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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 (SOLEMN)

◆ 9:30 AM ENGLISH QURBANA

◆ 11:30 AM MALAYALAM
QURBANA

🔍 Readings

Sunday, September 14, 2025

Second Sunday of Elijah-Cross-Moses

- Num 21:4-9 Bronze serpent
- Is 42:13-17 The victory of God
- 1 Cor 1:18-25 Cross, the sign of the power of God
- Lk 24:13-27 Christ suffered and entered glory

• The mentality of the disciple

VICAR'S MESSAGE

REGARDING SNACKS DURING CATECHISM CLASSES

Dear Brothers and Sisters in Christ,

I wish to share with you a decision recently made by our Parish Council regarding the catechism program. After much reflection and discussion, it has been decided to discontinue providing snacks, such as donuts, during catechism classes on Sundays.

This decision is not taken lightly. We recognize that food is often associated with fellowship, and children naturally enjoy a treat. However, there are several important reasons for this change that I would like to explain to you:

- **1. Financial Stewardship** The cost of snacks has increased significantly in recent years. At the same time, the income we receive from catechism registration is limited and must cover many essential expenses: diocesan fees for child safety procedures, the cost of textbooks, training and incentives for our dedicated teachers, and the maintenance of classrooms. In this context, it is not financially possible to continue covering the cost of weekly snacks.
- **2. Rising Costs Elsewhere** We all feel the effects of inflation—whether in insurance, utilities, or maintenance. While businesses and employers adjust prices and salaries accordingly, the annual parish contribution has not been raised for many years. In this reality, we must carefully prioritize our resources for what is most essential.
- **3. Health Concerns** Many of the snacks traditionally given, especially donuts, are high in sugar. While tasty, they are not the healthiest choice for our children and can contribute to obesity, diabetes, or reduced appetite for proper meals. Several health-conscious parents have expressed concerns about this practice, and we wish to honor their request to promote healthier habits.
- **4. Focus on Formation** Catechism is only one hour each Sunday. Serving and eating snacks consumes nearly a quarter of that time and often distracts children from learning. Removing snacks will help us use that precious hour more effectively for the spiritual formation of our children.
- **5. Faith, Not Food, as Motivation** Most importantly, snacks and sweets should not be the reason children come to catechism or Holy Qurbana. Our goal is to help our children love Jesus, value their faith, and grow in their relationship with God—not to associate church with a reward of donuts.

VICAR'S MESSAGE

Dear parents, I invite you to see this decision not as a loss, but as an opportunity. You are always welcome to provide your children with breakfast before class or share a family meal afterward. But during catechism time, we will now focus fully on what matters most: the Word of God, the teachings of the Church, and the fellowship of our parish community.

I thank you for your understanding and cooperation. May our catechism continue to form our children in faith, hope, and love—nourished not by sugar, but by the Bread of Life, Jesus Christ Himself.

With prayers and blessings,
Fr. Abraham Mutholath
Pastor



STUDY

REGARDING SNACKS DURING CATECHISM CLASSES

1) Why donuts (and similar pastries) are a problem when served regularly to children

- **High in added sugars and refined starch.** Frequent added sugar intake in children is linked with higher energy intake, excess weight gain, dyslipidemia and other cardiovascular risk factors. The American Heart Association (AHA) advises **no more than 25 g/day** (~6 tsp) of added sugar for ages ≥ 2 , and none for under-twos; it also advises **no more than 8 oz/week** of sugary drinks. A single glazed donut commonly contains ~10–15 g of sugar. (AHA Journals, Healthy Eating Research, images.kktestkitchen.com)
- **Ultra-processed and easy to overeat.** In a controlled NIH trial, adults eating ultra-processed foods **involuntarily consumed ~500 kcal/day more** and gained weight within 2 weeks, despite matched menus. Children show similar tendencies with ultra-processed, hyper-palatable snacks. (pmc.ncbi.nlm.nih.gov)
- **Low fiber/protein, high saturated fat.** Typical glazed donuts provide ~190–270 kcal with low fiber and ~5 g saturated fat; this combination raises energy density without satiety. (Industrial trans-fat from partially hydrogenated oils has been phased out in the U.S.) (images.kktestkitchen.com, Healthline, U.S. Food and Drug Administration).
- **Dental harm.** Sugary, sticky snacks between meals raise caries risk; dentists recommend limiting frequency of sugary snacks. (American Dental Association).
- **Blood-sugar swings and appetite.** High-glycemic, low-protein breakfasts/snacks are associated with quicker return of hunger and greater subsequent intake in children. (BioMed Central, MDPI).

2) Possible side effects children experience after donuts

- **Short-term:** rapid glucose rise then dip (fatigue, poorer satiety), reduced appetite for the next balanced meal, and dental enamel exposure to fermentable sugars. (BioMed Central, American Dental Association).
- **Long-term (with habitual intake):** higher risk of excess weight gain and adverse lipid profiles; displacement of nutrient-dense foods. (AHA Journals).

3) U.S. obesity prevalence (for context)

- **Children & adolescents (ages 2–19): 21.1%** during **Aug 2021–Aug 2023** (up from ~14% in 1999–2000). (CDC).
- **Adults (≥ 20): 40.3%** during **Aug 2021–Aug 2023**; severe obesity **9.4%**. (CDC).

