



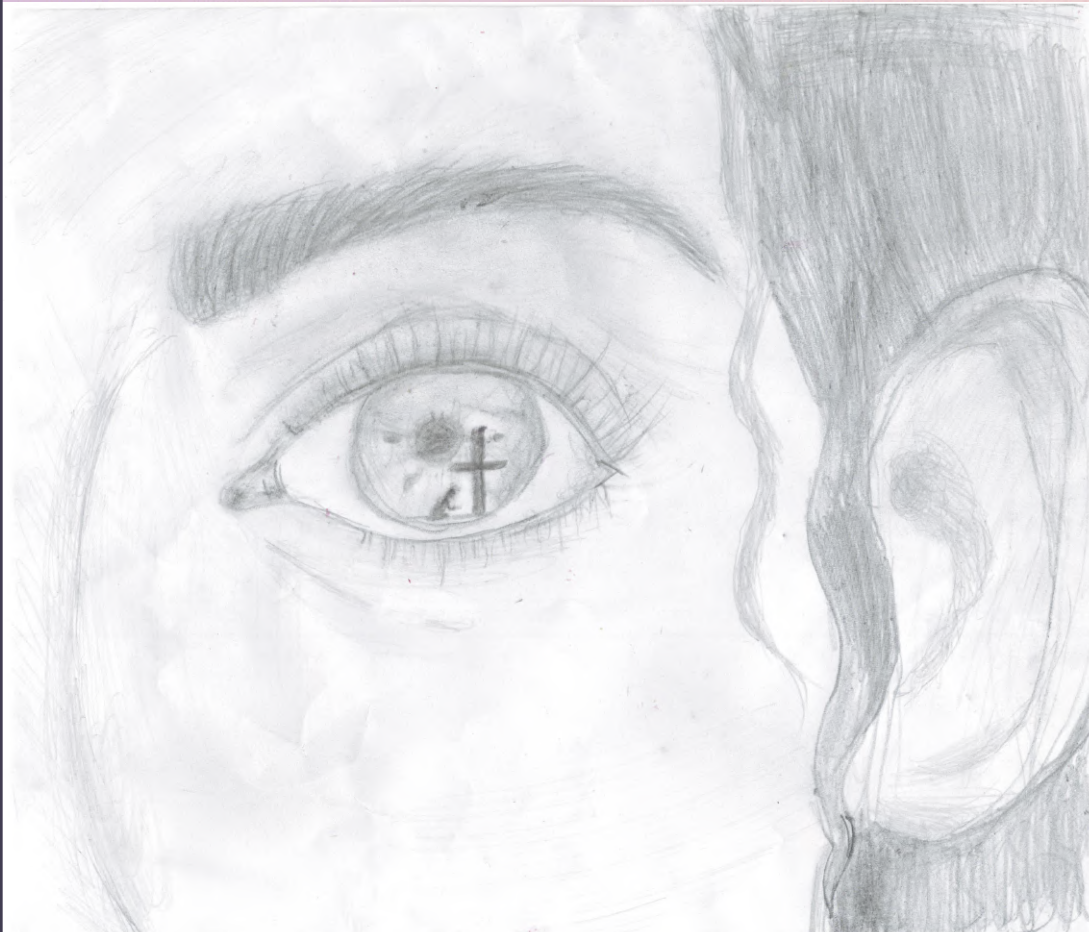
# LIGHTHOUSE

August 2020

Horeb Mar Thoma Church, Los Angeles  
12741 Main Street, Garden Grove, CA 92840

## VBS EDITION

THIS MONTH'S NEWSLETTER IS SPECIALLY CREATED  
BY HOREB'S 6TH-8TH GRADE VBS STUDENTS



### **"FOCUS, TAKE A CLOSER LOOK"**

**By Ruth Jacob**

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*"Let us keep looking to  
Jesus. He is the one  
who started this journey  
of faith. And he is the  
one who completes the  
journey of faith."*

*Hebrews 12:2*



Dear Horeb Family,

Greetings in the name of our Lord and Savior Jesus Christ!

