



# DEPARTMENT OF CATECHISM EPARCHY OF SHAMSHABAD

**VOL.1      ISSUE.1.**  
**JUNE-JULY 2019**

**PISTÉVO**  
**I believe**

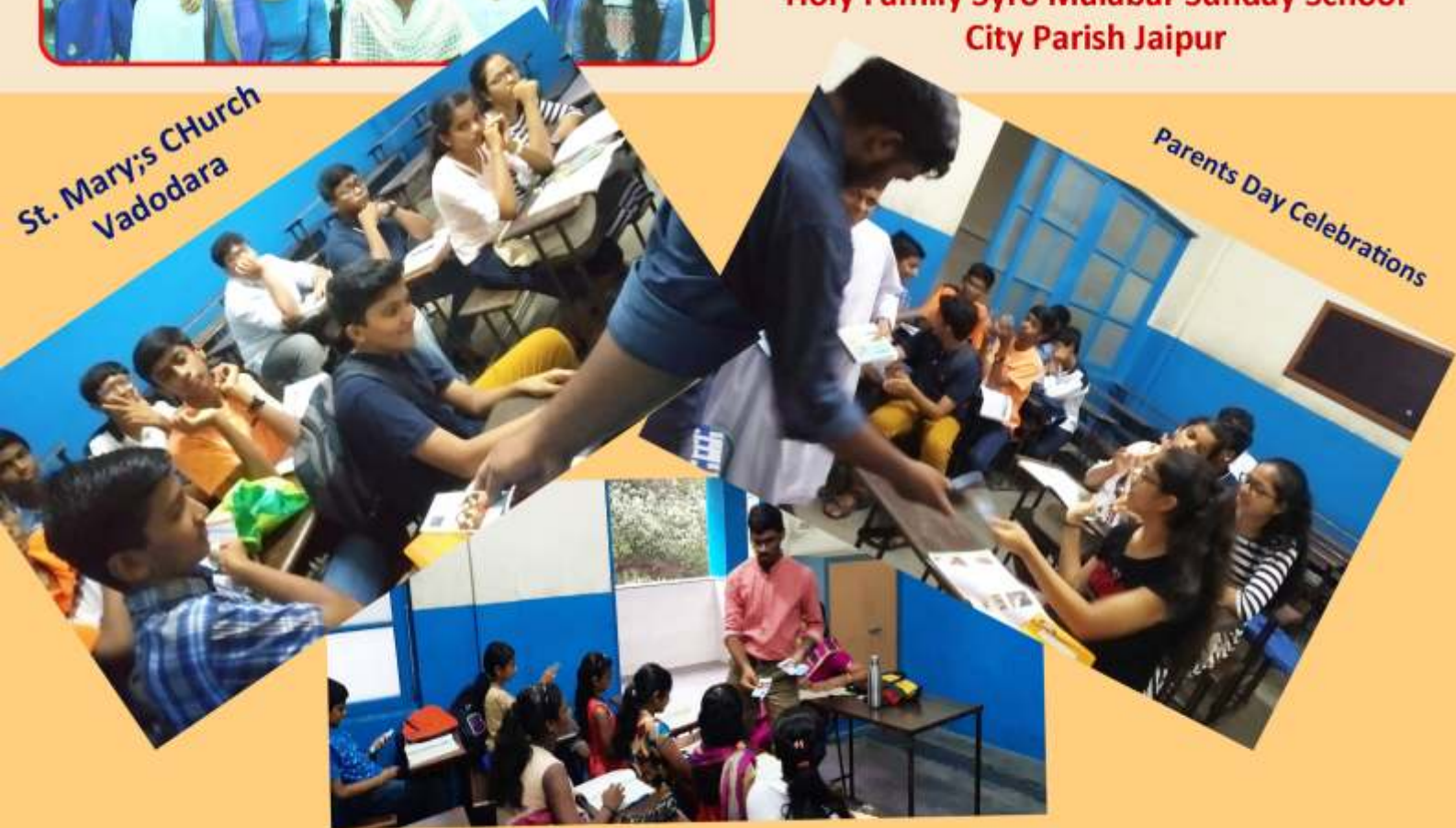






To enrich the students with the teachings of Christ & traditions of rite yet another academic session(2019-20) was inaugurated with full pomp and zeal. To involve the children from a younger age Sunday school play school was also inaugurated

**Holy Family Syro Malabar Sunday School  
City Parish Jaipur**



**St. Alphonsa Church  
Maneja, Vadodara**

Star of the Day



Illuminate







EPARCHY OF  
SHAMSHABAD

EPARCHIAL CURIA  
ST. MARY'S SYRO-MALABAR CATHOLIC CHURCH  
Sy.No.76/60-62, RCI Road  
Keshogiri P.O, Balapur-500005  
R.R. Dist., Telengana, India

SHD/08.02.06/10/2019

10-07-2019

Dear and Rev. Fr. Soji, Fr. Vipin and my beloved Catechism Teachers and Parents,  
Greetings of prayer and peace from Thattil Pithavu!

I am very happy to know that our Catechism Department is launching an e-magazine targeted mainly to Catechism Teachers. First of all, may I record my unending thanks to our Catechism Teachers for their selfless and dedicated efforts in sowing the seeds of faith and values in the hearts of our children. Their ministry will certainly yield fruits a hundredfold in the future.

My appreciation and astonishment has no limit to acknowledge the steady and systematic growth of our Catechism Department within a short time.

