

VOLUME 324 / DECEMBER 2016



# PARISH BULLETIN

THE MAR THOMA PARISH, DUBAI



## THE *Miracle* OF CHRISTMAS



The angel answered, "The Holy Spirit will come on you,  
and the power of the Most High will overshadow you.  
So the holy one to be born will be called the Son of God." (Luke 1: 35)

## MESSAGE FROM THE YOUTH CHAPLAIN

Recently we saw a personality Nick Vujicic visiting Sharjah and Dubai. Born in Melbourne in Australia in 1982 without hands and fully formed limbs. At the age of 8, he was much depressed about his inabilities and asked questions about his identity. It was a defining moment in his life. He later discovered the purpose of God in his life. He changed his attitudes and tried to overcome all the hurdles in life with God. Now he is a greatest evangelist and motivational speaker and has spoken to millions of people through media and other platforms. What was healing for him? Christ healed him by changing his attitudes towards life. He has an obligation towards society – speaking and motivating others and leading many to Christ.



There is a centre named “Navajeevan Centre” at Kottayam run by an ordinary person Mr. P. U. Thomas. He used to be an attender in the Kottayam Medical College hospital. While at work he used to witness poor people in hospitals waiting for the treatments and even not being able to afford food. He used to carry his tiffin and share his food with the people. Thereafter he used to bring people who have been rejected by the society - people left in bus-stands or isolated places to the centre. This centre became a hope for many people. For him Christ brought healing through a vision of serving the society.

Jesus Christ has given his clarity for mission in the Nazareth manifesto. Luke 4:18,19 says “The Spirit of the Lord is on me because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set oppressed free, to proclaim the year of the Lord’s favor”. Christ lived for others. He had a compassionate heart towards the poor, rejected, exploited, sick etc.

As we approach the Christmas season let us think about people around who are in need and creatively respond to it regardless of religion, caste etc. Let us also think of the many children who have been left orphans because of several violence and accidents. Let us also remember all our brothers who are toiling hard for sustenance of their needs- working for hours in construction fields in building the skyscrapers, the people who are involved in collecting waste everyday in our locality, the people who clean our vehicles and all sorts of such works which many-a-times we discard.

I personally wish a very meaningful Christmas to everyone. Let us be agents of hope in a hopeless world.

Yours in His Service  
**Rev. Roby J. Mathew**

### KAISTHANA SAMITHI MEETING

The 7th Kaisthana Samithi Meeting for the year 2016-2017 will be held on **Friday, 9th December 2016** at the Bethel-Carmel Hall at 6.00 pm. All Kaisthana Samithi members are requested to attend the meeting.

## LECTIONARY & AREA ASSISTANCE SCHEDULE

Date	Theme	1st Lesson	2nd Lesson	Epistle	Gospel	Area
1 Dec 2 Dec 3 Dec	Birth of John the Baptist	1 Kings 19: 1-21	Revelation 10:1-11	Galatians 1:11-17	St. Luke 1:57-66	Kuwait Hospital Al Nahda - Dxb Al Shaab B
8 Dec 9 Dec 10 Dec	Annunciation to Joseph	Isaiah 7:10-17	1 Peter 3:8-16	Titus 2:11-15	St. Matthew 1:18-23	Abu Hail / Mamzar Al Ghusais A Al Ghusais B
15-Dec 16-Dec 17-Dec	Our Lord Comes	Isaiah 11:1-10	1 John 4:7-21	Romans 1:8-17	St. John 1:1-14	Muhaisnah B Al Towar Muhaisnah A
22-Dec 23-Dec	Mar Thoma Church Day	Isaiah 22:20-24	1 Corinthians 1:18-25	Philippians 3:12-21	St. John 14: 1-7	Al Khan Al Nahda - shj
24-Dec 25-Dec	Yaldo-Feast of Nativity	Isaiah 9:1-7	Hebrews 1:1-14	2 Timothy 2: 18-23	St. Luke 2:1-20	King Faisal St - shj English Service
29-Dec 30-Dec	God our Redeemer	1 Samuel 7:5-17	Hebrews 13:7-21	1 John 2:1-11	St.Luke 13:6-9	Rolla Ajman JA Free Zone
31-Dec 1-Jan	Year Ending. Taste and See the Lord is Good	Deutonomy 28: 1-14	Hebrews 12: 1-13	1 Peter 5:6-11	St. John 7:37-39	Al Quoz English Service
5-Jan 6-Jan 7-Jan	Honouring the Body as Temple of God	Ecclesiastes 6:1-12	1 Peter 1:13-25	Acts 6: 1-15	St. Matthew 5:21-30	Gardens JA Ind. Area / DIP Al Barsha

