

VOLUME 320 / AUGUST 2016



PARISH BULLETIN

THE MAR THOMA PARISH, DUBAI

LIVE BY **FAITH**
NOT BY **SIGHT**

2 Corinthians 5:7



MESSAGE FROM THE YOUTH CHAPLAIN



OUR PARTICIPATION IN WORSHIP

Worship plays an integral part in the life of each one of us. If we remember or heard of our forefathers who eagerly prepared themselves on Saturday to attend the worship on Sundays. For them if they couldn't attend one day due to certain problems that was a great void for them.

What is our attitude towards worship now? Do we take time to attend Church Worship regularly? Do we participate in Worship as it is meant to be? Have we tried to understand the meaning in which our liturgical worship is prepared? It's a question for each one of us to think about and to respond in renewing our relationship with the Lord.

What is the importance of Corporate Worship?

First of all, corporate worship is a biblical command. Hebrews 10:24-25 teaches, "And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the day drawing near."

Second, worshipping together with other believers is required for fellowship, an essential aspect of Christian living. This sense of community was part of the first church in which they devoted themselves to "the fellowship" (Acts 2:42). We can read the Bible or sing on our own; but we cannot enjoy fellowship by ourselves.

Third, corporate worship demonstrates the importance of the church to an unbelieving world. When Christians show a committed lifestyle of coming together to worship God, they offer salt and light to a community in darkness (Matthew 5:14-16).

Fourth, corporate worship is the time when Christians celebrate communion. Believers are taught to "do this in remembrance of me" (Luke 22:19). Communion is never taken alone in Scripture, but with other believers as an expression of corporate worship.

And lastly, corporate worship is a gathering that anticipates the kind of worship believers will experience in heaven. In eternity, believers will worship with all of God's people before the Lord. Corporate worship on earth allows us to participate together in a way that looks forward to this time of eternal glory.

While we enjoy corporate worship, we should be well equipped in understanding and learning the liturgy of our Church which is theologically and Biblically sound. I wish to point certain biblical verses from the order of our Holy Communion (*taken from the article on "Holy Communion and biblical verses" by Rev. Dr. Sunny E. Mathew*).

O Lord Jesus Christ	John 20:28, 1 Cor. 1:2	Trisagion	Revelation 4
Born of Mary	Luke 1:38	The Blessed apostle Paul says	Galatians 1:6-9
Baptized by John	Matthew 3:13	Gospel reading - May Peace be with you	John 20:19
We magnify you	Luke 2:10	Word of life	John 1:1-14
Only begotten Son	John 1:18	Incarnate of the blessed Virgin Mary	Matthew 1:18-21
Word of the Father	John 1:1	Absolves us from our sin	Luke 5:17-22
Born of the Virgin Mary	Luke 2:7	Call and I will answer	Luke 11:7-13
Without change of nature	Luke 2:10	O Lord God who alone can make holy	Romans 5:1-21, Hebrews 10:17-18
Thus trampling death under foot	Luke 21:22	Do not banish us from presence of angels	Revelation 4:5-8
You are One in Holy Trinity	John 20:24-29		

NICENE CREED (FORMED IN THE COUNCIL MEET AT NICEA ON 325 AD)

Maker of heaven	Genesis 1-2	Ascended into heaven	Luke 24:1-42, Matthew 28:1-10
Light of very light	John 1:1-9	Sits at the right hand	Matthew 26:63-64, Mark 14:62
Incarnate by Holy Spirit	Matthew 1:18, Luke 1:5, John 1:14	Of his kingdom there will be no end	2 Timothy 4:1
Pontius Pilate	Mark 15:1-47	Second coming	Matt. 24:29-31, Rev. 1:7
Third day raised	Matthew 28:1-10, Mark 16:1-8		

The above is a small analysis of how our liturgy is deeply rooted in the scriptures. I earnestly request each one of us to take time and understand the depth of our liturgy and also encourage our children to learn the scriptures as well as our liturgy.

Corporate worship is a vital part of our spiritual growth. When we regularly gather with other believers, we can encourage others, be encouraged, and grow together in our common faith in Jesus Christ. May God bless all the efforts of the Church.