The e-magazine is definitely a new step forward. I do appreciate the brain and pain of all those who are behind this noble endeavour and wish you every success and God's blessings. In a world which is infected by materialism and consumerism, our children are faced with lot of doubts and questions. Our youngsters should be given liberty by priests, parents and teachers to ask question and get clarification to their doubts.

In this context, I would like to call your attention to an instance from the life of St. Thomas our beloved Apostle. While Jesus was teaching the mysteries of Holy Trinity, St. Thomas did not understand the implications of the teachings of his Master. Thomas with the innocence of a child asked Jesus: "Lord we do not know where are you going; so how can we know the way to get there" (Jn 14, 5). Jesus answered the question with a most meaningful dictum of faith. 'I am the way, the truth and the life' (Jn 14; 6). Apostle's openness and freedom to seek his sincere doubt gives us also the pedagogy of teaching our kids and deepening their faith. In our families, communities and catechism classes, the methodology shall not be of monologue rather it should be of dialogue. There should be an atmosphere of freedom and welcome for any questions and doubts in the process of faith formation. To accept questions and to answer them logically and convincingly our Catechism teachers need to have ongoing training and deepening of their knowledge. They are to be equipped for exercising their ministry relevantly and responsibly. Only then can the transmission of faith take place in an atmosphere of freedom and sincerity. I pray that the proposed e-magazine may serve as a reference book to all the catechism teachers as a part of their ongoing Formation. Invoking God's abundant Graces on all of you who are involved in this Apostolate. I entrust your new initiative to God's blessings. May God bless you all!

With every good wish and assurance of prayers,

Yours in Jesus our Lord,

Mar Raphael Thattil  
Bishop of Shamshabad





# Editorial

Once a disciple asked his master, "Master, which is the best day to pray?" The master replied, "My son, the best day to pray is the day before you die." The boy was astonished and replied, "How can I know the day of my death?" The master answered, "No one knows the day of his death that is why we need to pray every day." Praying daily is necessary. This praying isn't restricted only in receiving certain benefits, but also in thanking Him for all the graces received. God wants us to become strong believers, rather than mere sceptics, not because we are foolish and don't know how to reason, but because we are intelligent enough in accepting humbly that God's plans are much more beyond our human calculations and reasoning.

In our present world the children are faced with lot of existential questions like 'Why do we pray?', 'Is there any use of going for confession?', 'Is it necessary to participate in the Holy Qurbana?', etc. In a world which is infected by materialism and consumerism, the main question children have in mind is, 'What use or profit do I get from this?', 'If it doesn't render me any use, it is better to quit than pursuing?' When they don't get satisfactory answers to such questions they tend to be mere passive dummies in catechism classes. In such a scenario, the role of a catechism teacher is very essential because parents may not be able to provide explanations to their doubts. When the catechism teacher is equipped to handle such doubts, our children find the catechism classes to a fun learning experience rather than just another school apart from their regular school.

We at the catechism department aim to make our catechism classes a learning space where the teacher and the student share the atmosphere which Jesus shared with his disciples. Pistévo (Πίστις) is a small step towards that goal. It's a Greek word for 'I believe'. We hope that Pistévo would help the teachers handle the students' doubts in a more efficient way. Pistévo will be a bi-monthly e-magazine which would deal with 3 areas of faith - systematic theology, church history and Bible. Every volume would deal with a certain topic in each section. The frequently asked questions from each topic would be discussed. In addition to these questions if anyone has something to ask they can mail their queries to our email address the answers of which will be published in the next volume. Moreover, the pictures of the various catechism activities of each parish will also be published for which the catechism principals are requested to email the same. We hope to collect your feedback at the end of this year by conducting an assessment the date of which will be provided in the next volume.

Lets all our efforts be for the betterment of the next generation who will bear witness to our living faith. With prayerful wishes,

Fr. Vipin Cheriaparambil  
Editor





# From Catechism Office

## Programmes of Catechism Department at Various Regions

Please note that the programmes given below are based on the information in the Hand book -2019. It may vary depending on the parish activities

### AUGUST

#### 25 Theology Course Examination

Literary Competitions - maneja  
Co Curricular Activities - South Goa

### SEPTEMBER

#### 1 Theology Course Examination

Staff Meeting in Each Unit  
Confession Day - South Goa, Confession Day - Koti  
Colouring Competitions - Vapi -Daman

8 Feast of Mother Mary  
Onam Celebrations - Koti  
Manuscript Preparations - Aurangabad  
Co curricular activities - South Goa

15 Honouring teachers - Aurnagabad  
English Mass - Ponda and Secunderbad  
Onam - Aurnagabad , Safilguda & Kukatpally

22 Seminar for Parents - Aurnagabad

#### 29 Feast of Our Bishop Mar Raphael Thattil

**LOGOS QUIZ - DIOCESAN LEVEL EXAM 2 pm to 3.30 pm**

Story telling - Vapi, Daman  
Co curricular activities - South Goa

### OCTOBER

4 Patron's Day - Pope Francis  
6 Staff meeting in each unit  
Staff Seminar - Vapi, Dman  
Cultural activities - aurangabad  
PTA - South Goa  
Roasry & Confession Day for Students - South Goa  
5-7 Students Camp - Hyderbad

#### 13 FIRST SEMESTER EXAM

2nd PTA Safilguda  
Arts Day - Maneja  
Rosary Day - Aurnagabad  
Adoration for Students - South Goa  
Parish Day - Kuktapally

#### 19 First Sem Exam @ Vapi, Aurangabad

**Manuscript Preparations Begins**

Adoration and Rosary day - South Goa  
2nd PTA Kukatpally  
English mass - Secunderbad

27 Mission Sunday . **Assignment of 12th Class begins**

**N.B** Your Catechism Programmes can be added if you send it to the office via mail  
[santhomcatechism@gmail.com](mailto:santhomcatechism@gmail.com)



## Some General Information

Confession is also known as sacrament of reconciliation which is rooted in the Bible verse Mt 3:2; Mk 1:15 and Jesus gave his Church the authority for this conversion with the words, "Those whose sins you forgive, they are forgiven." This later developed into the sacrament where people who once used to announce publicly the capital sins such as apostasy, murder and adultery understood that sins could be brought to this sacrament again and again which is why a Catholic now comes to a priest individually and confesses his/her sins to him.

