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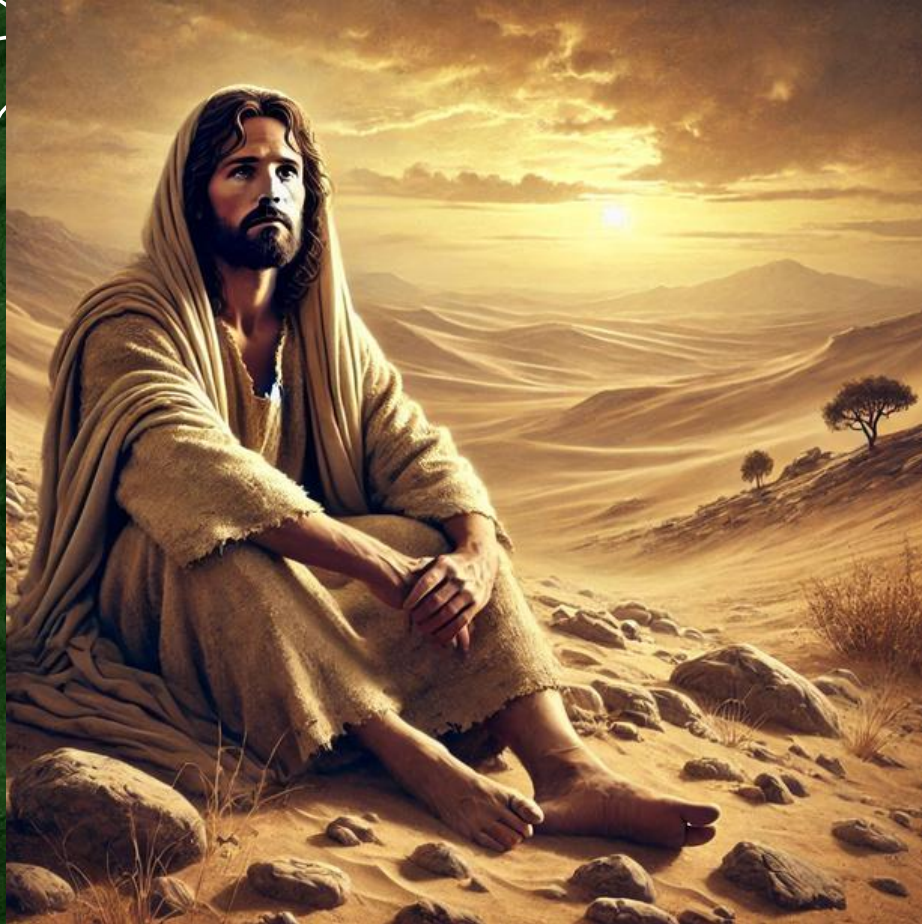
ANGEL VOICE

ST. MARY'S KNANAYA CATHOLIC FORANE CHURCH
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SUNDAY MASS SCHEDULE

◆ 7:30 AM MALAYALAM QURBANA

◆ 9:30 AM ENGLISH QURBANA

◆ 11:30 AM MALAYALAM SOLEMN QURBANA

🔍 Readings ×

Sunday March 2, 2025

First Sunday of Lent

- Ex 34:27-35 The fasting of Moses
- Is 58:1-10 The spirit of the true fasting
- Eph 4:17-24 Put away your old self and clothe yourselves with a new self
- Mt 4:1-11 Jesus overcomes temptation through fasting

VICAR'S MESSAGE

PREPARING OUR HEARTS FOR THE SEASON OF GREAT LENT

Dear Brothers and Sisters in Christ,

As we enter the sacred season of Great Lent, the Holy Church invites us to a time of deep reflection, repentance, and renewal. Lent is a precious gift that allows us to walk with Christ in His suffering, purify our hearts, and grow closer to God. It is time to examine our spiritual life and make sincere efforts to renew our faith.

What is Lent and Why is it Important?

Lent is a 50-day period of fasting, prayer, and penance observed by the Syro-Malabar Church in preparation for the great feast of Easter. It is a season of spiritual discipline that reminds us of Jesus' 40 days of fasting in the wilderness and 10 days of reflecting on His ultimate sacrifice for our salvation. By observing Lent, we deepen our relationship with God and open our hearts to His grace.

How Do We Observe Lent?

Lent is observed through fasting, prayer, and almsgiving. We are encouraged to practice self-denial, control our desires, and grow in holiness. The Church calls us to spend more time in personal and family prayer, meditate on the Word of God, and engage in acts of charity. The faithful are also urged to attend Holy Qurbana regularly, receive the Sacrament of Reconciliation, and participate in the Lenten devotions.