Yours in His Service

Rev. Roby J. Mathew

LECTIONARY & AREA ASSISTANCE SCHEDULE

Date	Theme	1st Lesson	2nd Lesson	Epistle	Gospel	Area
4 Aug 5 Aug 6 Aug	Mission Sunday: Mission from Everyone to Everywhere	1 Kings 17:1-15	Jude 17-25	Galatians 2:1-10	St. Mathew 22:1-14	Al Ghusais A Al Ghusais B Al Towar
11 Aug 12 Aug 13 Aug	The Sacrament of Holy Qurbana	Exodus 12:1-14	1 Corinthians 11:23-33	1 Corinthians 10:15-17	St. Luke 22:7-20	Muhaisnah A Muhaisnah B Al Nahda - shj
18 Aug 19 Aug 20 Aug	The Supremacy of the Word of God	Exodus 7:1-7	2 Timothy 3:10-17	Galatians 1:6-9	St. Mathew 5:17-20	King Faisal St - shj Al Khan - shj Rolla / Ajman
25 Aug 26 Aug 27 Aug	Peace in the midst of Violence	1 Samuel 24:1-12	Romans 12:14-21	Ephesians 6:10-20	St. Mathew 5:38-48	Jumeirah Gardens Satwa
1 Sep 2 Sep 3 Sep	Education: A Ministry of the Church	Nehemiah 8:1-8	Acts 18:24-28	James 3:13-18	St. Luke 4:16-22	Karama A Barsha Karama B
8 Sep 9 Sep 10 Sep	Remembering and Celebrating Women's Ministry - Sevika Sangham Day	Judges 4:4-16	Philippians 4:1-7	Romans 16:6-16	St. Mark 14:3-9	Sevika Sangam Sevika Sangam Sevika Sangam

കർത്താവായ പ്രിയ ദൈവജനമേ,

ഈ ലോക മരുഭൂയാത്രയിൽ ഇതുവരെയും നമ്മെ കാത്തു പരിപാലിക്കുകയും പുതിയ ഒരു മാസത്തിലേക്ക് നമ്മെ കൂട്ടിക്കൊണ്ടുവരികയും ചെയ്ത സർവ്വശക്തനായ ദൈവത്തിന് നന്ദി കരേറ്റട്ടെ. കൂടുതൽ ആത്മീകമായും അനുഗ്രഹകരമായും നമ്മുടെ ഇടവകയുടെ പ്രവർത്തനങ്ങൾ മുന്നോട്ടു പോകുവാൻ ദൈവം കൃപ നൽകട്ടെയെന്ന് പ്രാർത്ഥിക്കുന്നു.

ഈ ലോകത്തിൽ ക്ലേശരഹിതമായ ഒരു ജീവിതം ഇല്ലെന്നിരിക്കുമ്പോൾ നമ്മുടെ ഹൃദയത്തിന്റെ വാഞ്ചി അപ്രകാരം ഒരു ജീവിതത്തിന് വേണ്ടിയാണെന്നുള്ളത് ഒരു വിരോധാഭാസമായിരിക്കാം. ഒരു ക്രിസ്തീയ വിശ്വാസിയായാൽ ജീവിതത്തിലെ എല്ലാ പ്രതിസന്ധികളും മാറ്റം എന്നു വിശ്വസിക്കുന്നവർ വളരെ വേഗം നിരാശരാകുവാൻ സാധ്യതയുണ്ട്. ദൈവവചനപ്രകാരം അപ്രകാരം ഒരു ജീവിതം വാഗ്ദത്തം ചെയ്തിട്ടില്ല. കർത്താവ് ലോകം വിട്ടു പോകുന്നതിനു മുമ്പേ തന്റെ ശിഷ്യന്മാരോട് ഇപ്രകാരം പറഞ്ഞു: “ലോകത്തിൽ നിങ്ങൾക്ക് കഷ്ടമുണ്ട്, എങ്കിലും ധൈര്യപ്പെടുവിൻ, ഞാൻ ലോകത്തെ ജയിച്ചിരിക്കുന്നു” (യോഹ. 16:33).

