

THE INDIAN (MALANKARA) ORTHODOX CHURCH

Diocese of UK- Europe and Africa

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Blessings to the Vicars, Managing Committee Members and all the faithful Members of the UK-Europe and Africa Diocese:

Dearly beloved in the name of Holy Triune God,

We are entering to the most precious days of the year in our spiritual life. The period of the great Lent starts on the Kotheno Sunday on 26th February. This is the time for prayer, meditation, fasting, giving, forgiveness, self-assessment and repentance.

Our Lord entered His public ministry after completion of fasting and prayers. *Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry*” (St Mathew 4:1-2). In Old Testament, Moses fasted before receiving the tablets of the Law and Elijah fasted before meeting the Lord on Mount Horeb. Our great spiritual fathers Parumala Mar Gregorios and Vattasseril Mar Dionasious were very keen in observing rigorous fasting and prayers which empowered them with abundant spiritual energy.

Lent is not only to give up or abstain from certain things in your daily routine but it is also the occasion to forgive and love. As human beings we should have come across with temptations, anger, avenge, self-pride and all other behaviours of the evil. Prayer and fasting will help you to cleanse your mind from the sinful thoughts, rejuvenates your soul and will empower the Holy Spirit in you.

May We urge every family in our diocese use well this time of Lent, in order to cast aside all that distracts the Love of God and grow in whatever nourishes the soul, moving it to Love of God and your neighbour. Let us walk towards the peaceful day of resurrection by remembering the agony Our Lord held for our salvation, help and support the needy and pray for each other.

God Bless you !

Your shepherd and Spiritual Father in Christ

+ Mathews Mar Thimothis Metropolitan