



Department of Catechesis, Diocese of Faridabad-Delhi

CATHECATIONAL DIARY 2019-2020

Name.....

Admission No.....Std.....

Parish/Centre.....

Address.....

.....

CATECHETICAL ANTHEM

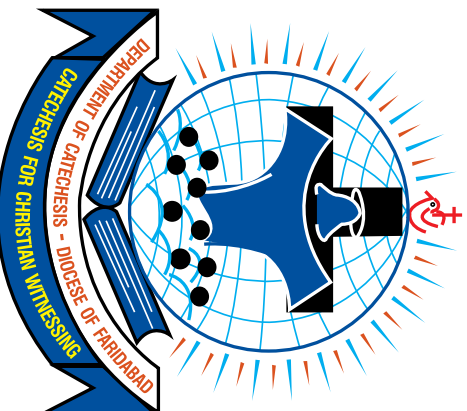
We are bound together
With the Chords of love
To build a community
To learn and grow

Proclaiming one faith in Trinity
Living our true identity
Lighting the lamp of Charity
Leading a life of Sanctity

We are blend together
With the strings of Hope
As branches of the Vine
To bear much fruit

God is our Loving Father dear
We confess Jesus our Saviour
Spirit our Holy sanctifier
St. Thomas, our heavenly
patron here.

CATECHETICAL LOGO



DEPARTMENT OF CATECHESIS

1B/32, N.E.A., Old Rajender Nagar,
New Delhi – 110 060
Phone: 01 1-25759160

E-mail: dsmcatechism@gmail.com
Website : www.catechismfaridabad.com

CATECHETICAL PLEDGE

In the name of God / I, the
catechism student / pledge
myself / to be faithful to my call
/ towards universal brotherhood
/ and Christian holiness. I love
my Church. I am proud of / its
rich and varied spiritual heritage.
I pledge myself / to abide by
the teachings of the Church.
I shall attend / the catechism
classes regularly. I pledge to
respect and honor / the Pope,
Major Archbishop / Archbishop
/ the parish priest / teachers
/ and my parents. Lord Jesus,
bless all of us.

SCHOLARSHIP EXAMINATION 2018-19
RANK HOLDERS



ANNA ELIZABETH SANTHOSH,
 LMC GURGAON,
 CLASS-1, 1ST RANK



RIYA JOHNY, JASOLA,
 CLASS-1, 2ND RANK



JESSICA ANN SANOK,
 GURUGRAM ST CLARET,
 CLASS-1, 3RD RANK



EMIN JOSE, LMC GURGAON,
 CLASS-2, 1ST RANK



JIANNA JAISON, AYA NAGAR,
 CLASS-2, 2ND RANK



JOANNE SAJJ, PALAM,
 CLASS-2, 3RD RANK



SREYA SHANTY, ASHOK VIHAR,
 CLASS-3, 1ST RANK



ADON SUNIL, TAGORE GARDEN,
 CLASS-3, 2ND RANK



MARC THOMAS, NOIDA,
 CLASS-3, 3RD RANK



JASMINE SAJJ, MAYUR VIHAR-3,
 CLASS-4, 1ST RANK



SAVIO JOSE, GREATER NOIDA,
 CLASS-4, 2ND RANK



JISSIL SAJJAN, LADO SARAI,
 CLASS-4, 3RD RANK



ALAN MATHEW, TAGORE GARDEN,
 CLASS-5, 1ST RANK



RIYU SHEELU, VIKASPURI,
 CLASS-5, 2ND RANK



LIYA MARIA AJJ, NEB SARAI,
 CLASS-5, 3RD RANK



AYONA SABU, HARI NAGAR,
 CLASS -6, 1ST RANK



ALPHET GEORGE, KALKAJI,
 CLASS-6, 2ND RANK



NIA STEPHEN, MAYUR VIHAR-3,
 CLASS-6, 3RD RANK

SCHOLARSHIP EXAMINATION 2018-19
RANK HOLDERS



IVIN B MATHEW, LMC GURGAON,
 CLASS-7, 1ST RANK



RIYA VARGHESE, MOTIAKHAN,
 CLASS-7, 2ND RANK



AENGELA SOY, KALKAJI,
 CLASS-7, 3RD RANK



ANTO JOSE, INDIRAPURAM-VAISHALI,
 CLASS-8, 1ST RANK



ANNA LIZA MATHEW, LADO SARAI,
 CLASS-8, 2ND RANK



ALINA MATHEW, PALAM,
 CLASS-8, 3RD RANK



ALANA SEBY, HARI NAGAR,
 CLASS-9, 1ST RANK



AMAL MATHEWS TOM,
 BURARI, CLASS-9, 2ND RANK



ALFRED JIJI, DILSHAD GARDEN,
 CLASS-9, 3RD RANK



ANANYA JAISON, KALKAJI,
 CLASS-10, 1ST RANK



BLESSY THOMAS, BURARI,
 CLASS-10, 2ND RANK



ABIN P. BINOY, GEETA COLONY,
 CLASS-10, 3RD RANK



REMYA SAJJ, PALAM,
 CLASS-11, 1ST RANK



JOMILIN JOHN, LADO SARAI,
 CLASS-11, 2ND RANK



SANYO SABU, LADO SARAI,
 CLASS-11, 3RD RANK



ELIZABETH BENNY, KALKAJI,
 CLASS-12, 1ST RANK



NANCY P. BIJU, PALAM,
 CLASS-12, 2ND RANK



ASHITA SIBICHAN, JASOLA,
 CLASS-12, 3RD RANK



Catechetical Diary 2019-2020

Name.....

Admission No.....Std.....

Parish/Centre.....

Address.....

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Personal Data

- Baptismal Name : _____
- Parents' Name : _____
- Surname/Family Name : _____
- Date of Birth : _____
- Date of Baptism : _____
- Holy Communion : _____
- Confirmation : _____
- Tel. No. : _____

FARIDABAD DIOCESAN CATECHETICAL COMMISSION

| Name | Designation | Telephone Number |
|---------------------------------------|---------------|------------------|
| Archbishop Kuriakose Bharanikulangara | Bishop | 9716525555 |
| Fr. Santo Puthumanakunnath M.C.B.S | Director | 9773903775 |
| Mr. Regi Thomas | Secretary | 9891303293 |
| Mr. Jacob Thomas | Jt. Secretary | 9818171996 |

CATECHETICAL ZONES

| SOUTH ZONE | NORTH ZONE | WEST ZONE | EAST ZONE |
|------------------------------------|-----------------------------|-----------------------|----------------------------------|
| Aya Nagar | Ashok Vihar | Dwarka | Dilshad Garden |
| Faridabad, Kristuraja Cathedral | Burari | Gurgaon St. Claret | Indirapuram & Vaishali |
| Faridabad, St. Peter's Mass Center | Karol Bagh | Gurgaon S.H. | Geeta Colony |
| Kalkaji | Kingsway Camp | Gurgaon Lourdes Matha | Mayur Vihar Ph.I |
| Lado Sarai | Motiakhani (Paharganj) | Hari Nagar | Mayur Vihar Ph.II & IP Extension |
| Jasola | Motiakhani (Gole Dak Khana) | Janakpuri | Mayur Vihar Ph.III |
| Pushp Vihar | Rohini | Mahipalpur | Noida |
| R.K.Puram | Shahbad | Najafgarh | Sahibabad |
| South Extn. | Tagore Garden | Palam | Greater Noida |
| Sanjoeapuram | | Vikasपुरी | |

CATECHETICAL UNIT OUTSIDE DELHI REGION

Chandigarh, Ludhiana, Bhatinda

CATECHISM PROMOTERS

NORTH ZONE

1. Mr. Jacob Thomas, Jasola
2. Mathew Mathai, Lado Sarai
3. Thomas C.V., South Ex
4. Mr. Kunjumon K Joseph, Kalkaji

EAST ZONE

1. Mr. Jose Kappil, Hari Nagar.
2. Mr. Jijo K.K, Dwarka
3. Mr. Francis T. Louis, Palam
4. Mr. Biju Mathew, Gurgaon

SOUTH ZONE

1. Mr. Antony P, Burari
2. Mrs. Aleyamma Abraham, Karol Bagh
3. Mrs. Mini Martin, Tagore Garden
4. Mr. Chacko V.C., Ashok Vihar

