

Sehion Mar Thoma Church Dallas

3760 14th Street, Plano, TX 75074 | www.sehionmtdallas.org



From the Vicar's Desk

Dear Brothers and Sisters in Christ,

In the month of February, the church observes two times of fasting. Feb 27th marks the beginning of the Great Lent. It is a period of 40 days that leads up to Easter, April 17th, 2022. But prior to that we observe the three-day Fast of Nineveh (Feb 7-9). Both of these are marked in our liturgical calendar. It is a time to reflect on our ways and to regain a spirit of humility and repentance. Let me offer some insights and advice on how to participate meaningfully in this season of fasting.

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

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

In His service,
Larry Achen

Contacts

Rev. Larry P Varghese, Vicar
(469) 274-2683

vicar@sehionmtdallas.org

K A Abraham (Plano), VP
(214) 682-4010

vicepresident@sehionmtdallas.org

Biju Varnan, Treasurer
(214) 676-4954

treasurer@sehionmtdallas.org

Reny Abraham, Accountant
(972) 762-8920

accountant@sehionmtdallas.org

Rajesh Jacob, Secretary
(469) 434-0965

secretary@sehionmtdallas.org



Greater love has no one than this, than to lay down one's life for his friends. - John 15:13

And walk in love, as Christ also has loved us and given Himself for us, an offering and a sacrifice to God for a sweet-smelling aroma. - Ephesians 5:2



February Birthdays

2/1	Jason Simon	Garland	2/1	Joshua Simon	Garland	2/2	Joel Kovoov	Allen
2/3	Thomas David	Allen	2/5	Zoey Grace Mathew	Allen	2/6	Noel Johnson	Allen
2/6	Jeffrey Philip	Allen	2/6	Tiffany Philip	Allen	2/7	Hannah Abraham	Garland
2/8	Anil Mathew	Allen	2/8	Ariel Marie John	Garland	2/8	Mathew George	Garland
2/8	Ancy Susan Koshy	Allen	2/11	Sindhu Varnan	Garland	2/11	Samuel Varkey	Allen
2/12	Molly John	Allen	2/12	P. T. Kuriyakose	Sunnyvale	2/13	Elijah David John	Garland
2/13	Hannah Varghese	Murphy	2/15	Alex Jacob	Sunnyvale	2/16	Saju Abraham	Garland
2/16	Shibu Varghese	Allen	2/17	Joyis Chacko	Sunnyvale	2/17	Johan Kovoov	Allen
2/17	Olivia Susan Thomas	Allen	2/18	Kate Marie John	Garland	2/18	Joshua Daniel	Murphy
2/19	Ligi Mathew	Allen	2/19	Bibi Thomas	Sunnyvale	2/20	Rincy Sunny	Allen
2/22	Bryce Abraham	Allen	2/22	Anna Varghese	Allen	2/22	Steven Varughese	Garland
2/22	Isabella Abraham	Garland	2/23	Suma Thomas	Garland	2/24	Kevin Muthalaly	Allen
2/24	Rayna Koshy	Allen	2/27	K. A. Abraham	Murphy	2/28	Abraham Manaloor	Garland
2/28	Merin Varghese	Murphy	2/28	Babu Thomas	Sunnyvale	2/28	Andrew Mathai Sony	Allen
2/29	Russell Lukose	Allen						

February Anniversaries

2/8	K. A. Abraham Aleyamma Abraham	Murphy	2/22	Manoj Varghese Anne George	Allen	2/23	Dr. Rajendra Daniel Saliamma Daniel	Garland
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Sunday School



January has been an exciting month of planning for the Sunday School Leadership team and we look forward to sharing these updates shortly in the coming months! On February 6th, we welcome our kids back to Sunday School in person. We will accommodate online classes as necessary, and these should be discussed with individual teachers.

February 6th SS General Body Meeting: *The meeting will take place @ 3 PM on 2/6 via Zoom.* The zoom link will be forwarded later this week. Please make yourselves available to join & participate.

2022 Diocesan exam will be held online on 05/15/2022 and students will take the exam from their home. The last day to register for the exam is Monday, February 21, 2022 and Fees (\$5) due on Sunday, February 28th 2022.

In His Service,

Bobby Mathew, Anne Varghese, Tibu Mathew (2022 Sunday School Leadership Team)

Train up a child in the way he should go; even when he is old he will not depart from it. Proverbs 22:6



Youth Fellowship

February
2022



Our 2022 Sehion YF Retreat will be held March 18th-20th at Collin County Adventure Camp! The theme this year is “Rooted Together”, and it focuses on community and the Bible verse Hebrews 10:24-25. We encourage all youth members to attend! Registration ends February 20th; we hope to see you there! Link to register:

https://docs.google.com/forms/d/e/1FAIpQLSfF5XjKzX8nny6w_CGXbdzadplH3zBVLWT0nym2gPPri5M52w/viewform?usp=embed_facebook
https://docs.google.com/forms/d/e/1FAIpQLSfF5XjKzX8nny6w_CGXbdzadplH3zBVLWT0nym2gPPri5M52w/viewform?usp=embed_facebook

