

An artistic illustration of Moses, an elderly man with a long white beard and hair, wearing a blue and gold robe. He stands on a rocky mountain peak, holding two large, rectangular stone tablets. The tablets are inscribed with text in a stylized, ancient script. The background features jagged, snow-capped mountains under a cloudy sky. The overall style is painterly and dramatic.

# the 10 commandments

Exodus 20:1-17

**JOHANNINE COMMUNIQUÉ**

Newsletter of C.S.I St. John's Cathedral, Trichy

**APRIL 2025**





Doctors

Men's Fellowship



Praise and Prayers



Women's Fellowship

Youth - Lenten Retreat





Honouring the Doctors



Republic Day



Blind Home Visit -WF





Outreach - Narayanapuram



Outreach - Ambedkar Nagar



Women Sunday





Lenten Retreat



Children's Time





## New Year Special Song



## Outreach - Ayankadu



## Heber Chorale





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*From the Desk of the Presbyterian Incharge ...*

## **The Commandments for God's Liberated Children**

Dear Friends,

We have crossed three months in the year 2025. We are also well into our Annual Lenten season where we concentrate on what we are leaving behind and what we gain. We spend more time on fasting, prayer, reading the Bible, meditation and helping the poor.

The Christian life is a disciplined life and that's why we are called disciples. Any disciple is expected to learn from his guru / rabbi / teacher. And the disciples are given commandments and the nature of a disciple is decided by how much a disciple can adhere to the commandments.

The Jewish people who were liberated from Egypt were given the Ten Commandments by God (Exodus 20 and Deuteronomy 5). However, Exodus Chapter 20 has to be read and understood along with Exodus 21 and 23. Reading these three chapters will provide a complete set of ordinances / case laws. For example, Exodus 21:22-25 needs to be compared with Leviticus 24:19,20 and Deuteronomy 19:21. Reading all these passages leads to an understanding that the Ten Commandments were part of legal proceedings and guidelines for judges.

Once the Israelites settled down in the promised land, the important aspects of these Ten Commandments were brought into everyday social life. These commandments helped improve personal relations between individuals, families, clans and tribes. It was on the basis of this understanding that Jesus explained the commandments of the Old Testament with a new perspective (Matthew 5:38-48).

In the early Church, spirit filled living was emphasized and Apostle Paul went on to claim that we are governed by grace and not by law. The additional information to recall and consider is that liberation was given to Israelites because they were in pain. They were slaves and they were crying to God for help. They were not expected to fulfil the commandments



to earn freedom. They were given the commandments after liberation as they were entering the promised land. The people who gained freedom expressed their gratefulness and acknowledged their relationship with God by sincerely following all the Ten Commandments.

Dear Friends, following the commandments of God should be a way of life and a token of our acknowledgement to our Creator for a healthy, happy life. The Ten Commandments need not threaten us and we need not think of them as something irrelevant for us or for our times.

Follow the Ten Commandments and show the world that you are God's children.

*- Rev. A. Suresh Kumar*

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### **Reviving the Ten Commandments: Remembering, Reflecting, and Responding**

Dearly Beloved,

Lenten and Easter greetings to you all!

Travelling through Lent and Easter, we experience the call to repentance, renewal, and rejoicing. In the midst of our prayers, Bible reading, singing and fasting, the Ten Commandments have silently faded from our worship. They are God's everlasting guide for faithful living. Once they were central to Christian worship, but now the Commandments have disappeared from many church services. As we celebrate the victory of Christ on Easter day, it is the right time to bring them back into our lives for ourselves, our children, and the entire church community.

#### **1. Remember God's Word: Commandments that Call Us to Covenant Living:**

The Ten Commandments represent God's covenant words. They were given to shape His people into lives characterized by faithfulness, justice, and love. These commandments remind us that we are God's chosen people, called to live differently in a world that often confuses us about right and wrong. By embracing these commandments, we are rooted in the truth of God's Word, which calls us to love God above all else and to love our neighbours as ourselves.



As we celebrate Easter this month, we are reminded of the resurrection of Jesus, who fulfilled the law and guides us into a life defined by grace and obedience. Easter is the perfect time to return to these life-giving commands, which encourage us to live renewed lives within God's covenant.

**2. Reflect in Our Hearts: Commandments that Confront and Comfort:**

The Ten Commandments not only teach us how to live but also illuminate our hearts. They help us realize where we fall short, where we need to repent, and where we can rejoice in God's mercy. Especially during Lent, as we examine our lives and confess our sins, the Ten Commandments remind us of God's holy standard. They also lead us to the cross of Christ, where our sins are forgiven and grace is freely offered. While the Commandments confront us with truth, they also comfort us with God's grace and love, pointing us toward the forgiveness found in Jesus. Thus, they serve both as a mirror and a message showing our need for God and declaring His mercy to us.

**3. Respond in Worship: Commandments that Cultivate Community**

Reciting or singing the Ten Commandments during worship is more than just a tradition. It is a powerful way for the entire church to unite in faith. By participating in reciting, we affirm our belief in God's Word, commit to living by it, and acknowledge our need for His assistance in doing so. This communal practice strengthens the unity of the church, teaches our younger generation what it means to follow God, and serves as a public witness that we are people of His Word. Worship thus becomes a living classroom where faith is developed, practised, and passed on.

As we celebrate Christ's resurrection, let us also revive the Ten Commandments in our worship. By remembering God's Word, reflecting on it in our hearts, and responding as a community, we allow God's truth to shape us. May this Easter mark a new beginning as we attempt to live as people formed by God's Word and guided by His Spirit.

**- Rev. C. Jerin Sester**



## **God's Revelation His Ten Commandments**

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All religions have their own codes and laws. The Hebrew Bible has the Ten Commandments, a set of religious and ethical directives given by Yahweh directly to Moses. We need to know it's necessity and context.

The Hebrew people were slaves in Egypt for nearly 400 years. They did not have a clear revelation of God. God called Moses to go and deliver the people from bondage. Moses asked God to reveal His Name as he didn't really know the God who had called him. In reply God said "*I am who I am*", (Exodus3:14) which in Hebrew is called YAHWEH.

Till then the people, as nomads, were living a life of their own without knowing God. They were influenced by the gods of Egypt and the gods they worshiped during their exodus from Egypt. Since God had chosen them, He wanted to purify them and gave the Ten Commandments through Moses (Exo. 20:1-17).

Some Scholars claim that Moses was greatly influenced by the Code of Hammurabi. It is true that there are some similarities. But Hammurabi belonged to the Akkadian dynasty, and lived between 1292 - 1250 B.C. whereas Moses lived in the 15th century B.C.

The Hammurabi Code has 282 rules whereas the law given by God through Moses has only 10 commandments. Moses' Ten Commandments are purely religious and personal codes whereas Hammurabi's code aimed to establish rules for social order.

The Ten Commandments can be divided into two parts. The first four Commandments talk about our duties and responsibilities to God. The other six Commandments talk about our responsibilities to the people around us.

In His teaching, Jesus summed up the Ten commandments as two commandments. (Mark 12:29-31 and Matt. 22:37-40). These commandments show us what is most important in our lives.

**- Rev. Daniel Vincent**



## **The Enduring Wisdom of the Ten Commandments**

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### **1. No Other Gods – Exodus 20:3**

A husband and wife disagreed about contributing funds to build a temple for their village deity. The husband wanted to contribute for the sake of harmony, but the wife reminded him of King Solomon, who lost his glory by following his foreign wives into idol worship. The Bible warns that worshipping or supporting other gods is an abomination before the Lord.

### **2. Idols – Exodus 20:4**

Many people fail to understand that God, who is Spirit, omnipresent, and limitless, cannot be confined to an idol. The Christian life is about living by faith in the Lord. Idolatry is not just about worshipping stone statues; anything or anyone that takes God's place in our lives becomes an idol—including material possessions and technology.

### **3. Name – Exodus 20:7**

In ancient times, scribes showed deep reverence for God's name by confessing their sins and cleansing themselves before writing "Lord." God sent His Son and named Him Jesus to save us (Matthew 1:21). After His resurrection, Jesus sent the Holy Spirit to guide us. Therefore, we must not misuse the name of the Lord, Jesus, or the Holy Spirit.

