



St. Andrew's Church

CHURCH OF SOUTH INDIA - KARNATAKA CENTRAL DIOCESE

N E W S L E T T E R

Mar 2025

"Equipping and Empowering Congregation in God's Mission"



Being Still and Growing

"Jesus was led up by the Spirit into the wilderness" (Matthew 4:1)

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From the Presbyter's Desk

Being Still and Growing

*"Jesus was led up by the Spirit into the wilderness"
(Matthew 4:1)*

Lent is a time of preparation, a Season when we are invited to prepare ourselves for growth. It is one of the most ancient Christian practices. It is believed that the early Church observed Lent even before the practice of Christmas as a Festive Season. We are familiar with the 40-day period before Easter, when we are called to take stock of our lives, fellowship more intimately with God and deal with distractions in the world, and re-focus our commitment to Jesus Christ, whom we follow.

Lent is a Season of *Spiritual Growth*. One of the most mysterious and profound foundation is the forty days Jesus spent in the wilderness (*Matthew 4:1-11*). The forty days recall the testing of Israel in the wilderness (*Exodus 34:28*), and Elijah's forty-day journey into the Sinai wilderness (*1 Kings 19:8*).

A lot has been said about this passage from the point of view of temptation, which is true. But I wish to invite us to think about this encounter as '*moment of stillness*'. We generally think of stillness as being inactive, and being inactive is a sign of failure. We are conditioned to think that we need to work and overwork. We connect stillness with nothingness, but for Jesus, stillness is a time-creative encounter with God. Jesus was preparing for public ministry and a very active life on earth, but his encounter in the wilderness was a moment of creative growth. Many studies have shown that people who are consistently creative are those who free themselves from the structures, and can free themselves from the various tasks on hand. Our work and culture push us to a consistent state of focus. We are often captive of our own thoughts and surroundings. Jesus was breaking free; Jesus took time to be in communion with the Father and engaged creatively with the evil one, and was able to overcome. Being still and knowing God (*Psalms 46:10*), is a spiritual discipline of the Psalmist that Jesus practices. Being still is an invitation to be away from always doing something, to a time of close walk with God, a time of growing in faith. Jesus calls us to follow him and follow the models of spiritual disciplines to be his disciples. The word disciple has the same root as the word discipline. May this Season of Lent help us to a new experience of stillness and a new experience of knowing God in Jesus Christ.

We thank God for facilitating us in the closure of the planned *Projects from Harvest Thanksgiving*, which will enhance better facilities for our ministry-related activities during Worship and in the Campus. *The Parish Hall Annexe (Cana)*, has received wide appreciation for adding value to the existing utility of the Parish Hall. We thank each one of you for your prayers and consistent confidence in the Leadership. With the remaining part of the laying of *Eco-friendly Cobblestones* in the Campus, access and walking around has only gotten more comfortable. We continue to strive towards the *160-year Commemoration Projects*, which you will hear more about in the coming days.

May you stay blessed and spiritually enriched as we prepare for yet another Season of Lent.

Your Presbyter

Rev. Dr. Dexter S. Maben

Reports of Activities by the Wings & Ministries of the Church

St. Andrew's School, Siddapura



The professional development of our St. Andrew's School teachers has been an ongoing agenda with focus. In alignment to that, our teachers participated in *Teacher Skills Enhancement Program* (TTW - Teachers Training Workshop), which would help them improve their skills in areas such as classroom management, communication, and adaptability.

Teacher Training Workshop (TTW) is hosted by the *Lions Quest Program*, which is designed to educate teachers on how to implement the *Lions Quest Curriculum*, a social and emotional learning program aimed at *positive youth development*, typically within schools, and often facilitated by local Lions Clubs.

Mr. Wilson Prathap
St. Andrew's School – Convenor

Sunday School and Young Couples' Fellowship



Sunday School:

1. *Thanking the Teachers* for conducting *Sunday Class Assessments* during this month to help the children grow spiritually. It was nice to see the commitment from the children for the same.

2. A day's *Retreat* by Mr. Devin Pearl was held on Saturday the 8th of February on the Theme, '*Jesus Is The Light Of The World*'. Children were taught how they can be *A Light* to the world through songs, lessons and games. The Retreat emphasised on the children of all ages, bonding with each other, thereby learning to share, help and care for each other. The parents had a *Workshop* for an hour by Mr. John Mohan Raj. The Workshop challenged parents to help their children navigate through their faith journey and also shared how to balance technology in a child's life.