WEST ZONE

1. Mr. Sebastian V. Koller, Mayur Vihar Ph. III
2. Mr. Johnykutty CA, Mayur Vihar Ph. I
3. Mr. P.P. James, Mayur Vihar-2 & I.P. Extn.
4. Mr. Joseph Chacko, Dilshad Garden

Diocese of Faridabad at a Glance

| | |
|--|--|
| Heavenly Patron | St. Thomas Apostle |
| Head of the Catholic Church | Pope Francis |
| Head of the Syro Malabar Church | Cardinal Mar George Alencherry |
| Apostolic Nuncio | Archbishop Giambattista Diquattro |
| Our Bishop | Archbishop Kuriakose Bharanikulangara |
| Cathedral | Kristuraja Cathedral, Faridabad |
| Population | 150000 |
| Area of the Diocese | National Capital Territory of Delhi, Haryana, Punjab, Himachal Pradesh, Jammu and Kashmir and two districts of Uttar Pradesh - Ghaziabad and Gautam Buddha Nagar |
| Parishes & Mass Centers | 46 |
| Priests | 72 |
| Sisters | 855 |
| Churches | 15 |
| Chapels | 50 |
| Religious Houses For Men | 24 |
| Religious Houses for Women | 163 |
| Educational Institutions | 32 |
| Health Care Centers | 12 |
| Social Welfare Programmes | 37 |
| Central Office | |
| 1B/32, N.E.A., Old Rajender Nagar, New Delhi-110060 Tel.: 011-25759160 E-mail: dsmcatechism@gmail.com Website: www.catechismfaridabad.com | |

Motto of the year 2019 -2020

CATECHESIS TO PROMOTE PURITY OF MIND AND BODY

Do you not know that you are God's temple and that God's Spirit dwells in you? For God's temple is holy and you are that temple (1 Cor.3:16). God created us in His image and likeness to dwell in us. It reminds us of the importance to keep our body and mind in utmost cleanliness and purity. So, any sin like adultery, drugs, alcohol, smoking etc. destroys this temple of God. St. Maria Goretti is a great example for us. Through her life she showed us how to keep ourselves pure even when facing death. She chose death rather than sin. We are the living temples of Jesus Christ hence we should abstain from all types of sins in thoughts, words and deeds.

SYLLABUS FOR THE ACADEMIC YEAR 2019-2020

The academic year is divided into two semesters. First and second semester consist of 18 & 17 Classes respectively. The syllabus will be as follows:

| Std | Text Book | Add. Text | Bible | Text Book | Add. Texts | Bible |
|------------|-----------|-----------|-----------|-----------|------------|-----------|
| Class I | 1-7 | | | 8-15 | | |
| Class II | 1-7 | | | 8-15 | | |
| Class III | 1-7 | | | 8-15 | | |
| Class IV | 1-7 | 1-2 | Mt. 1-4 | 8-15 | 3-4 | Mt. 5-8 |
| Class V | 1-7 | 1-2 | Mt. 9-12 | 8-15 | 3-4 | Mt. 13-16 |
| Class VI | 1-7 | 1-2 | Mt. 17-22 | 8-15 | 3-4 | Mt. 23-28 |
| Class VII | 1-7 | 1-2 | Lk. 1-6 | 8-15 | 3-4 | Lk. 7-12 |
| Class VIII | 1-7 | 1-2 | Lk. 13-18 | 8-15 | 3-4 | Lk. 19-24 |
| Class IX | 1-7 | 1-2 | Mk. 1-8 | 8-15 | 3-4 | Mk. 9-16 |
| Class X | 1-7 | | Jn. 1-10 | 8-15 | | Jn. 11-21 |
| Class XI | 1-6 | | | 7-12 | | |
| Class XII | 1-6 | | | 7-12 | | |



2019

- Last Date of Registration - 28th July (Sunday).
- Date of exam - : 29th September 2019, Sunday 2.00 pm to 3.30 pm

This year the registration will be online for details visit ;
www.catechismfaridabad.com

Portion- : Deuteronomy:12-21, Sirach :11-17,
St.Mathew-19-28, Revelation: 17-22.

GENERAL INFORMATION

1. CATECHISM

Catechism is education in the faith of Children, youth and adults which includes the teaching of Christian doctrine, imparted in an organic and systematic way, with a view of initiating the hearers into the fullness of Christian life. It is the mission and task entrusted to the Church by the Lord, to safeguard and impart faith. Catechesis is to present the sacred doctrines of faith and morals, and make it acceptable and experiential to the faithful, especially the children.

2. ACADEMIC YEAR

Sunday School academic year shall be from the Last Sunday of June to the last Sunday of April every year. The units shall take utmost care not to give unnecessary holidays for Catechism classes.

3. CLASSES

As far as possible the units shall conduct classes for all the sections from KG to XII Standard. Lack of enough number of students and teachers may necessitate clubbing two classes together. In such a situation, the unit is free to choose which texts shall be followed in the particular section.

4. CATECHETICAL ASSEMBLY

Each unit shall conduct an Assembly prior to Sunday classes. The assembly will consist of an Anthem, a Pledge, a Prayer and listening to recent Church news, Bible reading, Group Activities etc.

5. DURATION

Duration of catechism classes should be minimum one hour.

6. FAMILY CHATECHISM HOUR (FCH)

Family is the cradle of catechesis. It is an intensive catechism hour in the families on Saturdays to study catechism. It is advisable to keep same hour in a parish.

7. TEXT BOOK AND DIARY

Each student shall have a copy of the text book prescribed for the respective section and the catechetical diary prepared every year. Catechetical diary is a handbook with all necessary information on Sunday School academic year.

8. EXAMINATIONS

There will be two semester examinations on 17th November 2019, Sunday and 29th March 2020, Sunday respectively. Minimum 40% (including Int. Assessment) marks is required to pass the examination..

- Every unit shall try to stick to the timing as far as possible unless there is any sufficient reason otherwise.

- Question papers shall be prepared for each section separately and provided from the centre.

9. PERCENTAGE FOR SEMESTER EXAMINATIONS

| Class | Text Book | Bible and Common prayers | Saints Book | General / Church News | Internal Assessment | Total |
|-------|-----------|--------------------------|-------------|-----------------------|---------------------|-------|
| 1 | | | | | | |
| 2 | 90 | | | | 10 | 100 |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | 60 | 10 + 5 | 10 | 5 | 10 | 100 |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | 70 | 10 + 5 | | 5 | 10 | 100 |
| 11 | | | | | | |
| 12 | 80 | | | 10 | 10 | 100 |

10. PERCENTAGE FOR SCHOLARSHIP EXAMINATION

| Class | Text Book | Bible and Common prayers | Saints Book | General Church News | Total |
|-------|---------------------------------------|--------------------------|-------------|---------------------|-------|
| 1 | Questions will be only from text book | | | | 100 |
| 2 | Questions will be only from text book | | | | 100 |
| 3 | Questions will be only from text book | | | | 100 |
| 4 | | | | | |
| 5 | | | | | |
| 6 | 65 | 20 | 10 | 5 | 100 |
| 7 | | | | | |
| 8 | | | | | |
| 9 | | | | | |
| 10 | 75 | 20 | | 5 | 100 |
| 11 | | | | | |
| 12 | 95 | | | 5 | 100 |

11. INTERNAL ASSESSMENT SCHEME (IAS)

Internal assessment is aimed at evaluating the Christian spirit and values in the life of a catechism student. The class teacher should note down the assessment of the student based on the character, sacramental life, prayer life, behaviour in the Church, involvement in the parish activities,

participation the pious association and family units, readiness to help others etc. Internal assessment should be marked in each semester.

12. USAGE OF HOLY BIBLE

Follow RSV / NRSV Bible in English or POC in Malayalam for Catechism and Logos examinations.

13. MODEL SUNDAY SCHOOL

On the basis of promoter visit and further investigations, few catechism units will be announced as Model Sunday School every year.

14. ATTENDANCE

Minimum 50% of attendance in the catechism class is mandatory for students to appear for the examinations.

15. PRIZES AND AWARDS

Each standard will have 1st, 2nd and 3rd study prizes. The students who score top marks and full attendance will be awarded.