വിശ്വാസത്തിൽ നിലനിൽക്കുന്നതിനും ക്രിസ്തുയേശുവിൽ പുതിയ സൃഷ്ടികളാക്കിത്തീർക്കുന്നതിനും ദൈവം നടത്തുന്ന ശുദ്ധീകരണപ്രക്രിയയുടെ ഭാഗമാണ് വിശ്വാസിയുടെ ജീവിതത്തിലെ കഷ്ടതകൾ. ജീവിതത്തിൽ നിരപ്പാകേണ്ട കുന്നുകളും ഉയർത്തപ്പെടേണ്ട കുഴികളും നേരെയൊക്കപ്പെടേണ്ട വളവുകളും ഉണ്ട്. അത് നിർവ്വഹിക്കപ്പെടുവാൻ ദൈവം ജീവിതത്തിൽ ചില കഷ്ടതകൾ കാരണമാക്കിയേക്കാം.

ദൈവമക്കളെ ഇപ്പോൾ നിങ്ങൾ ജീവിതത്തിൽ ചില പ്രതിസന്ധികളിൽ കൂടി കടന്നുപോകുന്നവരാകാം. അത് എന്തുതന്നെയായിരുന്നാലും ദൈവത്തിന് ഒരു പദ്ധതിയുണ്ട് എന്ന് ദൈവവചനം നമ്മെ ഓർമ്മിപ്പിക്കുന്നു. അതിനായി ദൈവസന്നിധിയിൽ നമ്മെ സമർപ്പിക്കാം. ദൈവനാമം മഹിമപ്പെടുട്ടെ.

സ്നേഹത്തോടെ
ഏബ്രഹാം ജോർജ്ജ്
 ഇടവക സെക്രട്ടറി

KAISTHANA SAMITHI MEETING
 The 3rd Kaisthana Samithi Meeting for the year 2016-2017 will be held on Friday, 12th August 2016 at the EMTM Hall at 6.00 pm. All Kaisthana Samithi members are requested to attend the meeting.

CHANGE IN TIMING - SATURDAY MORNING SERVICE @ TRINITY
 Kindly note that following requests from the congregation attending service at Holy Trinity church, Service timings of our Saturday morning Service will begin at 7.30 am instead of 8.00 am with effect from 2nd July 2016.
 Prayer Group / Organisation representatives and Area Prayer Group Secretaries, kindly announce this change in your respective prayer groups/ meetings.

CONDOLENCES

- Mr. Pappachen**, 88 yrs, Puthen Villa, Adur Valakom, father of Mr. Thankachen P, Jebel Ali Free Zone prayer group. law of Mr Thomas Mathew, Karama B prayer group.
- Mrs. Kunjamma Mathai**, 85 yrs, Kurumbikkalil Veedu, Punthala, Venmoney, mother of Mr. K M Abraham, Jumeirah prayer group member and Mr. T. M. Thomas, Karama C prayer group.
- Mrs. Ammini Jacobs**, 83 yrs, 411, Aster - C Wing, Wadala, Mumbai, mother-in-law of Mr. Philip George, Al Warqa / Rashidiya prayer group.
- Mr. K. S. Philip**, 83 yrs, Karutharayil May Flower, Punnakadu, father-in-law of Mr. Johnson Samuel, Karama B prayer group.
- Mrs. Mariamma Koruth**, 99 yrs, Valel Puthen Parambil, Kuttaphuza, Thiruvalla, mother-in-law of Mr. Ribu Kurien, Karama A prayer group.

Dubai Mar Thoma Parish expresses heart-felt condolences to the bereaved family members on the sad demise of their beloved ones. May our Almighty Lord strengthen and comfort them.

FAREWELL

	<p>Mr. Jacob Cherukara Joseph and wife Mrs. Baby Jacob (J120), Muhaisnah B prayer group is leaving back to India after having worked with Dubai Air Navigation's at Dubai Airports for 40 years. Mrs. Baby Jacob worked as a teacher at Our Own High School Al Warqa. They are settling at their home Parish - Chayal Marthoma Church Ayroor .</p>		<p>Mr. Mathew Cherian and family (Ref. No. M 679, member of Gardens prayer group) is leaving Dubai after having worked here for 40 years. Mr. Cherian was working with Beckman Coulter and is going back to India to settle in Kirkee Mar Thoma Church, Pune.</p>
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On behalf of The Mar Thoma Parish, Dubai we thank the families for their fellowship over the last years and wish them God's blessing in their new place.

