

May 2024



# Newsletter

# SAHAYAMATHA

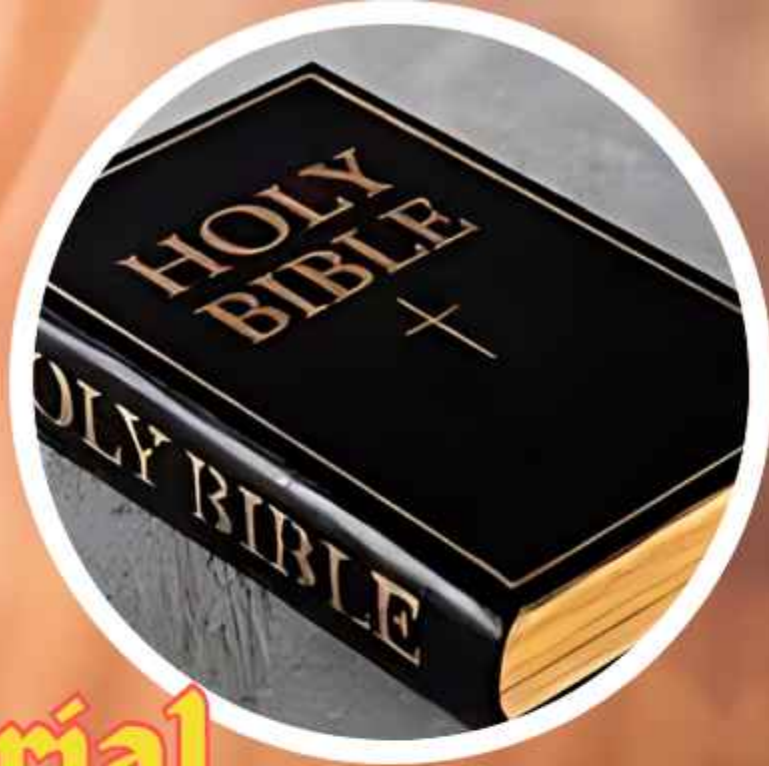
# YOUTH MINISTRY



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# Editorial

**Dr. Nevil Stephen S.**

Reading the Bible is a deeply enriching experience as each verse offers wisdom and insights that can illuminate our path in life. By meditating on the scriptures, we can find solace during difficult times and joy in moments of happiness. Keeping these verses close to our hearts helps us stay grounded in our faith and values. They serve as a constant reminder of God's love and promises.

Hence I urge all my dear friends to read at least one chapter of the Bible every day, meditate on it and imbibe lessons from it. Doing so will guide us, energize us, and open the path to our Lord Almighty.



# *A Call to Redemption*



**Dr. Jithu James**

It's through the fall of Sodom and Gomorrah,  
we see the consequences of our  
wrongdoings.

Why do people still behave adamantly and  
think that there is no one greater than him  
when there exists the mighty one who can  
annihilate them within a snap?

Cease your defiance, and seek the refuge  
sublime,

In the embrace of Jesus, find redemption and  
peace divine.