16. CATECHETICAL SCHOLARSHIPS

Those who score 90% and above upto 5th Class and 80% and above marks from Class-6 to 12 (both examinations) are eligible for Scholarship Examinations. Different Grades Certificates will be issued for those who have got 70% and above marks in scholarship examinations.

17. SUNDAY SCHOOL CERTIFICATES

Sunday school certificates shall be given to all the students who complete tenth and twelfth classes of the Sunday School.

18. SUNDAY SCHOOL TEACHERS

Catechism teachers have to give living witness to the children in the community. Each unit should have a Head Teacher (HM), Secretary, sufficient number of teachers and some auxiliary staff for substitution in the case of absence of a regular teacher. It is advised that the head teacher may be changed after a period of 3-5 years.

- No class should be missed due to absence of teachers.
- It is advisable that the teachers shall not be shifted from one section to another frequently and unnecessarily.
- Teachers shall be those who are brought up in Catholic faith, frequenting the sacraments, accepted in the community, regular in the class and undergone orientation.
- Teachers shall prepare the lessons in advance.
- Regular Staff meetings shall be conducted on a monthly basis.
- Secretary has to write the minutes of the meeting.

- Teachers shall maintain attendance registers.
- HM shall be a parish/mass centre committee member too.
- Sufficient fund should be sanctioned from the parish for Catechism.

19. SUNDAY SCHOOL TEACHERS' ENRICHMENT PROGRAMMES (SSTEPS)

Catechism Teachers Training Programme will be conducted thrice in an year.

- Orientation Seminar, which will be done in the beginning of this academic year.
- A teacher's convention
- Catechism Teacher's Training Course (CTTC) for two days.
- Advanced Catechism Training (ACT).

20. TEACHER'S DAY

Teachers' Day will be celebrated on the following Sunday of the feast of St.Charles Boromeo (4th November), the patron of catechism teachers. This day is specially set apart to remember and honour the teachers. The gathering of all the teachers will be held on this day at unit level.

21. CATECHETICAL DAY

Every unit shall celebrate Faith Formation Sunday given in the calendar in order to give awareness to the whole parish on the need of Catechesis. Mass shall be celebrated focussing on faith formation and giving more participation for children, meetings and seminars shall be conducted for parents, teachers shall be honoured on the day, talented students shall be awarded etc.

22. BIBLE DAY

All the units have to arrange some biblical programmes on this day in order to propagate the message of Bible, Programmes like Skits, Songs, Bible quiz etc. can be arranged.

23. CATECHETICAL LITERAL ART PROGRAMMES (CLAP)

It is advisable to conduct short meetings with small cultural programs during important days like Parish feast day, Independence Day, Mission Sunday, Christmas etc. to highlight the importance of the event and to give opportunity to children to develop their talents.

24. CATECHETICAL LIBRARY

It is good to have a library for each catechetical units for reference and use of teachers and students. It helps to develop the reading habits of the children especially of spiritual books.

25. CATECHETICAL DIGITAL LIBRARY & SMART CLASSROOM

A collection of (about 500) films on Bible, Saints and Moral Values are available at catechism department. The list of them are published in the website. Those who want any of them can copy free of cost by contacting catechism director. It is advisable to start Smart Classroom in each parish for this purpose.

26. SACRAMENTS

Students shall be encouraged to receive sacraments of Confession and Holy Communion frequently.

- They shall be familiarized with prayers and songs of the Holy Mass.
- It is advisable that the second reading of Sunday shall be read by a Sunday School student.
- Transliterated texts are available and should be used by those who can not read or write in Malayalam.
- There shall be special preparation for First Holy Communion and Confirmation.
- Students shall be administered First Holy Communion preferably in the fourth standard.

27. ALTAR SERVERS

Altar Servers shall be trained from among the Sunday School students.

28. CHILDREN'S CHOIR GROUP

Each unit shall form a student choir group and will give them opportunities to sing during Holy Mass and other occasions.

29. WEBSITE: WWW.CATECHISMFARIDABAD.COM

Website contains all details of the Department of Catechesis, Diocese of Faridabad. News, information about the Catechetical Units, circulars, study materials, Photo and Video Galleries etc are also available in the website.

30. STUDENTS CORNER

The students can upload their creative works such as articles, stories, poems, paintings, PPT etc through the link *POST YOUR ARTICLE* in the website. The selected will be published on the page *STUDENTS CORNER* in the website.

31. CHILDREN'S CONVENTION

There will be Children's Convention every year. The zonal wise convention will be conducted according to the convenience of respective zones.