HOME LAND FELLOWSHIP

God willing, the Annual meeting of Dubai Mar Thoma Parish Home Land Fellowship is planned to be held on 5th August 2016, Friday from 9.00am to 1.30pm at VGM Hall, SCS Campus Thiruvalla. For those who are on vacation please take time to attend the gathering and meet with our Achens who have served us in the past and members who have returned back to India. Request your valuable prayers, participation and support to this annual gathering. For further details regarding the gathering you can contact Mr. K. S. Abraham, Convener, Mobile: 9847723324 (mobile), Landline: 0468-2223324. Mr. Abraham G. Mundapadam (050-6740329) will be the representative from Dubai attending the Fellowship.

TRINITY SUNDAY SCHOOL – AT HOLY TRINITY CHURCH

TSS will be closed for summer vacation for July and August. SS re-opens on 3rd September .

For further details call Headmaster Alex Abraham on 050 4572751 or Secretary Mini Susan Thomas on 050 4657608.

MAR THOMA SUNDAY SCHOOL, DUBAI – AT JEBEL ALI CHURCH

Sunday school’s regular classes will commence on 2nd Sept 2016 and will continue on every Friday from 10.30 to 12.15 after the Holy Qurbana service at The Mar Thoma Parish-Dubai, Jebel Ali.

Summer Vacation: Sunday School will be closed for Summer vacation.

Sunday school reopening: Sunday school will reopen for summer camp on 26th August 2016.

For any further information, kindly contact the Sunday school Headmaster K. T. Alex- 050 695 1904 or Secretary Mathew K Abraham (Saji) – 050 559 3697.

CHOIR

Parish Choir - Malayalam: Practice is held on every Friday from 12.30 pm at Easow Mar Timotheos Hall. Saturday Choir Practice at Trinity Church Compound is held before the morning service. For further details please contact: Koshy C. Thariyan 050 237 4688.

Parish Choir - English: Practice is held in Church every Friday after English Worship from 2.30 pm onwards. For further details please contact:Jeevan Zachariah 052 971 9424.

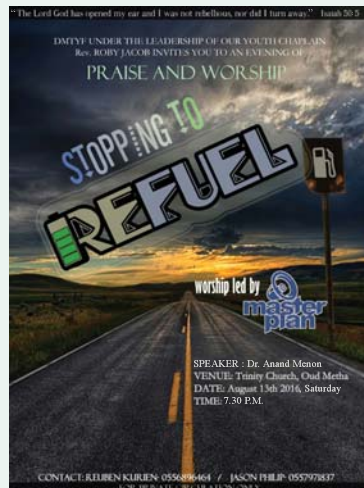
YOUTH FELLOWSHIP

Youth Fellowship meets every Friday at 10.45 am at the Jebel Ali Parsonage. We would like to encourage all the youngsters of our parish to participate in the activities of the Youth Fellowship.

Praise and Worship :

Our quarterly Praise and worship will be held in Trinity Church (Main church) 13 August 2016 at 7:45pm. Masterplan - The Band will be leading the Praise session. We also have Dr. Anand Menon who will be sharing from the word.

For further details, please contact Secretary - Allen Easow Philip 050 709 1859.



SEVIKA SANGHAM

Sevika Sangham meets every Saturday, Sunday and Monday evening at four different areas as mentioned below.

Unit 1 Sunday: Jebel Ali Ind. Area / Jebel Ali FZ / Al Quoz /Gardens / Barsha / Al Warqa-Rashidiya/ Ras Al Khor - International City. *Contact: Mrs Mercy Varghese 04 8820276, 050 9415837.*

Unit 2 Monday: Jumeirah / Satwa / Karama A / B / C / Bur Dubai A / B / Holy Trinity Area. *Contact: Mrs Mariamma Thomas 04 3252053, 055 7692535.*

Unit 3 Saturday: Al Maktoum A / Al Maktoum /B / Naif Road / Frij Murar / Kuwait Hospital Area / Clock Tower / Hor Al Anz & Garden City. *Contact: Mrs Jancy Philip 04 2713884, 050 9514171.*