## CHRISTMAS & NEW YEAR SCHEDULE OF SERVICES / PROGRAMMES

Saturday, 10th Dec.	10.30 am	Trinity Sunday School Christmas Programme (at Orthodox Cathedral)
Monday, 12th Dec.	6.00 pm	Sevika Sangham Christmas Programme
Saturday, 17th Dec.	7.30 pm	Parish Carol Service (English)
Thursday, 22nd Dec.	8.00 pm	Parish Carol Service (Malayalam)
Friday, 23rd Dec.	4.30 pm	Junior Carols - Dubai Mar Thoma Sunday School
Saturday, 24th Dec.	8.00 pm	Christmas Service (Malayalam)
Sunday, 25th Dec.	6.45 am	Christmas Service (English)
Saturday, 31st Dec.	9.00 pm	Watch Night Service (Malayalam)
Sunday, 1st Jan.	10.30 am	New Year Service (English)

*Please note that there will be NO Service at the Trinity Church on Saturday, 24th December and Saturday, 31st December in the morning at 7.30 am. Instead, the Christmas Service and Watch Night Service will be held at 8.00 pm and 9.00 pm respectively at the Jebel Ali Church.*

“You can never truly enjoy Christmas until you can look up into the Father’s face and tell him you have received his Christmas gift.” ~John R. Rice

## FROM THE PARISH SECRETARY

കർത്താവിൽ പ്രിയ ദൈവ ജനമെ,  
കർത്താവായ യേശുക്രിസ്തുവിന്റെ നിസ്തൂല നാമത്തിൽ നിങ്ങൾക്കേവർക്കും സ്നേഹ വന്ദനം..

2016 വർഷത്തെ അവസാന മാസത്തേക്ക് ചുവടുവയ്ക്കുവാൻ നമ്മെ അനുവദിച്ചു സർഗ്ഗീയ പിതാവിനു സ്തുതി സ്തോത്രം അർപ്പിക്കുന്നു. ഇടവകയായി ദൈവകൃപയിൽ മുന്നേറുവാൻ ദൈവം സഹായിച്ചു. വീണ്ടും ഒരു ഇടവക ദിന ഓർമ്മയിലേക്കും ക്രിസ്തുമസ്സിന്റെ സന്തോഷത്തിലേക്കും നാം പ്രവേശിക്കുമ്പോൾ നമുക്ക് ഒരു സ്വയ ശോധനയുടെ അവസരമാകട്ടെ!!!. നമുക്ക് വേണ്ടി മനുഷ്യനായി തീർന്ന, നമ്മുടെ പാപങ്ങൾ മോചിച്ച് രക്ഷിക്കുവാനായി അവതരിച്ച , നമ്മുടെ ഹൃദയങ്ങളിൽ വസിക്കുവാൻ ഇഷ്ടപ്പെടുന്ന, ദൈവപുത്രനു നമ്മുടെ ജീവിതത്തിലെ സ്ഥാനം എവിടെയാണ്?.

ദയവായി നമുക്ക് ഒരു ആത്മപരിശോധനയ്ക്ക് മുതിരാം.  
ക്രിസ്തുമസ്സ് മാനവ കുലത്തിനു നൽകുന്ന ദൂത് (ലൂക്കോ. 2:10-11), “ഭയപ്പെടേണ്ടാ. സർവ്വജനത്തിനും ഉണ്ടാകുവാനുള്ള ഒരു മഹാ സന്തോഷം ഞാൻ നിങ്ങളോട് സുവിശേഷിക്കുന്നു. കർത്താവായ ക്രിസ്തു എന്ന രക്ഷിതാവ് ഇന്ന് ദാവീദിന്റെ പട്ടണത്തിൽ നിങ്ങൾക്കായി ജനിച്ചിരിക്കുന്നു.” . ക്രിസ്തുമസ്സിന്റെ ഒന്നാമത്തെ സന്ദേശം “ഭയപ്പെടേണ്ടാ” എന്നുള്ളതാണ്. വിവിധ ഭയങ്ങളാൽ ദിനം തോറും ആകൃലരാകുന്ന നമുക്കുള്ള ദൂതാണിത്. രണ്ടാമതായി സർവ്വജനത്തിനും ഒരു മഹാ സന്തോഷം ഉണ്ടാകേണ്ടിയിരിക്കുന്നു. ക്രിസ്തു ജനിച്ചതുകൊണ്ട് ആ സന്തോഷം നമുക്ക് ലഭിക്കുകയില്ല. അവനെ ഉള്ളത്തിൽ കൈകൊള്ളുന്നതിലൂടെ ആ മഹാ സന്തോഷം നമുടെ ഉള്ളത്തിൽ ഉളവായി വരും.