We're approaching the end of another summer, but I'm sure for all of us it's been a summer unlike any before. As our children & youths gear up to return to school, our high-school graduates entering college for the first time, our families continue in the experience of challenges and uncertainty due to the pandemic. And as a parish, we've needed to re-think & re-frame our plans and programs for the days ahead.

Yet, as our Virtual VBS, which took place near the end of last month, so wonderfully reminded all who participated: When things seem out of focus, we need to focus all the more on God and re-focus through God, whose goodness, providence and protection we continue to experience in this unprecedented season.

1. Focus on Christ who's greater than the crisis: Re-focus through faith over fear
2. Focus on our hearts: Re-focus through repentance & resolution
3. Focus on others: Re-focus through love – seeing & understanding others, their needs, and all of creation as God sees them

By God's grace, we were able to conduct this year's virtual VBS, which was a new yet truly blessed experience for our volunteers, teachers and students. I praise God for our Coordinators Mrs. Sheeba George & Dr. Susan Varghese, whose thoughtful planning and dedicated efforts made this year's VBS a success. Special thanks to our Technology Team and to all the teachers and volunteers. We very much appreciate our Youth Fellowship members who contributed their time and talents to support the VBS and glorify God.

Especially at this time, it's a matter of great joy to mention that the content & design of our August 2020 Newsletter were accomplished by the collaborative efforts of our 6<sup>th</sup>-8<sup>th</sup> Grade VBS Students. I commend them for this great creative initiative.

We need to continue our prayers for the nation, for the health workers, and for all victims of this pandemic. Praying for God's strength & grace to be upon all of us to focus on what matters and to courageously go forward doing the best we can to honor God in new & greater ways in the times ahead. Requesting everyone's prayerful support in our journey together.

Yours in Christ,

**Rev. Arun Samuel Varghese**

## Limericks by Jaden Mathew

### Abraham



There was once an old, aged man,  
Who dreamed of a great, grand plan  
Awaiting a loved child,  
God pledged, others smiled  
But from God's promise came a new clan

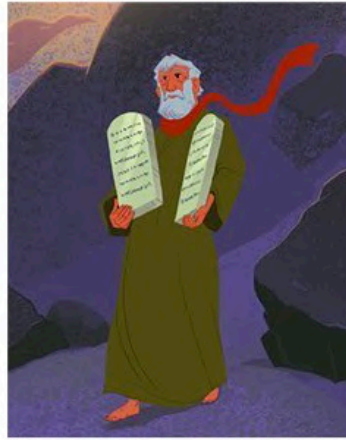
### Peter



Peter was a man that loved Christ,  
Boldly claimed his love couldn't be priced  
But sadly he lies,  
Denying Jesus thrice  
Jesus' true love made his heart right.

## Limericks by Asher Abraham

### Moses



On the smoky mountain where Moses saw  
God appearing, he stared in perfect awe.  
Tablets written on stone.  
Sent from God's throne  
Stuttering, he went up to collect God's law.

### Jesus



Jesus comes walking on the waves.  
When He calls "Come", Peter braves.  
The boat begins to sink.  
Peter starts to blink.  
But Jesus sees, and Jesus saves.