### **4. The Day of Rest – Exodus 20:8**

A pastor, waiting for a bus, encountered a hungry man and gave him six out of his seven rupees, keeping only one for his bus fare. The man, ungrateful, asked for the last rupee as well. The pastor gave it to him and walked away. Similarly, we enjoy six days for ourselves but often take away the seventh day, which belongs to the Lord.

### **5. Honour – Exodus 20:12**

A wealthy man displayed a large photograph in his visitor's room, depicting his parents alongside their buffalo—a symbol of their humble beginnings. Whenever guests



inquired about it, he proudly recounted how his parents worked tirelessly to educate him and instil strong moral values. Because he honoured them, the Lord blessed his business. Sadly, many families today fail to preserve and pass down the sacrifices of their ancestors to the next generation.

**6. Murder – Exodus 20:13**

Our life and blood belong to God, and taking another's life is a grave sin against Him. Suicide and abortion also violate His will, for we are His creation. 1 John 3:15 warns, "Whoever hates his brother is a murderer." Since the time of Abel and Cain, anger, jealousy, and desire have driven people to commit murder.

**7. Adultery – Exodus 20:14**

God created woman from man's rib, uniting the husband and wife as one. The Bible upholds the principle of one man for one woman. Jesus said, "Whoever looks at a woman with lust has already committed adultery in his heart." Adultery, promoted through media, distances us from God. Our bodies are temples of God; let us keep them holy.

**8. Stealing – Exodus 20:15**

A thief stole money and carried it in a bag. A kind police officer, unaware of the theft, offered him a ride. Seeing the police, the thief panicked and ran, proving that even if no one sees our wrongdoing, our own conscience will convict us. Never steal, for God sees everything.

**9. False Testimony – Exodus 20:16**

We must not justify lying, as God detests a lying tongue (Proverbs 6:17). False testimony is wrong in both the law courts and daily life. Peter denied Jesus, but his conscience pricked him. Honesty may bring hardship but Truth endures. Let us speak truthfully and uphold honesty.

**10. You Shall Not Covet – Exodus 20:17**

Covetousness is excessive desire. When our focus shifts to accumulating and spending beyond our needs, it leads to breaking other commandments. The key to overcoming



covetousness is generosity, which stems from love. The fruit of the Spirit begins with love and ends with self-control. Let us align our desires with God's will and cultivate contentment.

The Ten Commandments provide enduring wisdom that guides us to live righteously, honour God, and love our neighbours. May we reflect on these principles daily and strive to walk in obedience to God's Word.

*- Dr. E.C. Henry Amirtharaj*

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## **The Ten Commandments – Purpose and Practice**

In the first instance, God Himself wrote the Ten Commandments on two tablets of stone with His finger, as a covenant, and gave them to Moses (Exo.31:18; 32:15-16). But when Moses saw the golden calf and the people dancing around it, he threw the tablets down and broke them (Exo.32:19). But in the second instance, Moses had to write the words of the Ten Commandments on the tablets as a covenant (Exo.34:28).

- 1. Purpose:** The purpose of the Ten Commandments is to live a moral and a holy life pleasing to God. Theologians have often divided them as the first table and the second table, based on Jesus's words in Matthew 22 about the two greatest commandments. The first table had four commandments pertaining to the relationship with God (no other gods; no graven images; do not bear the Lord's name in vain; keep the Sabbath) and the second tablet had six commandments dealing with various relationships, family, and society (honour your father and mother; do not murder; do not commit adultery; do not steal; do not bear false witness; do not covet). One scholar says that they might be called rules of 1. religion, 2. worship, 3. reverence, 4. time, 5. authority, 6. life, 7. purity, 8. property, 9. tongue, and 10. contentment.
- 2. Failure of the first covenant:** According to Jewish tradition, there were about 613 commandments, which included the ten commandments and other laws of Moses such as



ceremonial laws (Deut.33:4). This was called 'the first covenant', because it was inaugurated with blood. (Exo.24:8, Heb.9:18). But the people could not follow them. The Bible says, "For whoever keeps the whole law and yet stumbles at just one point is guilty of breaking all of it." (James 2:10, NIV). Also, it brought a curse on those who could not observe and obey all the things written in the book of law (Gal.3:10).

3. **Whether the first covenant was abolished:** Jesus says, "*Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfil them.*" (Matt.5:17, NIV). It should not be confused with the Mosaic law. Moses wrote down all the words of the LORD and it is called as 'the book of the covenant' (Exo.24:4,7); whereas, the law spoken by Moses to the people, were written by Moses and it is called as 'the book of the law' (Deut.31:24,26). It is mentioned as Moses law in New Testament (Matt.19:7-8; Mark 10:2-5; Matt. 22:24-30; Mark 12:18-25; Luke 20:27-36; John 7:22-24; 8:3-9; Acts. 13:39; 15:5; Rom.10:5; 1 Cor.9:9; Heb.10:28). Only the law had been abolished by Jesus (Eph.2:15) after fulfilling them (Matt.5:17), but the Ten Commandments remain standing. Apostle Paul also insists on the importance of commandments over the law (1 Cor.7:19).
4. **Jesus fulfils the law and gives the reward to us:** The Bible says, "*For Christ is the end of the law so that there may be righteousness for everyone who believes.*" (Rom.10:4, NRSV). Earlier, the righteousness could be obtained only by fulfilling the law. But Jesus fulfilled the law (Matt.5:17) and inherited the righteousness. He redeemed us from the curse of the law (Gal.3:13) and gave the righteousness to those who believe Him.
5. **Is it necessary to follow the ten commandments?** Many times, Jesus insists on keeping the commandments (Matt.19:17; 22:40; Mark 10:19; 12:29-31; Luke18:20; John 14:15, 21; 15:10). In fact, He condensed the Ten Commandments into two saying, "*You shall love the Lord*

*your God with all your heart, and with all your soul, and with all your mind.” and “You shall love your neighbour as yourself.” He added, “On these two commandments hang all the law and the prophets.” (Matt. 22:37-40, NRSV).*

- 6. Blessings of obeying the commandments:** The commandments give eternal life (Matt.19:16-17), and are honey (Ps.119:103), light (Ps.119:105), a treasure (Ps.119:14,72,127,162), freedom (Ps.119:45), a source of great joy (Ps.119:14). They save us from misery (Ps.119:92), and lead us to inherit the Kingdom of God (1 Cor.6:9-10). If we obey His commandments, then we will receive from Him whatever we ask (1 Jn.3:22).
- 7. Practice:** Earlier, the Ten Commandments were written on stone, that too, the one which was written by God was broken. But now, according to the new covenant, it will be written on our hearts (Jer.31:31-33; Heb.8:10) and on our minds (Heb.10:16) and the spirit of God will make us to follow His statutes and to observe His ordinances (Eze.36:27).

Ezra had set his heart to study the law of the LORD, and to do it, and to teach the statutes and ordinances in Israel. (Ezra 7:10). Let us ask God, *“Teach me to do your will, for you are my God. Let your good spirit lead me on a level path”* (Ps.143:10, NRSV). Amen.

**- Mr. Joshua Kamalanathan**

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### **Know Your Seniors**

*Dr. Nirmala Reuben, a former member of our church family who carried the love of Christ with quietness and perseverance to many outside the church, including those in Government Protection Homes for Women and Remand Homes, shares her experiences with us.*

Praise be to the Lord! I am Dr. Nirmala Reuben. In 1978, after my marriage to Mr. Reginald Reuban who worked in the Highways Dept in Trichy, we became members of St. John's Church. Our sons Joel, Noel and Royal grew in their faith attending Sunday School and Youth Fellowship in this church.



My elder son Joel was a cross bearer till he moved to Chennai for work and we shifted to Chennai after our retirement. We now worship at CSI St. Thomas Garrison Church in Chennai.

Both my great grandfathers Rev. R. J. Rajamani, Chennai and Rev. N. G Ponniah, Mannargudi, were CSI presbyters. My father Late Mr. A. T. David Johnson who worked in the Income Tax Department was an active member of Christ Church, Fort, Trichy.

I grew up in Chennai and moved to Trichy in 1973. From childhood I loved to give whatever possible to those in need. In Trichy, there were a row of huts occupied by needy people behind my grandfather's house. When my grandmother took a nap, I would quietly give them small quantities of rice or firewood from our house if there was nothing else to give. My father always encouraged my giving.