മൂന്നാമതായി അവൻ നമ്മുടെ രക്ഷയ്ക്കായ് വന്നവനാണ്. രക്ഷ എന്ന ദാനം സ്വീകരിക്കുവാനോ, നിരാകരിക്കുവാനോ ഉള്ള സ്വാതന്ത്ര്യം ദൈവം നമുക്ക് നൽകിയിരിക്കുന്നു. ഈ വർഷത്തെ ക്രിസ്തുമസ്സ് ആഘോഷങ്ങൾ , കേവലം വെറും ആഘോഷങ്ങളായി തീരാതെ ക്രിസ്തുവിനു നമ്മുടെ ഉള്ളങ്ങളിൽ ഇടം നൽകുന്ന ക്രിസ്തുമസ്സായി തീരട്ടെ എന്ന് പ്രാർത്ഥിക്കുന്നു.

ക്രിസ്തു ഉരുവാകുവാൻ ഉദരംകൊടുത്തവളുടെ മാനസിക വ്യഥയുടെയും, ഭൂമിയിൽ വന്നു പിറക്കുവാൻ സത്രം നിഷേധിക്കപ്പെട്ടവന്റെ ആത്മ നൊമ്പരത്തിന്റേയും, ജനനം മുതൽ മരണം വരേ ശരികൾ തേടി, സർവ്വജനത്തിനും ആശ്വാസമായി, അക്ഷീണം യാത്രചെയ്തവന്റെയും ക്രിസ്തുമസ്സ് സഹനവഴികളിലൂടെയുള്ള പ്രയാണമായിരുന്നു. ആ വഴികളിലൂടെ നമുക്കും ഇടവകയായി യാത്ര തുടരാം.

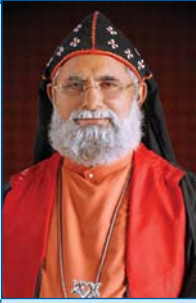
കത്തുശുശ്രൂഷയിൽ, സ്നേഹത്തോടെ  
ഏബ്രഹാം ജോർജ്ജ്...  
ഇടവക സെക്രട്ടറി..

### 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 Bhadrāsana Prakasham. For subscription please contact our Diocesan Assembly member Denny Aringada Thomas 050 234 4979.



## WELCOME TO RT. REV. JOSEPH MAR BARNABAS EPISCOPA

Rt. Rev. Joseph Mar Barnabas Episcopa is expected to be with us for the First Holy Communicants Service, scheduled to be held on Thursday, 5th January 2017. Thirumeni will be with us for the Holy Communion Services on Friday and Saturday as well. On behalf of the Parish, a warm welcome to Rt. Rev. Joseph Mar Barnabas Episcopa who will also be our new Diocesan Episcopa from January 1st, 2107.



## WELCOME TO REV. DR. P. G. GEORGE

As we celebrate the 47th Parish Day of our Church, we are happy to welcome Rev. Dr. P. G. George, Dean of Studies, South Asia Theological Research Institute, Serampore as the Chief Guest for our Parish Day celebrations on Friday, 16th December 2016. Achen will be with us for our Christmas Services also this year. On behalf of the Parish a very warm welcome to Rev. Dr. P. G. George Achen.

## DATABASE UPDATION - WE NEED YOUR DETAILS

The Church records show that many of the mobile numbers and email addresses of our members are wrong and thereby making it difficult in communicating or contacting our parish members. In November we did a database updation campaign and this being continued.

Please send a mail to [mtpdxb1@eim.ae](mailto:mtpdxb1@eim.ae) stating your full name, church reference number, and your present mobile number(s) and email addresses. You can put down more than 1 email address if available and if its being checked regularly. Requesting the co-operation of all members in getting your relevant details updated in the church system.

Thank you

CHURCH OFFICE BEARERS



## FINANCIAL YEAR CLOSING - IMPORTANT ANNOUNCEMENT

Our financial year closes on 31st March. You are requested to pay your subscription and other contributions before the closing date. You can pay by cash or through credit / debit card or by cheque in the name of "MAR THOMA PARISH DUBAI".