STUDY

4) Practical guidance for parents (and parish programs)

What to limit

- Reserve desserts/pastries (donuts, cakes, sweet rolls, cookies) for occasional treats—not weekly defaults.
- Replace sugary drinks with **water**; offer **plain milk** as the default (avoid flavored milks if possible). Follow the AHA limits above. (Healthy Eating Research).

What to serve instead (quick, affordable snacks)

- Fresh fruit; cut vegetables with hummus; plain yogurt with fruit; cheese sticks; whole-grain crackers; unsweetened applesauce; nuts/seeds where allergy policy allows. (These align with pediatric nutrition guidance on healthy snacks.) (HealthyChildren.org).

How to build healthy habits

- **Model and make the healthy choice the easy choice.** Keep water visible; place fruit/healthy snacks at eye level; avoid storing sweets in common areas.
- **Use “repeated exposure.”** Children often need **many** neutral, pressure-free exposures to accept vegetables; repeated tasting reliably increases acceptance and intake. (NCBI , pmc.ncbi.nlm.nih.gov).
- **Prioritize family meals.** Regular family meals are associated with **better diet quality and lower child BMI** (modest effect but consistent). Keep meals unhurried and positive. (PubMed).
- **Build balanced plates.** Aim for produce + protein + whole grain at meals; add a protein/fiber element to snacks (e.g., fruit + yogurt) to improve satiety and glycemic steadiness. Evidence suggests higher-protein breakfasts reduce later energy intake in youth. (MDPI).
- **Watch frequency and timing.** If the class is only an hour, skip snacks altogether; if needed due to longer sessions or travel, schedule **after** instruction to avoid distraction and limit to one small, nutritious item plus water. (Dental guidance also emphasizes limiting between-meal sugar.) (American Dental Association)

Bottom line for your catechism setting

Making **water the only beverage**, and eliminating routine pastries aligns with current pediatric and dental guidance and helps children’s attention, health, and long-term habits. (Healthy Eating Research, American Dental Association).



SNAPSHOTS

SEPTEMBER BIRTHDAYS





SNAPSHOTS

SEPTEMBER WEDDING ANNIVERSARIES





UPCOMING EVENTS AND ANNOUNCEMENTS

- Please encourage all our youth and children to be sponsors by contributing \$100 by the students and \$200 by the employed.
- CML anniversary of the South Zone of the Syro-Malabar diocese will be held on Saturday, October 4th at Syro-Malabar Church, Coppel. We will be arranging a bus for our children and CML leaders. Please register with Sr. Jossya SJC or Sheeba Thannichuvattil and will be served on a first come first serve basis. It is open for children from fifth to tenth grade.
- There will be CCD for Special children on every Saturday from 10.30 am to 11.30 am



WEDDING BANNS

- **Cecil Chazhikat, son of Peter and Lucy Chazikat from this parish with Angel, daughter of Raju and Simy Thymalil from St. Mary's Knanaya Catholic Parish, Detroit to be held on November 22, 2025. (Third Bann)**
- **Amal Baby, son of Abraham and Daisy Parempettu from this parish with Chinnu Anish, daughter of Anish and Preena Chettiyanthanathu from St. Stephen's Knanaya Catholic Church, Kurumulloor to be held on January 7, 2026. (Third Bann)**





St. Mary's Knanaya Catholic Forane Church Houston

ENGLISH: Confession, Holy Qurbana & Adoration



Friday: September 19
Confession - 7:00 pm

Holy Qurbana (English) - 7:00 pm

Adoration (English) - 8:00 to 8:45 pm



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Sr. Reji SJC : +1 832 679 3702
Biby Thekkanatt : +1 248 974 5100



IMPORTANT DATES

SEPTEMBER 2025

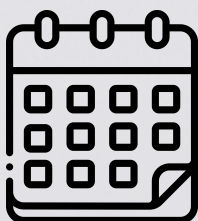
SEP 13 SAT: FEAST OF SAINT JOHN CHRYSOSTOM

SEP 21 SUN: FEAST OF SAINT MATHEW, THE APOSTLE

SEP 27 SAT: FEAST OF SAINT VINCENT DE PAUL

**SEP 29 MON: FEAST OF ARCHANGELS MICHAEL, GABRIEL
AND RAPHAEL**

SEP 30 TUE: FEAST OF SAINT JEROME





CATECHISM CORNER

UPDATES

SAINT OF THE WEEK

SAINT JOHN CHRYSOSTOM
FEAST DAY: SEPTEMBER
13

PATRONAGE:
EDUCATION, EPILEPSY,
PUBLIC SPEAKERS,
LECTURERS

VERSE OF THE WEEK

PROVERBS 9:10-

THE FEAR OF THE LORD IS
THE BEGINNING OF
WISDOM, AND THE
KNOWLEDGE OF THE HOLY
ONE IS INSIGHT.



BIBLE PASSAGE

- NUMBERS 21:4-9
- ISAIAH 42:13-17
- 1 CORINTHIANS 1:18-25
- LUKE 24:13-27

WEEKLY SCHEDULE

QURBANA SCHEDULE

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

SATURDAY: 9:30 AM (MAL)

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

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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Any request will be subject to review

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