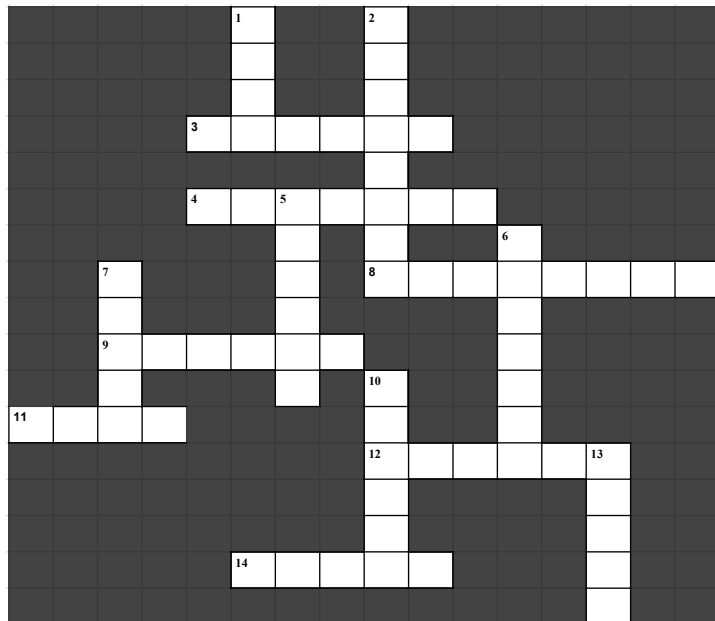
## Bible Crossword Puzzle Contest

### Prophets of the Bible



#### Instructions:

1. Solve the crossword puzzle using the clues in Across and Down.
2. Then email a picture of the completed puzzle along with your name to Julie Mathew (juliemath@gmail.com) by **Sat, August 8th @ 9 pm.**
3. Rev. Arun Varghese will announce the names of the first five winners on Sun, Aug 9th. The winners names would also be published in the Sept newsletter.
4. This contest is open to all the children and adults of Horeb MTC. Hope you enjoy this puzzle!



#### Across

3. Prophet who anointed Israel's first king
4. Prophet who prophesied the destruction of Jerusalem
8. Prophet who records an extended dialogue between himself and God
9. Prophet who advised King David
11. Prophet who baptised Jesus in the river Jordan
12. Prophet who prophesied the coming of the Messiah
14. Prophet whose name sounds like a mineral.

#### Down

1. Elderly prophetess who saw Jesus as a baby
2. Prophet known as the "Weeping Prophet"
5. Prophet who was taken up to heaven in a chariot of fire
6. Last of the 12 minor prophets of the Old Testament
7. Prophet who feared preaching in Nineveh
10. Prophet who was anointed by Elijah
13. Prophet who preached about idolatry and a faithlessness

Created by: Nishan George and Daniel Mathews



## Bible Cities Word Search Contest



**Directions:** Find and circle the thirteen Bible cities hidden in the grid using the word bank below. To enter this contest, email a picture of the completed responses along with your name to Julie Mathew (juliemath@gmail.com). **The deadline to submit the responses is Sun, August 9th by 11pm.** The names of the first five winners will be announced after service on Sun, August 16th by Rev. Arun Varghese. This contest is open to all the children and adults of Horeb MTC. Have fun!!!

#### Word Bank


Bethlehem	Capernaum	Nineveh
Bethany	Thessalonica	Gomorraah
Philippi	Jericho	Zorah
Nazareth	Macedonia	
Damascus	Shechem	

Y	E	N	I	N	E	V	E	H	B	J	A	N	D	Z
P	R	Q	S	V	A	B	W	X	H	M	K	N	A	O
H	G	A	O	H	T	E	R	A	Z	A	N	A	M	R
I	Z	T	B	N	K	Q	O	B	N	C	T	F	A	A
L	P	B	H	V	M	F	I	Q	J	E	K	G	S	H
I	U	E	L	E	S	G	D	W	E	D	C	O	C	I
P	D	G	U	W	S	F	Z	L	R	O	J	M	U	U
P	W	Y	U	K	B	S	J	Y	I	N	D	O	S	B
I	Q	L	E	Z	K	N	A	Q	C	I	H	R	L	E
X	H	Z	M	D	Z	A	F	L	H	A	D	R	D	T
D	S	H	E	C	H	E	M	U	O	H	A	A	Z	H
W	A	Q	S	D	W	F	S	F	Q	N	G	H	R	A
M	U	A	N	R	E	P	A	C	W	E	I	U	O	N
A	J	L	F	G	A	L	S	I	Y	V	B	C	E	Y
M	E	H	E	L	H	T	E	B	X	J	N	Q	A	T

