



# മാലാഖാ ദൂത്

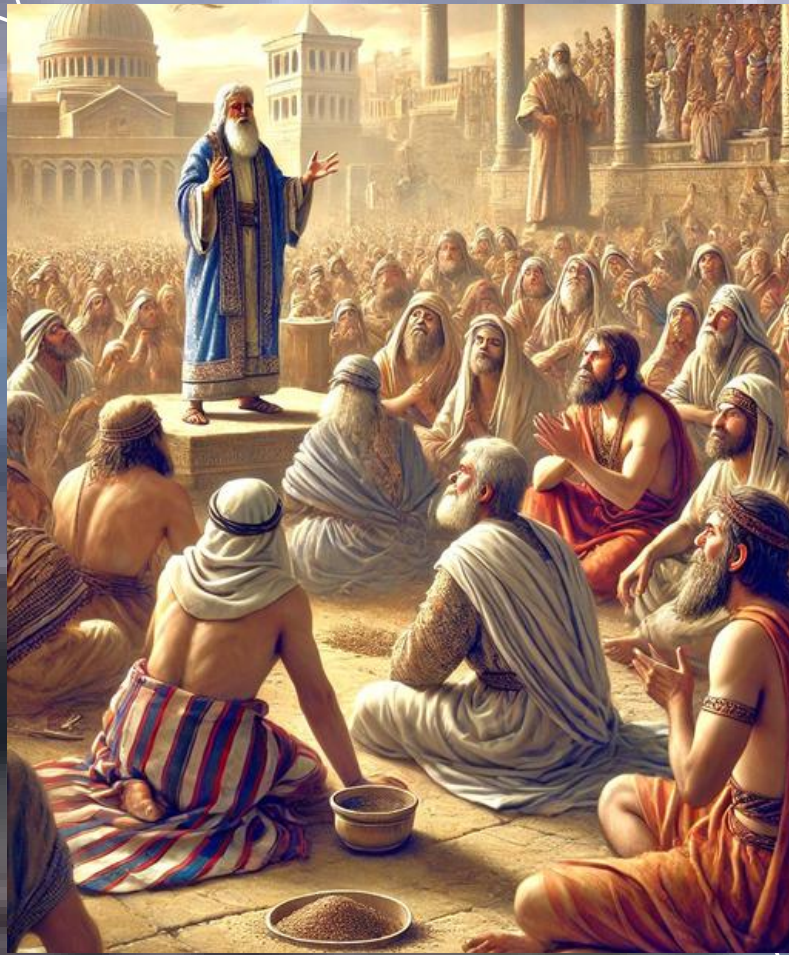
## ANGEL VOICE

ST. MARY'S KNaNAYA CATHOLIC FORANE CHURCH  
6400 WEST FUQUA DR, MISSOURI CITY, TX 77489

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[stmarytrustee@gmail.com](mailto:stmarytrustee@gmail.com)



### SUNDAY MASS SCHEDULE

7:30 AM MALAYALAM  
QURBANA

9:30 AM ENGLISH  
QURBANA

11:30 AM MALAYALAM  
SOLEMN QURBANA

### Readings

Sunday February 9, 2025  
Sixth Sunday of Epiphany

- Deut 24:14-22 Be merciful to others
- Is 63:7-16 Lord redeems His people
- Heb 8:1-6 Jesus the mediator of new covenant
- Jn 3:22-31 Jesus Christ, the one who comes from heaven

## VICAR'S MESSAGE

### THE THREE-DAY FAST – A CALL TO REPENTANCE AND RENEWAL

Dear Brothers and Sisters in Christ,

As we approach the sacred season of Lent, the Syro-Malabar Church invites us to partake in a profound spiritual tradition: the **Three-Day Fast**, also known as the **Rogation of the Ninevites (Sleeva Nombu)**. This year the fast is from February 10-12. These three days of fasting, prayer, and penance, inspired by the story of the people of Nineveh, offer us a unique opportunity to reflect deeply on God's boundless mercy and our need for repentance.