CATECHETICAL YEAR PLANNER 2019-20

SEMESTER- I

JUNE 2019

30 Sunday Catechism Academic Year Diocesan Level Inauguration & Teachers Seminar, Lk: 6:27-36, 1 Cor.9:19-27

JULY 2019

03 Wednesday Dukhrana – Feast Of St. Thomas. Jn: 20:24-29, Eph: 2:19-22

07 Sunday Class-1, Sunday School Re-Opens at Unit Level. Lk: 12:22-34, 1 Cor.14:1-12

14 Sunday Class-2, Lk: 12:57-13:5, 1Cor. 10: 23-31

15 Monday St. Kuriakose, Feast Of Our Archbishop

16 Tuesday Our Lady Of Mount Carmel

21 Sunday Class-3, Lk.13:22-30, 1 Cor.16:1-14.

25 Thursday St. Jacob The Apostle

26 Friday St.Joachim & St.Anna (Parents Of Mother Mary) & 70 Disciples Of Jesus

27 Saturday St. Alphonsa, Jn.12:20-26, Gal 2:19-21

28 Sunday Class-4, (Season Of Kaitha) Lk: 14:7-14, 1 Cor: 1 :9-16, Last Date For Registration Of Logos Quiz 2019.

31 Wednesday St. Ignatius Layola

AUGUST 2019

01 Thursday 15 Days Of Lent Begins

03 Saturday St. John Maria Vianny – Patron Saint Of Priests

04 Sunday Class-5, Lk.15:11-32, 2 Cor.3:4-12.

06 Tuesday Transfiguration Of Our Lord.

08 Thursday St. Dominic

09 Friday Mar Mari, Disciple Of Mar Addai

10 Saturday St. Clare

11 Sunday Class-6, Jn: 9:1-12, 2Cor: 7:1-11

14 Wednesday St. Maxmillian Colbe

15 Thursday Feast Of Assumption Of Our Lady (Day Of Obligation), Indian Independence Day (Jn: 2:1-12, Rom. 16:17-27)

18 Sunday Class-7, Mk: 7: 1-13, 2 Cor. 10: 12-18

21 Wednesday St. Pius X

24 Saturday St. Bartholomew, The Apostle

25 Sunday Class-8, Lk: 16:19-31, 2Cor. 12: 14-21

28 Wednesday St. Augustine

29 Thursday St. Euphrasia

CATECHETICAL YEAR PLANNER 2019-20

SEPTEMBER 2019

01 Sunday Class-9, 8 Days Of Lent Begins, Lk.17:11-19, 1 Tess:2:1-12

05 Thursday St. Mother Teresa Of Kolkata

07 Saturday Nativity Of Mother Mary, Mt:1:1-16, Rev: 12:1-6

08 Sunday Class-10, Lk.18:35-43, 2 Tess. 1:3-10 (Season Of Elija Sleeva Moses)

13 Friday St. John Chrysostom

14 Saturday Exaltation Of The Holy Cross

15 Sunday Class -11, Mt:4:12-17, Phil.2:1-11

21 Saturday St. Mathew

22 Sunday Class -12, Mt: 17:14-21, Phil.3:1-11

27 Friday St. Vincent De Paul

28 Saturday St. Michael, St. Gabriel And St. Raphael

29 Sunday Class -13, Mt. 15:21-28, Phil.:4:4-9, Logos Quiz Competition 2019

30 Monday St. Jerome

OCTOBER-2019

01 Tuesday St. Teresa Of Child Jesus

02 Wednesday Archangels

04 Friday St. Francis Assisi

06 Sunday Class-14, Mt: 20:1-16, 2 Cor: 2:12-17

13 Sunday Class-15, Lk: 8: 41-56, Gal: 5:16-26

15 Tuesday St. Theresa Of Avila

16 Wednesday Bl. Thevarparampil Kunjachan

17 Thursday St. Ignatius Of Antioch

18 Friday St. Luke

20 Sunday Class-16, Mt.10:1-15, 1 Cor. 9:13-18, Mission Sunday.

27 Sunday Class-17, Mt. 22: 23-33, 1 Thimo: 5:1-10.

28 Monday St. Simon & St. Judethadeus (The Apostles)

NOVEMBER 2019

01 Friday All Saints Day, Mt: 24. 15-24, Mt. 5:1-12, Rev. 2.1-4

02 Saturday All Souls Day, Jn: 11:17-27, 1 Cor:15: 51-58

03 Sunday Class-18, Mt: 16:13-19, 1 Cor: 13: 1-13, Season Of Dedication Of Church

04 Monday St. Charles Borromeo - Patron Saint Of Catechism Teachers, Catechism Teachers Day

05 Tuesday St. Zacharia & St. Elizabeth

08 Friday Santhome Bible Convention -First Day

09 Saturday Santhome Bible Convention- Second Day

CATECHETICAL YEAR PLANNER 2019-20

| | | |
|----|--------|--|
| 10 | Sunday | Santhome Bible Convention- Final Day |
| 17 | Sunday | First Semester Examination, Jn. 2:13-22, Heb: 9:5-15 |

SEMESTER II

| | | |
|----|--------|--|
| 24 | Sunday | Class-1, First Semester Exam Result, Feast Of Christ The King, Mt. 22:41-46, Heb: 9:16-28 |
| 30 | Friday | St. Andrews |

DECEMBER 2019

| | | |
|----|-----------|---|
| 01 | Sunday | Class-2, 25 Days Lent Begins (25 Nombu), First Sunday Of Annunciation, Lk. 1:5-25, Eph: 5:21-6:4 |
| 03 | Tuesday | St. Francis Xavier. |
| 07 | Saturday | Immaculate Conception Of Our Lady (Amalolbhavam), |
| 08 | Sunday | Class-3, Lk: 1:26-38, Col: 4:2-6 |
| 14 | Saturday | St. John Of The Cross. |
| 15 | Sunday | Class-4, Lk: 1:57-66, Eph.3:1-13 |
| 18 | Wednesday | Miraculous Cross At Mylapore |
| 22 | Sunday | Class-5, Mt: 1: 18-24, Eph: 5: 5-21 |
| 25 | Wednesday | Christmas, Nativity Of Our Lord, Lk:2:1-20, Gal:3:15-4:6, Season Of Nativity |
| 26 | Thursday | St. Stephen |
| 27 | Friday | St. John, The Apostle |
| 28 | Saturday | Holy Childhood Day (The Infants' Day) |
| 29 | Sunday | Class-6, Mt:2:1-12 (Mt. 2.1-23), Gal. 4:21- 5:1, Holy Family Day |
| 31 | Tuesday | End Of The Year. |

JANUARY 2020

| | | |
|----|-----------|-----------------------------|
| 01 | Wednesday | New Year Day |
| 03 | Friday | St. Chavara Kuriakose Elias |
| 05 | Sunday | Class-7, Season Of Deneha |
| 06 | Monday | Epiphany |
| 12 | Sunday | Class-8 |
| 17 | Friday | St. Anthony Of Egypt |
| 19 | Sunday | Class-9 |
| 20 | Monday | St. Sebastian |
| 25 | Saturday | Conversion Of St. Paul |
| 26 | Sunday | Class-10 |
| 31 | Friday | St. John Bosco |

CATECHETICAL YEAR PLANNER 2019-20

FEBRUARY 2020

| | | |
|----|--------|---|
| 02 | Sunday | Class-11, Presentation Of Our Lord |
| 09 | Sunday | Class-12, Annual Exam For Classes 10 &12 |
| 16 | Sunday | Class-13 |
| 23 | Sunday | Catechism Teachers' Convention 30Pethurtha, 50 Days Lent Begins (50 Nombu) |
| 24 | Monday | Ash Monday, Feast Of Vibhoothi |

MARCH 2020

| | | |
|----|----------|---------------------|
| 01 | Sunday | Class-14 |
| 08 | Sunday | Class-15 |
| 15 | Sunday | Class-16 |
| 19 | Thursday | Feast Of St. Joseph |
| 22 | Sunday | Class-17 |
| 29 | Sunday | Annual Examination |

APRIL 2020

| | | |
|----|----------|---|
| 05 | Sunday | Palm Sunday - Annual Examination Result Publication |
| 09 | Thursday | Maundy Thursday |
| 10 | Friday | Good Friday |
| 11 | Saturday | Holy Saturday |
| 12 | Sunday | Easter |
| 13 | Monday | Day To Submit The List Of Scholarship Students |
| 19 | Sunday | Scholarship Examination |
| 26 | Sunday | Scholarship Valuation &Result Publication |

MAY 2020

| | | |
|----|----------|-----------------------|
| 01 | Friday | St. Joseph The Worker |
| 21 | Thursday | Ascension Of Our Lord |
| 31 | Sunday | Pentecost Sunday |

JUNE 2020

| | | |
|----|----------|------------------------------|
| 07 | Sunday | Trinity Sunday |
| 11 | Thursday | Corpus Christi |
| 19 | Friday | Sacred Heart Of Jesus |
| 28 | Sunday | New Catechetical Year Begins |
| 29 | Monday | St. Peter & St. Paul |

A BRIEF HISTORY OF SYRO-MALABAR CHURCH

The Syro-Malabar Church was known as the Church of St. Thomas Christians until the 18th century because it was founded by St. Thomas, one of the Apostles of Jesus Christ. He landed at Cranganore, (Kodungalloor) Kerala in 52 AD, and founded seven Christian communities at Palayur, Kodungalloor, Kokkamangalam, Kottakavu (Parur), Quilon, Niranam and Nilakkal. St. Thomas died as a martyr at Chinnamalai in Mylapore, Tamil Nadu in 72 AD. He was stabbed by some Brahmins for refusing to take part in the worship of a Hindu Goddess. The tomb of the Apostle is venerated at the Little Mount, Mylapore, Chennai. Thus Christianity in India is as old as Christianity itself.

Though the Syro-Malabar Church existed outside the Roman empire, it maintained communion with the Church of Rome, through East Syrian or Chaldean or Babylonian Church. In 345 under the leadership of Thomas of Knanai, a group of Christians from Persian Empire migrated to Southern part of India and their descendants are called Knanites. They also belong to Syro-Malabar Church.

With the Portuguese colonization in the 16th century. European Bishops from the Latin Church were appointed by the Pope to govern the St. Thomas Christians. During this period (1653-1887) many divisions took place in the Syro-Malabar Church, in its attempt to get rid of the rule of the Latin Bishops, who often gave little value to the ancient system of administration and Christian heritage. The last Bishop appointed by the East Syrian Patriarch died in 1597 and the Portuguese tightened their control over the Syro-Malabarians and never permitted East-Syrian Bishops to enter Malabar. In 1599 the Latin Archbishop of Goa convened a synod at Udayamperoor (Diamper) and made the people accept many Latin customs, which was unknown to them. The rule of Latin Bishops was never accepted by the Syro-Malabarians, and the climax of their protest was 'Coonan Cross Oath' which took place in 1653. The leaders to the St. Thomas Christian Community pledged in this oath not to accept the rule of the Jesuit missionaries from whom the Bishops were appointed. The Coonan Cross Oath was a revolt against the oppressive rule of the Europeans and not against the Holy See. After the Oath, St. Thomas Christians were split into two groups. Some remained faithful to Rome again and others joined with the West Syrian Church of Antioch. Efforts continued to re-establish the lost communion, and one group under the leadership of Archbishop Mar Ivanios re-established their communion with Catholic Church in 1930. The Holy See accepted it as a separate Church with the name Syro-Malankara Church.

Those who remained in communion with Pope after the Coonan Cross Oath came to be known as Syro-Malabarians and they continued to fight for their own Bishops and their own rite. It became a reality in 1887 with the establishment of two Apostolic Vicariates of Trichur and Kottayam. Later in 1896 these two Vicariates were divided into three as Trichur, Ernakulam and Changanassery, and the appointment of three indigenous priests as Vicars Apostolic.

