

No. 19/2013

**In the blessed name of the Tri-une God, Self-existent,
Beginningless and Endless, Perfect in Being, (Glory be to Him)**

**Moran Mar Baselios Marthoma Paulose II Catholicos of the East and
Malankara Metropolitan enthroned on the Apostolic Throne of St. Thomas**



Blessings to our beloved Vicars of the churches, Priests of the locality, Kaisthanees and faithful of all the Parishes!

Dearly Beloved,

The Church enters the holy period of the Great Lent which leads us to abundant life and spiritual experiences through sanctification. The Lent shall be observed with prayer and fasting, abstaining completely from sin. Our Lord has taught us to overcome all satanic forces through prayer and fasting. The sacred and powerful exercises and practices will enable us to receive blessings from God. The Lent shall be seen as an opportunity for self control at a time when we are influenced by unprecedented temptation. Instead of employing the God-given money, riches and other facilities for pomp and show, we must imbibe inspiration from this Lent to practise selfless giving and good deeds by the willingly accepting and practising continence.

We are encircled by umpteen circumstances which cast us away from God. We should strive to do away with bad habits like drinking and addiction which demean our personality and destroy peace in our families, and thereby uphold our Christian witness. Let these days of austerity lead us to the heights of reconciliation and love. Relationships are to be galvanized through forgiveness and compromise. The proceeds of our fasting shall be given to the poor as part of our concern for fellow beings. May the observance of the Great Lent this year be a source of great blessings on us.

May the Grace and Blessings of God Almighty abide with you forever. And may the prayers of the Mother of our God the Holy Virgin Mary, St. Thomas the Apostle of India, our Holy Fathers Mar Gregorios, Mar Dionysius and all the Holy Saints be a stronghold for us. Amen.

Our Father who art in Heaven.....

A handwritten signature in black ink, appearing to be in Malayalam script, with a cross symbol at the end.

Baselios Marthoma Paulose II

From Catholicate Aramana
Devalokam, Kottayam, Kerala, India
On January 21, 2013