### What is meant by the seal of confession?

Every confessor must be prepared to die rather than pass on what has been confided to him in confession. He is also not allowed to allude to anything revealed in confession so that no one can deduce who confessed it, even indirectly. The confessor must also never allow what he has heard in confession to influence his attitude

towards the penitent nor can he ever refer to the contents of someone's confession outside the sacrament of confession.

Can someone be vague as possible about his/her sins?

The confessor should be able to assess the gravity of the sins to some degree. Otherwise it becomes something mechanical where even a robot could theoretically give absolution. When I confess for example that I have argued with my parents than it makes a difference whether this was the first time in 20 years it has happened or whether this had been going on for 15 years. It's important to tell the confessor. You don't have to necessarily confess in such detail on the lighter sins. The confession is not at tax declaration.

Is confession not just an open charter that says, "Well, I'll just go and confess everything again"?

Anyone who thinks like that has not yet made a proper confession. If I make a confession without the intention to change my behaviour afterwards, the confession is invalid. How can I expect God to forgive



me? The moment I sin and say indifferently, "It's not as bad as all that. I'll just go and confess again" is itself a sin.

Why should I confess at all if I am bound to sin again anyway?

Those who confess regularly are already making the next appointment for confession. I make that commitment to avoid sin and to better myself but I know I won't manage immediately. A confession becomes very real when I know I'm going to sin again. What matters is that I use this new start that God is giving me. It may be that I plan to do something ten times but and get it wrong ten times but then I get it right the eleventh time.

How often should I go to confession?

There are no set of rules except to receive the sacrament of reconciliation at least once a year. It is helpful for those who really want to live a life with God to go to confession at regular intervals.

What is the difference between a mortal sin and a venial sin?

In the words of a schoolchild,

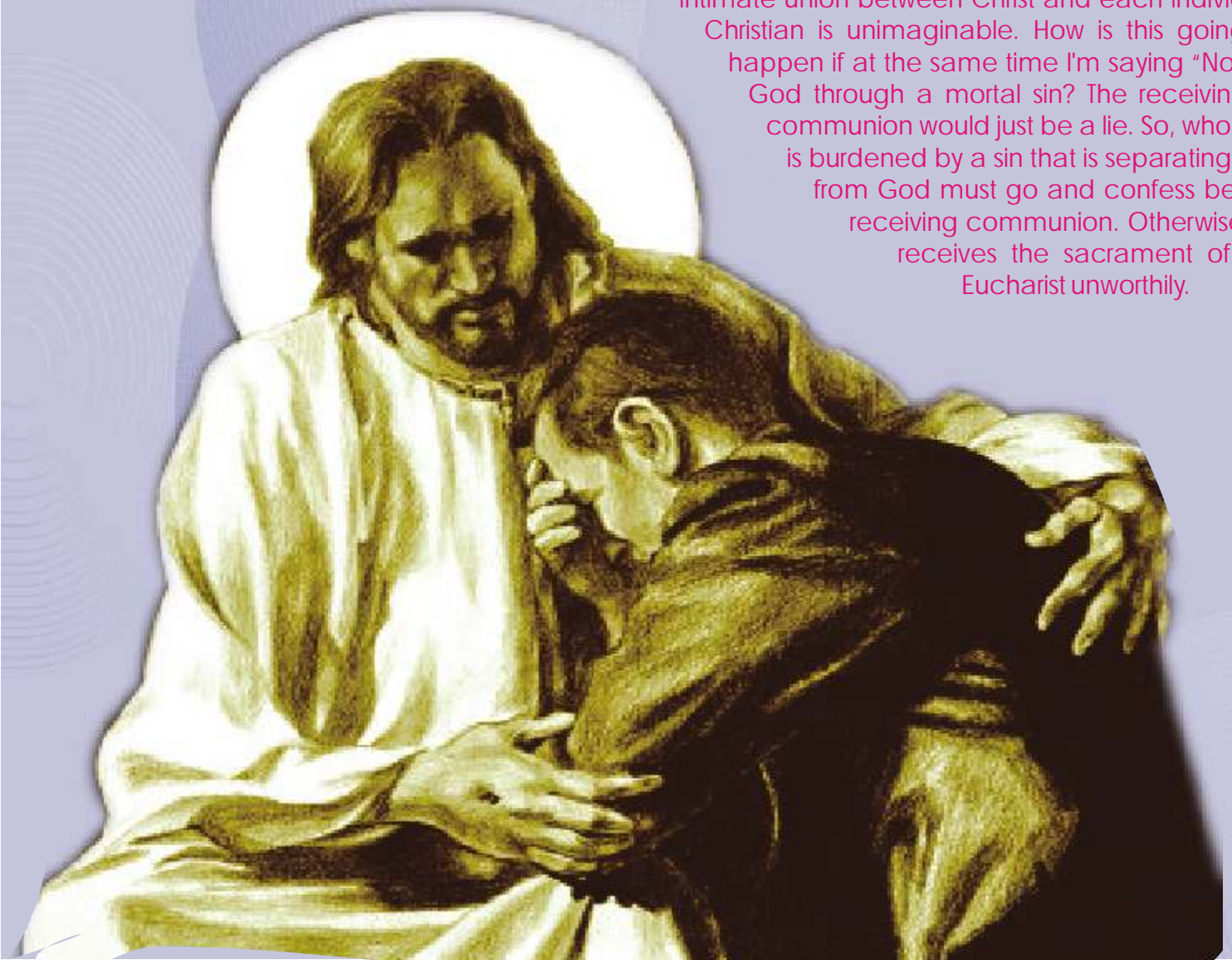
"When I haven't loved God at all, that's a mortal sin. When I haven't loved God enough, that's a venial sin."