Unit 4 Monday: Al Shaab A / Al Shaab B / Abu Hail-Mamzar / Al Nahda Dubai / Al Ghusais A / Al Ghusais B / Muhaisnah A / Muhaisnah B / Al Towar. *Contact: Mrs Silvy Mathew 04 2617806, 050 8585272.*

Unit 5 3rd Sundays: Al Nahda Sharjah / Al Khan / King Faisal, Sharjah / Rola-Ajman. *Contact: Mrs Betty Thomas-06 5535211, 050 7497483.*

A combined meeting is held at Holy Trinity Church, Hall No. F-2 every 4th Monday of the month. For further details contact Secretary Mrs. Elsy Chacko 04 3350766 / 050 8802731.

SEVIKA SANGHAM FASTING PRAYER

Sevika Sangham conducts fasting prayer every 2nd, 3rd & 4th Wednesdays from 9.30 am to 11.30 am at Holy Trinity Church (F2 Hall). Please contact Convenor Mrs. Marykutty Alexander on 055 1576748.

PARISH MISSION

Parish Mission meets every Friday at 10.45 am at the Bethel Carmel Hall. For further details please contact Secretary Jacob Mathew 050 358 1343.

DAY & DATE	PROGRAM	VENUE
Friday 05 August, 2016	Regular Meeting @ 10.45 am	Bethel Carmel Hall
Thursday 11, August 2016	Night prayer @10.15 pm	Bethel Carmel Hall
Friday 12, August, 2016	Regular Meeting @ 10.45 am	Bethel Carmel Hall
Friday 19, August, 2016	Regular Meeting @ 10.45 am	Bethel Carmel Hall
Friday 26, August, 2016	Regular Meeting @ 10.45 am	Bethel Carmel Hall
Friday 26, August, 2016	Cottage Prayer @ 6 pm	

SENIOR CITIZENS FELLOWSHIP

The meeting of the Senior Citizens Fellowship for the month of August is scheduled for 8.00 pm on Wednesday, 24th August 2016 at the Arabian Suite Hotel Apartment, Mankhool Area, Bur Dubai. For further details please contact Mr. M. A. Abraham 050 253 5190. Requesting all Senior Citizens Fellowship members to attend the meeting.

YUVAJANA SAKHYAM

Yuvajana Sakhyam meets every Friday at 10:45 am at Bethanya Hall after Service. Encouraging all Yuvajana Sakhyam members of our parish to participate in the regular activities of Sakhyam.

YUVAJANA SAKHYAM PROGRAMMES FOR THE MONTH OF AUGUST 2016

DATES	PROGRAMMES	TIMING	Remarks
05 Aug. 2016	Bible Study Class-1	10:45 am	Led by Rev. Joe Mathew
12 Aug. 2016	General Sakhyam Meeting	10:45 am	Bethanya Hall
19 Aug. 2016	Independence Day Celebration	10:45 am	EMT Hall
26 Aug. 2016	Heavenly Voice Audition Cottage Prayer	10:45 am 6.30 pm	Bethanya Hall Carmel Hall

For further details, please contact Please contact YS secretary Mr.Paul Ninan on 056-7245126 or dubaiyuvajanasakhyam@gmail.com. Job Cell Convener : Mr. Anson Jerrin on 055-5637137 or jobcelldmtys@gmail.com. Prayer Cell Convener: Mr. Anoop C. S. on 052-6353416.




Yuvajana Sakhyam Programme Inauguration held on 01st July 2016. Inaugurated by Mr. Jaimon George, Chief Correspondent, Malayala Manorama, Dubai in the presence of our Vicars and Sakhyam friends. The theme for this year is : “വൈവിധ്യങ്ങളുടെ നടുവിൽ ക്രിസ്തുവിനായി വിളിക്കപ്പെട്ടവർ” (Called For Jesus in the midst of Diversity).


47TH BIRTHDAY OF OUR PARISH


May the Lord our God, be with us as He was with our ancestors; may He never leave us or abandon us; may He make us obedient to Him, so that we will always live as He wants us to live, keeping all the laws and commands He gave our ancestors. 1 Kings 8:57,58.


Let us look back with gratitude and acknowledge the wonderful way He has led us as a worshipping community for the last 47 years in this desert land. Let us remain faithful to Him and seek His blessings for the coming years.