## MAR THOMA SUNDAY SCHOOL, DUBAI – AT JEBEL ALI CHURCH

Sunday school's regular classes are being held every Friday from 10.30 to 12.15 after the Holy Qurbana service at The Mar Thoma Parish - Dubai, Jebel Ali.

DATE	PROGRAMME	TIMING	REMARKS
02 Dec.	Common class & Junior carol practice	10:30 to 12:15 hrs.	Sub-Juniors - Bethel Carmel Hall Juniors - Church Seniors – Basement
	Annual exam paper valuation	From 13:00 hrs.	Basement
09 Dec.	Me & My Child meeting	10.30 to 12:10 hrs.	EMT Hall
	Birudh Examination	13:00 to 15:00 hrs.	Basement
16 Dec.	Parish Day - NO SUNDAY SCHOOL		
23 Dec.	Junior Carols	From 16:30 Hrs.	
30 Dec.	NO SUNDAY SCHOOL		
06 Jan.	Sunday school Convocation/ anniversary / Class promotion	10:30 to 12:30 hrs.	Church

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

## TRINITY SUNDAY SCHOOL – AT HOLY TRINITY CHURCH

Regular Sunday School classes are held every Saturday from 10.15 am to 12 noon at the Trinity Church compound.

### ANNOUNCEMENTS:

**Saturday, 3rd December:** Trinity Sunday School picnic at Dubai Creek Park. Time 10:30am onwards.

**Friday, 9th December:** Sunday School Exam for class 6, 8, 10 and 12 at Jebel Ali Church @ 1:00 pm

**Saturday, 10th December:** Trinity Sunday School Christmas Programme at St. Thomas Orthodox Cathedral parish Hall Oud Mehta Road. Time 10:30am. All are invited.

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

The Trinity Mar Thoma Sunday School warmly invites you to its Annual Christmas Programme

Date : Saturday, December 10, 2016

Time : 10 : 30 a.m.

Venue : St. Thomas Orthodox Cathedral Parish Hall, Oud Metha Road

**JOY TO THE WORLD,  
THE LORD IS COME.**

## SEVIKA SANGHAM

Sevika Sangham meets every Saturday, Sunday and Monday evening at five 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 / Rolla-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 Christmas Carols Programme is scheduled to be held at the EMT Hall on Monday, 12th December 2016 from 6:00 pm onwards.**

## 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, Dec 2, 2016	Special Orientation for the 10th & 12th Students @ 10:45 AM	EMT Hall
Friday, Dec 2, 2016	UAE Centre - Family Conference from 2.30 PM	EMT Hall
Friday, Dec 9, 2016	Regular Meeting @ 10:45 AM	Bethel Carmel Hall
Friday, Dec 9, 2016	Cottage Prayer @ 6.30 PM	TBA
Friday, Dec 16, 2016	Regular Meeting @ 10:45 AM	Bethel Carmel Hall
Friday, Dec 23, 2016	Regular Meeting @ 10:45 AM	Bethel Carmel Hall
Friday, Dec 30, 2016	Witnessing Day	Bethel Carmel Hall

## 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.

## ORGANISATION NEWS

### 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 membership campaign for the year 2017-18 has been started and application forms are available with Sakhyam executives. Those who have completed 13 yrs old are eligible to be members of the Yuvajana Sakhyam.**

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 PROGRAMMES FOR THE MONTH OF DECEMBER 2016

DATES	PROGRAMMES	TIMING	REMARKS
02.DEC.2016	Sakhyam Meeting	11.00 am	Bethanya Hall
09.DEC.2016	Debate	11.00 am	Bethanya Hall
16.DEC.2016	No Meeting		Parish Day
23.DEC.2016	Christmas Gift distribution to Labour Camp		
30.DEC.2016	Praise And Worship	11.00 am	Bethanya Hall

### 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. The YF monthly **Cottage Fellowship** would be held on Friday, 9th December at 7:30 @ the residence of Jincy Abraham, Opposite Ghazal Mall, Jumeirah. For more information contact Subin : 050-4534858.

**Good Shepherd's Initiative (GSI)** : Christmas is round the corner and our team is ready to spread the Christmas joy in your neighborhood. Do call us and fix a convenient date and time, so we could come home and celebrate this festive season with you.

