daughter found me and raised me as an Egyptian. Who am I?
3. I was the youngest of eight brothers and a shepherd, but I still became king. Who am I?
4. I was the first baby born. Who am I?
5. My parents, Abraham and Sarah, were very old when they had me. Who am I?



Bible Riddles #3: Jesus' Ministry

1. I am the disciple that was sitting at a tax booth when Jesus called me. Who am I?
2. The disciples were doing this as Jesus prayed in the garden of Gethsemane. What am I?
3. I am the number of lepers that were in the group that Jesus healed and told to go and show themselves to the priests. What number am I?
4. Jesus gave me to Judas as a sign that he was to betray Him. What am I?
5. After the resurrection, Jesus told me to "Feed my sheep," 3 times. Who am I?



Bible Brain Teaser

There are names of 16 books of the Bible mentioned in the paragraph below. See how many you can find. (A minister found 15 books in 20 minutes. But it took him weeks to find the sixteenth one. Let's see how much time it takes you.)



"I once made a remark about the hidden books of the Bible. It was a lulu; kept people looking so hard for facts and for others it was a revelation. Some were in a jam, especially since the names of the books were not capitalized. But the truth finally struck home to numbers of our readers. To others it was a real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them, and there will be loud lamentations when it is found. A little lady says she brews a cup of tea so she can concentrate better. See how well you can compete.

Relax now, for there really are sixteen names of books of the Bible in this paragraph."

Bible Riddles #4: Miscellaneous

1. Who was the greatest entertainer in the Bible?
2. Why was Moses the most sinful man in the Bible?
3. What 3 things do John the Baptist and Winnie the Pooh have in common?
4. Is the book Hezekiah in the Old Testament or the New?
5. Why was Moses buried in the land of Moab?
6. What two things did Samson never eat for breakfast?
7. Where are freeways first mentioned in the Bible?



Contributed by Abigail Sheila

Answer for Page 55

Recipe Corner



1. Prawns fry: (500gms)

Marinate prawns with ginger, garlic and green chilli paste 1tsp, soya sauce 2 tsp, vinegar 1tsp and salt for one day by keeping it in a baffle tray. Before frying it, add chopped coriander leaves and 2 taps of corn flour and deep fry.

2. Chicken barbecue:

Chicken 2kg, ½ cup yoghurt, ½ lime, 1tsp chilli powder, 1tsp coriander powder, 1 tsp cumin powder, ginger chopped 2 tbsp, garlic chopped 2 tbsp, green chillies chopped 2, coriander leaves chopped 1 handful, salt to taste.

Marinate the chicken with the above ingredients for 12 hrs and grill until cooked.

3. Mutton fry: ¾kg

Fry saunf, jeera and raw rice in equal proportion and powder it and keep separately. Pressure cook mutton with 1tsp chilli powder, ¼ tsp turmeric powder, 1 cup chopped sambar onion, salt to taste and 3 tsp of powdered masala. For seasoning: pour oil in a pan. When hot, add one handful of onions and fry till brown. Add curry leaves and add it to cooked mutton and allow it to cook for 5 minutes.

4. Badam kheer:

Boil 1 litre milk, 4 slices of bread (cut the border and beat it in), ¼ cup almonds (grind coarsely without removing skin). Keep stirring until it boils. Add one tin of condensed milk and switch off the stove. When the custard consistency comes, add 100ml cream. Cover it with baking paper to prevent formation of cream in the top layer.

5. Goat leg curry (Paaya)

Onion(medium) 2, tomato (medium)1, chilli powder $\frac{3}{4}$ tsp, pepper powder $\frac{3}{4}$ tsp, coriander powder 3 tsp, turmeric powder $\frac{1}{4}$ tsp, salt $\frac{3}{4}$ - 1 tsp. Clean the leg pieces by removing fine hair. Pressure cook the leg pieces along with all the ingredients for 1 hour at night. Let it remain in the cooker till morning. Season it with saunf and curry leaves and allow it to boil for 15 minutes.

6. Onion and garlic thokku (goes well with curd rice)

Cut sambar onion into thin slices- 2 cups, one small handful peeled garlic, chilli powder 1 tsp, dhania powder 2tsp, turmeric powder $\frac{1}{4}$ tsp, cumin powder $\frac{1}{2}$ tsp, tamarind extract taken from 1 medium size lemon, curry leaves and salt to taste.