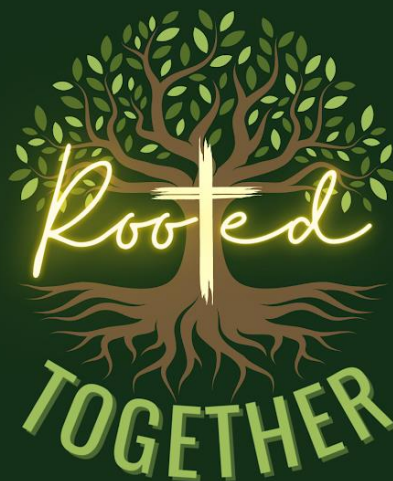
Previous Month

- 1/3 – Weekly Bible Study
- 1/10 – Weekly Bible Study
- 1/17 – Weekly Bible Study
- 1/24 – Weekly Bible Study
- 1/31 – Weekly Bible Study

February Birthdays

- 2/1 – Joshua Simon
- 2/1 – Jason Simon
- 2/7 – Hannah Abraham
- 2/13 – Hannah Varghese
- 2/17 – Johan Kovoov
- 2/29 – Russell Lukose

2022 SEHION YF RETREAT
MARCH 18TH-20TH



HEBREWS 10:24-25
COLLIN COUNTY ADVENTURE CAMP

Upcoming Events

- 2/7 – Weekly Bible Study
- 2/14 – Weekly Bible Study
- 2/21 – Weekly Bible Study
- 2/28 – Weekly Bible Study
- 2/20 – Last day to register for retreat!

Prayer Requests

- We pray that you continue to guide our youth members in their spiritual journey.
- We pray for those affected by Covid-19.
- We pray that you guide our YF committee in organizing our 2022 YF Retreat.



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Follow us on Facebook! <https://www.facebook.com/sehionMTCyouth/>

LOVE
YOU

Area Prayer Meetings

Saturday, Feb 5 at 7:00 pm	Allen	Zoom meeting
Saturday, Feb 12 at 7:00 pm	Garland	Zoom meeting
Saturday, Feb 19 at 7:00 pm	Sunnyvale	Zoom meeting
Saturday, Feb 26 at 7:00 pm	Murphy	Zoom meeting

Edavaka Mission

Wednesday, Feb 2 at 7:00 pm	Weekly Bible Study/ Prayer	Zoom meeting
Wednesday, Feb 9 at 7:00 pm	Weekly Bible Study/ Prayer	Zoom meeting
Wednesday, Feb 16 at 7:00 pm	Weekly Bible Study/ Prayer	Zoom meeting
Wednesday, Feb 23 at 7:00 pm	Weekly Bible Study/ Prayer	Zoom meeting

Sevika Sangham

Tuesday, Feb 1 at 7:00 pm	Southwest Region Sevika Sangham prayer led by Rev. Thomas Mathew P.; message by Rev. Abraham Kuruvilla	Zoom meeting
Saturday, Feb 5 at 9:30 am	Bible study - 'Women of the Bible' led by Rev. Larry Varghese	Zoom meeting
Saturday, Feb 12 at 10:00 am	Southwest Region Center-A prayer followed by General Body meeting	Sehion Mar Thoma Church
Saturday, Feb 19 at 9:30 am	Weekly Sevika Sangham prayer	Zoom meeting
Saturday, Feb 26 at 9:30 am	Weekly Sevika Sangham prayer followed by Annual General Body meeting	Zoom meeting

Sehion Stars

Saturday, Feb 19 at 11:00 am	Monthly meeting Dr. C K Nair (cardiologist) will share information on how to prevent obesity, diabetes, heart disease, Alzheimer's, stroke, cancer, arthritis, depression etc. and how to eat to live.	Zoom meeting
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Lectionary

Sunday, February 6, 2022 Holy Communion Service led by Rev. Larry P Varghese	Malayalam Order 10:15 am
Theme: Medical Mission Sunday: Healing of Body Mind and Spirit 1 st Lesson: Numbers 12:1-16 2 nd Lesson: Acts 9:32-35	Epistle: James 5:13-20 Gospel: Mark 5:25-34
Sunday, February 13, 2022 Holy Communion Service led by Rev. Larry P Varghese	English Order 10:15 am
Theme: Glorious Divine Creation (127 th Maramon Convention Begins) 1 st Lesson: Job 39:1-21 2 nd Lesson: 1 Corinthians 15:35-49	Epistle: Colossians 1:15-23 Gospel: Matthew 6:26-34
Sunday, February 20, 2022 Holy Communion Service led by Rev. Larry P Varghese	Malayalam Order 10:15 am
Theme: Fall of Creation (127 th Maramon Convention Ends) 1 st Lesson: Genesis 3:1-21 2 nd Lesson: Ephesians 2:11-18	Epistle: Romans 7:14-25 Gospel: Matthew 7:13-21
Sunday, February 27, 2022 Holy Communion Service led by Rev. Larry P Varghese	English Order 10:15 am
Theme: Beginning of Great Lent (Pethrutha): Renewal of Creation 1 st Lesson: Ezekiel 36:24-30 2 nd Lesson: Revelations 21:1-7	Epistle: 2 Corinthians 5:16-21 Gospel: John 2:1-11

Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.

- Martin Luther King, Jr.