Created by: Nikhil Abraham and Luke Varghese

## PIZZA

*(A HEALTHY, AT-HOME, AND PERSONALIZED OPTION)*


INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none"><li>- 2 ½ cups all purpose flour/bread flour</li><li>- 1 packet instant yeast</li><li>- 1 ½ tsp sugar</li><li>- ¾ tsp salt</li><li>- ¼ tsp garlic powder</li><li>- Garlic cloves (to taste)</li><li>- Dried basil leaves</li><li>- 3 tablespoons olive oil</li><li>- ¾ cup warm water (not hot)</li></ul> 	<ol style="list-style-type: none"><li>1. Combine 1 cup flour, yeast, sugar, salt, and seasonings to taste</li><li>2. Add olive oil and water, using a wooden spoon to stir; slowly combine 1 more cup flour (add extra ½ cup as needed)</li><li>3. Stir until dough becomes elasticity (will still be slightly sticky but manageable)</li><li>4. Coat the inside of a large, separate bowl generously with olive oil</li><li>5. Lightly dust your hands with flour, form dough into a ball, and transfer to a new bowl (helpful to have extra flour ready for this part in case it gets sticky!)</li><li>6. Use your hands to roll dough along the inside of the bowl until coated in olive oil; cover bowl tightly with plastic wrap and set aside in a warm area to rise</li><li>7. Allow dough to rise for about half an hour (or until it doubles in size)</li><li>8. Preheat oven to 425</li><li>9. Once dough has risen, use your hands to gently deflate and transfer to lightly floured surfaces. Knead briefly until smooth, working dough into a 12 inch circle</li><li>10. Transfer dough to parchment paper-lined pan; pinch or fold over edges to make a crust</li><li>11. Brush over the entire surface of the pizza with olive oil and use a fork to poke holes throughout the center of the pizza (this prevents it from bubbling!)</li><li>12. Evenly spread pizza sauce of choice and top generously with cheese. Add extra toppings of choice, and bake for 13-15 minutes (until toppings golden brown)</li></ol> <p><b>Pizza Sauce Suggestions:</b> Barbeque, Marinara variations, Alfredo sauce, or your favorite pasta sauce brand!</p> <p><b>Topping Suggestions:</b> Fresh mozzarella cheese, Pepperoni, Italian sausage, Bacon, Olives, Mushrooms, Basil, Bell peppers, Pineapple, Onion</p>

“THEN GOD SAID, “LOOK! I HAVE GIVEN YOU EVERY SEED-BEARING PLANT THROUGHOUT THE EARTH AND ALL THE FRUIT TREES FOR YOUR FOOD.”