Pour $\frac{1}{2}$ cup gingerly oil in a pan. When hot, put $\frac{1}{2}$ tsp of mustard and after it splutters, put $\frac{1}{4}$ tsp of fenugreek seeds and when it turns golden brown, add the onions and garlic and keep stirring for some time. Now, add the chilli powder, coriander powder, turmeric powder, cumin powder, salt and curry leaves and leave it on low fire for about 15 minutes. Add tamarind extract and cook in low fire for about 45 minutes to one hour by covering with a lid. Keep stirring in between. When oil separates and the consistency is like pickle form, remove from fire. If you want it to be in a gravy form, add $\frac{1}{2}$ a cup of hot water to it and mix well.

7. Pearl spot fish curry:

Fish 1kg, onion(medium) 3, tomato(medium) 3, garlic 12 pieces, green chillies (finely cut) 6, chilli powder $1\frac{1}{2}$ tsp, coriander powder $1\frac{1}{2}$ tsp, tamarind (1 big size tomato), turmeric powder.

Pour 2tbsp oil in the pan. When hot, add green chillies and then add onion and garlic. When the raw smell goes off, add chopped tomatoes and cook till its consistency is like thokku (thick). Now pour tamarind extract into it and add chilli powder, coriander powder, turmeric powder and salt. Allow the gravy to thicken. Pour some more oil into the gravy. When the oil separates, put the cleaned fish into the gravy and cook till done. Garnish with coriander leaves.

8. Chocolate Brownies:

125gm Butter, 200gm dark eating chocolate, $\frac{3}{4}$ cup castor sugar, 1tsp vanilla essence, 2 eggs beaten lightly, 1cup(150 gm plain flour).

Melt butter and chocolate in the microwave for about 2 minutes and allow it to cool. (This takes about 5 minutes). Mix sugar, eggs, essence and flour. Preheat oven to 150 °. Bake for 25 to 30 minutes, checking halfway through.

Elizabeth Dhanaraj

Answers from Page No. 52

Riddles # 1

1. Adam
2. Calf
3. Snake
4. Sheep
5. Grasshopper

Riddles # 2

1. Joseph
2. Moses
3. David
4. Cain
5. Ishmael

Riddles # 3

1. Levi
2. Apostles
3. Samaritan
4. Rabbi
5. Peter

Riddles #4

1. Samson-He brought down the house even though it was filled with his enemies.
2. He broke all the 10 commandments at once.
3. Honey, hairshirts, and the same middle name
4. Neither, there is no such book in the Bible
5. He was dead.
6. Lunch and dinner
7. Genesis 1:30 "The Lord made every creeping thing."

Church Roundup

Welcome



The Cathedral welcomes all the new members and look forward to their contribution towards the life and growth of the Church.

Ms. V. Sarah Anusha Jyosthna
Mr. Febin Edwards
Mr. & Mrs. Jeremiah Joseph
Ms. Rinku Elsa George
Mr. & Mrs. M.H.J. Messiahdas
Mrs. Kokila. T. R
Mrs. Susan John

Mr. & Mrs. Joseph Rajakumar Albert
Dr. & Mrs. Maneesh Paul
Mr. & Mrs. J. Clement Selvaraj
Ms. Supriya Singh
Mr. Ashok Kumar Kadarla
Mr. R. C. Williamson
Mr. & Mrs. Immanuel Felix

Weddings

Mr. Prabhakar Williams & Mrs. Asha
Mr. Ashok Kumar Kadarla & Mrs. Supriya Singh



Baptisms

Miss. Zara Arenti
Master Josiah Teochir
Master Prince Loreto George
Miss. Jyothi Jaideep
Master Keon Samuel Sargunar
Miss. Maya Sara Joseph
Miss. Alisha Mary Joseph
Master Alrick Josh
Miss. Amelia Yazhini Pandian
Miss. Keziah Zoie Nair

Obituaries

Mrs. Lydia Vidyasagar
Mr. Humphrey K. Amanna
Mrs. Stella Gates
Mr. Nanda Kumar Powar
Wg Cdr Pradeep Karvinkop
Mr. Reginald Satish Paul
Mrs. Manjula Sahu
Mrs. Annamma Matthan
Mr. Samuel Rajashekar
Mr. George T. Koshy
Mrs. Margaret Jayasheeli
Mr. Thomas Karunakaran
Mrs. Sheilah Philip
Brig V. P. Franklin