Since then syro-Malabar Church grew phenomenally in all aspects. Because of the increased mobility of people many members of the Syro-Malabar Church emigrated to other parts of India and foreign countries. Though they remained members of the Syro-Malabar Church, they had little chance of following their traditions because only Latin Church was present in those areas. The teachings of the second Vatican Council prescribes that the traditions of the Oriental Churches be preserved and fostered, and encourages the faithful to practice and grow in their own traditions wherever they are.

In 1923 the Syro-Malabar Hierarchy was established. On 16th December 1992 Pope John Paul II declared the Syro-Malabar Church as a Major Archiepiscopal Church. Today it has 31 dioceses, 52 bishops, 8547 priests and 32,114 woman religious. The most important heritage of Thomas Christians is the Christ-experience of the Apostle. He bore witness to what he saw, heard, touched and experienced with Jesus.

Landmarks in the History of Syro-Malabar Church

| Year | History |
|-------|---|
| AD 52 | Arrival of St. Thomas the Apostle at Kodungallur |
| 72 | Martyrdom of St. Thomas near Mylapore |
| 345 | Arrival of Thomas of Cana in Kerala |
| 1498 | Vasco da Gama arrives at Kozhikode |
| 1502 | Vasco da Gama arrives at Kochi |
| 1523 | The Portuguese excavate tomb of St. Thomas at Mylapore |
| 1597 | Mar Abraham, the last of East Syrian bishops dies at Angamaly |
| 1599 | Synod of Diamper (Udayamperur) |
| 1653 | The Coonan Cross Oath |
| 1658 | Joseph Sebastiani, O.C.D, made vicar apostolic of Malabar |
| 1663 | Bishop Chandy Parambil appointed vicar apostolic |
| 1700 | St. Thomas Christians come under double jurisdiction: The Propaganda represented by the Carmelite vicar apostolic of Varapuzha and Padroado represented by the Archbishop of Kodungallur |
| 1778 | Angamaly Convention decides to send a delegation to Rome; historic journey of Kariyattil and Paremmakkal to Rome and Lisbon Melus. Composition of Varthamanapusthakam |
| 1782 | Kariyattil consecrated in Lisbon as archbishop of Kodungallur. He dies in Goa in 1786 |
| 1861 | Rokkos Schism |
| 1874 | Melus Schism |
| 1861 | Kuriakose Elias Chavara appointed as vicar general of St. Thomas Christians |
| 1887 | Pope Leo XIII decrees the separation of the Syro-Malabar Rite; erects two Syro Malabar vicariates apostolic, Thrissur and Kottayam; but appoints Latin bishops as Vicar apostolic. The name Syro Malabr is given to St. Thomas Catholic community |
| 1896 | Erection of three Syro Malabr vicariates, Thrissur, Ernakulam, and Changanachery and appointments of Indian bishops as vicar apostolic |
| 1911 | Pope Pius X erects a fourth vicariate, Kottayam, for the Knanites |
| 1923 | Pius XI restores the Syro-Malabr hierarchy |
| 1954 | Pius XII appoints a commission to revise the liturgical texts |
| 1956 | Changanachery raised to metropolity |
| 1962 | Malayalam translation of the Qurbana introduced |
| 1962 | Chanda, the first exarchate outside Kerala entrusted to the Syro-Malabar Church |
| 1969 | Archbishop Joseph Parecattil installed as the first cardinal of the Syro-Malabar Church. |
| 1986 | Pope John Paul II beatifies Fr. Kuriakose Elias Chavara and Sr. Alphonsa at Kottayam |
| 1990 | Code of Canons (Canon Law) of the Oriental Churches promulgated |

Landmarks in the History of Syro-Malabar Church

| | |
|------|---|
| 1992 | A Pontifical Commission visits Syro Malabar Church |
| 1992 | The Syro-Malabar Church elevated to the rank of Major Archiepiscopal status with title Ernakulam-Angamaly. Antony Cardinal Padiyara appointed as the first Major Archbishop of the Syro-Malabar Church. Archbishop Abraham Kattumana was appointed pontifical delegate to the Syro-Malabar Church with all powers of Major Archbishop |
| 1995 | Archbishop Abraham Kattumana, the Pontifical delegate, dies in Rome |
| 1995 | Thrissur and Thalassery are raised to archdioceses |
| 1997 | Archbishop Mar Varkey Vithayathil is appointed as Administrator of Ernakulam - Angamaly for the Syro-Malabar Church and also Administrator of the Archdiocese of Ernakulam |
| 1998 | The Syro-Malabar Synod was given powers to decide the Syro-Malabar Liturgical matters. This power was reserved by the Holy See in 1992 when the Syro-Malabar Church was elevated to the rank of Major Episcopal status |
| 2000 | Pope John Paul II beatifies Sr. Mariam Theresa |
| 2004 | Pope John Paul II granted power to the Syro-Malabar Church elect bishops in Kerala. |
| 2005 | Pope John Paul II Expired. Cardinal Joseph Ratzinger elected as new Pope and receives the name Benedict – XVI Kottayam Diocese raised as Archdiocese |
| 2006 | Thevarparambil Kunjachan was beatified by Major Archbishop Varkey Vithayathil, at Ramapuram Palai Sr. Euphrasia was beatified by Major Archbishop Varkey Vithayathil, at Ollur, Thrissur |
| 2007 | Bishop Gratian Mundadan of Bijinor appointed by Pope as Apostolic Visitor for Syro Malabar faithful outside Kerala Apostolic visitor Bishop Gratian Mundadan visited Delhi |
| 2008 | Canonization of St. Alphonsa on October 12 |
| 2011 | Major Archbishop Cardinal Varkey Vithayathil expired on April 1 |
| 2011 | New Major Archbishop Mar George Alencherry elected on May 24 |
| 2012 | Major Archbishop Mar George Alencherry was made Cardinal and member of the consistory on February 18, 2012 |
| 2012 | Pope Benedict XVI th erected the Diocese of Faridabad (Syro Malabar Diocese comprising six states in the Northern Region of India) on March 6, 2012 |
| 2012 | Archbishop Kuriakose Bharanikulangara ordained as the first Bishop of Faridabad Diocese on May 26, 2012 |
| 2013 | Pope Benedict XVI resigned from His Papal Office on February 28, 2013 |
| 2013 | The conclave elected Jorge Mario Bergoglio as new Pope, who chose the papal name Francis on March 13, 2013 |
| 2014 | Canonization of St.Kuriakose Elias Chavara and St.Euphrasia on November 23 |
| 2015 | Pope Francis promulgated new encyclical 'LAUDATO SI (Praise be to You) on May 24 |
| 2015 | Pope Francis declared Year of Consecrated life from Nov.30,2014-Feb 2,2016 |
| 2015 | Pope Francis declared Year of Mercy from Dec 08,2015- Nov 20, 2016 |

Church QUIZ

I. Bible

1. The whole Bible is divided into two. Which are they?
2. How many books are there in the Bible?
3. How many books are there in the Old Testament?
4. How many books are there in the New Testament?
5. Which is the first book of the Bible?
6. Which is the last book of the Bible?
7. Which is the shortest book in the Bible?
8. Which is the longest book in the Bible?
9. Which is the longest chapter in the Bible ?
10. Which is the shortest chapter in the Bible?
11. Which is the longest verse in the Bible?
12. Which is the shortest verse in the Bible?
13. Which book of the Bible is called The prayer book of the Bible?
14. What is the Hebrew name for Pentateuch?
15. Which are the books of the Bible named after women?
16. In which language the New Testament was written first?
17. Who did write the Acts of Apostles?
18. Who divided the Bible into chapters?
19. Which is the first Gospel written among four Gospels?
20. Which is the shortest book in the Old Testament?
21. What are the symbolic features of the each Gospel?

II. Popes and Councils

1. Who is the visible head of the catholic Church?
2. Who was the first Pope of the Church?
3. Who was the second Pope of the Church?
4. How many Popes have ruled the Church till this time?
5. Who is the present Pope?
6. Name the first Ecumenical Council of the Church and the year?
7. When did Vatican Council II begin and end?Who were the Popes at that time?
8. How many Ecumenical Councils were convened in the Church?