#### A Biblical Call to Conversion

The story of the Ninevites from the Book of Jonah is both humbling and inspiring. When Jonah proclaimed God's warning of destruction, the entire city of Nineveh responded with an open heart. From the king to the lowliest citizen, they fasted, prayed, and turned away from their sinful ways. Their heartfelt repentance moved God to spare them from destruction (Jonah 3:1–10).

Their example reminds us of a vital truth: **God is always merciful, slow to anger, and rich in kindness**. When we acknowledge our failures, humble ourselves before Him, and seek His forgiveness, He draws us back into His loving embrace.

#### Our Journey of Repentance

During these three days, the Church calls us to echo the spirit of the Ninevites in our own lives. This is not just a time of external fasting but a time of **internal transformation** - a time to ask ourselves:

- Where do I stand in my relationship with God?
- Have I allowed pride, selfishness, or indifference to separate me from His love?
- How can I better reflect His love in my life and to those around me?

Through prayer, fasting, and acts of charity, we can respond to this call for renewal. Let this time be a sacred pause in our busy lives, a chance to quiet our hearts and listen to God speaking to us.

## VICAR'S MESSAGE

### A Time of Spiritual Preparation

The Three-Day Fast is more than a tradition; it is a spiritual preparation for the holy season of Lent. It is a reminder that repentance is not an occasional event but an ongoing journey. As Jesus said, "Repent, for the Kingdom of God is at hand" (Matthew 4:17). Let us take these days seriously, offering our sacrifices and prayers as a sign of our commitment to turn back to the Lord with all our hearts.

### Practical Ways to Observe the Three-Day Fast

- **Participate in the Holy Qurbana (Mass):** The Eucharist is the heart of our spiritual life. Attend Mass daily during these three days to receive grace and strength for your journey.
- **Fasting and Abstinence:** Practice voluntary self-denial by fasting and avoiding meat or other luxuries. This small sacrifice unites us with Christ's suffering and reminds us of our dependence on God.
- **Prayer and Reflection:** Spend time in personal and family prayer. Reflect on the Word of God, particularly the story of Jonah and the call to repentance.
- **Acts of Charity:** Reach out to those in need, whether through material support, kind words, or prayers.

### God's Mercy Awaits

My dear friends, let us approach this fast with open hearts and a spirit of trust in God's love. The Ninevites were spared because they humbled themselves and sincerely sought God's mercy. Likewise, when we turn to Him in true repentance, He renews our hearts, restores our souls, and fills us with His grace.

May these days of fasting help us to grow closer to God and prepare us to enter the Lenten season with hearts renewed and ready to follow Him. Together, let us seek the Lord with contrite hearts, confident in the words of Psalm 51: "A broken and contrite heart, O God, you will not despise."

Let us journey together, as a family of faith, toward the mercy and love of God.

In Christ's love,  
Fr. Abraham Mutholath  
Pastor





# SNAPSHOTS

## FEBRUARY BIRTHDAYS





# SNAPSHOTS

## FEBRUARY ANNIVERSARIES





## UPCOMING EVENTS AND ANNOUNCEMENTS

- **[Main feast celebration of St. Mary's Knanaya Catholic Parish, Houston on October 18-20, 2024.](#)**
- **Bonding Families of the Knanaya Region will have the monthly zoom seminar at 8:30 P.M. coming Wednesday, February 5 at 8:30 P.M. The access code is 345 345 1911.**
- **Syro-Malankara Qurbana will be held on Saturday, February 8th at 2:00 P.M.**
- **The Holy Childhood Ministry is organizing a workshop for children in 1st to 4th grades in collaboration with Jesus Youth on February 22nd. Please complete the Google Forms registration by February 15th. The registration fee is \$10. The event will begin with Qurbana at 9:30 AM and will conclude at 1:00 PM.**
- **Fr. Mutholath will be in India from January 30 to February 11. Attending Silver Jubilee of Chaithana Karshika Mela that he has started and the blessing of the church he sponsored in the Diocese of Miao in Arunachal Pradesh on February 6th.**
- **Those who participated in the Auction: Please give the amount if you have not yet given.**