3. Our church hosted the *VBS Training* for the teachers by *Child Focus India (CFI)*. We had fellowship with teachers from different churches. The CFI Team did an excellent job during the training programme. We teachers enjoyed stepping into the kids' shoes and learnt many creative teaching methods on the theme '*Light Years*'.

VBS will be from the 5th of April till the 14th of April.

4. The Sunday School children rendered 2 popular Kannada Songs, ಸ್ವರ್ಗದ ಘಂಟೆಯು & ಸ್ವರ್ಗ ಎಂಬುದು ಒಳ್ಳೆ ಸ್ಥಳ, on *Sunday the 9th of February* during the *Kannada Worship Service*.

Please remember *our Team* as we start to plan and execute *VBS 2025*; Do remember all the children who are writing their Final and Board Exams.

Young Couples' Fellowship:

Young Couples' Fellowship had a Session on *Couple Goals*, conducted efficiently by our dear counsellors *Mrs. Anupama Caroline & Mr. Winfred Joshua*, on *Sunday the 2nd of February* in the *Stewart Wright Hall*, starting at 11:30 am. *Mr. Nishanth Kunder* led us with *Praise and Worship*.



Mrs. Agnita Anga, Mr. Joseph Anga and little Joan, led us with *Icebreakers*. Thanks to the YCF Team for being a sport and participating in all the Fun- activities. The Counsellor-couple emphasized the importance of a *Closer Walk with Christ* as couples. They shared how crucial it is to help each other as couples to grow in different aspects of life with understanding, respect and love. Thanking the YCF Team for helping us out in planning this Session.

Our next Session is on *Sunday the 2nd of March 2025* at 11:30 am in the *Rev. Stewart Wright Hall* on the Topic, '*Balancing Marriage And Career*'. Couples are welcome to attend the same.

Thanking St. Andrew's Family for your continued prayers and support.

Mrs. Rashmi Mohan Raj
Sunday School Superintendent &
YCF Coordinator

Women's Fellowship

"Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ". Ephesians 1: 3

Greetings to all of you in the Precious Name of Our Lord and Saviour Jesus Christ.

The Women's Fellowship met for their monthly *Bible Study* on *Saturday, the 1st of February*. We tried to understand what '*Living in God's Grace*' means as the *Apostle Paul* wrote to the congregation at *Ephesus* in *Ephesians, Chapters 1 - 3*.

The dialogue and discussion that ensued challenged us to reflect on how we are *'living a life that is for the praise of His grace'*. The women sought to understand why *'the praise of His glory'* is such an appropriate description of the purpose of our life as Christians. We tried to reflect on what it actually means to live to the praise of God's glory. In the light of this, Paul's prayer in Ephesians is more meaningful to have a *Spirit of wisdom and revelation, to have enlightened eyes and heart coupled with strength in our inner being* – all of it rooted and established in love and power together with all of the Lord's holy people.



We are so grateful for this time of Fellowship and Study that strengthens us in our faith journey.

An interesting interaction-time was spent where many participants shared their experiences and thoughts on the topic and we were all very happy that we learnt God's Word. The Bible Study concluded with a prayer.

We are indeed very grateful to *Mrs. Vineetha Sunitha* who so thoroughly prepared herself to enthusiastically conduct this Bible Study.

Mrs. Daisy Richard
Secretary, SAWF

Care for The Elderly Ministry



We thank our *Heavenly Father* for bestowing us with *His love and mercy* upon us all and giving us another CFE meeting. *His love* has truly helped us and we were happy to have *Rev. Dr. Allan Pallana* give us the message for this Month's Fellowship.

The meeting started with a word of *Prayer* by our fellow-elder. This was followed by our Youth Fellowship members leading us in a time of *Praise & Worship*, by singing two beautiful *Hymns*. *Rev. Dr. Allan Pallana* gave us the message on the Topic, *'Following Christ into the Wilderness'*. He spoke about the different Scars of Jesus at different points in time, speaking about how *He* suffered bearing the pains of others. First, when *He* was tempted by Satan, after fasting for 40 days, *He* never fell into temptation. *He* suffered on the cross for us through love which was a great scar.

The Five Sunday Readings starting from Ash Wednesday to Easter, are very important, and that we should focus on the Gospel Readings. The importance of Jesus' suffering and His scars are significant. He quoted references from the Gospel of Mark to highlight this point along with other references. Rev. Dr. Palanna even addressed a question to our elders on the scars they might have had, and their response.