I was brought up in a strong Christian faith and God used me as an instrument to serve in His Kingdom in many different ways. Initially I worked in the Methodist Girls' High School. I completed my BA, MA and M Phil after marriage. I also completed my PhD on Theological Education and Ministry. I was blessed to serve in various departments in the CSI Trichy Tanjore Diocesan office for more than three decades from 1982 to 2014. I retired as the diocesan chaplain.

During his first term at St. John's, in 1983, Rev. Josephus Jeyaraj introduced us to prison ministry. A group from our church visited the Government Protection Home for Women once a month. He suddenly asked me to give a message to the women there. I was unprepared and trembling when I spoke, praying in my heart that the Lord should speak to each of the women present there. Before we left, the Superintendent, Ms. Marudhambal, held my hand and said that God had spoken to her through me. I was only 23 then. She asked if I could come once a week and speak to the inmates. When she got transferred to Madurai, she asked if I would visit the Madurai home. That is how over the years I was given permission to visit all the Government Homes for women and the remand homes for juvenile delinquents all over Tamilnadu. Last year, members of the Women's Fellowship of this church visited

the Women's Protection Home.

Members of our church have come with me to the remand home for boys in West Boulevard Road and to the one in Thanjavur when we conducted games for them. I was also appointed as a member of the Juvenile Justice Board – Observation Committee by the Collector along with a lawyer and a judge. Last year, the TN Government honoured me with an award when the Ministry for Sports conducted a sports meet for juvenile delinquents in Thanjavur.

Compassion has always been at the core of our hearts. We joined forces with like-minded friends and family doing what we could within our means to support the underprivileged and the needy.

After keenly observing our efforts, my cousin Mrs. Sheela Navamani and her husband Dr. Navamani shared this with our uncle. When Uncle George Joseph and Auntie visited India, they witnessed first-hand what we were striving to accomplish. It was then that they encouraged us to start a Trust, urging us to expand our services to impact a larger community. Their faith in us and continuous guidance inspired us to take a bold step forward, and thus EDEN Charitable Trust was born. My uncle's generosity and vision were instrumental in turning our dream into a reality.

EDEN is an acronym for 'Educate, Develop, Elevate the Needy'. With God's help and a sincere zeal to serve the needy, the trust has since grown from its humble beginnings, backed by the unwavering support and patronage of those committed to sharing resources with the underprivileged.

Mr. A.T. David Johnson, Retired Income Tax Superintendent, was the Trust's very first donor. He continues to contribute generously from his pension every month. His selflessness is a testament to the spirit of giving that drives our mission. We are grateful to members of St. John's who have been partners in our mission.

The Lord does more than what we ask or imagine. As we now complete 27 years of service, we are humbled to share that we have impacted the lives of needy children, women and senior citizens in unimaginable numbers. We feel



encouraged and our commitment only grows stronger each day.

I thank the Almighty for His grace to continue this mission to serve His children and fulfil His purpose of my life.

Jesus said, ***"... I tell you the truth, whatever you did for one of the least of these brothers /sisters of mine, you did for me."*** He also said, ... ***"I tell you the truth, whatever you did not do for one of the least of these, you did not do for me"*** (Matthew 25:40,45).

It is the Lord who opens doors of opportunity, grants favour with those in authority and provides resources for His mission. Thank you Lord!

**- Dr. Nirmala Reuben**

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#### **Home Call**

***"But God will redeem my life from the grave; he will surely take me to Himself."*** (Psalm 49:15)

Mrs. Helen Nesamoney, aged 97, wife of late Rev. I. K. Williams, mother of Mr. Dorairaj Williams, Mr. Samson Vijayakumar, Mr. Jackson William and Mr. Franklin Premkumar, went to be with the Lord on 26-2-2025. She retired as the Headmistress of a government aided Elementary School in Chennai. She loved this church where she had been a communicant member since 1980.

Dr. J. Gnanasekaran, aged 92, husband of late Mrs. Padmini Gnanasekaran and father of Dr. Prema Senthil and Dr. Joseph Gnanasekarn went to be with the Lord on 24-3-2025. He was a renowned dentist in private practice until just before the pandemic and the younger son of late Dr. Joseph Gnanadickam, the founder of Joseph Eye Hospital.

Mr. Nallathambi Andrew, aged 83, husband of Mrs. Rani Andrew, and father of Mr. Solomon and Mr. Godwin, went to be with the Lord on 12-3-2025. He served in the Cordite factory in the Nilgiris, before moving to SPIC, Tuticorin and later to TAC, Tuticorin. Along with his wife, he was a key member of the Crawford Bible Study group in our church for many years. They were also well known as terrace gardening enthusiasts.

## Coveting in a # Hashtag World

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“You shall not covet” (Exodus 20:17) is a timeless commandment that reminds us not to envy others. In today’s world of social media, this commandment is more relevant than ever as we often compare our lives with the curated images and stories we see online.

I am an avid social media user. Being connected to social media almost 24/7, both for personal and professional reasons, I have come to realize how it can influence my thoughts and emotions. While it is great for connecting and finding inspiration, it can also lead to envy and dissatisfaction. The Bible warns against the destructive nature of envy. *“A heart at peace gives life to the body, but envy rots the bones.”* (Proverbs 14:30)

Coveting is more than just admiring something; it is a feeling of longing, or jealousy toward others’ possessions, relationships, or status. This steals our peace. Social media can fuel unhealthy comparisons by showing us the best parts of people’s lives—vacations, achievements, and material things — while hiding their struggles and imperfections. This constant exposure can lead to feelings of inadequacy or longing for things we do not have.

Advertisements and influencers add to the pressure by projecting standards of beauty, or creating a desire for lifestyles and luxuries we might not need. Distinguishing between genuine needs and fleeting wants requires self-control. James reminds us, *“You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God”* (James 4:2). Instead of seeking happiness in material things or comparisons, we should turn to God for fulfillment.

Living without envy in today’s world to obey the commandment, *“Do not covet”* requires a change in perspective. St. Paul teaches us to find contentment in every



situation (Philippians 4:11,12). Being thankful for our blessings and staying focused on our journey can help us avoid unhealthy comparisons.

Social media shows just a part of the story. Everyone, even those who seem to 'have it all', face hidden struggles and challenges. Instead of envying others' achievements, we can use them as motivation for personal growth while sincerely celebrating their successes.

### **Practical Tips**

1. Spend less time on online platforms, particularly accounts that fuel negative feelings. *"Guard your heart, for everything you do flows from it"* (Proverbs 4:23). Block, mute, or unfollow pages that don't support your mental health.
2. Follow only accounts or pages that foster personal growth and feelings of thankfulness.
3. Write down every positive thing that occurs in your life, no matter how minor, as a way to cultivate gratitude.
4. Build genuine connections by spending time with loved ones in real life (offline) to strengthen relationships.

By focusing on gratitude and contentment, we can resist the temptation of envy. Scripture promises, *"Take delight in the Lord, and he will give you the desires of your heart"* (Psalm 37:4). When we align our desires with God's will instead of chasing a curated online identity, we find peace and fulfilment in the blessings that come from Him.

**-Mrs. Shirley Deepak**

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Read the Ten Commandments, and pause at each one, and confess that you have broken it either in thought, or word, or deed. Remember that by a glance we may commit adultery, by a thought we may be guilty of murder, by a desire we may steal." – **Charles H. Spurgeon**

## **God's Ten Commandments**

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In the Old Testament period when Israel escaped slavery in Egypt, Moses was God's chosen leader and he prayed to God for help. God giving Moses the Ten Commandments is part of Israel's history and spiritual journey (Exodus 20: 2-17 and Deuteronomy 5: 6-21). These commandments are a list of religious precepts directly revealed to Moses by Yahweh and were engraved in two stone Tablets which are called the 'Decalogue'.

God helps us in many different ways to live a moral life. He gives us grace, which awakens in us the desire to say 'no' to temptation and sin and to choose only that which is good. He gives us theological and cardinal virtues and the grace to practice human virtues so that we can grow stronger in them.

