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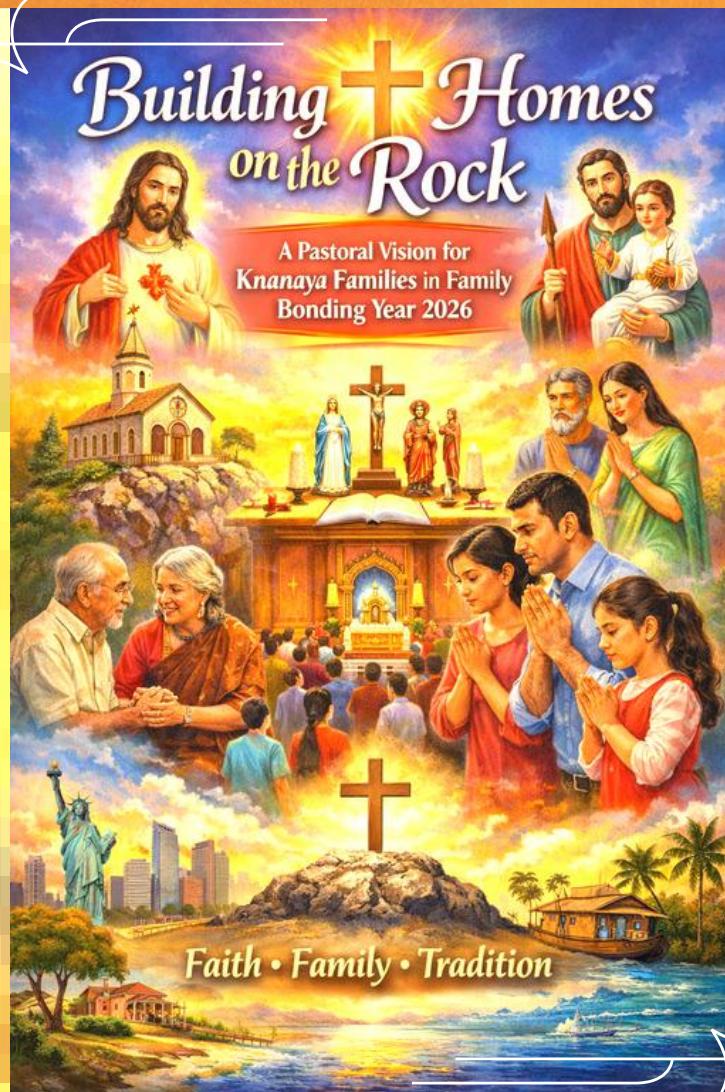
ANGEL VOICE

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, February 08, 2026

Fourth Sunday of Epiphany

- Ex 20:1-17 The Ten Commandments
- Ezek 11:14-21 I will give them new heart of flesh and new spirit
- Col 3:5-14 The new life in Christ
- Mt 5:17-26 Jesus the fulfillment of the law

VICAR'S MESSAGE

PASTOR'S MESSAGE

BUILDING OUR HOMES ON THE ROCK

A Pastoral Vision for Knanaya Families in Family Bonding Year 2026

Dear brothers and sisters in Christ,

As we celebrate **Family Bonding Year 2026**, I carry in my heart a deep pastoral desire: that our families remain firmly united in faith, love, and our beautiful **Syro-Malabar and Knanaya traditions**, even while living far from our ancestral homeland.

1. Our Homes as Domestic Churches

Our fathers and mothers struggled in Kerala to hand in faith; today, that sacred responsibility continues on new soil. I encourage every family to make the home a place where faith is lived daily.

- **Keep a small home altar** with a crucifix, an image of the Sacred Heart, and pictures of Our Lady, St. Joseph, St. Thomas the Apostle, and other beloved saints.
- **Pray together every day**, even if briefly including the Rosary, Divine Mercy Chaplet, and a short reading from the Bible.
- **On Sundays**, prepare for Holy Qurbana as a family, and afterward share one word or thought that touched each member from the readings or homily.

When our homes become places of prayer, our children learn that being Knanaya and Syro-Malabar Catholic is not merely cultural—it is a living, practiced faith.

2. Strengthening Family Communication

Migration brings new pressures: work schedules, schools, language barriers, and cultural adjustments. Without care, silence and misunderstanding can slowly enter our homes.

- **Set aside one fixed family time** each week—without phones or television—where everyone shares one joy, one difficulty, and one thanksgiving.
- **Parents, speak honestly about your own struggles** so children understand that faith does not remove problems but gives strength to carry them.
- **Husbands and wives** should reserve at least 20–30 minutes weekly to sit together simply to listen to one another about faith, finances, work, children, and dreams.