Why Do We Begin Lent with the Penitential Service and the Imposition of Ashes?

Lent begins with a Penitential Service where we examine our conscience and seek forgiveness from God and one another. The imposition of ashes on Ash Monday (for the Syro-Malabar Church) is a powerful reminder of our mortality and our need for repentance: "Remember that you are dust, and to dust you shall return" (Genesis 3:19). This sacred tradition invites us to humble ourselves before God and start the season of Lent with a contrite heart.

VICAR'S MESSAGE

Why Does the Syro-Malabar Church Observe Ash Monday Instead of Ash Wednesday?

The Syro-Malabar Church follows the ancient Eastern tradition of beginning Lent on Ash Monday, allowing for a full 50-day preparation before Easter. This practice is rooted in the early traditions of the Eastern Churches, emphasizing the spiritual significance of a complete period of fasting and prayer leading to the Resurrection of Christ.

The Importance of Retreat, Confession, and Acts of Charity During Lent

Annual retreats are a great opportunity to renew our faith and encounter God more deeply. The Sacrament of Reconciliation cleanses our souls and restores our relationship with God and one another. Acts of charity - helping the poor, forgiving others, and showing kindness – reflect the true spirit of Lent. By engaging in these practices, we align our lives with the teachings of Christ.

Observing the Stations of the Cross on Fridays

Every Friday of Lent, the Church invites us to meditate on the Stations of the Cross, walking with Jesus on His journey to Calvary. This devotion helps us reflect on Christ's immense love and sacrifice, inspiring us to carry our own crosses with faith and patience.

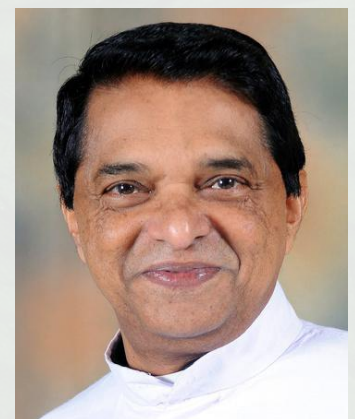
A Call to Spiritual Renewal and Self-Discipline

Lent is not just about external practices; it is about transforming our hearts. It is a time to discipline our minds, bodies, and souls, turning away from sin and growing in holiness. By deepening our prayer life, fasting from sinful habits, and performing acts of love, we allow Christ to renew us from within.

Let us embrace this Lenten season with sincerity, seeking God's mercy and grace. May our journey through Lent lead us to the joy of Easter, where we will celebrate the victory of Christ over sin and death.

Wishing you all a blessed and grace-filled Lenten season!

In Christ,
Fr. Abraham Mutholath
Pastor





SNAPSHOTS

HOLY CHILDHOOD ACTIVITIES





SNAPSHOTS

PRIZE DISTRIBUTION





UPCOMING EVENTS AND ANNOUNCEMENTS

- [Homily on Mark 1:1-11 by Fr. Abraham Mutholath in Houston on February 23, 2025. John the Baptist.](#)
- Holy Family Koodarayogam will be held next Saturday, March 1, at 7:00 P.M. at the house of Shaji Kondoor.
- Next Friday, February 28, is the last Friday of Denha and the memorial of the deceased. Let us remember attend the Qurbana and pray for our departed family members on that day.
- Season of Lent will start next Sunday, March 2, and Monday, March 3, after tomorrow will be Ash Monday.
- You may bring palm leaves of the last year and deposit in the bin at the entrance of the church.
- Our annual pothuyogam will be held on Sunday, March 9th after 7:30 A.M. Qurbana to present the accounts and give updates on the purchase of additional property for the parish.
- Retreat schedule:
 - Thursday April 3rd 6:00 pm to 9 pm Leaders Desiples Training
 - Friday 9:00 am Qurbana to 5:00 pm
 - Saturday 9:30 am Qurbana to 5:00 pm
 - Sunday 9:30 am English Qurbana followed by retreat at 10:45 am and end with Malayalam Qurbana at 5:00 pm.
 - Children and youth retreat on Saturday and Sunday.



UPCOMING EVENTS AND ANNOUNCEMENTS

- **Holy Childhood program last week was a great success. Thanks to all volunteers and parents.**
- **Knanaya Region held a video competition for Holy Childhood. We had 13 participants from our parish. Certificates and gifts were given to all the participants.**
- **Catechism classes ends only at 11:45am on Sundays. Children (especially children from middle and high school), please do not try to leave or parents please do not try to pull out the children before 11:45am. Recently, this is causing disturbance to the teachers in classes. Also Children please make sure to go straight to your classrooms immediately after dismissal from Qurbana. Parents, please make sure that they are going to the class.**



NEWS AND ANNOUNCEMENTS

ASH MONDAY SERVICE

There will be Penitential Service and Imposition of Ashes during the Holy Qurbana on Monday, March 3rd, 2025. All are welcome! Please encourage our children to participate and explain them the meaning of it.