# WEDDING BANNS

- **Jaison James, son of James and Bindu Oliyil from this parish with Melissa Mathai, daughter of Mathai (Kunjumon) and Ancy Kalappurathattal to be held on May 3, 2025. (Third Bann)**
- **Alvin Chackochen, son of Jimmy and Gracy Uppoottil from Sacred Heart Knanaya Catholic Church Tampa with Shelby Iype, daughter of Rarichen and Annes Chennattu from this parish to be held on July 26, 2025. (Second Bann)**





7pm English  
Mass

**ST. MARY'S KNANAYA CATHOLIC  
FORANE CHURCH, HOUSTON**

# Teen Zone

ADORATION

GAMES

*2/ 21 @ 6pm*

**Fun, Games, Activities & Food**

**Every Third Friday**

**6:00 - 6:50 TEEN ZONE (8TH-12TH GRADERS ONLY)**

**7:00-8:00 ENGLISH QURBANA (OPEN TO EVERYONE)**

**8:00-8:45 ADORATION (OPEN TO EVERYONE)**







# Annual Retreat

led by

## Missionaries of Apostolic Grace



Rev. Dr. John Palathinkal  
Spiritual Father



Br. Prince Vithayathil  
Founder MOAG



Br. Francis Xavier  
Preacher



Br. Jackson Jose  
Preacher



### Schedule



#### April 3, Thursday:

- Discipleship training for leaders: 6:00 to 9:00pm

#### April 4, Friday:

- Qurbana at 9:00am followed by:
  - Adult's Retreat until 5:00pm

#### April 5, Saturday:

- Qurbana at 9:30am followed by:
  - Adult's Retreat until 5:00pm
  - Youth and Children's Retreat until 5:00pm

#### April 6, Sunday:

- Malayalam Qurbana at 7:30am
- English Qurbana at 9:30am followed by:
  - Adult's Retreat until 5:00pm
  - Youth and Children's Retreat until 5:00pm
- Malayalam Solemn Qurbana at 5:00pm