III. Church History (General)

1. Who is the first martyr in the Church?
2. Who is the patron saint of priests?
3. Name the emperor who declared Sunday a holiday?
4. How many rites are there in the Church?
5. Who is called the Apostle of Gentiles?
6. Name the saint proclaimed by Pope John Paul II in October 1997 as the "Doctor of the Church"?

7. Name the four types of miracles?
8. Which are the sacraments of initiation?
9. Who did call the Church of Christ as catholic Church for the first time?
10. Who is the first Church historian?Name his important work?

IV. Church History (Indian & Syro- Malabar)

1. How many rites are there in India?
2. Who is the Apostle of India?
3. When and where did St. Thomas die?
4. Who is the second Apostle of India?
5. When did Francis Xavier reach India?
6. Who is the first Indian Cardinal?
7. Who is the Apostolic Nuncio to India?
8. Who is the present president of C.B.C.I?
9. Who is the present president of K.C.B.C?
10. In which year the Syro-Malabar Hierarchy was established?
11. Name the Pope who established the Syro-Malabar Hierarchy?
12. In which year the Syro-Malabar Church was declared a Major Archiepiscopal Church?
13. Who is the first Major Archbishop of the Syro-Malabar Church?
14. Who is the present Major Archbishop of the Syro-Malabar Church?
15. Which are the Major Archiepiscopal Churches other than the Syro-Malabar Church?
16. Who is the first cardinal of the Syro-Malabar Church?
17. Who is the first saint from the Syro-Malabar Church?
18. Name the persons beatified from Syro-Malabar Church?
19. How many dioceses are there in the Syro-Malabar Church?
20. Which is the first mission diocese of the Syro-Malabar Church?
21. Which are the two fasting days in the Syro-Malabar Church?
22. Where is the headquarter of the Syro-Malabar Church is situated?

V. Etymology (Word-Meanings)

1. Bible-Biblion-Book
2. Amen-Sobe it;let it be done;true
3. Sanhedrin-The highest jewish court
4. Bethel-The house of the lord
5. Bethlehem- The house of bread
6. Penuel-The face of the lord
7. Messiah-Anointed
8. Hosana-Lord save us
9. Pentecost-50th day
10. Apostle-One who is sent with a mission.

11. Mar – Lord/saint
12. Sapra-Morning Prayers
13. Ramsa-Evening prayers
14. Leliya-Night prayers
15. ‘Yahweh-shalom’-Lord our peace
16. John- Lord have shown mercy on us
17. Mathew-The gift of God
18. Liturgy-leitourgia-public activity
19. Sleeva-Cross
20. Qudassa-The sanctifying act
21. Emmanuel-God with us

VI. Short forms-Full forms

1. B.C-Before Christ
2. A.D-Anno Domini(Year of the Lord)
3. I.H.S-Iesus Hominum Salvator(Jesus the saviour of mankind)
4. I.N.R.I-Iesus Nazarenus Rex Ieudarorum(Jesus of Nazareth, The King of Jews)
5. A.M.D.G-Ad Majorem Dei Gloriam (for the greater Glory of God)
6. K.C.B.C-Kerala Catholic Bishops Council
7. C.B.C.I-Catholic Bishops Conference of India
8. S.M.C.C-Syro Malabar Catechetical Committee

VII. Word-Explanations

1. Ash Monday-The beginning of the lenten season.The priest put ashes on the foreheads of the faithful, reminding us of the deeper meaning of the season of preparation for Easter.
2. Good Friday-The Friday in Holy Week.We commemorate the death of jesus on the cross to save the world.
3. Easter- The feast of the Resurrection of the Lord
4. Encyclical-A letter of the Pope that is meant for all the catholics.
5. Heaven-A state of total happiness after death in communion with God.
6. Hell-Eternal separation from God,who is the Lord of life and happiness.
7. Pentateuch-The first five books of the Bible,taken together as a set.
8. Exodus-The second book of the Bible.The name Exodus means the departure of the people of the Israel from the exile in Egypt,journey across the desert.
9. Pope-The head of the Church.The successor of Peter,the Apostle and the bishop of the Church of Rome.He has supreme jurisdiction over the universal Church
10. Patriarch-is a Bishop who enjoys power over all bishops and other christian faithful of the Church over which he presides.
11. Major Archbishop- is the head Major Archiepiscopal Church who presides over an entire Eastern Church “Sui Iuris”, but not endowed with the patriarchal title.

Church Quiz Answers

I. Bible

1. Old Testament and New Testament
2. 73
3. 46
4. 27
5. Genesis
6. The Book of Revelation
7. II John
8. Book of Psalms
9. Psalm 119
10. Psalm 117
11. Esther 8,9
12. John 11,35
13. Psalms
14. Torah
15. Ruth, Esther, Judith.
16. Greek
17. Luke
18. Cardinal Stephen Langton in 1216
19. St. Mark's Gospel
20. Obadiah
21. Mathew-Man Mark-Lion Luke-Bull John-Eagle

II. Popes & Councils

1. Pope
2. St. Peter, the Apostle
3. Pope Linus
4. 266
5. Pope Francis
6. Nicea, A.D. 325
7. 11 October 1962 - Pope John XXIII, 8 December 1965 - Pope Paul VI
8. 21

III. Church History (General)

1. St. Stephen
2. St. John Maria Vianney
3. Emperor Constantine
4. 23

5. St. Paul
6. St. Therese of Lisieux (Little Flower)
7. Healing, Raising of dead, Nature miracle, Exorcism
8. Baptism, Confirmation, Holy Eucharist
9. St. Ignatius of Antioch
10. Eusebius, Historia Ecclesiastica

IV. Church History (Indian & Syro-Malabar)

1. Three. Latin, Syro-Malankara, Syro-Malabar
2. St. Thomas
3. At Mylapore on the 3rd of July in 72 A.D.
4. St. Francis Xavier
5. May 6, 1542
6. Archbishop Valerian Gracius
7. Archbishop Giambattista Diquattro
8. His Eminence Cardinal Oswald Gracias
9. His Grace Rev. Dr. Soosa Pakiam.
10. 21 December, 1923
11. Pope Pius XI
12. 16th December 1992
13. Major Archbishop Mar Antony Padiyara
14. Major Archbishop Mar George Allencherry
15. Ukrainian Catholic Church, Syro-Malankara Catholic Church
16. Mar Joseph Parecattil
17. St. Alphonsa
18. Blessed Mariam Theresia, Blessed Thevarparambil Kunjachan
19. 5 Archeparchies, 29 Eparchies, 2 Apostolic Visitations & 1 Apostolic Exarchate. (Total 34+2+1=37).
20. Chanda
21. Good Friday, Ash Monday
22. Mount St. Thomas, Kakkannadu

Catechetical Explanations On The Holy Eucharist

I. Important things in the Church and objects used in liturgy:

Altar: Altar is where the eternal sacrifice of Jesus is reenacted. It symbolizes Calvary, the table of Jesus during last supper, the tomb of Jesus, throne of God and the steps to go up to heaven.

Bema: The raised platform in the middle of the nave or the Churches on which the Liturgy of the word or the first part of the Eucharist is celebrated.

Tabernacle: It is that Holy box in which the Holy Eucharist, the body and blood of Christ, which is the ultimate expression of the presence of God, is kept. It is the symbol of the Ark of the Covenant in the Old Testament.

Eternal Lamp: Special sign of the presence of God, which is kept burning always. It signifies the presence of Jesus in the tabernacle.

Pulpit: The stand in front of the altar for reading the scriptures & for homily.

Liturgical Vestments:

Kottina: Long clerical garment, normally white, worn prior to other liturgical vestments.

Urara: Worn around the neck over Kottina. This is the symbol of priesthood in all liturgical traditions.

Zunara: Belt worn over Kottina at the waist. The symbol of chastity.

Zande: Hand-cuffs worn to keep the hand-cuffs of Kottina in order.

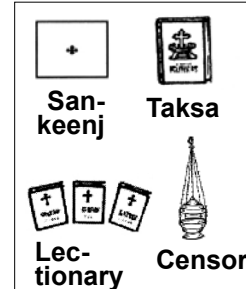
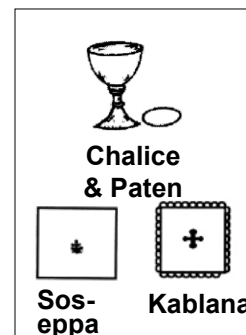
Paina or Kaappa: The outermost liturgical vestment. This is the garment of justice. It signifies the pastoral duty of the priest as well. Since historically it is the outer garment of shepherds.

