



Lighthouse

APRIL 2019

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



Dearly Beloved in Christ,

We are at the end of yet another Lenten season. Let us thank God for the blessings that we have received during this year's lent journey. As we enter Passion Week, let us remember the trial, crucifixion, death, and resurrection of our Lord, and the suffering He bore for our sake. We commemorate Christ's death, and celebrate Christ's resurrection. Resurrection conquered death and brings life to us all. It is our responsibility to bring Christ's life to others so that they may also experience Him.

John Stott, an eminent Christian leader once said: *"Christianity is in its very essence a resurrection religion. The concept of resurrection lies at its heart. If you remove it, Christianity is destroyed."* We need to place our hope in faith in the resurrected Christ. The eternal life Christ gives us through His resurrection must be a beacon of light for others to travel in this dark world. Otherwise, we repeatedly crucify Christ by being slaves to sin. The stone was rolled away at resurrection not simply so that Jesus could get out, but so that the world can look in. The condition of today's world requires us to repent and believe in the resurrected Christ, and by meditating and contemplating on His presence in our lives.

Let us look back in our Lenten journey. Has there been any change in us? Where do we find ourselves in God's presence? Have we grown closer to God? The end of lent requires us to introspect and answer the vital questions of our spiritual life.

(Continued on Page 2...)

I am the
resurrection and the *life*.

The one who believes in me will live, even though they die; and whoever lives by believing in me will never die.

Do you believe this?

John 11: 25-26

UPCOMING EVENTS

Sunday, April 14 - 4:00pm

Palm Sunday - Holy Communion Service (English)

Monday, April 15 - Friday, April 19

Holy Week (See Page 5 for Schedule)

Saturday, April 20 - 9:30am - 3:00pm

Easter Fest - GGUMC, Acker Hall

Sunday, April 21 - 3:00pm

Easter - Holy Communion Service (English)

Farewell for Rev. Dennis Abraham

Followed by Dinner in Acker Hall

(Dennis Achen's article continued...)

This will result in change and transformation. 2 Corinthians 5:17 says, *"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"* Is there any change after we interact with Christ? Let us use the power of the cross and the resurrected Christ as a driving force for our lives, as we journey together. Let us experience Christ together, as a faith community.

I wish you all a Happy and Blessed *Feast of Resurrection* (Easter). May the power that of the cross and resurrected Christ be an inspiration for us as we move forward in our spiritual journey. Let us patiently wait for His return! May the blessings of the Holy Trinity be with you all!

With prayerful regards,
Dennis Achen

MEDITATIONS FROM A HOSPITAL

By Girish Simon



We stared at the monitor for hours on end. No matter what we did, our eyes would involuntarily dart in that direction. Was the heart rate within bounds? Was the oxygen saturation adequate? Were the squiggly lines conforming to the desired pattern? Why did that number jump? Why is the monitor beeping urgently? Should we alert the nurse?

I am seldom hypnotized by anything. But the patient monitoring screen has that effect on you when your loved one is hooked up to it. For the medically trained, it provides actionable information. For untrained parents like me, it is a crutch. A way to keep tabs on what is happening inside your child. A window into what is otherwise unseen.

Dr. Jooby Babu would call every few hours and enquire about her vitals. Vitals! Strange things these are. Most of us rarely think about them. When was the last time you wondered about your oxygen saturation levels? They lie beneath the surface and rarely call attention to themselves. And yet they assume an all-consuming importance in times like these.

Hospitals slow you down. There is a lot of waiting. Waiting for the medications to kick in. Waiting for the vitals to improve. Waiting for the patient to reduce dependence on external support and to gain strength. And waiting creates space for contemplation.

My recent episode of dormancy gave me the space to think about things I had not considered in a while. Specifically, the biblical teaching about the outer man and the inner man. The Apostle Paul reminds us not to lose heart because *"Even though our outward man is perishing, yet the inward man is being renewed day by day"* (2 Corinthians 4:16). Hospitals are designed to salvage the outward man;

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(Girish's article continued...)

to extend life and improve its quality. And as important as that is, the Bible gently reminds us that it is the inner man that should gain in strength with each passing day.

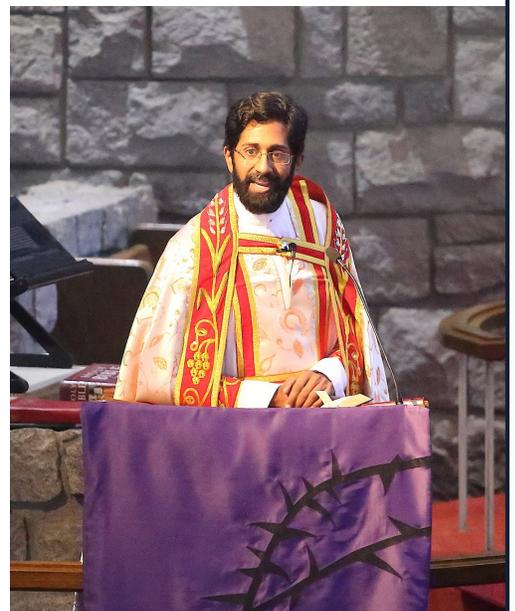
The inner man is hidden; its growth and development not easily tracked. I have gone for months on end without serious contemplation about mine. I am an 'out-of-sight, out-of-mind' kind of person. If something is not measurable and salient, I am not expending calories on it. But the Bible relentlessly turns our attention to the welfare of the inner man; urging us to make sure that it is getting the nourishment it needs.