**St. Mary's Knanaya Catholic Forane Church Houston**

**6400W. Fuqua St., Missouri City, TX. 77489**



Jerrin Thottapilly  
Children's  
Ministry



Neethu Sebastian  
Children's  
Ministry

## IMPORTANT DATES

### FEBRUARY 2025

**FEB 4 TUE: FEAST OF SAINT JOHN BRITTO**

**FEB 7 FRI: FEAST OF GREEK FATHERS**

**FEB 10 MON - FEB 12 WED: THREE DAYS FAST**

**FEB 11 TUE: FEAST OF OUR LADY OF LOURDES (DAY OF THE SICK)**

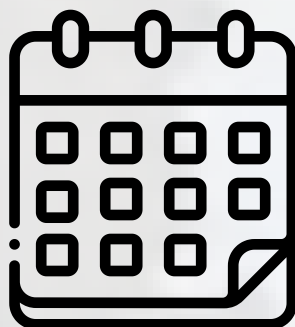
**FEB 14 FRI: FEAST OF SYRIAC FATHERS**

**FEB 21 FRI: FEASTS OF SAINTS OF THE SYRO-MALABAR CHURCH AND PATRON OF THE CHURCH**

**FEB 23 SAT: FEAST OF SAINT POLYCARP**

**FEB 25 TUE: FEAST OF BLESSED MARTYR RANI MARIA**

**FEB 28 FRI: COMMEMORATION OF THE DEAD**





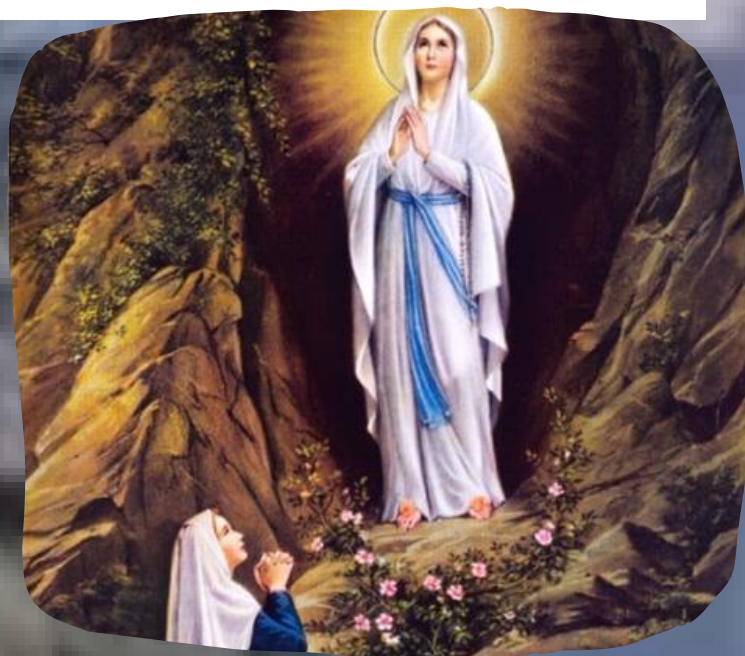
## CATECHISM CORNER

UPDATES

### SAINT OF THE WEEK

**OUR LADY OF LOURDES  
FEAST DAY:  
FEBRUARY 11**

**PATRONAGE: THE SICK,  
ASTHMATICS, AND BODILY  
ILLSS**



### BIBLE PASSAGE

### VERSE OF THE WEEK

**Matthew 11:28 – Come  
to me, all you who are  
weary and burdened,  
and I will give you  
rest.**

- **DEUTRONOMY  
24:14-22**
- **ISAIAH 63:7-16**
- **HEBREWS 8:1-6**
- **JOHN 3:22-31**

# WEEKLY SCHEDULE

## QURBANA SCHEDULE

MON - FRI: 9:00 AM (MAL)  
7:00 PM (MAL)

SATURDAY: 9:30 AM (MAL)

SUNDAY: 7:30 AM (MAL)  
9:30 AM (ENG)  
11:30 AM (MAL - SOLEMN)

## CATECHISM

SUNDAY: 10:30 AM

## CONFESSION

MON - FRI: 6:00 PM - 6:45 PM  
(ALSO ANYTIME UPON REQUEST)

## NOVENA (AFTER QURBANA)

TUESDAY: ST. ANTONY  
THURSDAY: ST. JUDE  
FIRST FRIDAY: SACRED HEART  
SATURDAY: B.V. MARY

## ADORATION

MON - FRI: 6:00 PM - 7:00 PM  
SATURDAY: 8:30 AM - 9:30 AM  
FIRST FRIDAY: 8 PM TO 9 PM (MAL)  
THRID FRIDAY: 8 PM TO 9 PM (ENG)

## OFFICE HOURS

PLEASE CALL FOR APPOINTMENTS

## CONTACT INFORMATION

### VICAR / PASTOR:

FR. ABRAHAM MUTHOLATH: 773-412-6254

### ASSOCIATE PASTOR:

FR. JOSHY VALIYAVEETIL:  
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JASSIM THAYILPUTHENPURAYIL  
713-498-0604

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BABU PARAYAMKALAYIL: 832-971-0924

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GEORGE POOVAPADATH: 281-912-4150

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ALVIN MUKALEL: 346-702-9498

JAMES EDUKUTHARYIL: 847-897-8028

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JOHNSON VATTAMATTATHIL:  
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THOMAS KANICHATTUMTHARA:  
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MATHEW THEKKETHIL: 832-661-6305

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If anyone would like to post Obituary, Wedding anniversary, Jubilee, Business ad etc. please contact PRO.

Any request will be subject to review

Small fee will be charged that will go to charity via church account.