Liturgical Objects:

Chalice: The cup in which wine and water are poured that are to become the blood of Christ.

Paten: The plate in which bread is kept that is to become the body of Christ.

Soseppa: Square shaped linen with a cross in the middle made out of the same stuff as that of paina,



big enough to cover the chalice and the paten together. In liturgy it signifies the cloth that was used to cover the body of Jesus when he was buried.

Kablana: Square shaped, hard object used to cover chalice.

Ketana: White linen on which chalice and paten are kept.

Sankeenj: The purificator to clean the chalice and paten.

Lectionary: Gospel text, which is brought to the Bema in procession and is proclaimed here from.

Taksa: Literally it means order. In liturgy it indicates the book of prayers, hymns and rituals for Eucharistic celebration.

Censor: Vessel used to burn incense during the divine liturgy.

II. Seven parts of the Holy Eucharist:

Introductory Rites: From the beginning of the Eucharist up to the Resurrection hymn (Lord of all, we praise you). It includes angels hymn, Lord's Prayer, Psalms, incensing and resurrection hymn.

Liturgy of the Word: From Trisagiori (three times praising the hold God with the angels) up to Prayer of the faithful. There are four readings on Sundays and feast days followed by homily. Ordinary days there are only two readings, one from the epistles and the Gospel.

Rite of Preparation: Includes washing hands, preparation of offertory gifts, offertory hymn, offertory prayer, the creed, kissing the altar and request of the priest for prayer from people.

Consecration rites(Anaphora): There are four anaphora prayers. After the third one, there are Consecration or institution narrative and intercessory prayers. After the fourth anaphora, there is invocation of the Holy Spirit (Epiclesis)

Rite of Breaking of bread: This rite includes reconciliation and incensing rites, worshipping and blessing of the holy bread and wine.

Rite of Communion: This includes proclamation of mutual reconciliation with God and fellowmen, Lord's Prayer, receiving communion and prayers for grace.

Concluding rites: Thanksgiving prayers, final blessing and the sealing prayer.

III. Meaning of various rituals in the Holy Eucharist:

Bowing of head: It is the expression of our profound respect and submission to Lord God almighty.

Incensing: There are two purposes for incensing: First is, sanctifying us (the celebrant, the people, the altar and the objects) with the blessed in-

cense, the divine fragrance, the symbol of divine presence. It is the sign of forgiveness of sins and total surrender to God. Secondly, just as the smoke of incense goes up to heaven, our praises and worship are raised to heaven. It is an exhortation that our hearts, mind and thoughts should raise up to heaven along with the incensing.

Washing of hands: The celebrant washes his hands with a prayer before the offertory. This signifies that God in his abundant mercy cleanses the celebrant and the community and purify their hearts. It reminds us also the washing of feet by Jesus during the last supper.

Preparation of host and wine, the offertory gifts: Host represents the body of Christ and wine represents the blood of Christ. Adding water into wine is the symbol of the blood and water that was poured out of the side of Jesus, when he was pierced with a lance on the Cross.

Offertory prayer with hands crossed: The celebrant takes chalice with wine in right hand and paten with host in the left and raises with hands in the form of cross. This symbolizes the death of Jesus on the cross. It reminds us of the self sacrifice of Jesus on the cross in Calvary.

Kissing the altar: After the offertory, approaching the altar the celebrant bows three times and then kisses the altar in the middle and on both sides. This is to show respect and veneration to the most Holy Trinity, the Father, the Son and the Holy Spirit.

Exchange of peace: The celebrant offers peace of Christ to the faithful raising his hands and with the sign of cross. And the faithful receives this offer of peace with bowed head. Following this the faithful offer one another the peace of Christ that was received through the celebrant.

Consecration (Institution) words: This is one of the most important part of the Holy Eucharist. It is the commemoration of what Jesus did during the last supper as he was instituting Holy Eucharist for us. As we join in the Consecration, we experience the same incident as Jesus and his disciples experienced during last supper. Holy Eucharist is the reenactment of that first sacrifice of Jesus as he had commanded us to do in his memory.

Ringin bell: Bell is to bring to the mind of the people the importance of the rituals in the Eucharist. It evokes in our minds a spirit of devotion and worship.

Epiclesis (Prayer of inviting the Holy Spirit): This is another most important part of the Holy Eucharist. The celebrant prays to the Almighty Father to send his Holy Spirit on the gifts and sanctify them, by which the bread and wine on the altar becomes the body and blood of our Lord Jesus.

The elevation of the bread: The holy bread that has become the living body and blood of Christ through Consecration words an sanctification by

the Holy Spirit (Epiclesis) is raised to signify the resurrection and apparitions of Jesus. When Jesus was appeared to his disciples after resurrection, the disciples worshipped him saying “My God and My Lord”. In the same way, the faithful worship the risen Lord at this time.

Breaking of the Bread: After the elevation of the holy bread, the celebrant breaks the bread into two and blesses the wine with one half of the bread. Then he blesses the part of the bread with the other half that was dipped in wine. Then hold the host together and prays for various intentions. This reminds the body of Christ broken by death and re-joined in resurrection.

Receiving Communion: This is the ritual of receiving the blessed and sanctified body and blood of Christ just as Jesus gave bread and wine to his disciples during last supper as his body and blood. As we receive Holy Communion from the minister, we receive it from the hands of Jesus himself.

Final blessing: Eucharist concluded with a blessing just as Jesus blessed his disciples before he ascended into heaven after having entrusted his mission to the disciples. Having received the body and blood of Jesus and his blessing, we go to continue the mission and sacrifice of Jesus in our lives.

IV. Some General Instructions:

1. Position of the faithful during the Holy Eucharist:

Standing: According to the Eastern liturgical tradition, during liturgy, most of the time people are in standing position. Standing is symbol of attentiveness and happiness. It is an expression of praising God and a symbol of participating in the resurrection of Jesus.

Sitting: People sit down at the time of readings, before Gospel, homily and after receiving communion. Sitting is a sign of peacefulness, tranquility and attentiveness. It is to listen to the proclamation and for silent prayer.

Kneeling: During the most important parts of the Holy Eucharist such as Consecration, invoking the coming of the Holy Spirit and at elevation, it is desirable that we kneel down and pray. It is the expression of profound humility, worship, reconciliation and repentance.

2. Liturgical hymns:

Through the songs in liturgy we adore and worship God, ask for his forgiveness and pardon from the Lord and we make intercessions. The songs are to be sung by the community together. The choir is supposed to lead the people into singing and praying. They have to be appropriate to the spirit of Eucharist, meaningful and capable of raising the people into prayer.

- Introductory hymn (Optional)
- Commemorative hymn (Anaa pesaha thirunaalil)
- Gloria (Athyunnathanamaam swarlokathil)
- Lord's Prayer (Svargasthithanaam thaathanin)
- Psalam (Karthave mama raajaave) + (Optional)
- Resurrection hymn (Sarvadhpanaam Karthaave)
- Trisagion (Shabdhamuyarthipaadituvin)
- Hymn of Praise (Ambaramanavaratham)
- Gospel Hymn (Halleluiahaapaadeetunnen) + (Optional)
- Offertory hymn (Mishihaa karthaavin kripayum) + (Optional)
- Commemorative hymn (Thaathanumathupol)
- Hymn of profession (cread) (Sarvashakthathaathanam)
- Hymn of invocation (Mishihaa karthaavin kripayum)
- Hossanna hymn (Onnayuchaswarathilavar) + (Optional)
- Hymn of repentance (Dheivameyennil kaniyename)
- Hymn of adoration (Rakshakaneeshothan)
- Hymn of reconciliation (Aparaadhangal neekkaname)
- Communion hymn (Optional)
- Blessing hymb (Karthaavam Mishihavazhiyai)
- Concluding hymn (Optional)

SOME SYRIAN TERMINOLOGIES:

Karozusa: Proclamation or preaching of litanic intercessory prayers.

