

February 8 - March 27 - 50 Days Of GREAT LENT



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HOREB MAR THOMA CHURCH LOS ANGELES



Dear Brothers and Sisters in Christ,

Feb 7th marks the beginning of the Great Lent. It's a period of 50 days that leads up to Easter, March 27th, 2016. Let me offer some insights and advise on how to participate meaningfully in this Lenten season.

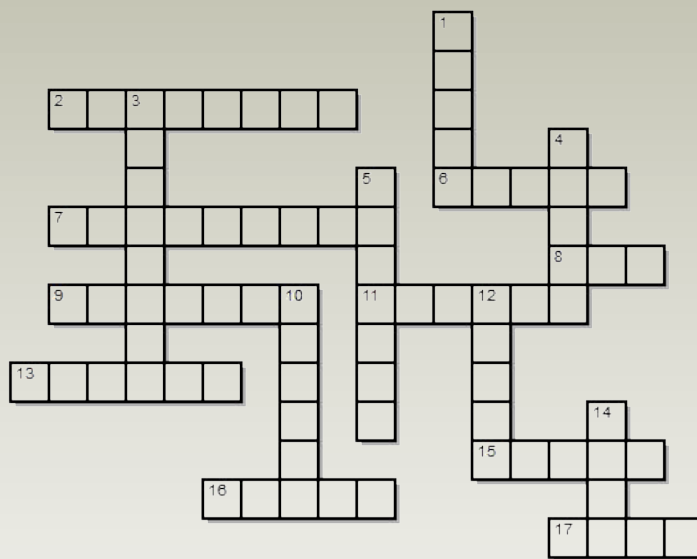
- **How should we fast?**
 - o "One should eat every day, but only a little, so as to not be satisfied."
- **Why should we fast?**
 - o When we are full, we sleep. When we are hungry we search for what might satisfy us. During Lent we search for more of Him and ultimately find that he satisfies.
- **What should we fast from; what should we give up?**
 - o What we give up is not important. Only that we abstain from something.
- **Who should fast?**
 - o Anyone. Unless there is a medical condition that requires you to be full, then you can participate.
- **What is the benefit of fasting?**
 - o We are often too busy, too full, and sometimes we forget the cost that Jesus paid for us. Fasting helps to clear the clutter in our lives. We are people created by God and for God. If we have become people who live and work just to fill our stomachs, then fasting becomes the antidote that detaches us from what is fleeting and finite and drives us back to our loving Creator and eternal Sustainer. It grows humility in us and fuels reverence for God.

I hope you all can participate in this Lent season by prayerfully fasting as we approach Easter and are confronted with His ultimate sacrifice for us.

in His service,
Larry Achen

BIBLE CROSSWORD

EXODUS



ACROSS

- 2 Name of the person the Lord called and appointed to make the items for the tabernacle and the priesthood.
- 6 Name of Moses's brother.
- 7 Meaning of the word 'Exodus'.
- 8 Number of plagues sent by God to Egypt.
- 9 Name of Moses's son.
- 11 How old was Moses when he spoke to Pharaoh?
- 13 Name of Moses's father-in-law.
- 15 Moses took the _____ of Joseph with him.
- 16 Mount where God gave Moses the ten commandments.
- 17 What was above the tabernacle at night?

DOWN

- 1 What did the children of Israel call the food that God provided?
- 3 Name of Moses's wife.
- 4 Number of chapters in the book of Exodus.
- 5 Approximately how many of the descendants of Jacob of Israel went to Egypt?
- 10 Place where Moses flee after he kills an Egyptian.
- 12 Mount where Moses meet God in the form of a burning bush.
- 14 Of what tribe was Moses.

[Thanks to Saji Abraham for pics, and Anna Chandy for the February puzzle and Calendar section. If you would like to contribute an article or help with the newsletter, contact Sunil Thomas or Mathew Thomas]

FEBRUARY CALENDAR

Tues Feb 2	7:00pm—8:30pm	Edavaka Mission Bible Study - Prasad Varghese, Buena Park
Thur Feb 4	9:00pm - 10:00pm	Weekly Tele-prayer conference - (712) 432-1500;969538#
Sun Feb 7	3:00pm - 5:00pm	Holy Communion Service (English) - GGUMC
Tues Feb 9	7:00pm—8:30pm	Edavaka Mission Bible Study - TBD
Wed Feb 10	8:30pm—9:30pm	Western Regional Tele-prayer Conference - 714-432-1500 638599#
Thur Feb 11	9:00pm - 10:00pm	Weekly Tele-prayer conference - (712) 432-1500;969538#
Fri Feb 12	7:00pm - 9:00pm	Youth Fellowship Meeting - Anoushka Cholakath, Irvine
Sat Feb 13	8:30am - 4:00pm	Western Regional MTVEA Conference – SFO Marthoma Church
Sat Feb 13	6:00pm - 8:00pm	West Area Prayer Meeting - Binoy & Seena Abraham, Gardena
Sun Feb 14	3:00pm - 5:00pm	Holy Communion Service (Malayalam) - GGUMC
Tues Feb 16	7:00pm—8:30pm	Edavaka Mission Bible Study - Annamma Mathai, Cypress
Thur Feb 18	9:00pm - 10:00pm	Weekly Tele-prayer conference - (712) 432-1500;969538#
Fri Feb 19	7:00pm - 9:00pm	East Area Prayer Meeting - Philip & Anna Jacob, Yorba Linda
Sat Feb 20	6:00pm - 8:30pm	South Area Prayer Meeting - Nikhil & Lincy Thomas, Tustin
Sun Feb 21	3:00pm - 5:00pm	Holy Communion Service (English) - GGUMC
Tues Feb 23	7:00pm—8:30pm	Edavaka Mission Bible Study - TBD
Thur Feb 25	9:00pm - 10:00pm	Weekly Tele-prayer conference - (712) 432-1500;969538#
Sun Feb 28	3:00pm - 5:00pm	Holy Communion Service (English) - GGUMC
Sun Feb 28	5:00pm - 6:00pm	Youth Fellowship Meeting - GGUMC



SUNDAY SCHOOL GOING GREEN ART EXHIBIT 2016