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

### FAREWELL

Mr. A. M. Mathew & family (ref # M 168), Al Towar prayer group member is going back to India after being here in the UAE for 38 years. They are settling at their home town in Chenganoor.

Mr. Baby Thomas (ref # B 094), Al Towar prayer group member is going back to India after being here in the UAE for 23 years. He is going back to settle in his home town in Chenganoor.

*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.*

Where there is faith, there is love; Where there is love, there is peace;  
Where there is peace, there is God; And where there is God; there is no need.

-Leo Tolstoy





**ANIL CHERIAN ABRAHAM** A 478  
050-653 8508  
Al Nahda Dubai  
Ebenezer MTC, Peroorkada



**RAJESH THOMAS** R 137  
055-1217878  
Muhaisanh- A  
St.Pauls MTC, Valiyakunnam



**ABY JACOB** A 479  
056-9809180  
Karama B  
Nilackal MTC, Naranammoozhy



**SUJI CHACKO** S 396  
052-8865859  
Al Towar  
St. Andrews MTC, Kannamangalam



**AKHIL K. VARGHESE** A 480  
055-4798934  
Freezone Jebel Ali  
St.Thomas MTC, Kannara ,Peechi



**SHAJI MAMMEN** S 397  
050-5354872  
Al Towar  
Emmanuel MTC, Punnakkadu



**ALWIN P. THOMAS** A 481  
056-2478509  
Abu Hail Mamzar  
St. Andrews MTC, Pariyaram,  
Mallappally



**SIJO GEORGE** S 398  
050-8648663  
Al Nahda Dubai  
Bethel MTC, Variyapuram



**LIJO T. SAMUEL** L 040  
055-9648380  
Gardens  
St.Thomas MTC, Kozhencherry



**TONY R. MATHEW** T 618  
055-9090672  
AL Barsha  
Emmanuel MTC, Nellikunnam



**MATHEW VARGHESE** M 712  
050-1706459  
Ras Al Khor / INTNL City  
MTC , Goregaon



**VIJU PHILIP THOMAS** V 520  
055-3847434  
Abu Hail Mamzar  
Thabore MTC, Edamon



**ANIL C. VARGHESE** A 482  
052-9557551  
Bur Dubai -B  
St.Thomas MTC, Santacruz, Mumbai

*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.*

CONDOLENCES

**Mrs. Mariamma John**, 80 years, Vadakedathu Palapurath, Edappavoor, mother of Mr. Abraham John (Renji - Jumeirah prayer group), passed away on 8th November 2016.

**Mrs. Thankamma Thomas**, 91 years, Manalukalayil House, Kozhikode, mother of Mr. Wilson Thomas (Frij Murar prayer group), passed away on 14th November 2016.

**Mr. Thomas Varghese**, 66 years, brother of Mr. John Thomas (Al Maktoum B prayer group), passed away in Dallas, USA on 14th November 2016.

**Mrs. Thankamma Samuel**, 94 years, mother of Mr. Raju Samuel (Ras Al Khor/ Intl City prayer group), passed away on 16th November 2016.

**Mrs. Ammini George**, 68 years, Kanjiramnilkunnathil, Vazhamuttam, mother-in-law of Mr. Saji Thomas (Rolla Ajman prayer group), passed away on 19th November 2016.

**Mr. T. T. Thomas**, 78 years, Kalappurathu Veedu, Vazhoor Kottayam, father of Mr. Mohan K Thomas (Naif Road prayer group), passed away on 21st November 2016.

**Mr. T. C. Eappen**, 93 years, Adangappurath Kalamannil Puramattom, father of Mr. Job Eappen (Al Nadha Dubai prayer group), passed away 24th November 2016.

**Mr. Liju Alexander**, 20 years, Jose Bhavan, Mavelikkara, nephew of Mr K I Varghese (Holy Trinity prayer group), passed away 24th November 2016.

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.

# FATTY LIVER

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

Fatty Liver is a very commonly used term and is much misunderstood. It denotes the abnormal accumulation of fat in the liver and the subsequent damage to the liver. Although there are many causes it is considered as an inflammation of the liver due to either excessive alcohol use or as a complication of the Metabolic syndrome (Diabetes, Hypertension, Obesity and Dyslipidemia).

Other causes of Fatty liver include Malnutrition, Gastric Bypass surgery, Medications like Amiodarone, methotrexate and infections like HIV and HCV.