Where there is open communication, there will be fewer secrets and fewer lonely hearts under the same roof.

3. Honoring Knanaya and Syro-Malabar Identity in Houston

We are a migrant community, but not a rootless one. Our roots are deep - anchored in the faith handed down by St. Thomas the Apostle and in the Knanaya tradition of strong families, moral integrity, and community life.

VICAR'S MESSAGE

- **Speak Malayalam at home**, especially during prayer and meals, so children remain connected to the language and faith stories of their grandparents.
- **Celebrate traditional feasts joyfully**—the Dukhrana of St. Thomas, parish perunnal, patronal feasts, and family feast days—explaining their meaning, preparing traditional food, and singing devotional songs.
- At the same time, guide children gently to **appreciate both Indian and American cultures**, while remembering that their deepest identity is Catholic and Syro-Malabar. Our task is not to choose between India and America, but to baptize our life in this land with the faith we have received.

4. Parish and Small-Group Belonging

No Knanaya family should ever feel alone in Houston. ***The parish is your extended family.***

- **Participate actively in koodarayogams** for prayer, Gospel sharing, and fellowship, keeping these gatherings simple, prayerful, and joyful.
- **Encourage children and youth to serve** as altar servers, choir members, catechism assistants, and youth leaders. Service nurtures belonging: “This is my Church.”
- Families who have lived here longer are invited to **accompany new arrivals**, helping them with practical needs and integrating them into parish life.

A community grows strong when no one is left to struggle or adjust alone.

5. Bonding Through Service and Charity

Family unity deepens not only by looking inward but also by serving others together.

- Choose one simple **work of mercy as a family**—visiting a lonely elder, assisting a struggling migrant family, volunteering at parish events, or supporting a mission.
- Keep a **small family charity box** and decide together each month whom to help through small sacrifices.
- Teach children that ***our blessings in Houston are not meant only for us***, but also for those in need here and back home.

Shared charity creates a lasting family memory: “*In our family, we share what God has given us.*”

6. Handling Conflict in a Christian Spirit

We carry our human weaknesses wherever we go. The Gospel invites us to handle them differently.

- **Adopt a family rule:** no insults, no humiliating words, no silent punishment. When tempers rise, pause briefly, pray, and return calmly to the conversation.
- Practice saying, and modeling: “***I am sorry. I was wrong. Please forgive me.***” Children who see parents apologize learn that humility is holy.
- Make regular use of the ***Sacrament of Reconciliation***. Parents who confess regularly teach their children the power of God’s mercy.

Where forgiveness becomes normal, resentments do not grow into lifelong wounds.

VICAR'S MESSAGE

7. Supporting Marriages Under Migrant Stress

Migrant life places heavy burdens on marriages—long hours, financial pressure, expectations from relatives, and concerns about children's future.

- **Protect your marriage time:** even a simple weekly walk or shared tea without devices can prevent emotional distance.
- **Seek help early**—from a priest, Catholic counselor, or marriage enrichment program—before small issues become serious.
- Remember that **your love for each other is the first catechism** your children will ever read. A peaceful marriage is their greatest gift.

8. Guiding Children Between Two Worlds

Our children grow up between cultures, values, and influences.

- Speak openly with them about faith, relationships, media, sexuality, honesty, and peer pressure. **If we remain silent, the world will teach** them instead.
- Set clear, loving boundaries for screens and social media so **technology serves the family, not controls it**.
- **Help them discern their vocation**—marriage, priesthood, or religious life—by sharing stories of Indian saints, Knanaya priests and religious, and faithful Catholic families.

We must not only protect our children from danger but lead them toward a noble calling.

9. A Spiritual Vision for Migrant Families

Our migration is not merely economic or social—it is deeply spiritual.

- **Like Abraham**, we have been called to leave our land and trust that God walks with us.
- **Like the Holy Family fleeing to Egypt**, we trust that God protects us in foreign places and turns hardship into blessing.
- **Our Knanaya history** itself is a story of migration and covenant; the same God who guided our ancestors continues to guide us today.

Dear families, I invite you to build your homes on the rock of Christ—through daily prayer, forgiveness, service, and joyful fidelity to our Knanaya and Syro-Malabar Catholic heritage. If we do this, our children will not lose their identity; rather, they will grow into strong and holy witnesses of Christ in this land.