 **THOMAS K. GEORGE** **T614**
055-3740001
Al Quoz
Perayam MTC, Mulavana

 **SIBY MATHEW** **S387**
056-5588794
Al Nahda Sharjah
Salem MTC, Anthiyalankavu

 **LIBIN S. BABY** **L038**
052-7845740
Jebel Ali Free Zone
St. Pauls MTC, Poomkulanji

 **KIRAN KOCHUMMAN** **K223**
056-5488737
Al Quoz
Salem MTC, Kundara

 **ALEX VARGHESE** **A471**
050-9638079
Al Towar
MT Valiyapally, Chengannur

A hearty welcome all new members to the Mar Thoma Parish Dubai. Please keep in touch with the Vicars and respective prayer group leaders of the Church.

OFFICIALS FOR THE YEAR 2016-2017:

O. T. Mathukutty (Vice President) 050-4590345 / Abraham George (Secretary) 050-5055295 / Skariah John Parayil (Treasurer) 050-4570879 / Samson P. Samuel (Accountant) 050-7386326 / Suresh Mathews (Lay Leader - Malayalam) 050-4969578 / Biju Sam (Lay Leader - English) 050-6568267.
For any Church updates & any other information please feel free to contact the Vicars or any of the above.

MALANKARA SABHA THARAKA:

Mar Thoma Church publication “Malankara Sabha Tharaka” for yearly or renewal of subscription please contact the coordinator: Jobi Joshua 050-698 3405.

BHADRASANA PRAKASHAM:

You can get news and latest developments on our Diocese through the Bhadrasana Prakasham. For subscription please contact our Diocesan Assembly member Denny Aringada Thomas 050 234 4979.

KARUTHAL:

“Karuthal” is a local project to support the less privileged community in UAE. Members interested in using their time and God given gifts in helping those who are needy are welcome to become a part of this team. For further details contact Convenor Mr. K. A. Kurian @ 050-729 7511.

Sr	Name	Area	Mobile	Email
1	K. S. Abraham	Jebel Ali Free Zone	050 9552051	ksabraham73@yahoo.com
2	Raju Yohanan	Jebel Ali Ind. Area/ DIP	055 5259250	raju73295@gmail.com
3	Sam Joseph	Gardens	050 2887901	otharasam@hotmail.com
4	Praveen Thomas	Al Barsha	050 4128071	praveen_vadakat@yahoo.com
5	Thomas Samuel	Al Quoz	050 5289133	plathodathil@hotmail.com
6	Libu Daniel	Jumeirah	050 1758648	ancy.libu@yahoo.com
7	Aji Mathew	Satwa	050 6756963	ajimathew@hotmail.com
8	Johnson K Mathew	Karama - A	055 7337034	johnsonkmathew5@gmail.com
9	Ashok Cherian	Karama - B	050 4761725	ashokmissy@gmail.com
10	V. Abraham Mathew	Karama - C	050 7182071	vam@emirates.net.ae
11	Varughese Mathew	Bur Dubai - A	050 5348094	sajijiji@hotmail.com
12	Binoy Koshy	Bur Dubai - B	052 7664131	binoy.elr@gmail.com
13	Lennies Mathew	Holy Trinity Church Area	050 4256909	lennies999@gmail.com
14	Nidhin Johnson	Int'l City / Ras Al Khor	055 9732261	nidhin6989@gmail.com
15	Julin Bency	Al Warqa / Rashidiya	050 5055622	julinbency@gmail.com
16	Mathew Alexander	Clock Tower	056 6824843	mathew_max@hotmail.com
17	Pramod George	Al Maktoum Hospital A	050 5151387	pramodgeo@yahoo.com
18	George K. Prasad	Al Maktoum Hospital B	050 3490150	georgemethrail@yahoo.com
19	Babu Varghese	Naif Road	050 7945957	babuyre@yahoo.co.in
20	George Jacob M.	Frij Murar	052 9227707	georgejm@gmail.com
21	Binoy Chacko	Kuwait Hospital	050 3544293	c_binoy@yahoo.com
22	George Thomas	Hor Al Anz/ Garden City	050 4505216	georgethomaspatteril@gmail.com
23	Allen Abraham	Al Shaab - A	052 5532956	allenabraham@gmail.com
24	George Kuruvilla	Al Shaab - B	050 5948485	abelg123@eim.ae
25	Alex Mathew	Abu Hail/ Mamzar	050 7950178	alexlxm@hotmail.com
26	Mereena Mathai	Al Nahda - Dubai	050 5858735	shajithevallil@gmail.com
27	Sunil K Joy	Al Ghusais - A	050 4542465	sjoy@rocketmail.com
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29	K. J. Joseph	Al Towar	050 7850567	
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Dehydration

