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CSI Congregation of Dallas

May 2019



Beloved in Christ,

The 40th day after Easter is celebrated as the Ascension Day. Since the day of Ascension is not decided based on Sundays after Easter but on the basis of the number of days after Easter, the 40th day falls on a Thursday. On Ascension Day we remember that Christ is our reigning King, who brings all the things into subjection to Himself. After the Resurrection, Jesus showed himself alive to the apostles with many proofs. He appeared to them occasionally over a period of 40 days so they could know that their Master truly had Risen from the dead. They could look at him and touch him. Risen Christ appeared to Mary Magdalene and to the two disciples on the road to Emmaus. He also appeared to seven of the apostles once in Galilee, to ten of the apostles once in Jerusalem, all eleven apostles two times and to five hundred in Galilee. These are based on solid historical evidence. These appearances of Jesus Christ came to an end when He ascended into Heaven. Why Jesus showed Himself so regularly to His disciples over this period of 40 days following Easter Sunday? Because they had the responsibility of bearing witness to the resurrection of Jesus Christ, which is the fact upon which Christianity rests.

The Resurrection of Jesus Christ proves that Jesus is God, that He is the truth that all His teachings are true, and all His promises are true. Jesus Christ has accomplished redemption so that everyone who repents and believes in Him will receive forgiveness of all sins. Thus, we have received eternal life. Without our Master, Lord Jesus Christ, there is no salvation. After teaching His disciples for 40 days concerning the kingdom of God Jesus took His apostles to the Mount of Olives. He blessed them there. Then He led them out as far as Bethany and lifted His hands to bless them. He parted from them and was carried up into Heaven. Luke 24:50-53 shows the joy of those who witnessed the Ascension of Christ, as we read as 'And they worshiped Him, and returned to Jerusalem with great joy, and were continually in the temple praising and blessing God's. Acts 1:9 says 'And after He had said these things, He was lifted up while they were looking on, and a cloud received Him out of their sight'.

Jesus had spoken of His ascension before. In John 6:62 we read, 'What then if you see the Son of Man ascending to where He was before?' Jesus told His disciples that He would go to His father. And so, on the Mount of Olives, the cloud took Him out of their sight. What do you think that the cloud was? It was a manifestation of divine presence. The apostles were eyewitnesses of both the Resurrection and Ascension of Christ. He is the one to whom belongs all authority in heaven and on earth.

Acts 1:1-2 says of Jesus and how He began to do and to teach until the day He was taken up to heaven. Acts 1:9-11 says "And when He had said these things, He was lifted up while they were looking on, and a cloud received Him out of their sight. And as they were gazing intently into the sky while He was going, behold, two men in white clothing stood besides them. They also said, 'Men of Galilee, why do you stand looking into the sky? This Jesus, who has been taken up from you into heaven, will come in just the same way as you have watched Him go into heaven'. Heavenly messenger informs that this same Jesus would indeed come back in the way in which He went. The Ascension conveyed to His followers that the appearances that occurred over the period of 40 days have come to an end. This teaching period was over and there was now an awareness that He was with them all the time. We are always in the presence of Christ. We are never out of His sight nor out of His mind. Every Christian is called to be a witness to know Jesus and His work of salvation. A Christian witness is a spiritual person who speaks spiritual truth to others. We are called witnesses of Jesus Christ. A high authority has been given to us. We should obey him who is seated far above all authorities and powers and realms. Let us be witnesses and ambassadors of Christ.

God Bless you,

Rev. K.G. Thomson

<p>May 5, 2019, (2nd Sunday After Easter)</p>	<p>Re-reading the scripture with the Risen Lord</p> <p>2nd Chron: 34 29- 2:3 Psalm 19:7-14 Acts 8:26-40 Luke 24:13-27</p> <p>(Malayalam)</p>
<p>May 12, 2019, (3rd Sunday After Easter)</p>	<p>Commissioning by the Risen Lord</p> <p>Jerm 9: 1- 10 Psalm 47 I Tim 4:6-16 John 20:19- 23</p> <p>(Malayalam – Mother’s day)</p>
<p>May 19, 2019, (4th Sunday After Easter)</p>	<p>Believing in Christ: The Truth</p> <p>Ex: 34 :1-9 Psalms 119: 89-96 Eph: 4:7-16 Jn 17:6-19</p> <p>(Malayalam)</p>
<p>May 26, 2019, (5th Sunday After Easter)</p>	<p>Mission with Christ’s Sprit</p> <p>2nd King 2: 9-16 Psalms 105: 1-11 Acts 7:54-60 Matt 28:16-20</p> <p>(English)</p>
<p>June 2, 2019, (6th Sunday After Easter)</p>	<p>Fear of the Lord as Beginning of Wisdom</p> <p>1ST King 3: 3-14 Psalms 14 1John 5:13-21 Luk 10: 21-24</p>