Many people say "I don't need commandments. All I need is my conscience which tells me what's right and what's wrong."

If that were the case there would be no truth, no right or wrong because one person would behave according to their conscience and another, behaving according to their conscience, would do the exact opposite. One priest would consider it good what I had done and the other would consider it something bad. The conscience is the ability to distinguish between good and bad but on the basis of the norms and commandments available. "You must not lie!" This is always true. Conscience is more profoundly the ability to apply set norms. Once I know that I mustn't lie then there are everyday situations where I have to put this into practice. In confession the priest helps me to recognise what the truth is.

Should I first go to confession if I want to receive communion?

Communion is the deepest union with Christ; an intimate union between Christ and each individual Christian is unimaginable. How is this going to happen if at the same time I'm saying "No!" to God through a mortal sin? The receiving of communion would just be a lie. So, whoever is burdened by a sin that is separating him from God must go and confess before receiving communion. Otherwise he receives the sacrament of the Eucharist unworthily.







# KNOW YOUR CHURCH

## Some interesting facts

The word 'Church' first used in Bible Acts 11:22.  
Church instituted on the Pentecost  
Holy Spirit came down and the Apostles started to  
preach the Gospel

## What happened to the apostles?

**Andrew** Crucified on an X-shaped cross  
**Bartholomew** Skinned alive and beheaded  
**James, the Greater** Killed by sword  
**James, the Lesser** Stoned and clubbed to death  
**John** Thrown into boiling oil but survived, died a natural death  
**Judas Iscariot** Committed suicide by hanging  
**Jude Thaddeus** Sawed or axed to death  
**Matthew** Burned to death  
**Peter** Crucified upside down  
**Philip** Crucified  
**Simon, the Zealot** Sawed or axed to death  
**Thomas** Impaled by a spear  
**Paul** Beheaded by sword  
**Matthias** Axed to death



## Do You KNOW?

Who was the first Pope?  
St. Peter the Apostle

How many Popes were there till present?  
266

Who is the first ruler to have accepted Christianity as the official religion of the Roman Empire?  
Constantine through the Edict of Milan in 313 C.E.

Who found the Holy Cross of Jesus?  
St. Helena the mother of Emperor Constantine.



# MARY OUR MOTHER



Mother Mary is the mother of Jesus Christ. Although not much is known about her; she remains the role model for every living human whoever wants to live a life according to the will of God. There are countless number of saints whom we ask to pray for us; Mary holds the prime position among all of them as the one chosen by Father to be the Mother of God. She is even mentioned in the Quran 34 times. She really is our Mother who tells us to do as Jesus says as she did at the wedding at Cana.

## Is Mary mentioned in the Old Testament?

Although not directly, there is reference in Isaiah 7:14 which is quoted in Matthew 1:22-23.

## Who were the parents of Mary?

According to Protoevangelium of James which is an apocryphal (not recognized by the Church) book, Joachim and Anna are the parents of Mary.

## How do the non-Catholics view Mother Mary?

Depends on who you mean by non-Catholics. The Protestants view Mary as just an ordinary woman who gave birth to Jesus and refrain from giving her the due respect of Mother of God. They also don't promote devotion to her. The Orthodox Christians such as the Jacobites and others differ from each other in their views regarding her but most of them view her the same way the Catholics do.

## What is dogma and which are the 4 Marian dogmas?

When a divine revelation is taught by the Church as binding



truth for all faithful it is called a Dogma. The four Marian dogmas as Mary is the Mother of God, Mary is Ever Virgin (had no other children except Jesus who was born of the Holy Spirit), Mary is Immaculate Conception (born without sin), Assumption of Mary (taken to Heaven both body and soul).

**Which are the different devotions to Mary?**

Holy Rosary, Scapular, Month of Veneration.

**Why do we pray to Mary?**

Only God is worthy of adoration. We venerate Mary and ask her to intercede for us because she as the Mother of Jesus can ask her Son to fulfil our prayers.

**How do we ask Mary to pray for us?**

Hail Mary, The Angelus, Regina Coeli, Hail Holy Queen, Memorare, etc. are some of the prayers which entreat Mary to pray for us.

**Name some famous apparitions of Mary?**

Lourdes (1858), Fatima (1917), Guadalupe (1531), Our Lady of Carmel (1251), Our Lady of La Salette (1846).