The Meeting ended with the *Fellowship Lunch*.

We thank the members of the Youth Fellowship and the Elders for being part of this month's meeting.

To God be the Glory!

Mr. Praveen Oscar Shiri
Convener, CFE

Youth Fellowship



“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Ephesians 2:10 (NIV)

On *February 8, 2025*, our Youth members volunteered in the *Sunday School Retreat*. We helped conduct *the Praise and Worship, Logistics* and oversaw the little ones during and in between the Sessions.

On *February 15*, some of the Youth members volunteered for the monthly *Care for the Elderly* meet. They assisted in singing praises, activities and serving the gems of our church, the Elders.

All Saints Church Youth joined our Youth for the second *Sunday’s Evening Youth Worship Service* on *February 9, 2025*. We had a blessed fellowship with the Youth of *All Saints - YFL* - also known as *Young Folks League*. They presented a special number during the Service, a heartfelt rendition of the song *YESHUA*. We cordially invite you to be part of the *2nd Sunday Evening Services*. Your presence greatly encourages us.

Finally, on *February 23, 2025* we celebrated *Youth Sunday* with the focus on *Mental Health*. Dressed in ethnic, our Youth featured in both the Services as we helped in conducting the Liturgy, Singing Praises and presenting Choreography. We were blessed to have *Rev. Dr. Allan Palanna* and *Mr. Benny Prasad* preach the Sermon on the day during the *Kannada and English Services* respectively,

focusing on living an uncompromising Christian Life as youngsters. It was a powerful message that posed challenging questions for us to ponder upon and more importantly, sensitized us to sin and live an abundant life without compromising our faith in *HIM*.

We want to thank *JESUS* for yet another blessed month. We look forward to all the lovely things and the good works *HE* has in store for us in the coming months. Thank you for all your love and prayers, please continue to do so.

Ms. Vivian Shiri & Mr. Nirag Darren Soans
Conveners

Men's Fellowship

Groceries delivered up to Phase 2:

	PHASE 1	PHASE 2	TOTAL
Manipuri Community (families)	10	10	20

		PHASE 1	PHASE 2	TOTAL
1	Rice	100	100	200 KGS
2	Wheat Flour	50	50	100 KGS
3	Toor Dhal	5	5	10 KGS
4	Masoor Dhal	5	5	10 KGS
5	Sooji	10	10	20 KGS
6	Oil	20	20	40 LTRS
7	Table Salt	10	10	20 KGS
8	Coriander Powder	2.5	2.5	5 KGS
9	Chili Powder	2.5	2.5	5 KGS
10	Pappad	10	10	20 PKTS
11	Tea Powder	2.5	2.5	5 KGS
12	Sugar	20	20	40 KGS
13	Vermicelli	5	5	10 KGS
14	Garam Masala Powder	1	1	2 KGS
15	Noodles	10	10	20 KGS
16	Maida (refined flour)	40	40	80 KGS

We thank God for all he has provided us in our daily need, we also thank God for choosing us to be the instruments to support *His* people in their difficulties.

We thank the Congregation in supporting the good cause through your contributions; importantly, your prayers give us strength.

Mr. J. A. Prakash
Convener



SEEKERS NOOK

The season of Lent, a time of introspection, repentance and renewal is here. It echoes the 40 days Jesus spent fasting in the desert and enduring temptation by Satan as recorded in the Gospels of Matthew, Mark and Luke. Next up is a Fun Activity – can you decipher the following words taken from Matthew 4: 1-11 (NIV)?

UNSCRAMBLE WORDS

- | | |
|-------------|---------------|
| 1. GLASEN | 7. TFROY |
| 2. PELEMT | 8. DIENSERSLW |
| 3. RABDE | 9. NOTESS |
| 4. MINOSKDG | 10. GHYNUR |
| 5. PIOSRWH | 11. INUTAMNO |
| 6. MCDAOMN | 12. DTPTEEM |

Correct entries will be published in next month's Newsletter along with Answer Keys. Send your **printed** answers to the **Church WhatsApp** number **9741401874** by **20th March 2025** in the following format:

Name
Serial number – Answer

REFLECTION: LENT OBSERVANCE

Lent is the 40 days (excluding Sundays) from Ash Wednesday to the Saturday before Easter. Lent is often described as a time of preparation and an opportunity to go deeper with God. It's a time for personal reflection to prepare our hearts and minds for Good Friday and Easter.