Birthdays

Mrs. Lisa Jacob	1-May
Mr. Joseph Kurien	1-May
Sarah Varghese	1-May
Johny Thomas	1-May
Andrew John Kurien	5-May
Mr. Prince Cherian	6-May
Evan John Varghese	6-May
Mr. Bobby George William	9-May
Mrs. Ann George (Pinki)	12-May
Mr. George M Varghese (Raju)	13-May
Mr. John P Varghese (Thampy)	15-May
Mrs. Feba Justin	15-May
Chloe Mathew	17-May
Angelina Sara Kurien	19-May
Mrs. Sherly George	19-May
Mr. C.I Samuel	20-May
Mrs. Molamma Mathews	20-May
Mr. Jacob Mathew	23-May
Mr. Rejoy Varghese	23-May
Mrs. Cissy Kuruvila	24-May
Mr. Shaji Samuel	24-May
Mr. Sheju Varghese	25-May
Mrs. Nisha John Abraham	25-May
Aiden Thomas Kurien	27-May
Lisha Susan Jacob	27-May
Alvin S Mathew	27-May
Mrs. Jaqualin Varghese	27-May
Mr. Eapen K Samuel (Sam)	27-May
Mrs. Tessy Jacob Davidson	29-May
Mrs. Sherly Itty	30-May
Mrs. Sherly Richardson	30-May
Mr. John Mathew (Titty)	31-May
Mr. Johnson Jacob (Sabu)	31-May
Mrs. Betty Cherian	31-May

Wedding Anniversaries

Mr. Kurien M Kurien (Prasad) & Mrs. Aleyamma Kurien (Mercy)	7-May
Mr. Aljo Kurien & Mrs. Ansu Kurien	9-May
Mr. Mannil I Mathew (Sunny) & Mrs. Amy Mathew (Sally)	15-May
Mr. Varughese Joseph & Mrs. Rachel Joseph	20-May
Mr. Sheju Varghese & Mrs. Divya Varghese	29-May
Mr. Daniel Thomas & Mrs. Mary Daniel (Dolly)	30-May

Whoso findeth a wife findeth a good thing, and
obtaineth favour of the Lord." ~Proverbs 18:22

Happy Wedding Anniversary



Chorister's Corner

Singing in a Choir Can Boost Your Mindfulness

The physical and psychological benefits of choral singing have become crystal clear in recent years. Less certain is precisely why joining voices in song is so powerful. Is it connection with a like-minded community? A sense of shared purpose? The thrill of creative expression?

While all of those surely play a role, new research from Ireland points to a different health-promoting factor. It finds choral singing boosts mindfulness.

The study “supports the existence of a specific ‘choir effect,’” write psychologists Julie Lynch and Charlotte Wilson of Trinity College Dublin. Their research is published in the journal *Psychology of Music*.

The 83 participants (18 men and 65 women) were all members of one of two community choirs in urban Ireland. Prior to the start of a rehearsal, and again immediately after, all filled out two questionnaires designed to measure their state of mindfulness—the much-lauded ability to stay fully present in the current moment. They assessed the degree to which a series of statements applied to them, using a scale of one to 10. These included “I am aware of my feelings without getting lost in them”; “I am finding it easy to concentrate on what I am doing”; and “I am daydreaming, worrying, or otherwise distracted.”

Later that same week, participants filled out the same questionnaires immediately before and after listening to a 30-minute-long piece of choral music—excerpts from Gabriel Faure’s *Requiem*. This allowed the researchers to determine whether the effects were specifically stimulated by singing, as opposed to simply hearing the music.

They report that listening to that soothing work did significantly increase the participants’ mindfulness level. But the group singing did so to a far greater extent. This suggests listening to music can help us focus on the present moment but singing it does so much more effectively.

This makes intuitive sense, given that group singing requires “focused concentration,” which precludes “preoccupation with sources of worry,” the researchers write. “The call for attention to numerous details such as watching the conductor, listening to the other voices in harmony, reading the music and/or remembering the words all contribute to reaching this attentive, aware, and accepting state.”



Sunday School Corner

Notes from the Sunday School Teachers

- Please encourage kids to read Genesis chapters 20 – 30 and do the Newsletter bible quiz
- Encourage kids to read Exodus, there will be quiz on Exodus on May 19th
- Exams for Sunday school classes will be held in May and the last day of classes will be on May 26th.