God gives us help and grace through the Church and through our reception of the Sacraments. He also teaches us how we should live. One way he does this is by giving us laws to guide our actions. The Ten Commandments are laws that God has revealed to us. Heeding God's guidance in the Commandments will help us know how to serve God and how we should live together. It also helps us to be open to the grace of the Holy Spirit and what God can accomplish in us and through us by that grace.

### **The meaning and purpose of the Ten Commandments:**

Throughout Israel's history, these Ten Commandments formed the legal, moral, and spiritual foundation of the nation's life. Initially they were Israel's institution and also the terms of Israel's covenant with God. Thus failing to obey them was not just a problem for society, but also for the personal and communal relationship with God. And it is clear that nobody ever managed to obey these commandments fully all of his/her life.

It is impossible to earn God's favour and one's own salvation by obeying these commandments. The apostle Paul explains



that the Ten Commandments do help people gain insight into the problem of their sinful hearts (Romans 3:20). This should bring them to repentance and realize their need for God's forgiveness (Psalm 32:5).

All the commandments are related to our personal welfare. We should desire to observe them with joy. When we thus observe them, there would be quietness and joy in our heart. This would be of much benefit to the quality of our lives.

There are many things in our lives that can gain precedence over God. We can place our careers, our possessions, our relationships, and our own desires ahead of Him. When we do this, we are essentially saying that those things are more important to us than God.

But He should be our foremost priority. When we make Him the centre of our lives, everything else falls into place.

In our lives today, it can be hard to find time for rest. We are always busy and always on the go. But it is important that we make time for God each week and each day, even if it feels like sacrificing some of our free time. When we do this, we honour Him and show that He is our first priority.

**- Mr. Renato Grendik R**

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The Ten Commandments are a charter and guide for human liberty for there can be no liberty without the law.

**- Cecil B. DeMille**

No man can break the Ten Commandments. He can only break himself against them.

**- G. K. Chesterton**

"The Law given from Mount Sinai was a civil and municipal as well as a moral and religious code." **- John Quincy Adams**

## Following the Ten Commandments

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### How they challenge us and help us in our daily lives ...

The Almighty God has given us the 10 commandments to live a life of faith. Personally, I feel that there are hindrances in following the fourth one *“Remember the Sabbath day, to keep it holy”*( Exodus 20:8) . In a hurry- burry world, we are forced to compromise on this. Due to pressure at work or personal commitments, we fail to attend church service regularly. Even if we are regular, as soon as the service is over, the majority of us leaves the church campus to step into the supermarket or the butcher’s. As a consequence, the fellowship goes missing. If only we could spend the whole Sabbath Day instead of just 2 hours, in closer communion with our dear Lord Jesus! - **Mrs.A.Shirley Mary Vanitha**

One major hindrance is the increasing secularization of society, where many don’t consider God’s laws to be relevant. We don’t talk about the Ten Commandments these days because we consider them to be outdated. Peer pressure and cultural influences make us follow the latest trends of modern society. We give priority to increasing our wealth when compared to spiritual values. Materialism is what drives us, not God’s Commandments. – **Dr. Hannah Joseph**

Following the Ten Commandments in today’s world can be challenging due to various societal and personal factors. Materialism and greed often lead to dishonesty, theft, and covetousness, making it hard to uphold integrity. Moral relativism and shifting cultural values blur the lines between right and wrong, weakening commitments to faithfulness and truth. Busy lifestyles and work pressures make it difficult to prioritize spiritual devotion. Family dynamics and generational gaps sometimes create struggles in honouring parents. Lastly, temptations and peer influences constantly challenge self-control, leading to moral compromises. Despite these challenges, personal faith and conscious effort can help navigate these hurdles. With God’s help and



guidance, we can find the strength to resist temptations and make the right choices. Through prayer and trust in Him, we gain the wisdom and courage to live by His commandments, even in difficult times.

– **Mrs. Ida Aravind**

The hindrances in following the Ten Commandments are

1. Rushing to ChatGPT for all answers
2. I know it all' attitude
3. Overexposure to online content
4. Over-Dependence on self rather than God
5. Having a lot of money and power

- **Dr. B. Janet**

I was working as a Deputy Director in the Department of Agriculture. Almost all Government offices would have the pictures of Hindu deities which is so common. The biggest problem would arise when they celebrate Ayudha Pooja in the office. They would perform Pooja and bring that plate with the camphor burning to be worshipped followed by distribution of puffed rice and 'sundal'. Moreover consuming the food offered to other gods goes against Biblical teaching.

The First Commandment says. *"I am the Lord your God and you shall have no other gods before me"*. As Christians we would try to escape from the office when the Pooja is performed. Our friends in the office would say "All Gods are one". But I would say that there is only one God, our Lord and Saviour Jesus Christ.

So following this Commandment usually poses a challenge for Christians working in some offices.

-**Mrs. Esther Rajeshkumar**

#### **How do the Ten Commandments help you in life?**

The Ten Commandments help me understand the kind of life God expects from His people. They teach me to love God and love my neighbours. Following them is the best way to live my life. They help me avoid the consequences of harmful behaviours. More importantly, they help me to live a life that is pleasing to God.

- **Dr. Hannah Joseph**

We can find ways to apply the Ten Commandments to our daily life, in a way that will help us feel a closer connection to God and more of how we can make a difference in the world. As Christians, we have to look at the Commandments through the life of Jesus. We have to remember that he taught about a way of life that forgives with no thought of retaliation. The Commandments cover various aspects of life, including worshipping God (Jesus) alone, honouring elders, non-violence, refraining from adultery, false testimony, and coveting. Try to think about the Commandments in terms of how we can be more intentional in our love for God and society.

**- Mr. Reuben Alfred**

The Ten Commandments offer ethical direction, assisting individuals in differentiating between right and wrong in everyday situations. They advocate integrity, respect, and benevolence, cultivating robust connections with family and the community. By promoting fidelity, modesty, and integrity, they establish a basis for personal development and moral decision-making. These principles deter detrimental behaviours such as deceit, theft, and jealousy, fostering harmony and trust. They also underscore the need of deference to authority and the significance of relaxation and contemplation. Adhering to them can result in a more disciplined and gratifying existence. They foster accountability and responsibility in conduct. Ultimately, they cultivate a just and harmonious society. – **Mrs.J.Beryl Jafrey**

The Ten Commandments are the greatest treasure in our spiritual life. In today's world, we face many challenges in upholding them, including individuality, societal influences, busy lifestyles, and materialism. Nevertheless, these commandments offer a moral foundation for decision-making and for building healthy relationships. As we experience the fruits of living by these principles, they teach us responsibility, respect, honesty, and wisdom, while also nurturing our relationships and self-care.

**- Mrs. Sangeeth Jennifer**

The Ten Commandments are the living words of God—timeless, powerful, and ever-relevant in transforming lives.

Each command holds great significance even today. In our fast-paced world, keeping the Sabbath may seem impossible, but God's Word remains alive. Moreover, God has given all His commandments for our blessing. By setting aside moments for prayer and scripture, we invite greater blessings into our lives, finding strength and peace amidst our daily responsibilities. To conclude, theories may fade away, technologies will be outdated, but the living word of God remains powerful forever. **- Mrs. Blessy Sam**

The Ten commandments were established by God to help people remember about the God who calls, redeems and wants to have fellowship.

in time, legalism replaced the ethic of love. Tradition replaced the memory of God's redemption. But Truest walk as people of God is about recognising the unconditional Love of God in Christ Jesus and reciprocating that Love to those around us in action. Not out of compulsion, but out of character.

**- Mr. Dennis Sam**

**- Compiled by Mrs. Malathy Anand**

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### **A Conscience Keeper**

1. I am the Lord your God.
2. You shall not have strange gods before me.
  - a. Have I wanted more things, making things or money more important than God?
  - b. Have I made an idol of sports or entertainment figures?
  - c. Have I used witchcraft or other occult practices?
  - d. Have I practiced various forms of superstition?
3. You shall not take the name of the Lord your God in vain.
  - a. Do I use God's name carelessly?
  - b. Do I use God's name in anger?
4. Remember to keep holy the Lord's Day.
  - a. Do I go to church on Sunday?
  - b. Did my behaviour make it difficult or impossible for my family to get to church on time?
5. Honour your father and your mother.
  - a. Do I obey my parents or treat them with disrespect?