## Which are the prominent feasts of Mary?

- January 1 Mary the Mother of God
- February 11 Our Lady of Lourdes
- March 25 Feast of Annunciation
- May 24 Mary the help of Christians
- July 16 Our Lady of Carmel
- August 15 Assumption of Mary
- September 8 Birthday of Our Mother
- September 15 Our Lady of Sorrows
- December 8 Immaculate Conception of Our Lady



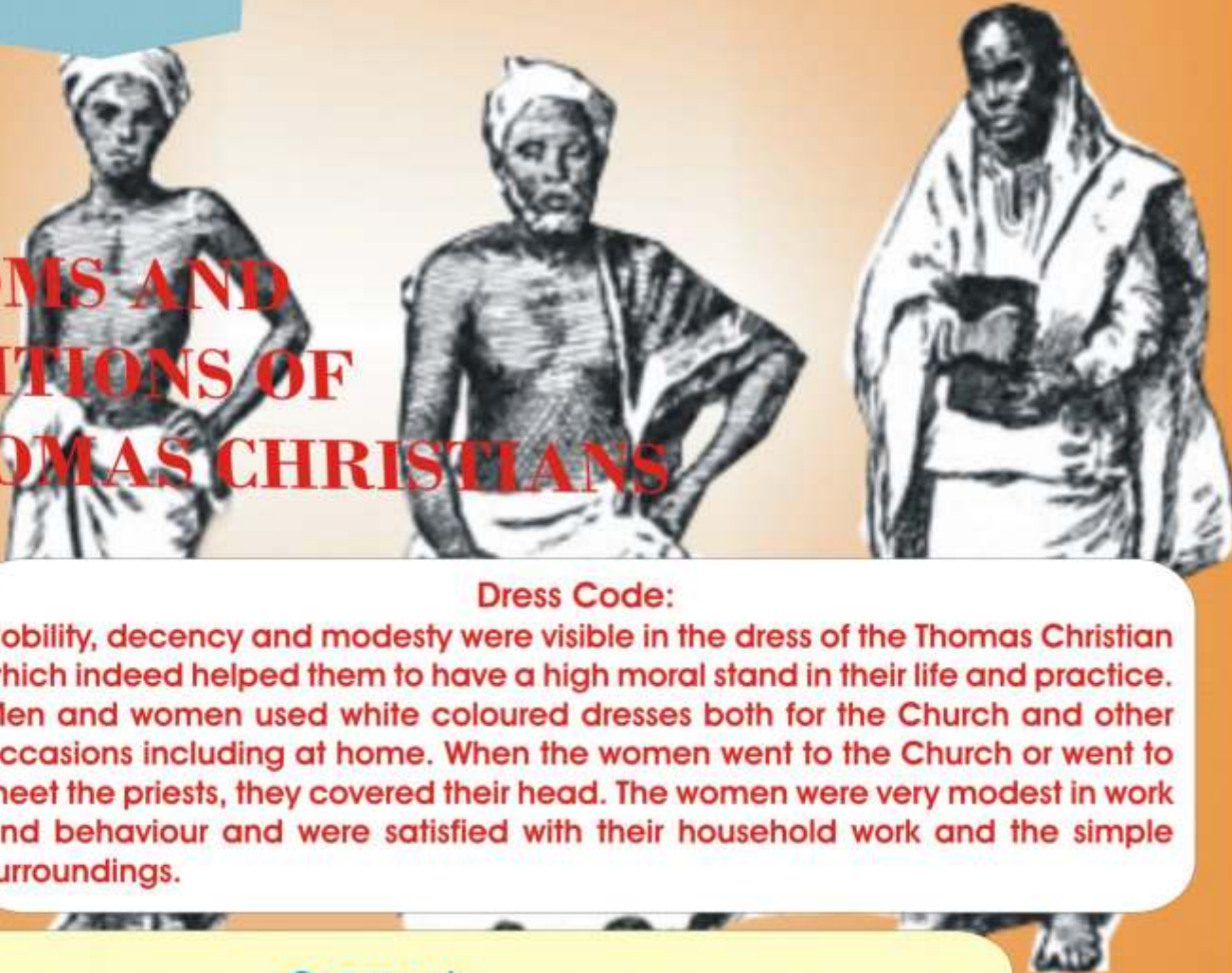




# FAMILY

## Catechism

### CUSTOMS AND TRADITIONS OF ST. THOMAS CHRISTIANS



#### Dress Code:

Nobility, decency and modesty were visible in the dress of the Thomas Christian which indeed helped them to have a high moral stand in their life and practice. Men and women used white coloured dresses both for the Church and other occasions including at home. When the women went to the Church or went to meet the priests, they covered their head. The women were very modest in work and behaviour and were satisfied with their household work and the simple surroundings.

#### Ornaments

The males and the females used ornaments. Most of the males beyond sixty grow their beard, become devout, spending their days in fasting and prayers. The females used to grow their hair as lengthy as possible. The widows did not use ornaments. The males and females did not use shoes or sandals.

#### Eating Habits

Apart from some famous curries or dishes, including "Pidiyum Kozhiyum" those edibles made up of rice and coconut oil were the most favourite edibles (palaharam) among the St. Thomas Christians. Achappam, kuzhalappam, unniyappam, vatteppam, palappam, kozhukatta, neyyappam, ayani etc. were some of them either fried in coconut oil or prepared in steam. Ordinary food was rice and vegetarian curry. Meat and fish was used only on special occasion like Sundays and feast days. Consuming alcohol was considered to be degradation for the family status. On special occasions, the food was served in banana leaves and the people sat on the floor squatting. People ate food with fingers. Supper was served after the family prayers.