STATIONS OF THE CROSS ON FRIDAYS

We will have stations of the Cross on every Friday during the season of Lent after Holy Qurbana. Please encourage our children and youth to attend.

ABSTINENCE AND FAST

Ash Monday and Passion (Good) Friday are days of abstinence and fast. Meat is to be avoided every Friday of lent.

ANNUAL RETREAT

The annual Lenten Retreat of our parish will be held for adults from April 4 to 6 and for youth and children from April 5 to 6, 2025. Confession day will be on Saturday, April 5. We will have special prayers for the success of the retreat during the Lenten days from Sunday April 2, 2025. Please do the same at home during family prayer.

CONFESSION

Priests will be available to hear confession on every day before and after Holy Qurbana during the season of Lent.

HOLY COMMUNION IN DOUBLE SPECIES

We will start distributing Holy Communion in double species (in the form of bread and wine) during weekdays starting on Ash Monday. So, you have to receive the Holy Eucharist on your tongue.

SACRED HEART KOODARAYOGAM

Ave Maria and St. Joseph Koodarayogam are combined to form Sacred Heart Koodarayogam on February 23, 2025. The following are the office-bearers:



NEWS AND ANNOUNCEMENTS

Convenor: Rarachen Chennattu

Secretary: Cini Mattathilparambil

Joint Secretary: Julie Vennalasseril

Treasurer: Beena Mudikunnel

Children Prayer: Timothy Kandarappallil

Parish Area Coodinators:

Parish Council: Jayachan Jassim Thayilputhenpurayil & Ajitha Tose

Kandarappallil

Senior Citizens: Jimmy Chakariamthadathil

Men Ministry: Jaimon Kuzhippil

Women Ministry: Lucy Karukaparambil

Youth Ministry: Sidharth Kaipparettu

Teen Ministry: Shibi Kakanatt

St. Vincent de Paul: Mini Kuzhippil

Legion of Mary: Annes Chennattu

Mission League (LFML): Elizabeth Thomas Vattamattathil

Holy Childhood: Jeril Nellamattam

Retreat / Prayer / Adoration: Naveen Kadamuriyil

Entertainment: Julie Vennalasseril & Jasmine Kunnampadavil



WEDDING BANNS

- **Roshan Macheril Sabuji, son of Sabuji and Elsy Poozhiunnel from this parish with Hanna Sunny, daughter of Sunny and Sincy Puthenpurayil from St. John's Knanaya Malankara Catholic, Chingavanam to be held on May 5, 2025. (First Bann)**





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.FuquaSt., Missouri City, TX. 77489



Jerrin Thottapilly
Children's
Ministry



Neethu Sebastian
Children's
Ministry

IMPORTANT DATES

FEBRUARY 2025

FEB 25 TUE: FEAST OF BLESSED MARTYR RANI MARIA

FEB 28 FRI: COMMEMORATION OF THE DEAD

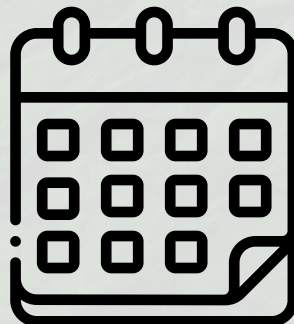
MARCH 2025

MAR 3 MON: LENT BEGINS. DAY OF FASTING

MAR 18 TUE: FEAST OF SAINT CYRIL OF JERUSALEM

MAR 19 WED: FEAST OF DEATH OF SAINT JOSEPH

MAR 25 TUE: THE FEAST OF ANNUNCIATION





CATECHISM CORNER

UPDATES

SAINT OF THE WEEK

ST, GREGORY OF NAREK
FEAST DAY:
FEBRUARY 27

PATRONAGE: ARMENIA



BIBLE PASSAGE

VERSE OF THE WEEK

1 Kings 9:3-I have heard your prayer and your supplication, which you have made before me; I have consecrated this house which you have built, and put my name there for ever; my eyes and my heart will be there for all time

- **EXODUS 34:27-35**
- **ISAIAH 58:1-10**
- **EPHESIANS 4:17-25**
- **MATHEW 4:1-11**

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

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JASSIM THAYILPUTHENPURAYIL
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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 may be charged that will go to charity via church account.