Most individuals are asymptomatic and are usually discovered incidentally because of abnormal liver function tests or hepatomegaly (liver enlargement) noted in unrelated medical conditions. The Liver Enzymes are usually raised (SGOT/SGPT or AST/ALT) . The Ultrasound study of the abdomen will show a bright liver suggesting fatty infiltrate. The severity of the disease can be made out only by a liver biopsy and Histological examination.

The treatment of fatty liver depends on its cause, and, in general, treating the underlying cause will reverse the process of steatosis if started at an early stage. Two known causes of fatty liver disease are an excess consumption of alcohol and a diet containing foods with a high proportion of fatty food. Hence abstaining from alcohol and reducing fatty food and treatment of raised cholesterol levels help.

Alcohol related fatty liver can progress to Cirrhosis which is irreversible and 10 % progress to Liver Cancer.

## JEBEL ALI SUNDAY SCHOOL PICNIC



Sunday School students of the Dubai Mar Thoma Sunday School went for a picnic to Sharjah National Park last month. Accompanied by teachers, all children had a wonderful time with games and various other events. This was a nice time to interact with one other and spend some time knowing each other.

## SEVIKA SANGHAM PICNIC



Taking advantage of the fine weather outside, Sevika Sangham members went for a picnic on November 19th to the Creek Park. Both our Vicars and their families went along for the picnic along with the Sevika Sangham members. Members had a blessed time of enjoyment and fellowship.

## CONGRATULATIONS !



Students who got highest marks in 10th and 12th standard were awarded with the Badrasana Merit Award by our Diocesan Bishop Rt. Rev. Dr. Thomas Mar Theethos Episcopa during the Family Day gathering. Below are the names of the students and hearty congratulations to each of the students. May our Almighty Lord continue to bless you with wisdom and praying that you will give glory to the Lord for all your success. **10th Standard students:** Anette Manoj Elsa, Thejas Cherian Vaidyan, Sherwan Mathew Thomas, Sarah Paul, Steni Treasa Philip, Sara Elizabeth Jose. **12th Standard students:** John Samuel Joy, Darryl Cherian Jacob, Benoy Mammen Mathew, Kripa Sara Abraham.

"Christmas began in the heart of God.  
It is complete only when it reaches the heart of man." - Anonymous

## BUS ROUTES (REVISED WEF OCTOBER 2016)

BUS ROUTE		CO-ORDINATORS	
1	Al Nadha - Al Ghusais - Al Shaab - Clock Tower	Mr. Girish Mathew	050 495 79 29
		Mr. Johnson Philip	056 756 48 69
2	Al Baraha - Marcopolo Hotel - Al Maktoum Hospital - Naif Road - Al Riqqa	Mr. Biju John	050 362 17 15
		Mr. Babu Varghese (Bobban)	050 794 59 57
3	Sonapur - Rashidiya	Mr. Mammen V. J.	055 215 60 42 / 055 215 72 79
		Mr. K.J. Joseph (Jose)	050 785 05 67 / 055 121 31 16
4	Bur Dubai - Karama - Satwa	Mr. Jacob	050 734 80 63
		Mr. Binny Daniel	056 658 47 74
		Mr. Varghese	056 186 46 60
5	Al Quoz	Mr. Gracious Paul	050 698 86 07
		Mr. Binu Varghese	055 426 73 04
6	International City	Mr. Saji George	050 802 97 05
		Mr. Nithin Johnson	055 973 22 61
7	Dubai Investment Park	Mr. Raju Yohannan	055 525 92 50
8	Jebel Ali Industrial Area	Mr. Monachen Varghese	055 472 45 05
		Mr. Alex	050 694 11 82
9	Jebel Ali Free Zone (South Accomodation)	Mr. Babu Varghese	050 505 7305
		Mr. Jose	050 955 20 51
10	Jebel Ali Free Zone (North, West Old accomodation)	Mr. Thampan Chacko	056 797 78 03

**For more details contact BUS CONVENOR: O.T. Mathukutty 050-4590345**

### KARUTHAL:

“Karuthal” is a local project to share with the concerns among the less privileged in the UAE. Members interested in using their time and God given gifts in sharing with their needs and concerns are welcome to become a part of this team. For further details contact **Convenor Mr. K. A. Kurian @ 050-729 7511.**

### 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.*

**For more information, please contact:**

**Rev. Thomas Zachariah**

(Vicar)

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**Rev. Roby Jacob Mathew**

(Youth Chaplain)

Sharjah Chaplain Parsonage

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CARETAKERS: Shaji 050-889 5820, John 052-839 8832

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