Bible Quiz Genesis chapters 20- 30

1. How many years old was Abraham when his son Isaac was born?
2. What name did Abraham call the place where he offered the ram instead of Isaac as sacrifice to the Lord?
3. What is the name of the cave used as Sarah's burial site?
4. What was the name of the girl who became Isaac's wife?
5. How many years old was Abraham when he died?
6. God said he would make Isaac's descendants as numerous as the stars in the sky and through his offspring all nations on earth would be blessed because his father Abraham did what?
7. When Isaac was old and he could no longer see, who did he ask to hunt some wild game and bring him something tasty to eat before he died?
8. Jacob left Beersheba and set out for Haran. He stopped for the night, lay down to sleep, and put what under his head?
9. What were the names of Laban's daughters?
10. Who was the mother of Joseph?



32nd CSI Family & Youth Conference in North America

We cordially invite you to attend the **32nd CSI Family & Youth Conference in North America**. The conference will be hosted from July 25th through July 28th of 2019 at the Hyatt Regency in Houston, Texas, led primarily by our **Moderator, Most Rev. Thomas K. Oommen**. This year's honored guest speaker will be **The Rt. Revd. Dr. John Perumbalath**, Bishop of Bradwell, Church of England. Together, we will meditate on the theme of "**Desert Blossom**". For more details visit the conference website: <https://csiconference2019.org/>



- Mr. C.K. Abraham, father of Mrs. Lisa Jacob (Lizamma) passed away in Kerala. Funeral was held on Monday, April 8, 2019
- Mrs. Mariamma Simon(76), sister of Mr. Thomas M. Mathai and late Rev. Mathew Mathew Achen passed away in Dallas on April 30, 2019. Funeral was held on Saturday, May 4, 2019

The Vicar and members of the CSI Congregation of Dallas express their heartfelt condolence to all the bereaving families. Kindly uphold the families in your thoughts and prayer.

Secretary's Notes

- ❖ CSI Council of North America tele prayer conference is held on every 1st Thursday at 8pm (CST). Dial-in Number: 712-770-4010; code: 611295
- ❖ Tele prayer is every Friday from at 8-9 pm, the dial in number is 515-604-9057; access code is 539672 followed by the “#” sign.



CSI Church of
church picnic
Dallas

Saturday, 25th, | 11:00 am | Springhill retreat center, 3991 E Renner Rd, Richardson, TX, 75082



CSI Congregation of Dallas Executive Committee 2019

<i>Vice-President</i>	<i>Mr. George M Varghese</i>	<i>(214) 686-3272</i>
<i>Secretary</i>	<i>Mr. Cherian Varghese</i>	<i>(214) 424-7556</i>
<i>Joint Secretary</i>	<i>Mr. Sreejith John</i>	<i>(214) 695-8052</i>
<i>Treasurer</i>	<i>Mr. Vinn Varghese</i>	<i>(817) 600-8731</i>
<i>Joint Treasurer</i>	<i>Mr. John Thomas</i>	<i>(214) 621-3870</i>
<i>Warden</i>	<i>Mr. Jacob Davidson</i>	<i>(214) 218-1357</i>
<i>Warden</i>	<i>Mr. Jacob Jacob</i>	<i>(214) 893-6898</i>
<i>Committee Member</i>	<i>Mrs. Betty George</i>	<i>(214) 228-0865</i>
<i>Committee Member</i>	<i>Mr. Jacob Cherian</i>	<i>(484) 343-6383</i>
<i>Committee Member</i>	<i>Mr. Vinod Philip</i>	<i>(914) 403-5634</i>
<i>Auditor</i>	<i>Mr. George Itty</i>	<i>(214) 227-9586</i>
<i>Choirmaster</i>	<i>Mrs. Rayni Tharian</i>	<i>(469) 226-4530</i>
<i>Choir Secretary</i>	<i>Mr. Jinu Abraham</i>	<i>(425) 306-5836</i>
<i>Sunday School Superintendent</i>	<i>Mr. Shelby Thomas</i>	<i>(214) 923-2719</i>
<i>Women's Fellowship Secretary</i>	<i>Mrs. Tessa Jacob Davidson</i>	<i>(214) 218-1358</i>
<i>Women's Fellowship Treasurer</i>	<i>Mrs. Emy Varghese</i>	<i>(214) 491-0068</i>
<i>Youth Secretary</i>	<i>Ms. Rebecca Ruby Richardson</i>	<i>(469) 237-6717</i>