## **YOUR DOUBTS** **ADULT CATECHISM** **UNDER THEOLOGY COURSE**

### **? What do you mean by Analogical knowledge?**

Knowing something through logic which in the case of God is incomplete is called Analogical knowledge.

### **?Who continued the Role of Peter?**

Pope is the successor of Peter. Bishops continued the role of Peter after him in ancient church.

### **?What is the meaning of Anglican church?**

A protestant denomination primarily existing in United Kingdom.

### **?What do you mean by Apocryphal books?**

Books not included in the canon of the Bible.

### **?What is Dogma?**

A belief or a set of beliefs officially declared by the magisterium as revealed truth and binding for all Catholics.

### **?Is liberation theology existing in India?**

Yes, in the form of Dalit theology.

### **?Out of all the recent theological trends, which one are we supposed to follow?**

Theology is Theos and Logos i.e., study of God which when God reveals keeps changing but always based on Sacred Scripture and Sacred Tradition. These two foundations are taught authoritatively by the magisterium of the Church.

### **?What is CCEO?**

Codex Canonum Ecclesiarum Orientalium in Latin. Code of Canons of the Eastern Churches in English. Simply put the laws of the Eastern Churches.

### **What are the two creeds?**

Apostles Creed and Nicene Creed.

### **Interesting facts about the Holy Bible**

Bible is translated into almost every language spoken in the world. Bible literally means 'The Book'; interestingly Bible consists of 73 books. Oldest available fragment of biblical manuscripts are Qumran scrolls found near the Dead Sea dating 3-2 B.C.E. Bible was first translated into English by John Wycliff in 1382. The Bible was first translated into Malayalam by Protestants. The POC Bible which we use today was published in 1981 and the NRSV Bible in 1989



# Blessed Mariam Thresia

Born 26 April 1876 at Puthenchira in Travancore

Parents Thoman & Thanda Chiramel

Siblings 2 Brothers & 3 Sisters

Spiritual Guidance of Fr. Joseph Vithayathil from 1902 till death

Tested by evil spirits 23 January 1902 till 8 December 1904

Received stigmata 27 January 1909

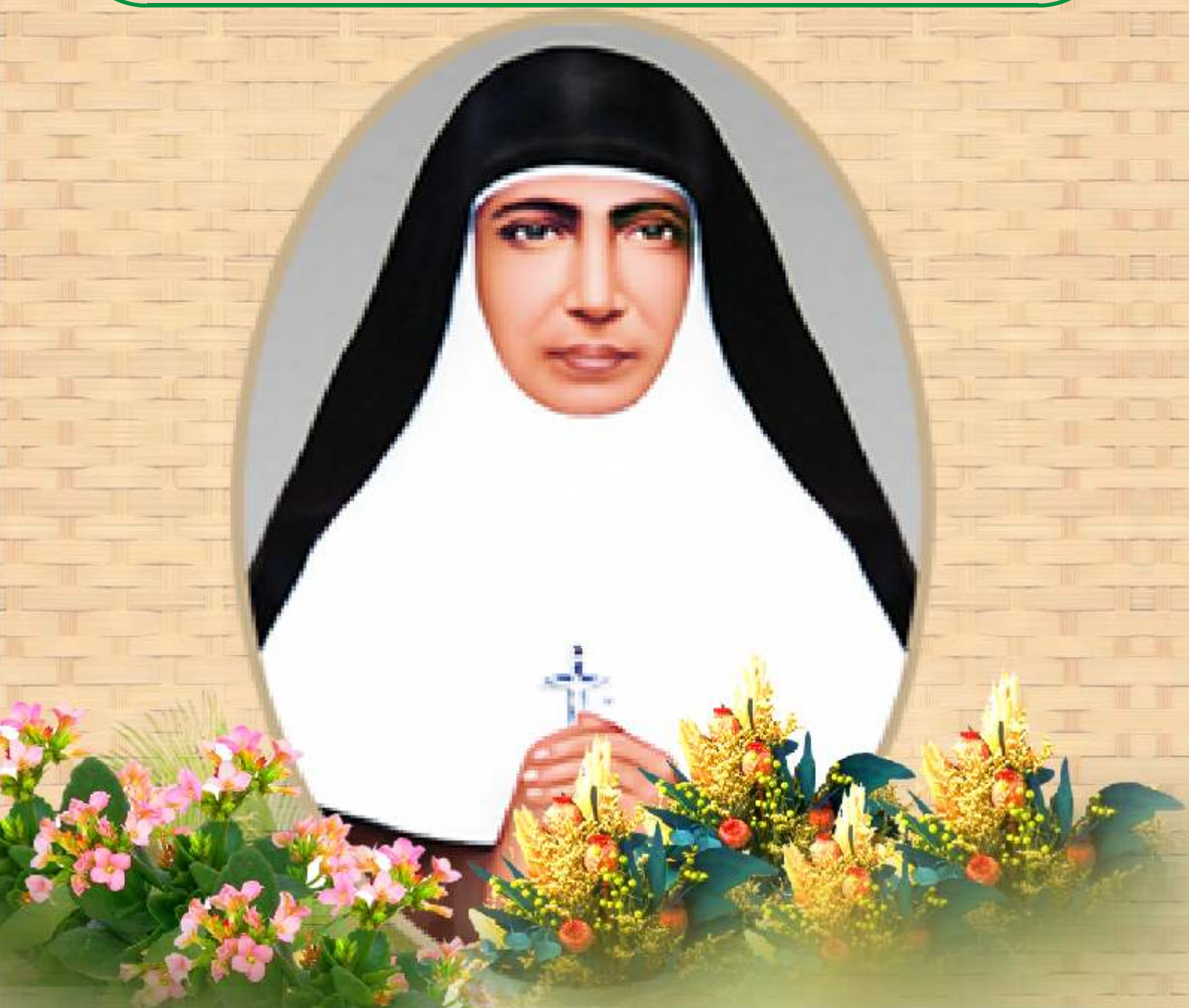
Established Congregation of Holy Family - 14 May 1914