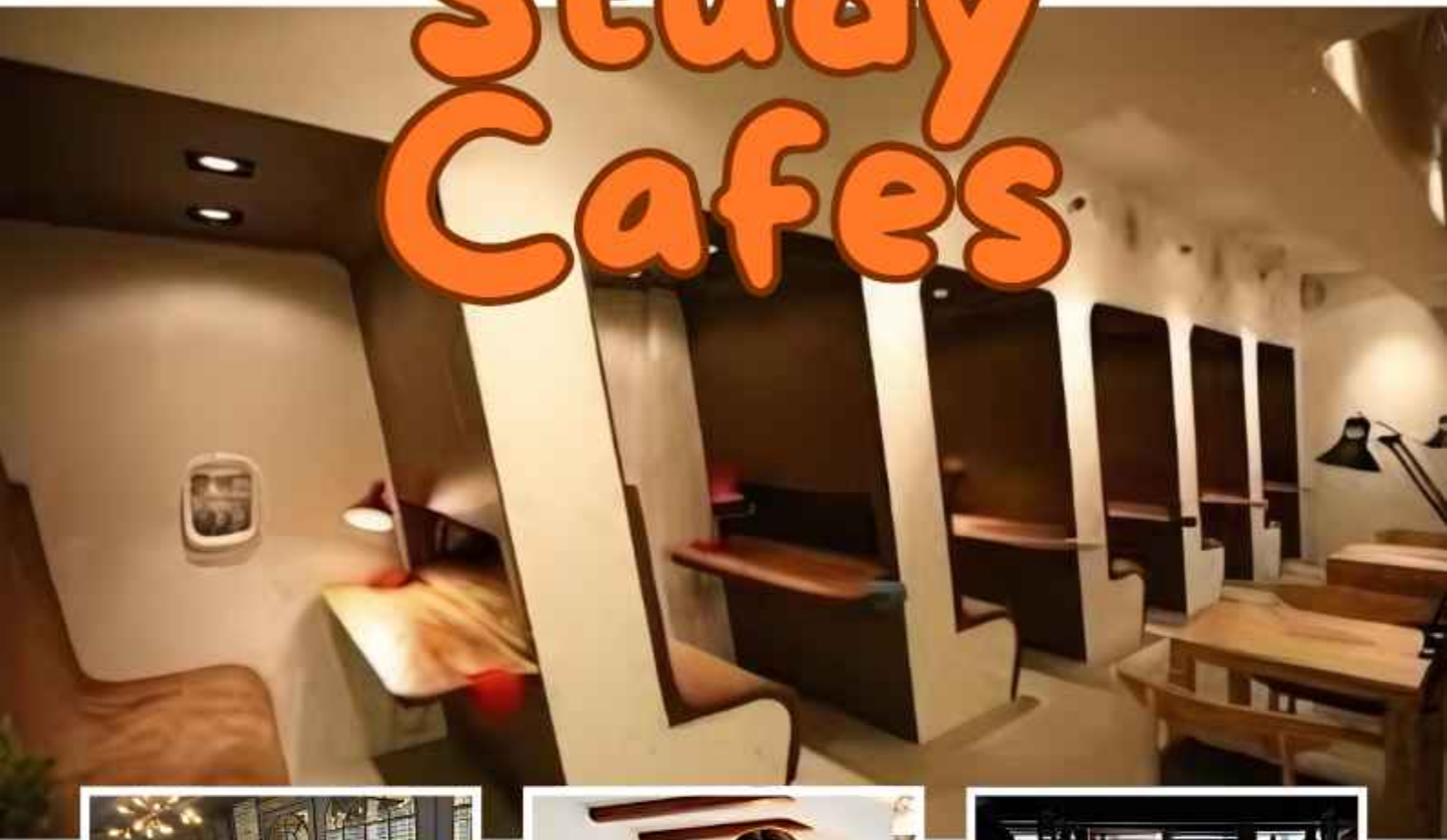
# PILGRIMAGE

**Raveena**

It was our first visit to Our Lady of Assumption Church in Vlathankara. Seven of us, along with our animator, were fortunate to visit this holy church, despite the unfavorable weather conditions. This ancient church has been around since the 16th century, and believers who have deep faith have witnessed many miracles and healings here. The locals welcomed us warmly, helped us find the location, and shared stories about the church's history.



# Study Cafes



**Sneha**

Conventional rooms are frequently inadequate in today's environment of remote work and education. Study cafes fill this gap by providing comfortable, productive environments with amenities like Wi-Fi, comfortable seating, ample table space, access to power outlets for laptops and other devices and refreshments.



Their flexible hours and focus on community make them popular hubs for focused work and collaboration, catering to the diverse needs of modern learners and professionals.

The atmosphere in study cafes is usually quiet and focused, with a layout designed to facilitate concentration and productivity. These establishments are popular among individuals looking for an alternative to studying or working at home or in a traditional library setting.





# CHERRY BLOSSOMS

**Priyanka**

I miss those spring days,  
the way I used to see things  
with unadorned eyes.  
I still want to hold on,  
stay here in Utopia.  
Even if alone in the old frame,  
let me hold on a little more.  
Eventually, I'll leave the frame,  
board to the future,  
and face the world with courage.





