



Lighthouse

FEBRUARY 2019

A monthly reflection of Horeb Mar Thoma Church, Los Angeles
12741 Main Street, Garden Grove, CA 92840



Dearly Beloved in Christ,

We have entered the 2nd month of the New Year and the days are going by. As Christians, we should never forget the past.

The past leads us into the present. Historical and personal past events guide us into living our life in the present and future. History and scriptures teach us not only about the movement of people, but of God, and the mysterious yet dynamic way He has worked through people of the past, which allows us to see how He is working in the present. No matter how bitter or difficult past experiences have been, these need to be remembered, not for the sake of re-living them, but rather, discovering the possibilities of the present and future, which are God's gift.

Proverbs 27:17 (NIV) says: *"As iron sharpens iron, so one person sharpens another."* We are in a continuous process of development, even though certain experiences may make us feel that we are in a standstill, always fix your eyes on Jesus Christ. Always remember our faith and hope are in Him. Hebrews 12: 1-3 (NIV) says, *"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart."*

(Continued on Page 2...)

love

is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.

love never fails.

1 Corinthians 13: 4-8

UPCOMING EVENTS

Sunday, February 3

General Body Meeting After Service

Sunday, February 10

MTVEA Bake Sale After Service

Saturday, February 16 - Sunday, February 17

MTVEA Western Regional Conference - GGUMC

Saturday - 9:00am - 8:00pm

Sunday - 9:00am - 11:00am

(Dennis Achen's article continued...)

The 124th session of the Maramon Convention will take place this month in Kerala. Thousands of people from around the world will be attending this year's convention, which includes bible studies, intercessory prayers, devotions, and messages. This year, a special *World Mar Thoma Women's Meet* will also take place, commemorating the centenary celebrations of the Suvisesha Sevika Sanghom. Many from the US are attending the same. I humbly request that you view the webcasting via internet that will be taking place during the week of February 10-17, 2019. Many of the messages are in English, and translated to Malayalam. I encourage you to listen to some of the messages for spiritual fulfillment and renewal. More information regarding the webcasting will be communicated soon.

We as a faith community need to be transformed by the word of God to live a meaningful and authentic Christian life. May the grace and blessings of the Father, Son, and Holy Spirit be with us all.

Yours in Christ,
Rev. Dennis Abraham

Sunday School Art Display

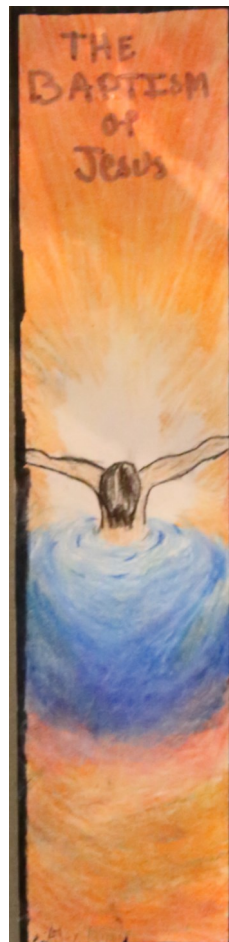
Over the holiday break, several Sunday School students participated in an art project display. They created artwork to depict either of two biblical events the church celebrates on January 6th: Epiphany, the visit of the Magi, or Denaho, the Baptism of Jesus.



Ruth Jacob



Esther Jacob



Alex Abraham



Ruth Simon



Luke Varghese



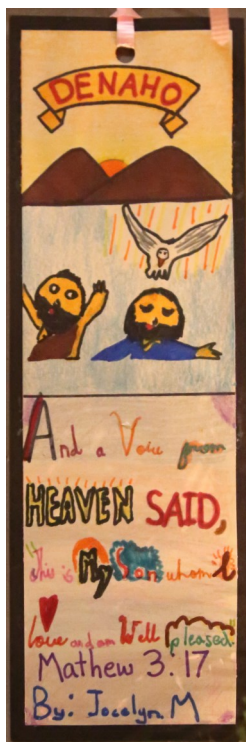
Alisah Mathews



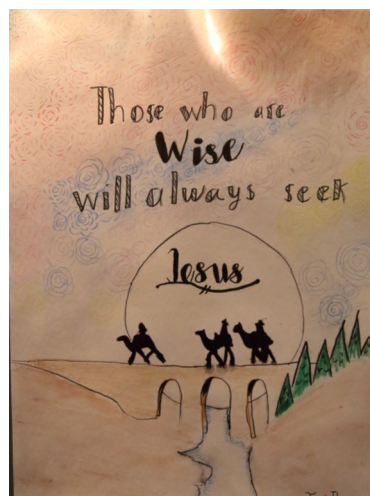
Kate Chacko



Rebecca & Elijah Jacob



Jocelyn Mathew



Joana Thomas



Jaden Mathew



Lia Thomas



Sarah Abraham



Leann Varghese



Ava Mammen



Nathaniel Thomas



CHRIST - OUR ANCHOR

By Dr. Susan Varghese

Recently I was catching up with a friend, and we got busy talking about work, kids, and our work commute. During the course of the conversation, she described what her typical work day looks like. She is a mother of three, and two of her children are under the age of two. Her day starts at 4:45 in the morning, and she drops off her kids at day care by 6:00 am so that she can get to work by 7:30 am. I was curious how she was able to do this day after day, week after week. Her response was “I wake up in the morning, and then I just keep going. If I stop or slow down for a minute everything falls apart.”