- b. Have I done my chores without complaining?
  - c. Have I neglected my elderly parents?
- 6. You shall not kill.
  - a. Do I keep my patience or do I lose my temper?
  - b. Do I hold grudges and try to get even with others?
  - c. Do I deliberately harbour unkind and revengeful thoughts about others?
- 7. You shall not commit adultery.
  - a. Do I show respect for my body?
  - b. Do I respect the bodies of others?
  - c. Have I desired or done immoral things?
- 8. You shall not steal.
  - a. Have I taken something that belongs to someone else?
  - b. Have I “forgotten” to return something that I borrowed?
  - c. Have I used money responsibly?
- 9. You shall not bear false witness against your neighbour.
  - a. Am I fair or do I ever cheat at school or college or office or home?
  - b. Have I been honest or have I lied?
  - c. Have I hurt someone by what I have said or done?
- 10. You shall not covet your neighbour
  - a. Have I been jealous of the things that my friends have?
  - b. Have I nagged myself into buying things because my friends have them?

Source: Internet

- **Mrs. Malathy Anand**

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Lots of people today would never consider themselves guilty of idolatry as far as it is spelled out in the Ten Commandments. When they reduce God to some benevolent “man upstairs” whose only attributes are love and tolerance, and who could not care less about sin, they truly have transgressed God’s commandment. They have created a god in their mind who does not actually exist and will on the day of judgment, not be able to offer them any help. - **Charlie Campbell**

## **A Moral Framework**

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The Ten Commandments provide a moral framework that establishes ethical boundaries, endorses respect, builds communities, resolves moral dilemmas and forms the foundation for legal systems. Jesus's teaching distils these commandments into loving God completely and loving your neighbour as yourself, shifting from external compliance to inner transformation (Matthew 22:35-40).

Hebrews 12:1-2 emphasizes faith's importance in this journey, while the fruit of the Spirit from Galatians 5 shows how spiritual transformation produces character that naturally fulfils the law through love. Being "filled with the fullness of the Holy Spirit" (Ephesians 5:18) points to the Christian understanding that divine empowerment, not mere human effort, is necessary to live according to these principles.

Indeed the Ten Commandments were given to the Israelites through Moses. But to me the Greatest Commandment is what my God and Saviour revealed in Matt.22:35-40 which is vital and nothing but the synopsis of the ten commandments. Further Jesus finetuned the Law further from deeds to the micro level of words and thoughts. For example, the sin of adultery even in thought.

I have to love the Lord with every passion of my heart, with all the energy of my being and with every thought that is with in me. For accomplishing this I have to totally rely and focus my attention and expectation onto JESUS, who birthed faith within me and who leads me forward into faith's perfection...

To fulfil the Royal Law of Love (James 2:8), the Holy Spirit has to impart strength to me since I am vulnerable and a part of the fallen world. The cravings of the self-life overcome by the Fruit produced by the Holy spirit within me is divine love in all its varied expressions - joy that overflows, peace that subdues, patience that endures, kindness in action, a life full of virtues, faith that prevails, gentleness of heart and strength of spirit.

St. Paul also insisted that we should never set the Law above these qualities, for they are meant to be limitless and these qualities are made visible with actions. And the Key is given in the verse "Be filled with the fullness of the Holy Spirit" (Eph.5:18).

**-Dr.D.Packiaraj**

### **Wedding Bells**

The marriage of Dr. Susan Beatrice, daughter of late Rev. T. John Raja and Mrs. Pauline Valarmathi to Mr. Ebenezer Jebaraj, son of Mr. James Asirvatham and Mrs. Stella, was solemnized on 11-1-2025 at TELC Zion Jubilee Church, Pudukottai.

The marriage of Dr. Belin Chelsia Rachel, daughter of Mr. S. John Constantine and Mrs. Beulah Constantine, to Dr. Jimesh Surendar Singh, son of Mr. Isaiah Sundar Singh and Dr. Chandra Rajabai was celebrated on 13-1-2025 at St. John's Cathedral, Trichy.

The marriage of Ms. Cheryl Preethi, daughter of Mr. Babu Chander and Mrs. Sophie Babu to Mr. J. W. Christopher, son of Mr. John Wilson Devaram Lawsaras and Mrs. Susanna was solemnized on 16-1-2025 in St. John's Cathedral, Trichy.

The marriage of Dr. Sharon Poornima, daughter of Mr. Ruben Alfred and Mrs. Shashi Ruben to Dr. Jeya Joshua son of Mr. J. Jeya Chandran and Dr. Sahayamary was solemnized on 7-2-2025 at St. John's Cathedral, Trichy.

The marriage of Mr. M. Chris Rohan, son of Dr. Manivannan Sathiah and Mrs. Shirley Manivannan, to Ms. J. Priyadharsini daughter of Mr. Jayakumar Lakshmanan and Mrs. J. Jeeva, was solemnized on 12-2-2025 at St. John's Cathedral, Trichy.

*"The Lord bless you all the days of your life and may you see your children's children" (Psalm 128:5,6)*

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### **Holy Baptism**

*"But Jesus called the children to Him and said, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these" (Luke 18:16).*

St. John's Cathedral family is happy to welcome new members into the fellowship of the church.

Baby P. Divik Ramos, son of Mr. Prabhakaran and Mrs. Sherine Jenifer Harvey, received Holy Baptism on 3-11-2024.

Baby Jane Priscilla, daughter of Mr. Immanuel Prabhakar and Mrs. Rosalin, received Holy Baptism on 26-1-2025.

Baby J. Jason Joe Samson, son of Mr. John Jeswin William S. and Mrs. Suganya Shankar, received Holy Baptism on 9-2-2025.



## **The Ten Commandments in Life Today**

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By encouraging moral principles, societal harmony, and moral decision-making, the Ten Commandments remain an essential source of guidance even for the current age.

The Ten Commandments encourage people to respect one another and uphold righteousness. They function as a basis for justice, honesty, and integrity.

These commandments offer a timeless foundation for determining what is right and wrong in a society where moral quandaries are becoming more prevalent. They promote accountability, honesty, and respect for parents by highlighting the value of faith, family, and community.

They promote a more tranquil society by deterring violence, theft, and dishonesty. In order to fend off jealousy and greed among people, the commandments also emphasise the importance of humility, contentment, and thankfulness. These values are still applicable in the digital age, where moral dilemmas like exploitation, disinformation, and cybercrime are common. They encourage trust and dependability by reminding people to uphold integrity in both their personal and professional lives.

Additionally, the observance of Sabbath and the emphasis on relaxation and introspection helps with stress management and work-life balance. They teach important lessons about dedication to relationships, fairness in dealings, and respect for life.

The commandments promote self-control, tolerance, and compassion—qualities that are crucial in the fast-paced world of today. Additionally, they promote unity and lessen conflict by encouraging forgiveness and reconciliation. People can develop a strong sense of values by upholding these moral standards.

To sum up, the Ten Commandments serve as a universal code of ethics that guides people in making morally sound decisions while navigating the challenges of present-day life.

**- Dr. Jafrey Daniel James D.**

## **Let's Get Back to Our Roots!**

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***Dear Brothers and Sisters in Christ,***

As the Lent days have started, we would all have made our commitments towards the Lent period, on whatever is feasible for us. You will be meditating on many topics from the Bible to keep yourself spiritually hydrated and away from getting drained by other commitments.

I am here to share a few thoughts on how the Ten Commandments help us in our daily lives and the challenges we face in following these commandments in our lives.

The Ten Commandments offer moral and ethical guidance that helps us to lead a truthful life. This has proven to be a testimony in many people's lives over thousands of years. It is a divine guidance that offers us a way to live in alignment with spiritual beliefs and maintain a strong relationship with God.

Hope we all remember our early days where our grandparents and parents would recall the commandment to us whenever we did something wrong. That is how we were brought up, and that is the reason for what we are right now. Here are a few thoughts on how these commandments can help us in our lives.