The three main focal points during Lent are Prayer, Fasting (abstaining from something to reduce distractions and focus more on God) and Giving, or Charity.

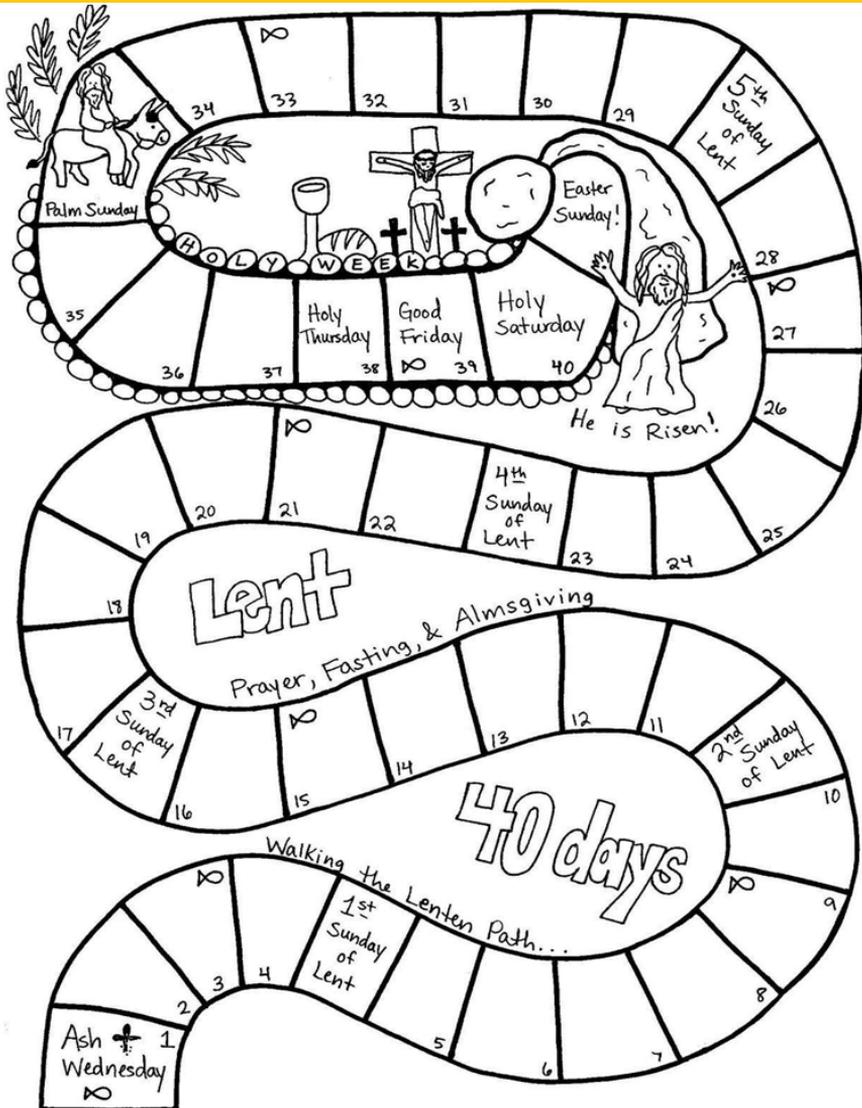
Prayer during Lent focuses on our need for God's forgiveness. It's also about repenting (turning away from our sins) and receiving God's mercy and love.

Fasting, or giving something up, is a very common practice during Lent. The idea is that giving up something that's a regular part of life, like eating dessert or scrolling through social media, can be a reminder of Jesus' sacrifice. That time can also be replaced with more time connecting with God.

Giving money or doing something good for others is a way to respond to God's grace, generosity and love. For example, some people spend time volunteering or donate the money they would normally use to buy something for themselves.

It's important to keep in mind that doing these things can never make us earn or deserve Jesus' sacrifice or a relationship with God. Only Jesus can restore our relationship with God. It is only through Jesus that we can be made holy and approach God with confidence: 'For by one sacrifice he has made perfect forever those who are being made holy' (Hebrews 10:14).

