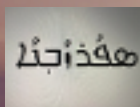


ST GEORGE INDIAN ORTHODOX CHURCH MANCHESTER



SPOR-ZOV-NO

CHRONICLE OF THE TIME



Issue 1 | February 11, 2018

PREFACE

Glory to God

Dear Parish Members

Our Youth movement is stepping to a new era of its activity and development. They are planning to start a monthly magazine .As per their suggestion I confirm the name as "Spor-zov -no "means Chronicle of the Time. Literature always helped in development of the community. Our Scripture, prayers, and the teachings of the Fathers are examples and we use now them in the developed form. Moreover I hope this venture will help our youngsters to express their skills and our faithful will get a good understanding of our worship and prayer seasons. Please encourage them .You all have the opportunity to write short messages through this media. It is not intended to publish any commercial attachments but can use the space for useful information.If you have any suggestion, complaints

please call me directly. I hope the monthly will reach your inbox before the fifth of every month.

Prayer and dedication through the Great Lent will help us to lead a blessed Christian life.

In His Service

Happy Achen

FOLLOWING THE LECTIONARY

Great Lent Starts on the 11th of February.

Kothiney Sunday. The Gospel Reading is St John 2: 1-11.Jesus turned the water to wine in Cana. The Great Lent starts with Shubkono - The time of Forgiveness. The Lenten time is a time of transformation. Before we start the journey forgive others and then start kneeling and prostrating. Remember the words in the Lord's Prayer-Forgive us our sins as we forgive those who sin against us.

The second Sunday of Great Lent Feb 18- Garbo - The Leper

Reading St Luke
5:12-16,4:40,41

On 23rd Feb we celebrate the feast of Vattaseril Thirumeni and remembering our Makarios Thirumeni.

Third Sunday in Great Lent-
Msariyo- Healing of the Paralytic

Reading St Mark 2:1-12

A CALL TO ORTHODOXY

As I begin to jot down a few words, I prefer to remain anonymous for varied reasons.

Being bought up outside Kerala has reaped multitude of benefits on an individual level shaping up one's life exposed to the myriad culture, traditions, religions, ethnicity above all being part of a metropolis. When I look at our teenage population of the congregation, I quickly relate to a lot of encounters I have personally

been through. The only stand out difference is that I grew up in an age of emerging technology with strong rooting to values, traditions, beliefs and faith, whilst the youngsters now live in an emerged technology with less or non-existent value driven life style, as the technology that emerged through the late 90's and into the 21st century has globalised its reach with a more vested interest in commercial acumen. This definitely has triggered negative outcomes at an individual level, especially to the young population.

As a teenager, I was an avid reader. The habit that I cultivated due to my commute to school. A one-way journey to the school was 45 to 60 minutes, this is a long duration for anybody to engage in just watching the mundane traffic and same landscapes day in day out, so why not make this time more effective, hence the beginning of reading. On an average I would get at least a good hour to read. I enjoyed every bit of it, of course I am not negating the fact that we had good banter on the bus to and from school. I started with fiction and slowly moved onto non-fiction. Whilst reading was an intense hobby, I was deeply engrossed into listening to music with the very limited access or time could get.

By year 10 in school, I had started reading non-fiction, this was my first real insight and turning point, unfortunately I picked Fredrich Nietzsche to read, I don't want to go in details, but to summarise, he is the man who said "God is "Dead". Now I might have missed mentioning my interest in music, we only had audio cassettes at disposal, however that didn't weaken my pursuit to enjoy music, only mention being the genre "Heavy Metal", Nietzsche and Heavy metal was a perfect combination of an ultimate disaster(which I realised as time consumed). I am revealing this at

this instance because when I look at all the youngsters, you are all not too far from either Nietzsche or Heavy metal, but in different connotation or dimensions.

Whilst I was going through this phase of life, I was just like any one of you, a regular church goer, especially keen in singing all songs right from the beginning of our service(thanks to my parents), We were always at church on all Sundays from the beginning of service.

Let me come to the point, the turning point. I would have spent at least 3 / 4 years of my life (year 10 to 13) going through this, that's when I met my grandmother (although I have met her so many time before this) in an intimate conversation. She asked me just a basic question as why I go to church every Sunday and what I did every Sunday at church.

I was lost with this question, but managed to give an honest explanation to Ammachi (Grand mother), this made me think as an youngster, it was a myriad of questions with emotions that I was trying to find an answer. Ammachi was at my rescue at this point too, all she asked was to pick up the Holy Qurbana Kramam and look at the songs that I recited every Sunday, all she asked was if I knew the meaning of these songs, I was again lost with

with no words to explain. She comforted me and asked me to seek guidance from my parents and she explained some of them at the same moment. The irony is, she didn't have any clue about my interests in Nietzsche or heavy metal music. She might have only watched me from closed quarters.

This was my call to Orthodoxy, I haven't turned back since. Every time I kiss the altar I pray for my Ammachi who has been instrumental along with my parents for giving me this privileged opportunity to experience the true faith.

Dear friends if I may call you, Orthodoxy is not just a way of life, it's an experience, I urge you all to take this challenge. It only begins when you understand the richness and intensity of our worship and liturgy. Lets begin with it. I can hold my hand on my heart and tell you, there wont be any questions that will go unanswered in your pursuit of finding who you are you and what your purpose is in this world, all you need is not to probe into that richness and the rewards are unfathomable.

You are the beacons of light that Orthodoxy has been shining so far, the time has come, the choice is yours and the options are open. I hope after reading this, you have at least thought about some resolutions.

Life is like a winnow, we are in control to choose the right and wrong, let the truth guide you in your pursuit to understand Orthodoxy. God Bless you all.

COOL GADGETS - RUBIN SAJI

FitBitFlex2

Fitness trackers are wearable devices that track and record a person's daily activity along with other figures such as calorie burned and heart rate; FitBit is a company that specialises in making these types of trackers. FitBit trackers provide various features from heart rate sensors to providing tracking for sleep and exercise whilst fulfilling the normal tasks of a smartwatch.

The FitBit Flex2 has many features:

- 1)Swim-Proof
- 2)Reminders to move
- 3)SmartTrack
- 4)Call/Text Notificationsv
- 5)All-Day Activity
- 6)Auto Sleep Tracking
- 7)LED Display
- 8)Long Battery Life



The price for this FitBit tracker is £69.99 on the official FitBit website while it is £49.99 on Amazon.

*The Catholicose of the East and Malankara
Metropolitan, His Holiness Moran Mar Baselius
Marthoma Paulose II*