- The Ten Commandments emphasize principles like honesty, respect, and integrity, which in turn build trust, accountability, and kindness in any relationship, whether in the family, friendships, or communities.
- Commandments like "Honor your father and mother" and "Do not steal" emphasize our responsibilities toward others, whether within our home, in society, etc. It develops our accountability for societal norms.
- Living according to these principles often brings a sense of peace, as it encourages individuals to avoid jealousy, greed, or anger, which can lead to personal turmoil.
- The Ten Commandments help to guide us in making decisions that align with moral and ethical values, leading to better decisions and a more harmonious life.

Commandments like “Do not bear false witness” and “Do not covet” educate us on respect for others’ rights and integrity in all areas of life—be it in the workplace, community, or anywhere.

The Lord’s Ten Commandments help us to shape our lives and make us wholesome people. However, there are a few challenges and hindrances we face in our daily lives to be consistent in obeying them in this modern era.

Here are some key hindrances:

- Modern society tends to prioritize secular values, often putting materialism, individualism, and self-interest above spiritual or religious principles, which makes it harder for us to live by the Ten Commandments.
- In contemporary culture, there’s a growing acceptance of moral relativism, where the idea of absolute right and wrong is questioned.
- The rise of social media and technology can sometimes promote values and behaviours that conflict with the Commandments. For instance, the temptation to covet what others have, engage in dishonesty, or act in ways that violate moral principles can be amplified online.
- The modern world often promotes the pursuit of wealth, possessions, and status, which can lead people to violate the commandments related to coveting and putting material things before God.
- We actually struggle with forgiveness and anger, which contradicts the commandment to love one’s neighbour and forgive others.
- Today’s society often promotes casual attitudes. Modern life can be overwhelmingly busy, leaving little room for spiritual practice, reflection, or worship. Finding the time to honour God and live in accordance with His commandments can feel like a daunting task. Many people are more focused on their careers, finances, and worldly success than on living a spiritually guided life. The need to succeed in a highly competitive, achievement-oriented society can divert attention away from moral and spiritual concerns.



Despite these challenges, adhering to the Ten Commandments offers guidance, moral clarity, and a sense of purpose in navigating a complex world. It often requires intentional effort, reflection, and a commitment to one's faith.

It's time to introspect and surrender ourselves to the Lord to guide us in this way irrespective of all the hindrances and challenges we face.

Let us spread love and the word of God for which we are chosen.

Let us get back to our roots!

Thank you!

- *Mrs. Percy Godson*

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### **The Ten Commandments in a Nutshell**

Normally when I browse through any article in "The Hindu" newspaper, seldom do I read the whole write up but consciously read the **gist** given on the sides!

The first 5 books of the Bible (Pentateuch) contains hundreds of laws, statutes, and commandments classified broadly as Civil laws, Ceremonial laws and Moral laws. The Ten Commandments is a **gist** of Moral laws.

Jesus in Matthew 22:37-40 further condensed these ten commandments beautifully saying: " Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbour as yourself. All the Law and Prophets hang on these two commandments."

We use this Jesus' statement in our communion services.

To me that is **the gist** of all moral laws. It brings out the essence in a nut shell.

I love it!

- *Mr. J P R Tucker*

# The 10 Commandments



Exodus 20:1-17

## Word Puzzle

Each number represents a letter of the alphabet. Substitute the correct letter for the numbers to reveal the coded words

X	G	V	A	C	U	J	N	O	D	Y	W	Z	S	M	L	P	E	I	T	B	R	H	F	K	Q
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

1. 19-10-9-16 \_\_\_\_\_
2. 8-4-15-18 \_\_\_\_\_
3. 14-4-21-21-4-20-23 \_\_\_\_\_
4. 23-9-8-9-22 \_\_\_\_\_
5. 24-4-20-23-18-22 \_\_\_\_\_
6. 15-9-20-23-18-22 \_\_\_\_\_
7. 15-6-22-10-18-22 \_\_\_\_\_
8. 4-10-6-16-20-18-22-11 \_\_\_\_\_
9. 14-20-18-4-16 \_\_\_\_\_
10. 5-9-3-18-20 \_\_\_\_\_

NAME	ADULTERY	COVET	FATHER	MOTHER
IDOL	SABBATH	MURDER	STEAL	HONOR

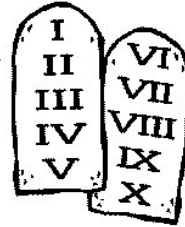


## Word Puzzle

### The Ten Commandments

And God spoke all these words: "I am the LORD your God, who brought you out of Egypt, out of the land of slavery. "You shall have no other gods before me." Exodus 20:1-3

Based on Exodus 20:1-17 (NIV)



W G Y O F W S T R P E B H T A  
G A E Q A O E M D S F Y O H D  
D P U E G V E S U O K Q N I U  
L S M N O S H O E R N Y O D L  
W A O C U T H K E V D K R O T  
N L L S L I S H Y X E E E L E  
Y R I O D A T S Q A G N R Y R  
A M E B R A R T A K J Q T O Y  
F M L M F D S L N B Q W B H W  
E A O D E S T E A L B H Y R O  
R C L T P M M J U K G A K O R  
W N S S H L B W T I Y A T N S  
I Z W S E E G E E L U L C H H  
F H H O L Y R N R F L I V E I  
E L R C P T E S T I M O N Y P

SABBATH	NAME	MURDER	LIVE	HOUSE
WIFE	FALSE	REMEMBER	DAY	IDOL
COVET	WORSHIP	MOTHER	LONG	FATHER
LORD	NEIGHBOR	DONKEY	SEVENTH	STEAL
MISUSE	HONOR	ADULTERY	TESTIMONY	HOLY

If God would have wanted us to live in a permissive society  
He would have given us Ten Suggestions and not Ten  
Commandments.  
*- Zig Ziglar*

Once you depart from the Ten Commandments as being the  
foundation of right and wrong, you are in a free fall.  
*- Randall Terry*

## Practising the Ten Commandments – Junior Church

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***Which are your favourites among the Ten Commandments?  
Give reasons .***

**Commandment : You shall have no other gods before me .**

Reasons : When Jesus is the only God, why people are making other gods. I like only Jesus. - **Sally Ziv** (Primary)

This is my favourite because we worship our Jesus Christ. - **T.Joben** (Inters)

Never worship other gods but Jesus. - **Juel Nazarene Joshua** (Primary)

Because He is our Saviour and our God. - **J. Siona** (Inters)

Our God is the one and only omnipresent and omniscient God. The beginning and the end. The alpha and omega. - **Shawn** (Seniors)

**Commandment : You shall not take the name of the LORD your God in vain.**

Reasons :I have seen a lot of my friends say ‘god promise’ which means they take God casually which is wrong. We should tell them that it is not good. - **Ryan** (Juniors)

Many people misuse and tell wrong about God and I want to change it. - **Ana Fedora Mathuram** (Juniors)

**Commandment : Remember the Sabbath day, to keep it holy.**

Reason : I get to go to church, sing praises, attend Sunday school and get to know more about Jesus. - **A.Joyce Shalva Catherine** (Inters)

**Commandment : Honour your father and your mother.**

Reasons : Parents fulfil our needs and take care of us. - **Sharon Daniella** (Inters)

They were the ones who brought us into this world. They taught us morals. They were the ones who introduced God into our life. They love us and discipline us. So we should honour our parents.

- **A. S. Netanya** (Inters)

Because they fulfil our needs and take care of us.

- **R. Rihanna Mary** (Inters)

Because they are very important for me and they take care of me.

- **J. Siona** (Inters)

Honouring our father and mother is being respectful in word and action.

- **A. Jayden** (Seniors)

**Commandment : You shall not murder.**

Reason : We should not kill anyone or take revenge as it is God who will give the outcome.

- **Johannan Eric Mathuram** (Inters)

**Commandment : You shall not commit adultery.**

Reason: It makes us kind with other people.

- **S. Sherwin Abraham** (Primary)

**Commandment : You shall not steal.**

Reasons : We should never take what is not ours. We should not envy what others have. We should be grateful for what we have. When we want the things that we do not have, we will never have enough. When we are grateful for what we have, it will be enough. What is ours will surely come to us.

- **A. S. Netanya** (Inters)

We steal because of greediness. So we should not steal. In my life I did not steal anything.

- **Jerin Josh** (Primary)

If we steal, it means we are greedy. In my life I did not steal anything. If I want anything I ask them and if I do not get it, I accept. Thus I remain truthful to God.