CHILDREN'S NOOK Colouring Page



WELLNESS IN FAITH

Lent: To do List

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Spend time with Jesus
Psalm 27:8 2. Let Him prioritize my day
Matthew 6:33 3. Pray instead of worrying
Philippians 4:6 4. Be honest about my sins
James 4:10 5. Think of others
Philippians 2:3-4 | <ol style="list-style-type: none"> 6. Wait patiently for God to act
Psalm 27:14 7. Be willing to do hard stuff
Matthew 16:24 8. Read God's Word
Psalm 119:9-16 9. Do what it says
James 1:22 10. Let Christ lead me
Matthew 11:29 |
|--|--|

LENTEN BIBLE READING PLAN

		Tick			Tick
Day 1	Matthew 21:1-11		Day 21	John 13:1-17	
Day 2	John 12:1-11		Day 22	1 Cor 11:23-26	
Day 3	John 12:12-19		Day 23	John 13:18-38	
Day 4	Mark 11:12-26		Day 24	Luke 22:24-38	
Day 5	Matthew 21:23-32		Day 25	Matthew 26:31-35	
Day 6	Mark 12:1-12		Day 26	John 14:1-31	
Day 7	Matthew 22:1-14		Day 27	John 15:1-16:4	
Day 8	Luke:20:9-26		Day 28	John 16:5-33	
Day 9	Luke 20:27-40		Day 29	John 17: 1-26	
Day 10	Matthew 22:34-46		Day 30	Matthew 26:36-56	
Day 11	Matthew 23:1-39		Day 31	John 18:1-18	
Day 12	Mark 12:41-44		Day 32	Mark 14:32-72	
Day 13	Mark 13:1-13		Day 33	Luke 22:39-62	
Day 14	Matthew 24:15-35		Day 34	John 18:19-40	
Day 15	Matthew 24:36-51		Day 35	John 19:1-16	
Day 16	Matthew 25:1-13		Day 36	Matthew 27:27-44	
Day 17	Matthew 25:14-30		Day 37	Luke 23:26-49	
Day 18	Matthew 25:31-46		Day 38	ohn 19:16-27	
Day 19	John 12:20-50		Day 39	John 19:28-42	
Day 20	Mark 14:12-26		Day 40	John 20:1-31	

Congratulations Quiz Stars for the month of February 2025

**Felicia Manoraj
Annie Felix
Esther Suguna Simeon
Daisy Mark Prabhu**



**Gitanjali Lazarus
Deepan Elbert Pramodan
Rosabelle Prabhakar**

Quiz Answers for the Month of February 2025

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Land of Nod (Genesis 4:16) 2. Jubal (Genesis 4:21) 3. Ham (Genesis 10:31) 4. Melchizedek (Genesis 14:18) 5. Lot (Genesis 19: 37-38) | <ol style="list-style-type: none"> 6. A field and the cave in it (Genesis 23:16) 7. Peniel (Genesis 32:30) 8. Manasseh and Ephraim (Genesis 41:51) 9. Goshen (Genesis 47:27) 10. Abraham, Sarah, Isaac, Rebekah, Leah (Genesis 49:30-31) |
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HAPPENINGS DURING THE MONTH OF FEBRUARY 2025

OBITUARY



Mr. B. S. Kumar

Aged 74 years, husband of Late Yvonne Veena,
father of Mr. Stephen Pradeep Kotian,
father-in-law of Mrs. Alice Rabekkal Kotian,
grandfather of Todros Alfred Kotian,
Slept in the Lord on Sunday, 16th February 2025



Ms. Pamela Das

Aged 77 years, sister of Mr. Justus David,
Slept in the Lord on Monday, 17th February 2025

Calendar for the First Week of April 2025

*6th April Sunday	2nd Sunday before Easter 5th Sunday in Lent		
	Passion Sunday		
	Theme: Cross and a New Paradigm to Discipleship		
	Celebrant & Preacher Rev. Dr. Dexter S. Maben	*Combined Holy Communion Worship Service	9:00 a.m
Old Testament Genesis 26: 12 - 33	Mr. Erol Shailesh Watsa		
Epistle 2 Corinthians 11: 21 - 31	Mr. Nirag Darren Soans		
Gospel St. Mark 10: 46 - 52	Mr. J. A. Prakash (K)		
Evening Service	Preacher: Dr. John Vasumitra		6.15 p.m