Started Education work - 1915

Died 8 June 1926

Beatified 8 April 2000

Date of Canonization 13 October 2019







# OUR QURBANA

A Pictorial Explanation of Qurbana

## Signs and Symbols in the Liturgy

### Things and Places

#### 1. The House of God

The Syro-Malabar Christians, traditionally, build their churches in east-west direction with the Sanctuary at the eastern end.



An example of the ancient church architecture of St Thomas Christians, of course, with modified facade of Portuguese style.

#### a. The Church is the Symbol of the Universe

The Church presents in a special way, the salvific presence of God who pervades the whole of the universe.

In fact, the whole universe is reflected in the church where we celebrate the Christ-event, the consummation of the divine plan to unite and renew the whole creation in Jesus Christ.

#### b. It is the Symbol of the whole Church

"And you are built upon the foundation of the apostles and prophets, Jesus Christ himself being the cornerstone of the building" (Eph 2:20).

"And through him the whole building is fashioned and grows into a holy temple with the help of the Lord; You also are built by him for a habitation of God through the Spirit" (Eph 2: 21,22).



Jesus  
the true Temple

#### c. It is the Symbol of Christ

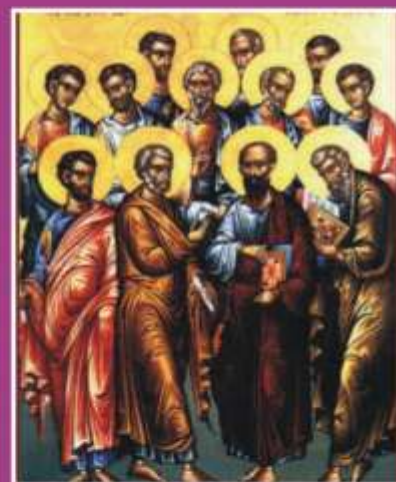
"Jesus answered, saying to them, Tear down this temple and in three days I will raise it up" (Jn 2:19).

"But he spoke concerning the temple of his body" (Jn 2:21).

"He was the true light which lit every man who came into the world" (Jn 1:9).

"Do you not believe... but my Father who abides with me does these works" (Jn 14:10).

"Believe that I am with my Father and my Father is with me" (Jn 14:11).



The icon of the Twelve Apostles  
Apostles are the Foundation  
of the Church





## Catholic Church Around the Globe

### Syro Malabar Synod

Second meeting of the 17th Synod Will be held at Mount St. Thomas From August 19 th to 30 th August 2019. On 19th 2.30 pm meeting will be officially inaugurated. Synod will have official discussions with pastoral council secretaries for the first time in the history of synod



### Bishop Ivan Pereira of Jammu-Srinagar appeals for dialogue, peace in Kashmir

Bishop Ivan Pereira of Jammu-Srinagar makes the heartfelt appeal over tensions escalating in the troubled Indian state of Jammu and Kashmir, after the government, through a presidential order on August 5, revoked Article 370 of the Constitution of India, which granted it special status.

In an interview published on Sunday on the Vatican Newspaper, "L'Osservatore Romano", Bishop Pereira expresses concern over the massive street protests, the heavy security measures, including a curfew, the arrests of hundreds of demonstrators and the growing tension on the border between Indian and Pakistani ruled Kashmir



### Pope Francis prays for monsoon victims in India

Vatican City, Aug 12, 2019 / 09:00 am (CNA).- Pope Francis offered prayers and condolences Monday for the victims of monsoon flooding in southern India that has left more than 150 people dead.

"Deeply saddened to learn of the tragic loss of life in the monsoons of recent days in Kerala, Karnataka, Maharashtra and Gujarat ... His Holiness Pope Francis sends his heartfelt condolences to the relatives of the deceased and injured," Cardinal Pietro Parolin wrote in a telegram on the pope's behalf Aug. 12.