- **Iwan Rico Sester** (Primary)

Reason : My mother tells if we steal, God will punish us.

- **J.Allen Vijay** (Primary)

Reason : Never take other's things.

- **Juel Nazarene Joshua** (Primary)

Reason : It promotes honesty and integrity. It teaches me to respect other's property and boundaries.

- **Jebisa Blessy** (Primary)

**Commandment : You shall not bear false witness against your neighbour.**

Reason: We should not give false preaching to anyone or give false testimony. - **Johannan Eric Mathuram** (Inters)

It is a sin if we tell lie. For covering that lie we tell more lies. If we lie, others lie to us. If we speak the truth, others also tell the truth to us. - **Danila Reni** (Primary)

**Commandment : You shall not covet what belongs to your neighbour.**

Reasons : Sometimes we may be jealous of what our friends have, but we must learn to be content and happy with what we already have. - **S. Shawn Lenariel** (Inters)

Do not be jealous of what others have and be happy with what you have. - **A. Cyril Josh** (Inters)

**Commandment : Love your neighbour as your own.**

Reason : Even when neighbours fight with us, we should love them. - **A. Leena Michelle** (Juniors)

Love others as yourself. - **Juel Nazarene Joshua** (Primary)

Because it teaches us to love others. - **John Barnabas** (Juniors)

- **(Compiled by Mr. Kishore David)**

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"Exhort your household to learn the Ten Commandments word for word, that they should obey God... For if you will teach and urge your families to obey the commandments, things will go forward." – **Martin Luther**



## Outreach Ministry Report - January - March 2025

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***He (Jesus) said to them, "Go into all the world and preach the gospel to all creation. (Mark:15)***

Greetings in the name of our Lord and Saviour, Jesus Christ!

By His grace and through your prayers and support, we continue our outreach ministry on the fourth Saturday of every month. Nearly sixteen members from our congregation actively participate in this village ministry. The villages visited were:

<b>Month</b>	<b>Village</b>
<b>January 2025</b>	Narayanapuram, Nagamangalam
<b>February 2025</b>	Alangadu, Manikandam
<b>March 2025</b>	Ambedkar Nagar, Manikandam

In each village, we begin by visiting individual homes, distributing tracts, and praying with those who are willing. We also invite them to join us at a common gathering place. During these sessions, both children and adults come together for the Gospel sharing and a film presentation. Local pastors and village elders coordinate the arrangements.

For the children, we teach Bible verses through songs and stories, making the learning experience engaging. Following the film screening, we conclude with individual prayers for everyone present.

We humbly seek your prayers for government support in providing essential facilities such as shops, public transportation, schools, and access to clean drinking water in these villages. Please also pray for our follow-up ministry and for opportunities to reach more villages in Trichy District.

We extend our heartfelt gratitude to our pastors and the pastorate committee members for their support. Special thanks to Mr. Anbu and Mr. Ponner for their invaluable assistance. Since 2018, we have reached 46 villages, and we continue to seek God's guidance to expand this mission.

**The outreach team leaves our Cathedral at 5:00 pm and returns by 8:00 pm on the fourth Saturday of each month.** We deeply appreciate your **prayers, support, and involvement.** We invite you to join us in this mission as we work together for the glory of God. **Let God's name be glorified!**

***-Mr. Anand Diwakaran and Dr. E. C. Henry Amirtharaj***

## Key Budget Proposals - Financial Year 2025-26

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1. There was no change in the tax rates under the Old Tax Regime but the tax rates under the New Tax Regime u/s 115BAC have been proposed as follows:

Total Income up to Rs. 4,00,000	Nil
Rs. 4,00,001 to Rs. 8,00,000	5%
Rs. 8,00,001 to Rs. 12,00,000	10%
Rs. 12,00,001 to Rs. 16,00,000	15%
Rs. 16,00,001 to Rs. 20,00,000	20%
Rs. 20,00,001 to Rs. 24,00,000	25%
Above Rs. 24,00,000	30%
2. In the New Tax Regime, the threshold limit of Total Income for Rebate U/s 87A has been increased from Rs.7,00,000/- to Rs.12,00,000/-, (that is, no tax up to an income of Rs.12,00,000/-). The maximum rebate amount has been raised from Rs. 25,000 to Rs. 60,000.
3. Individuals opting for the New Tax Regime are not eligible for section 87A rebate on income chargeable at special rates (e.g., Tax on capital gains under section 111A/112/112A, etc.)The threshold limit for TDS on interest income received by senior citizens from banks, co-operative societies and post office accounts is increased from Rs.50,000 to Rs.1,00,000. For such interest received by persons other than senior citizens, the limit is increased from Rs.40,000 to Rs.50,000.
4. The threshold limit for TDS on Rent is increased from Rs.2,40,000 to Rs.50,000 per month or part thereof.
5. The threshold limit for TDS on professional fee is increased from Rs.30,000 to Rs.50,000.
6. The threshold limit for TCS on outward (Foreign) remittance under LRS (Liberalized Remittance Scheme) and overseas tour program package is increased from Rs.7,00,000 to Rs.10,00,000.

The TCS rate on foreign remittance for higher education, financed by loan from financial institutions is reduced from 0.5% to 0%

7. The time limit for filing updated returns (if individuals have not previously filed returns) is proposed to be extended from 2 years to 4 years.

**- Mr. A. Victor Samuel**  
Chartered Accountant

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### **The Old Rugged Cross - The Story behind the Hymn**

George Bennard was born in Youngstown, Ohio, in 1873. His early days were carefree, but when his father died, Bennard became the family provider, working in deep, dangerous coal mines. His life was tough but he knew he had to keep going for his family.

After many difficult years, three great things transformed Bennard's life: he found a wife named Ariminda, got a job at Salvation Army, and, best of all, became a Christian.

Bennard became a minister, and also wrote many hymns. Many disappeared with time, but 'The Old Rugged Cross' outlived him and continues to be sung to this day.

For a time, he had the tune but the lyrics remained elusive. This brain block lasted months, and all Bennard could settle on was the line 'I will cherish the old rugged cross.'

Bennard put the unfinished hymn aside for some months as he travelled across Michigan to preach sermons. The sermon tour renewed Bennard's appreciation for the sacrifice on the cross. When he returned home, he tried once again to write the lyrics for the tune. This time, the lyrics came to him easily. Before long, he was calling Ariminda from the kitchen and singing the completed hymn for her. 'The Old Rugged Cross' was finally finished and ready for the world.

Quitting is extraordinarily tempting when things get hard, but those that persevere are rewarded.

Bennard's perseverance, learnt at a young age, helped him in the writing of this hymn, now sung worldwide. If he had thrown away an unfinished hymn with lyrics that wouldn't come to him, the world would be short of one of the all-time greats – 'The Old Rugged Cross'.

From internet sources

**- Mr. Raj Thilak**

## **Bible Quiz on the Ten Commandments**

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Marks:20

### **I. Answer briefly:**

1. Name the books in The Bible where we can find all the 10 commandments:
2. Name the person who kept the stone tablets inscribed with the 10 commandments inside the ark of God?
3. Do we read about the Sabbath Day for the first time in The Ten Commandments? Give reason.
4. How does Jesus summarize the 10 commandments?
5. During the worship services, what do the congregation say in the responsive reading of the 10 commandments?

### **II. Write True or False:**

6. When Moses went up Mt. Sinai to receive the 10 Commandments, it was the first time for him to climb the mountain.
7. We read in The Bible that Moses ascended the same mountain 8 times to meet The Lord.
8. Jesus Christ is the only one who has lived fulfilling all the 10 commandments.
9. Mt. Horeb is the other name of Mt. Sinai.
10. The life of Gehazi serves as a cautionary tale about the dangers of greed and the importance of remaining faithful to God's commands, especially the commandment against covetousness.

### **III. Match The Following:**

11. Honour your father & mother - Revelation 21:8
12. Do not commit adultery - Ephesians 4: 28
13. Do not steal - Ephesians 6: 1&2
14. Do not give false testimony- 1 Corinthians 6: 9&10
15. Do not covet - Colossians 3:5

### **IV. Who said the following?**

16. "The commandment of the Lord is pure, enlightening the eyes".
17. "Thou shalt worship the Lord thy God, and him only shalt thou serve".