Which brings me back to the questions of 'vitals'. How do I examine the state of my inner man? How do I ensure that it is getting what it needs? I think of this in terms of inputs and outputs. The input for the inner man is fellowship with God, His Word and His saints. The more the better. The output is becoming more like Christ with each passing day. The Bible says that the more we gaze upon Christ, the more we are transformed into His likeness (Psalms 34:5, 2 Corinthians 3:18). That then is the vital sign of the inner man. To be transformed into the image of Christ. To reflect His character like a faithful mirror. To produce the fruit of the Spirit: Love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5:22-23). These are the external manifestations of an inner man in good health.

I come away with a new appreciation of these spiritual vitals and the need to keep an eye on them.

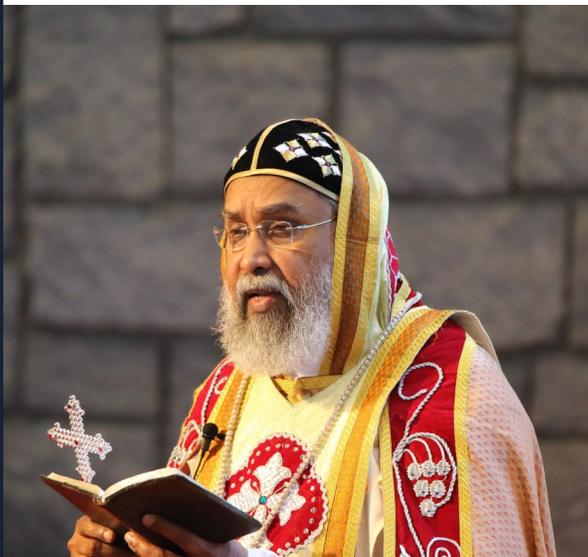
Diocesan Sunday & Pulpit Exchange

Service led by Rev. Larry Varghese



First Communion Service

On Saturday, March 30th, Rt. Rev. Dr. Isaac Mar Philoxenos Episcopa, our Diocesan Bishop, conducted the First Communion Service for twelve of our Horeb children.



First Communicants:

Meha Thomas, Meghana Varughese, Serena John, Leann Varghese, Ruth Simon, Joana Thomas, Ruth Jacob, Serena Chacko, Nathan Chacko, Jayden Chacko, Sanjay Thomas, Jaden Mathew

To contribute content, please contact:

Editorial Team: Anjali John & Saji Abraham

Photography: Saji Abraham & Saji Baby

APRIL CALENDAR

Sun April 7	3:30pm - 4:00pm	Praise & Worship - GGUMC
Sun April 7	4:00pm - 6:00pm	Holy Communion Service (Malayalam) - GGUMC
Tue April 9	7:00pm - 9:00pm	Parish Mission Bible Study - Anna Chandy & Philip Jacob, Yorba Linda
Wed April 10	8:00pm - 9:00pm	Western Regional Tele-prayer Conference - 515-603-3108; 638599#
Sun April 14	3:30pm - 4:00pm	Praise & Worship - GGUMC
Sun April 14	4:00pm - 6:00pm	Palm Sunday- Holy Communion Service (English) - GGUMC
Mon April 15 - Sat April 20:		Holy Week Services & Easter Fest (See Flyers Below)
Sun April 21	1:30pm - 2:30pm	Sunday School - GGUMC
Sun April 21	2:30pm - 3:00pm	Praise & Worship - GGUMC
Sun April 21	3:00pm - 5:00pm	Easter- Holy Communion Service (English) - GGUMC; Farewell for Dennis Achen
Sun April 21	7:30pm - 8:30pm	Sevika Sangham Meeting - GGUMC
Tue April 23	7:00pm - 9:00pm	Parish Mission Bible Study - Ann & Isaac George, Buena Park
Wed April 24	8:30pm - 9:30pm	MTVEA Western Regional Bible Study - 515-603-3108; 638599#
Sun April 28	2:30pm - 3:00pm	Praise & Worship - GGUMC
Sun April 28	3:00pm - 5:00pm	Divine Service (English) - GGUMC
Sun April 28	5:15pm - 5:45pm	Mary's Kitchen Outreach - GGUMC, Room 20

HOLY WEEK SERVICES

(April 15 -17 services led by Rev. Dr. Philip Varghese)

Monday, April 15 7:00pm	Sandhya Namaskaram (English) - South Area Anina & Jiju Cholakath, Orange
Tuesday, April 16 7:00pm	Sandhya Namaskaram (Malayalam) - West Area Annamma Mathew & Mathew Koshy, Cerritos
Wednesday, April 17 7:00pm	Holy Communion Service (English) GGUMC
Thursday, April 18 7:00pm	Sandhya Namaskaram (English) - East Area Julie & Aji Varghese, Brea
Friday, April 19 6:00pm	Good Friday (First Service in Malayalam, Second and Third Service in English) GGUMC; Dinner in Acker Hall



EASTER FEST
APRIL 20th, 2019
9:30am - 3:00pm
GGUMC, Acker Hall

Joint Western Regional Conference <i>Azusa Pacific University, California</i>	July 12-14
Diocesan Youth Fellowship Conference <i>Mar Thoma Church of Dallas, Texas</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, Texas</i>	Oct 10-13