Fr. Abraham Mutholath

Pastor





UPCOMING EVENTS AND ANNOUNCEMENTS

- [Homily on Mark 2:1-12 by Fr. Abraham Mutholath in Houston on February 1, 2026.](#)
- Our annual pothuyogam will be held on Sunday, February 22nd, after 7:30 A.M. Qurbana.
- We will have first Friday adoration on Feb 6th from 9 A.M. to 9 P.M. as usual.
- St. Michael Koodarayogam will be held on next Sunday, February 8th, at 5:00 P.M. at the house of Shibu and Moly Keetheril.
- Sacred Heart Koodarayogam will have Family Year blessing and renewal of wedding promises by couples next Sunday, February 8th that was postponed because of bad weather last Sunday. St. Pius X Koodarayogam will do that on February 22nd after each Qurbana.
- Families will be coming for blessing after each Qurbana and will be encouraged to make a charity offering. These offerings will be used to support the construction of a Holy Family Church in North East India and to assist families in need who will be praying for our families.
- Family prayer cards in English and Malayalam are available at reception desk for daily prayer at houses.
- Next Sunday, February 8th, will be Picture day for grades 5 to 8. Class group pictures will be taken inside the church immediately after the English Qurbana.
- First Communion class of this Saturday is postponed to next Sunday at regular class time because of the Catechism Teacher's Training on Saturday at St. Joseph's Church.
- Altar servers training for girls has started. If any body else wants to join, please contact Sr. Reji SJC.



UPCOMING EVENTS AND ANNOUNCEMENTS

- **As part of Silver Jubilee of the Chicago diocese there will be Southwest Zonal gathering of current and past Catechism teachers at St. Joseph church, Next Saturday February 7th. Teachers from Oklahoma and Texas states will be there at the gathering. It's a great opportunity since it's in our neighborhood parish. Please register TODAY ITSELF if anyone has not registered. Registration is free and the form is shared in the teacher's WhatsApp group.**



SNAPSHOTS

FEBRUARY BIRTHDAYS





SNAPSHOTS

FEBRUARY WEDDING ANNIVERSARIES



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2026 February 27 - March 10

Assam, Meghalaya, Arunachal
Pradesh, West Bengal (Calcutta)

Don Bosco Museum, Shillong
Peak, Cherrapunji (Sohra)
Mawkdok Valley Viewpoint
Living Root Bridge
Umngot River
Kolkata Victoria Memorial
Howrah Bridge & Hooghly River
Mother Teresa's House
and many more..



IMPORTANT DATES

FEBRUARY 2026

FEB 4 WED: FEAST OF SAINT JOHN BRITTO

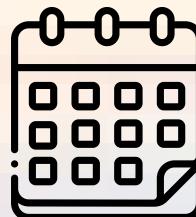
FEB 6 FRI: FEASTS OF THE SYRIAC FATHERS

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

FEB 16 MON: LENT BEGINS. DAY OF FASTING

FEB 23 MON: FEAST OF SAINT POLYCARP

FEB 25 WED: FEAST OF BLESSED MARTYR RANI MARIA



KOODARAYOGAM ASSIGNMENTS for Cleaning, Reading, Family Blessing etc

January - Sacred Heart

February - St. Pius X

March - St. Jude

April - St. Thomas

May- St. Ann & St. Christopher

June - St. Michael

July - St. Xavier

August - St. Theresa

September - Holy Family

October - St. Alphonsa & St. George

November - St. Stephen

December - St. Antony



CATECHISM CORNER

UPDATES

SAINT OF THE WEEK

ST. JOHN BRITTO
FEBRUARY 4

PATRONAGE:
PORTUGAL, THE
DIOCESE OF
SIVAGANGAI (INDIA),
AND THE
SAKTHIKULANGARA
PARISH (KOLLAM,
KERALA)

VERSE OF THE WEEK

PROVERBS 18:10
THE NAME OF THE LORD
IS A STRONG TOWER; THE
RIGHTEOUS RUN TO IT
AND ARE SAFE.



BIBLE PASSAGE

- EXODUS 20:1-17
- EZEKIEL 11:14-21
- COLOSSIANS 3:5-14
- MATHEW 5:17-26

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. ANTHONY

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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FR. JOSHY VALIYAVEETTIL:
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TRUSTEES:
SAJI MARANGATTIL 832-428-6303
PASTORAL COORDINATOR:
BIBY THEKKANATT: 248-974-5100
SABU KARUKAPARAMBIL
JAMES VADAKEKARA
NIDHIN VATTAMATTATHIL
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