Madbhaha: Sanctuary that is the sum total of the place things and objects for liturgical service.

Pesaha: Literal meaning is Passover. Original significance is that of the Passover of Israel from the slavery of Egypt. Commemoration of the last supper of Jesus with his disciples.

Qudaasa: Literally it means sanctifying; rendering holy etc. it signifies celebration of the Holy Mysteries and other sacraments.

Qurbaana: Literally it means offering. It indicates the celebration of Holy Eucharist.

Raaza: Signifies most solemn form of Eucharistic celebration.

BASIC CATECHISM

Sign of The Cross

By the sign of the Holy Cross + protect us, O Lord + from our enemies + in the name of the Father, + and of the Son and of the Holy Spirit. Amen

Glory

Glory be to the Father and to the Son/ and to the Holy Spirit. As it was in the beginning/ is now and ever shall be/ world without end. Amen

The 'I Confess'

I confess to almighty God/ and to you my brothers and sisters/ that I have sinned through my own fault/ in my thoughts and in my word, in what I have done/ and in what I failed to do, and I ask blessed Mary ever Virgin, all the angels and saints and you/ my brothers and sisters/ to pray for me to the Lord, our God. Amen.

Act of Contrition

O My God, I am sorry for all my sins, because they displease You. You are all good and deserving of all my love. With your help, I will sin no more.

The Apostles' Creed

I believe in God, the Father Almighty/ Creator of heaven and earth/ I believe in Jesus Christ/ His only Son our Lord/ He was conceived by the power of the Holy Spirit/ and born of the Virgin Mary/ He suffered under Pontius Pilate/ was Crucified, died and was buried. He descended to the dead. On the third day He rose again. He ascended into heaven/ and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in Holy Spirit, the Holy Catholic Church, the Communion of Saints/ the forgiveness of sins, the resurrection of the body/ and life everlasting. Amen

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy, Hail, our life, our sweetness and our hope! To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears; turn then, most gracious advocate, your eyes of mercy towards us, and after this our exile, show unto us the blessed fruit of your. Womb, Jesus.

O! Clement, O! Loving, O! Sweet Virgin Mary. Amen

The Prayer of St. Bernard (Memorare)

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intervention, was left unaided. Inspired with this confidence, I fly to you, O Virgin of Virgins, my Mother. To you I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in your mercy hear and answer me. Amen

BASIC CATECHISM

The Angelus

The Angel of the Lord declared unto Mary;
And she conceived by the Holy Spirit (Hail Mary...)
Behold the handmaid of the Lord;
Be it done unto me according to Your Word (Hail Mary...)

The Word was made-flesh;
And dwelt among us. (Hail Mary...)
V. Pray for us, O Holy Mother of God,
R That we may be made worthy of the promises of Christ.

Let us Pray

Pour forth, we beseech You, O Lord, Your grace into our hearts, that we, to whom the incarnation of Christ Your Son was made known by the message of an angel, may by his passion and cross be brought to the glory of His Resurrection, through the same Christ our Lord, Amen.
Glory be to the Father,...(3)

The Ten Commandments of God

1. I am the Lord your God and you shall not have other Gods than me.
2. You shall not take the name of the Lord, your God in vain.
3. Remember that you keep holy the Sabbath day.
4. Honour your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbour.
9. You shall not covet your neighbour's wife.
10. You shall not covet your neighbour's goods.

The Five Precepts of The Church

1. To keep the Sundays and Holy days of obligation Holy, by attending Mass and resting from servile work.
2. To keep the days of fasting and abstinence appointed by the Church.
3. To go to Confession at least once a year and receive the Holy Communion at least once a year and that at Easter or thereabouts.
4. To contribute to the support of our Church and pastors.
5. Not to marry within certain degrees of kindred and do not solemnise marriage at the forbidden times (Lenten Season).

BASIC CATECHISM

Prayer to Our Guardian Angel

Angel of God, my guardian dear, to whom God's love commits me here, ever this day be at my side to light and guard, to rule and guide. Amen.

Prayer to the Holy Spirit

Breathe into me Holy Spirit, that all my thoughts may be holy. Move in me, Holy Spirit, that my work, too, may be holy. Attract my heart, Holy Spirit, that I may love only what is holy. Strengthen me, Holy Spirit, that I may defend all that is holy. Protect me, Holy Spirit, that I always may be holy.

Anima Christi

Soul of Christ, make me holy
Body of Christ, be my salvation
Blood of Christ, let me drink your wine
Water flowing from the side of Christ, wash me clean
Passion of Christ, strengthen me
Kind Jesus, hear my prayer
Hide me within your wounds
And keep me close to you
Defend me from the evil enemy
And call me at the hour of my death
To the fellowship of your saints
That I might sing your praise with them
for all eternity. Amen.

Saint Michael Prayer

Saint Michael, the Archangel, defend us in battle.
Be our protection against the wickedness and snares of the devil.
May God rebuke him, we humbly pray;
and do thou, O Prince of the heavenly host,
by the power of God
cast into hell Satan and all the evil spirits
who prowl throughout the world seeking the ruin of souls. Amen.

Divine Mercy Chaplet

Our Father
Hail Mary
The Apostles' Creed
Eternal Father,
I offer you the Body and Blood,

BASIC CATECHISM

Soul and Divinity of Your Dearly Beloved Son,
Our Lord, Jesus Christ,
in atonement for our sins
and those of the whole world.

For the sake of His sorrowful Passion,
have mercy on us and on the whole world. (10 times)

Holy God,
Holy Mighty One,
Holy Immortal One,
have mercy on us
and on the whole world.

Prayer to the Sacred Heart of Jesus

O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen.

Prayer to Holy Trinity

Most Holy Trinity - Father, Son, and Holy Spirit - I adore thee profoundly. I offer Thee the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference's whereby He is offended. And through the infinite merits of His Most Sacred Heart and the Immaculate Heart of Mary, I beg of Thee the conversion of poor sinners.

Prayer

"My God, I believe, I adore, I hope, and I love You. I beg pardon of You for those who do not believe, do not adore, do not hope, and do not love You."

BASIC CATECHISM

THE ROSARY MYSTRIES

JOYFUL

1. Annunciation
2. Visitation
3. Nativity
4. Presentation at the Temple
5. Finding in the Temple

LIGHT

1. Baptism of Jesus
2. Wedding of Cana
3. The proclamation of the Kingdom of God
4. The Transfiguration
5. The institution of the Eucharist

SORROWFUL

1. Agony of Jesus in the Garden
2. Scourging of Jesus at Pillar
3. Crowning with Thorns
4. Carrying the Cross
5. Crucifixion

GLORIOUS

1. Resurrection of Jesus
2. Ascension of Jesus
3. Descent of Holy Spirit
4. Assumption of the Virgin Mary
5. Coronation of Blessed Virgin Mary

Requisites of A Good Confession

- Recollect for some time and recall to mind the sins committed.
- Be sorry for the sins - Contrition or at least attrition.
- Resolve resolutely not to commit sin any more (Avoid the sins and sinful circumstances/persons).
- Say Clearly to the confessor, all the sins committed.
- Attend keenly to the instructions of the confessor and decide to perform the penance at the earliest.

FOURTEEN WORKS OF MERCY

Fruits of The Holy Sprit

- Charity
- Joy
- Peace
- Patience
- Benignity
- Goodness
- Longanimity
- Mildness
- Faith
- Modesty
- Continency
- Chastity

Seven Gifts of The Holy Sprit

- Wisdom
- Understanding
- Counsel
- Fortitude
- Knowledge
- Piety
- Fear of God

Theological Virtues

- Faith
- Hope
- Charity (Love)

Cardinal Virtues

- Prudence
- Justice
- Fortitude
- Temperance

SEVEN CORPORAL WORKS

- To feed the hungry.
- To give drink to the thirsty.
- To clothe the naked.
- To harbour the harbourless.
- To visit the sick.
- To ransom the captive.
- To bury the dead. (Tob:2:1-9, Mt.25:35)

SEVEN SPIRITUAL WORKS

- To instruct the ignorant.
- To counsel the doubtful.
- To admonish sinners.
- To bear wrongs patiently.
- To forgive offences willingly.
- To comfort the afflicted.
- To pray for the living and the dead.