GENESIS 1:29

## APPLE BLUEBERRY OAT MUFFINS

*(A DELICIOUS VEGAN AND GLUTEN-FREE RECIPE WITH NO PROCESSED SUGARS!)*

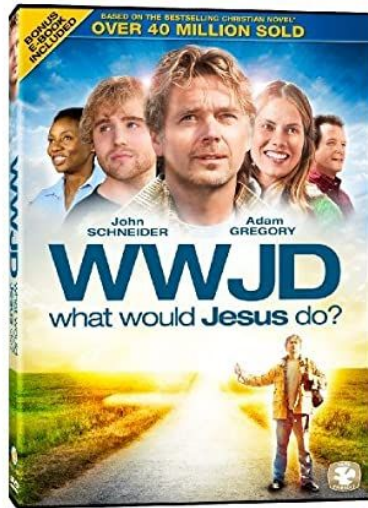
INGREDIENTS	INSTRUCTIONS
<ul style="list-style-type: none"><li>- 1 cup oat milk</li><li>- 1 cup old-fashioned whole rolled oats</li><li>- 1 and ¼ cups almond flour</li><li>- 1 teaspoon baking powder</li><li>- ½ teaspoon baking soda</li><li>- ½ teaspoon ground cinnamon</li><li>- ½ teaspoon salt</li><li>- 3 tablespoons ground flaxseed/chia seed</li><li>- ½ cup applesauce</li><li>- ⅓ - ½ cup honey</li><li>- 1 tablespoon water</li><li>- 1 teaspoon pure vanilla extract</li><li>- 1 cup fresh or frozen blueberries (NOTE: if frozen, do not thaw and reduce milk to ¾ cup)</li><li>- OPTIONAL: for a sweeter muffin, substitute half the blueberries with chocolate chips!</li></ul> 	<ol style="list-style-type: none"><li>1. Combine milk and oats; set aside for 20 minutes</li><li>2. Preheat oven to 425, grease muffin pan/place liners in muffin pan</li><li>3. Whisk together flour, baking powder, baking soda, cinnamon, salt, and ground flaxseed/chia seeds</li><li>4. Whisk applesauce, honey, water, and vanilla extract</li><li>5. Slowly combine wet and dry ingredients</li><li>6. Gently stir in the soaked oats (including milk, do not drain) and blueberries</li><li>7. Spoon batter into muffin liners</li><li>8. Top with oats and a sprinkle of coconut sugar (optional)</li><li>9. Bake for 5 minutes at 425, then reduce oven temperature to 350 (while keeping muffins in the oven)</li><li>10. Bake for an additional 20-25 minutes, or until toothpick comes out clean</li></ol> <p><b>TIPS:</b></p> <p>**For mini muffins, bake 15-20 minutes at 350; for bread, bake 1 hour at 350</p> <p>**For bread, bake at 350 for 1 hour</p> <p>**May substitute applesauce for coconut oil, for a firmer consistency</p>

**“DON'T YOU REALIZE THAT YOUR BODY IS THE TEMPLE OF THE HOLY SPIRIT, WHO LIVES IN YOU AND WAS GIVEN TO YOU BY GOD? YOU DO NOT BELONG TO YOURSELF, FOR GOD BOUGHT YOU WITH A HIGH PRICE. SO YOU MUST HONOR GOD WITH YOUR BODY.”**  
**CORINTHIANS 6:19-20**

## Christian Movie Review

By: Timothy Mathew and Jonathan Thomas

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**Title:** WWJD What Would Jesus Do?

**Genre:** Christian Fiction

**Year Of Release:** 2010

**Length Of Movie:** 1hr 28min

**Rating:** PG

**Cast:** John Schneider, Maxine Bahns, Adam Gregory, Mark Arnold, Joni Bovill, Jim Gleason, Kimberly Daugherty, Kirk Bovill, Lavinia Dowdell, and Jon Southwell

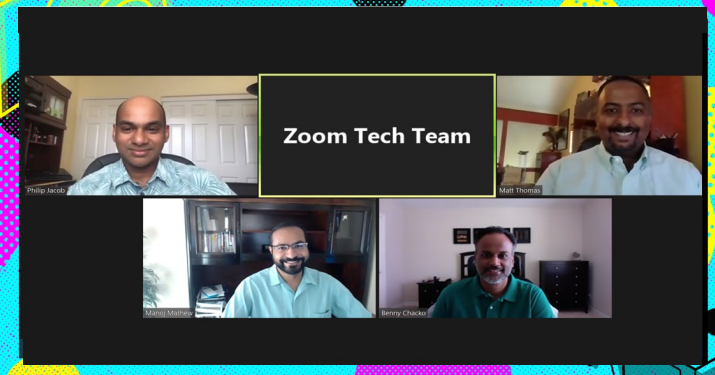
**Summary:** The story begins with a pastor, his pregnant wife, and his son, in the car embarking on a road trip. Abruptly, the car gets hit by a train causing his wife and son to pass away in the crash. The pastor survives however, and months later, he is healthy (physically) but not mentally. Later on, the mayor wants to demolish the church and turn it into a casino due to poor people living in that area and rebuild the church in a different location. Eventually, a homeless but spiritually strong man is introduced. He finds out that he has cancer but remains strong and inspires many in the church.