From the Medical Desk...
HEALTH AWARENESS
by Dr. Abey Abraham

Summer is on us and a common medical problem we all face is the effects of Dehydration. This word means the reduction or deficit of total body water. This can occur when the amount of water lost in sweating, exercise, breathing (as water vapor) , or in urine etc is not replaced adequately by drinking. Most people can tolerate 2-3 % loss . Up to 8 % loss will result in dizziness and fatigue. Above 10 % loss in body water will cause severe thirst and mental disturbances. Above 20 % loss of water can cause death. Some diseases like high Fever, Vomiting, Diarrhea, urine infections(UTI), Diabetes and patients unable to appreciate thirst like in Coma can result in Dehydration.

A person develops thirst, Dry mouth, weakness, confusion ,dizziness, decreased sweating and even decreased urine output in dehydration. Occasionally the decreased urine output leads to stones in urinary tract and abdominal pain.

The treatment of minor dehydration is the replacement of fluids by simply drinking water or by using oral re-hydration products like Prolyte or ORS. These also contain small quantities of salts which help in replenishing salts like sodium, potassium and chloride.

More severe dehydration requires intravenous (IV) replacement especially if there is situations like vomiting, coma states, or in the elderly or in children when oral feeding may be difficult.

Cholera which causes severe diarrhea killed millions around the world till a scientist Dr John Snow in 1854 found out in London the link between the bacteria and the disease, water contamination by poor sanitary habits like open defecation and the health benefits of sanitation and clean water supply. London developed a underground sewage system in 1870 after his report!

SEVIKA SANGHAM TALENT DAY



Sevika Sangham had their Annual Talent day recently where members displayed different talents in terms of songs, skits, etc... The talent day was attended by all our 3 Achens and was a blessing to all. This was an occasion to display our talents for the glory of God.



SUMMER CAMP 2016

God willing, our Summer Camp 2016 is scheduled to be conducted on **26th & 27th August 2016**. The theme this year is “**Go; Light The World**” (Matthew 5:16).

Registrations for the Summer Camp can be done through our website. Please visit the following link to do your registration - <http://www.dubaimarthomaparish.org/students-registration.php>

Kindly contact our Summer Camp Convenor Sunil Varghese on 050 678 7151 for further details.

Summer camp Promo video: Meanwhile you can watch the promotion video on the following link <http://tinyurl.com/golight-theworld>

BUS ROUTES

BUS ROUTE	CO-ORDINATORS
International City	Mr. Gipsy George 055-938 6591, Mr. Saji George 050-802 9705
Al Nadha - Al Ghusais - Al Shaab	Rajan John 050-478 0328
Al Maktoum Hospital - Water Tank - Al Riqa - Naif Road	Santhosh Cherian 050-977 9265 Thomas Zacharia 050-476 4291
Bur Dubai - Karama - Satwa	Robin Varghese 056-350 8674 (Bur Dubai) Dinil 055-3517237 (Karama), Varghese A.T. 056-186 4660 (Satwa)
Al Quoz	Thomas Varghese 050-8700279, Gracious Paul 050-6988607
Sonapur - Rashidiya	Mammen V. J. 055-215 7279, 050-215 6042 K.J. Joseph (Jose) 050-785 0567 / 055-121 3116
Jebel Ali Free Zone	Sunny Markose 050-755 2395, Jiju 050-728 3871
Jebel Ali FZ South Main Gate	Jose 050-955 2051, Babu Varghese 050-505 7305
Dubai Investment Park	Cherian John 055-474 6461, Raju Yohannan 055-525 9250
Jebel Ali Industrial Area	Monachan Varghese 055-472 4505, Alex 050-694 1182

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