Calendar for the Month of March 2025

7th Sunday Before Easter			
*2nd March 1st Sunday	Theme - Lent: Redemption and New Life		
	Celebrant & Preacher Rev. Dr. Dexter S. Maben	*Combined Holy Communion Worship Service	
Old Testament	Isaiah 58: 1 - 9	Mr. Joshi Mark Premnath	9:00 a.m
Epistle	Romans 2: 1 - 11	Miss Vivian Evangeline Shiri	
Gospel	St. John 5: 1 - 9	Mr. Praveen Oscar Shiri (K)	
Evening Service	Preacher: Dr. John Vasumitra		6.15 p.m
Ash Wednesday			
5th March Wednesday	Theme - Cross: Suffering and New Life		
	Preacher: Rev. Dr. Dexter S. Maben	Combined Worship Service	
Old Testament	1 Kings 17: 17 - 24	Mr. Wilson Prathap	6:30 p.m
Epistle	Philippians 2: 1 - 11	Mrs. Asha Franklyn	
Gospel	St. Mark 8: 31 - 38	Wg Cdr I D Soans (K)	
6th Sunday Before Easter, 1st Sunday in Lent			
9th March 2nd Sunday	Theme: New Life for the Outcast and the Marginalized		
	Preacher: Rev. Dr. Rohan Gideon	Kannada	
	Preacher: Rev. Dr. Rohan Gideon	English	
Old Testament	Esther 4: 9 - 17	Mrs. Sabitha Simon (K)	9:30 a.m
		Mrs. Gitanjali Lazarus	
Epistle	Acts 15: 12 - 21	Mr. C. P. Lawrence (K)	
		Mrs. Anitha Abraham	
Gospel	St. Mark 1: 40 - 45	Mrs. Surekha Johnas (K)	
		Mr. Anish Enoch Kotian	
Evening Service	Conducted by Youth Fellowship		6.15 p.m
14th March Friday	Lenten Service		6.30 p.m
5th Sunday before Easter, 2nd Sunday in Lent			
*16th March 3rd Sunday	Theme: New Life and Release from the Burden of Sin		
	Preacher: Rev. Dr. Dexter S. Maben	*Kannada Holy Communion	
	Preacher: Rev. Dr. David Selvaraj	English	
Old Testament	2 Samuel 12: 7 - 14	Mr. Kiran Sandesh Kotian (K)	9:30 a.m
		Miss Reena Betsy Wilson	
Epistle	Acts 8: 14 - 25	Miss Maria Priya S (K)	
		Mr. Kenneth Joshua Franklyn	
Gospel	St. Mark 2: 1 - 12	Miss Venita Cheryl Anchan (K)	
		Mrs. Naina Rosebel Watsa	
Evening Service	Holy Communion Service Celebrant & Preacher: Rev. Dr. Dexter S. Maben		6.15 p.m
21st March Friday	Lenten Service		6.30 p.m
4th Sunday before Easter, 3rd Sunday in Lent			
23rd March 4th Sunday	Theme: New Life and Acknowledging Faith beyond boundaries		
	Preacher: Rev. Dinesh	Kannada	
	Preacher: Rev. Dr. Kavito G. Zhimo	English	
Old Testament	Isaiah 45: 1 - 8	Mr. Glen Phinehas (K)	9:30 a.m
		Mr. Heinzten Raj Peter	
Epistle	Acts 10: 24 - 33	Mr. Praveen P. Salins (K)	
		Mr. Rodney Benjamin Rozario	
Gospel	St. Matthew 15: 21 - 28	Mrs. Leah Charloth Rangayya (K)	
		Mrs. Annette Janet Furtado	
Evening Service	Preacher: Rev. B. Silpa Rani		6.15 p.m
28th March Friday	Lenten Service		6.30 p.m
3rd Sunday before Easter, 4th Sunday in Lent			
30th March 5th Sunday	Theme: New Life and Transforming the Oppressive Structures		
	Preacher: Rev. Dr. Dexter S. Maben	Kannada	
	Preacher: Rev. Dr. Allan Palanna	English	
Old Testament	Nahum 1: 12 - 15	Mrs. Indra Devi (K)	9:30 a.m
		Mrs. R. Jaishmi Kiruba Rajathi	
Epistle	Acts 4: 32 - 37	Miss Iha Charitha (K)	
		Mrs. P. Sumathi Hemavathi Suresh	
Gospel	St. Luke 13: 10 - 17	Mrs. Leena Jayakumar (K)	
		Mrs. Rekha Shukla Arun Kumar	
Evening Service	Rev. Dr. Samuel Sunith R		6.15 p.m

Note: Kindly keep the Church Office informed in advance about your inability to be present for the Scripture reading as scheduled.