**Our Take:** We personally liked the movie very much. Our favorite character was the homeless man that came into the town looking for work. Our favorite part was the ending because it showed how much all the characters changed from being rude to being kind. They were now true believers and followers of God. Crime was reduced in the city and now people had jobs and money to support themselves. The homeless man came into a town of sinners, and left a town full of believers. It is worth watching with your family.

# VIRTUAL VBS 2020



Thank you to all coordinators,  
volunteers, and participants for making  
the first Virtual VBS a success!



Congratulations  
Sanjoj & Silvi! 🎉



## AUGUST CALENDAR

*All links to the Zoom worship services and teleconference info will be provided via email.*

SAT AUG 1	10:00am - 10:45am	Sunday School Summer Session - Zoom
SUN AUG 2	10:00am - 12:00pm	Online Worship Service (English) - Zoom
TUE AUG 4	7:00pm - 8:30pm	Parish Prayer Fellowship/Bible Study - Zoom
SAT AUG 8	6:00pm - 8:00pm	West Area Prayer - Zoom
SUN AUG 9	10:00am - 12:00pm	Online Worship Service (Malayalam) - Zoom
TUE AUG 11	7:00pm - 8:30pm	Parish Prayer Fellowship/Bible Study - Zoom
FRI AUG 14	7:00pm - 9:00pm	South Area Prayer - Zoom
SAT AUG 15	10:00am - 10:45am	Last Day of Sunday School Summer Session - Zoom
SUN AUG 16	10:00am - 12:00pm	Online Worship Service (English) - Zoom
TUE AUG 18	7:00pm - 8:30pm	Parish Prayer Fellowship/Bible Study - Zoom
FRI AUG 21	7:00pm - 9:00pm	East Area Prayer - Zoom
SAT AUG 22	Time TBD	Youth Fellowship Meeting - Location TBD
SUN AUG 23	10:00am - 12:00pm	Online Worship Service (English) - Zoom
TUE AUG 25	7:00pm - 8:30pm	Parish Prayer Fellowship/Bible Study - Zoom
FRI AUG 28	7:00pm - 9:00pm	Parish-Wide Prayer - Teleconference
SAT AUG 29	5:00pm - 7:00pm	Young Family Fellowship - Zoom
SUN AUG 30	10:00am - 12:00pm	Online Worship Service (English) - Zoom

### UPCOMING ONLINE EVENTS

(More info via email)

#### Monday, August 3rd at 5:30pm PST

Diocesan MTVEA Night of Prayer  
Message by Rev. Dennis Abraham

#### Friday, August 7th at 7:30pm PST

Western Region Yuvajana Sakhyam Sangeetha  
Sayahnam: A Musical Meditation  
by Rev. Saju B. John & family

#### Saturday, August 8th at 10:00am - 1:00pm PST

Western Region Virtual Teachers Workshop:  
Teach to Reach

#### Saturday, August 8th at 7:00am PST

Diocesan Sevika Sanghom Prayer Meeting  
Message by Mrs. Preena Mathew

#### Saturday, August 15th at 6:00pm PST

Western Region MTVEA Seminar: Facing  
COVID-19: Faith Journey with Pandemic Crisis

Please take a moment to make contributions to the church via Zelle; this includes Sunday offertory, birthday and wedding offertory, subscriptions, etc. Donations can quickly be made via your mobile bank app or through online banking. The church email for Zelle is [treasurer@horebmtc.org](mailto:treasurer@horebmtc.org) or checks can be sent to our Treasurer, Abey Mathews.

To contribute content, please contact:  
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