Later on, as I was reflecting on her words, I realized how true they were for many of us trying to balance work and family life. With all the different commitments and responsibilities we have, it feels like every day we are constantly on the go. There seems to be a long list of things to do, and each time something is checked off, more new items get added. Sometimes when everything on our list seems important and we get pulled in multiple directions, things seem unstable and we tend to get overwhelmed. In such times we need an anchor to rely on - something that will help us stay grounded. In mental health, the concepts of meditation and mindfulness are often taught to clients who need to feel grounded. Clients experiencing anxiety, stress, and worry practice these skills over and over again, till they become comfortable enough to use them when needed.

As Christians, we have the best anchor to rely on at all times. Philippians 4:6 says “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.” Christ is an anchor that will never fail. Given how busy life gets, I often use small pockets of time where I can pray and seek comfort from Him. Sometimes it’s in the mornings during my commute to work, sometimes it’s a little free time in the office, and sometimes it’s just before I go to bed. Praying with others is also important. Family prayer, as well as praying with friends, has been helpful for me. Mathew 18:20 says “For where two or three gather together in My name, there I am with them.” A few of my friends and I have scheduled a time to pray during the day at work. When the reminder on my phone goes off, I am able to take a few minutes to pray. Even though we are all in different places, just knowing that there are three others praying with me provides me strength.

There is no request that is too big or small for God to attend. When things seem unstable and cause us anxiety, instead of being overwhelmed we should turn to the Lord in prayer and know that in every storm, big or small, Christ is our anchor – yesterday, today and forevermore.

To contribute content, please contact:

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FEBRUARY CALENDAR

Sun Feb 3	3:30pm - 4:00pm	Praise & Worship - GGUMC
Sun Feb 3	4:00pm - 6:00pm	Holy Communion Service (English) - GGUMC; GB Meeting after service
Tue Feb 5	7:00pm - 9:00pm	Parish Mission Bible Study - Cini & Mathew Philip, Norwalk
Sun Feb 10	3:30pm - 4:00pm	Praise & Worship - GGUMC
Sun Feb 10	4:00pm - 6:00pm	Holy Communion Service (Malayalam) - GGUMC; MTVEA Bake Sale
Tue Feb 12	7:00pm - 9:00pm	Parish Mission Bible Study - Ann & Isaac George, Buena Park
Wed Feb 13	8:00pm - 9:00pm	Western Regional Tele-prayer Conference - 515-603-3108; 638599#
Sat Feb 16	8:00am - 8:00pm	MTVEA Western Regional Conference - GGUMC
Sun Feb 17	9:00am - 11:00am	Holy Communion Service (English) - Acker Hall, GGUMC
Fri Feb 22	7:00pm - 9:00pm	West Area Prayer - Cini & Mathew Philip, Norwalk
Sat Feb 23	11:00am - 12:30pm	South Area Prayer - Lincy & Nikhil Thomas, Tustin
Sat Feb 23	5:00pm - 7:00pm	East Area Prayer - Dr. Elizabeth & Anup Kurien, Rancho Cucamonga
Sun Feb 24	3:30pm - 4:00pm	Praise & Worship - GGUMC
Sun Feb 24	4:00pm - 6:00pm	Divine Service (English) - GGUMC
Sun Feb 24	6:15pm - 6:45pm	Mary's Kitchen Outreach - GGUMC, Room 20
Sun Feb 24	6:00pm - 7:00pm	Youth Fellowship Meeting - GGUMC
Wed Feb 27	8:30pm - 9:30pm	MTVEA Western Regional Bible Study - 515-603-3108; 638599#

Western Regional MTVEA
Annual Regional Conference 2019


DIED FOR YOU LIVE FOR HIM

Main Speaker | Dr. Vino Daniel
February 16 & 17, 2019

*And he died for **all**, that those who live should no longer live for themselves but for **him** who died for them and was raised again*
2 Corinthians 5:15

For more information, contact

Rev. Stalin Thomas | W. Regional President | (480) 410-8474
Rev. Dennis Abraham | Vicar, Horeb MTC | (714) 462-9519
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Rajesh Mathew | W. Regional Secretary | (602) 625-7043



Hosted By
Horeb MTC, Los Angeles

REGIONAL & DIOCESAN CONFERENCES 2019	
Joint Western Regional Conference <i>Azusa Pacific University, California</i>	July 12-14
Diocesan Youth Fellowship Conference <i>Mar Thoma Church of Dallas, TX</i>	July 25-28
Diocesan MTVEA Conference <i>St. Mathew's Mar Thoma Church, Toronto, Canada</i>	Aug 1-4
Diocesan Senior Fellowship Conference <i>Philadelphia Ascension Mar Thoma Church, PA</i>	Sep 25-28
Diocesan Yuvajana Sakhyam Conference <i>Philadelphia Christos Mar Thoma Church, PA</i>	Oct 4-6
Diocesan Sevika Sangham Conference <i>Houston Trinity Mar Thoma Church, TX</i>	Oct 10-13

FIRST COMMUNICANTS CLASS SCHEDULE

Sunday, February 17: After Service
Sunday, March 3: Before Service
Sunday, March 17: After Service
(Dates are tentative)