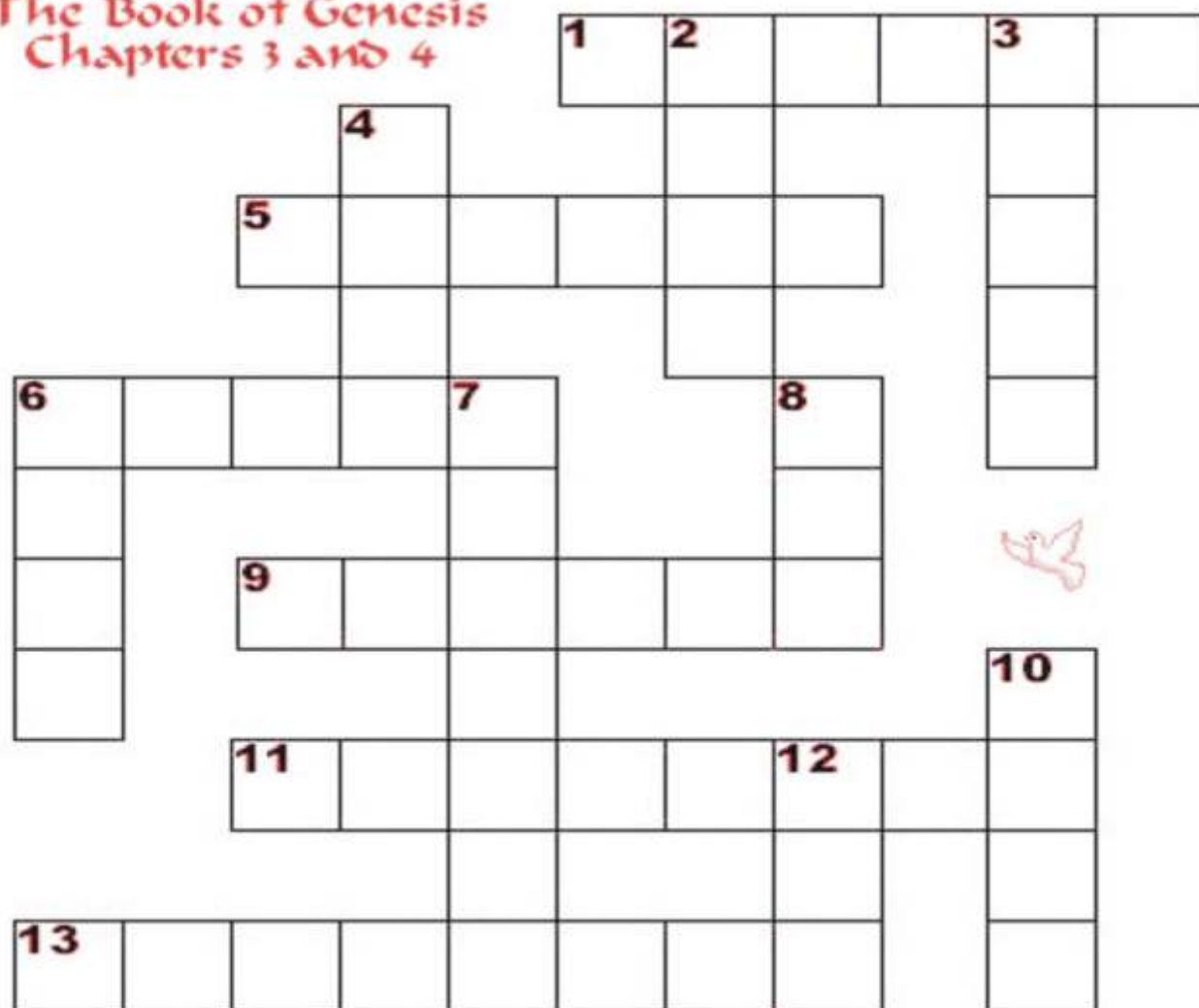






# BIBLE PUZZLE

The Book of Genesis  
Chapters 3 and 4



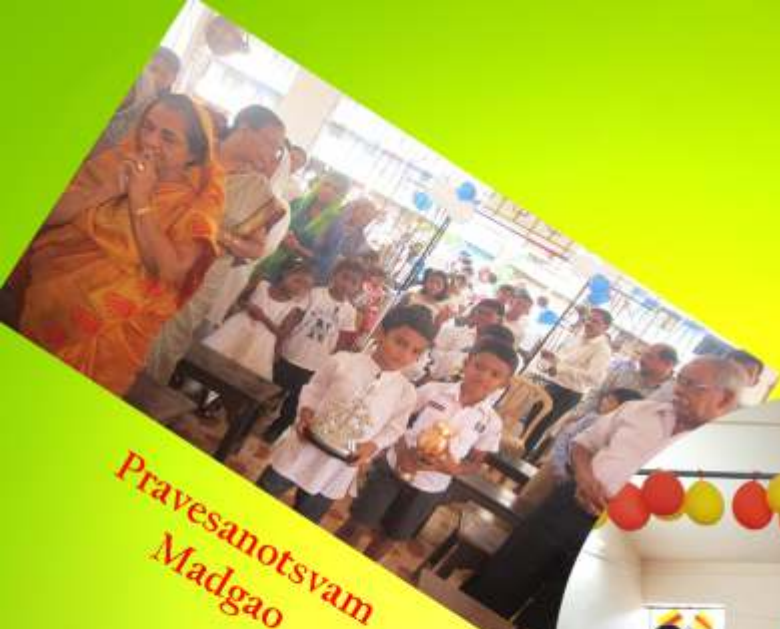
## Down

- (2) Adam's second son
- (3) Cain's first son (Gen.4:17)
- (4) Adam's first son
- (6) Adam's third son
- (7) What creature tempted Eve
- (8) Cain lived in this land
- (10) First man
- (12) First woman

## Across

- (1) Cain's occupation (Gen.4:2)
- (5) The \_\_\_\_\_ of Eden
- (6) Adam and Eve's first clothes (Gen.3:21)
- (9) Because of sin the ground was \_\_\_\_\_ (Gen.3:17)
- (11) Abel's occupation (Gen.4:2)
- (13) Cain became a \_\_\_\_\_ and a vagabond (Gen.4:12)





Pravesanotsvam  
Madgao



Grand Parents Day  
Madgao



Catechism Teachers Program for Goa Region



Catechism Visit, Ponda



Unit Day, Ponda



Grand Parents Day, Ponda



Grand Parents Day at Vasco



Unit Day, Ponda



Unit Day celebration At Vasco



Unit Day celebration At Vasco



# TEACHERS' SEMINAR & CML INAUGURATION HYDERABAD