Vergila

## *Culinary Delights*

On May 19th, a picnic was planned by our youth members. We reached Lulu Mall by 2 p.m. and spent time exploring and finding foods we wanted to try. There were many food items I had never heard of, and I tried them all. We also watched a ramp walk show there and took pictures of each other afterwards. Overall, it was a great time to catch up with church mates.





# *Capturing* Moments

**Jeena P.**

We conducted a photography class under the guidance of our vibrant youth director, Fr. Jiji Kalavanal. It was an awesome session where we had ample hands on training. After the initial theory class, he made us take photos and made a systematic analysis of each one of them threadbare. That was an enlightening session where we learnt the nuances of photography, the dos and don'ts. However, with humility we admit that we are just into it.



# WINGS SUMMER CAMP



## Aleena George

I have been working with children at annual Wings Camps conducted during summer vacations still very much a child myself. It is a camp that primarily focused the needs of the deprived children of Karimadom colony in Trivandrum. It has been fascinating to learn the best methods for educating children, understanding their emotions, and empathizing with them. We foster a positive atmosphere at the camp, where everyone is friendly and collaborates towards common goals.



# 1 പത്രോസ് 5:6-11



**Reethu R.**

വിശ്വാസം കുറഞ്ഞുവരുന്ന ഈ തലമുറയോട് കർത്താവ് പറയുന്ന വാക്കുകളാണ് ഇവ . . .

സ്വന്തം കഴിവിൽ വിശ്വസിക്കുകയും ആശ്രയിക്കുകയും ചെയ്യുന്നവരാണ് നാം പലപ്പോഴും. ഞാൻ വിചാരിക്കുന്ന കാര്യം എന്റെ ഇഷ്ടത്തിന് - താല്പര്യത്തിന്, എല്ലാം നടക്കണം എന്ന് ശരിക്കുന്നവർ. എന്നാൽ

ഡൊമിനിക് അച്ചൻ നടത്തിയ

പ്രാർത്ഥനയിൽ ഉദ്ധരിച്ച ഒരു വചനം (1 പത്രോസ് 5 : 6 - 11) എന്റെ ചിന്താഗതിയെ മാറ്റി മറിച്ചു.





സ്വാർത്ഥ ചിന്ത മാറ്റി, ദൈവഹിതത്തിന്  
സ്വയം സമർപ്പിച്ച പരി. അമ്മയെപ്പോലെ -  
'താത ഹിതം നിറവേറട്ടെ' എന്ന് പ്രാർത്ഥിച്ച  
ഈശോയെപ്പോലെ - എളിമയോടെ  
പ്രാർത്ഥിക്കണം എന്ന ബോധ്യം ഈ  
വചനത്തിലൂടെ എനിക്ക് ലഭിച്ചു.  
ഹൃദയസ്पर्ശിയായ ഈ വചനം നിത്യവും  
ഓർക്കുകയും അത് ഉരുവിട്ട്  
പ്രാർത്ഥിക്കുകയും ചെയ്തു പോരുന്നു.





# Acts of Kindness

**Jisha P.**

Youth members, along with Sophia aunty, a member of our parish, united to deliver food packets to the impoverished homeless by the wayside. We saw many elderly individuals, including women, lying on the sidewalk in shabby tattered clothes. It reminded us to be content and grateful for the lives we have and inspired us to do our best to create a better world for them.





## *Career Exploration*

**Nijo Dawn**

Career exploration and finding your passion is a journey of self-discovery and growth. It involves identifying your interests, strengths, and values to uncover what truly excites and motivates you. It's important to stay open-minded and patient, as finding your passion often requires time and experience. Embrace opportunities for learning and personal development. Ultimately, aligning your career with your passion can lead to a fulfilling and rewarding professional life. Remember, it's never too late to pursue what you love.





## *Media Team*

**Advisor: Fr. Jiji Kalavanal SDB**

**Dr. Nevil Stephen S., Jeena P.,  
Jisha P., Priyanka, Raveena and  
Aleena George**