18. "Wherefore the law is holy, and the commandment holy, and just, and good".
19. "You have acted foolishly; you have not kept the commandment of the Lord your God".
20. "Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus".

**Note:** 1. Kindly use KJV Bible 2. Kindly handover hand-written answers to Mrs. Lalitha Peniel or send the answers on whatsapp to 9629222200 3. The last date for receiving the answers is 15.05.2025 4. Prizes will be awarded at the end of the year.

**Answers To The Bible Quiz: (The Armour of God)**

1. As our fight is not against humans but rather against the Spirit Realm - Ephesians 6:12 2. When St. Paul wrote to the church at Ephesus, he was imprisoned in Rome. Surrounded by Roman guards, he likely used them as a metaphor for the spiritual armour needed in the battle against powers & principalities. However, St. Paul wasn't merely inspired by Roman soldiers. He also had in mind "God the Warrior" as depicted in Isaiah 59:17. 3. Prophet. Isaiah 59:17 4. Jannes and Jambres (2 Timothy 3:8) 5. St. Paul to St. Timothy (1 St. Timothy 1:19)
- II. 6. False 7. False 8. False 9. False 10. True III. 11. righteousness 12. diadem 13. shield 14. faith 15. peace IV. 16. The Lord God 17. The Son of man 18. The Lord God 19. St. Paul 20. St. Paul

**Answers To The Bible Quiz on The Armour Of God were received from:**

1. Mrs. Sumathi Valentine 2. Mrs. Grace Ravikumar 3. Mr. Abraham Isaac Manickaraj 4. Dr. Sheba Princess 5. Dr. Nancy Pearlin Joshua 6. Mrs. Malathy Anand 7. Mrs. Vimala Paul Viswasaraj 8. Mrs. Mercy Suresh Kumar 9. Mrs. Herlin Star 10. Mrs. Felicia Amirtharaj 11. Dr. Jafrey Daniel James.D 12. Mr.Charles Chelladurai

**– Mrs. Lalitha Peniel**

## Living the Ten Commandments

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Fifteen of us from my school class attended a classmate's daughter's wedding in Bengaluru. Another Bangalorean classmate insisted that we visit his mother who wanted to meet us, he said. He had built his stylish house on a 900 sq ft plot in a prime area, with no bedrooms on the ground floor. His mother could no longer climb stairs. After his father's demise he and his wife decided to convert the car porch into a bath attached bedroom for her. His brand new Innova was parked on the road. Their faith did not teach them the Ten 'C's but they were exemplary in obeying the fifth.

A retired college professor visited a former colleague. He found a shelf full of books that had been borrowed from the college and department libraries and not returned. Both of them knew the Ten 'C's since childhood. The former recalled the eighth commandment. Apparently, his friend had not thought it applicable to books!

When our children were in school and I worked outside the home, weekdays were busy and Sundays busier, leaving us exhausted. Later we made changes, some of which we could have followed earlier. Now with Sunday's menu planned and prepped ahead, Saturdays are busier, but Sunday's food is no longer a hassle. Giving our helper the day off on Sundays frees us too.

God commanded rest to enjoy His goodness. *"Remember the Sabbath day by keeping it holy ... On it you shall not do any work, ... neither your manservant or maidservant ..."* (Exodus 20:4).

Some, especially those in the medical field, are committed to work on Sundays. Jesus healed several people on the Sabbath and said, *"... it is lawful to do good on the Sabbath"* (Matthew 12:12b).

When Jesus condensed the Ten 'C's into two, He narrated the Good Samaritan story to explain the second commandment. He also redefined the Ten, defining God's standards of purity, honesty, integrity and love.

**- Mrs. Devina Albert**

*You are my God, and I will give you thanks;  
You are my God, and I will exalt you.” - Psalm 118:28*

## Jubilaté

### **Birthdays - April**

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 Mr. D. Jacob John           | Mrs. Manjula Relton               |
| Mrs. Deepa Soban              | Mrs. Sunita Kujur                 |
| Ms. Blessing Daniella         | Mrs. Vijayalakshmi (a) Hepzy      |
| 3 Mrs. Shantha Salome Samuel  | Mr. Chlipher Chris                |
| Dr. J. Christo                | Ms. Asahel Shanna D'Silva         |
| Mr. Dharmaseelan              | Mr. Obep J. Staines               |
| Mr. E. Emmanuel               | 12 Mr. Immanuel Razwin            |
| 4 Ms. Jennifer Jackqulin Reid | Rt.Rev.Dr.G.Paul Vasantha Kumar   |
| Mrs. S. Juhil Susanna         | Mr. Ben-Hur S. Christopher        |
| Mrs. A. Arockia Seeli         | Mrs. Margret Stira                |
| Mr. Daniel Jonathan Lazarus   | Mr. Jude Foncela                  |
| 5 Ms. Ezhil Eucharista        | 13 Ms. Bettina Sandhya            |
| Mr. J. P. Sheeba Seles        | Mrs. T. G. Kalarani               |
| Ms. Isabella Abom             | 14 Rev. A. Lorens Joseph          |
| 6 Mr. C. Theophilus           | Mrs. S. Miriam Siporal            |
| Mrs. Irene Chandra            | Mr. Sethuraman (a) Johnson        |
| Mr. Daniel Lazarus            | Mr. Daniel Ezekiel                |
| Mrs. Elana Rachel             | 15 Mrs. Emalda Stephen            |
| Mr. Rohan Samuel              | Mr. Naveen Rayner Ernest          |
| Mrs. Ruhdie Devadason         | Er. V. Chandran                   |
| Mrs. Sherine H. Abom          | 16 Mr. Benjamin Philip Varkey     |
| 7 Mr. U. Steve Arul           | Ms. D. Rebekah Neelima            |
| Dr. Glenny Jocelyn Carlton    | 17 Mrs. M. Anitha Premila Purani  |
| Mrs. Priscilla Stephen        | Mrs. Y. Grace Elizabeth           |
| Mrs. P. Meera Packiyaraj      | Mr. B. Haniel                     |
| Mrs. Khethzi Kerena           | Mrs. Arulmozhi                    |
| Mr. Aarave Jaden Jeremiah     | 18 Mr. G. T. Ebenezer Sukenthiran |
| 8 Rev. Dennison Samuel        | Ms. V. Mahi Yazhisai              |
| 9 Mrs. Flora Samraj           | 19 Ms. S. Miracklin               |
| Mr. Abraham Priyaraj          | Mrs. Jemmi Thilagavathi           |
| Ms. Shona R Mathuram          | Dr. Ramola Jesudassen             |
| Mr. Errol Augustus            | Mrs. Cheryl Davis                 |
| Mr. R. Moses                  | Ms. Baby                          |
| 10 Dr. Ranjith Dev Inbaseelan | 20 Mrs. S. Kala Singh             |
| Ms. Celestia Benita Singh     | Dr. Hemalatha Solomon David       |
| Mrs. Asha Julian              | Mr. Biswanath Modak               |
| 11 Mr. C. James Ravindran     | Ms. Miya Parker                   |

- |  |   |
|--|---|
| <p>21 Mr. P. Samuel Sathish Kumar<br/>Mrs. D. Iris Pamela Jeyachandran<br/>Ms. Ashlyn Joannah<br/>Dr. Mamtha Chella<br/>`Megasyamudu<br/>Baby. Wintley Judah<br/>Mrs. Shantha</p> <p>22 Mr. Bernard D' Cruz<br/>Mrs. Teddy Grace<br/>Dr. Niran Kumar Samuel<br/>Mrs. Roshini Mary<br/>Vedamanickam<br/>Mrs. Lalitha Gunaseelan</p> <p>23 Mrs. Chitra Kanikkai<br/>Dr. D. Agnes Sharmeely<br/>Mrs. A. Grace Sugunavathy</p> <p>24 Mr. Joel David<br/>Mrs. C. Beulah</p> <p>25 Mrs. Linetta Sampath kumar<br/>Mr. Marwyn Joshua<br/>Mrs. F. Carunya Gnana Sundari<br/>Mrs. Nirmala Anbu Kamala<br/>Mr. Nishanth Immanuel<br/>Mr. Nishok Benjamin<br/>Dr. Bernard Albert</p> <p>26 Mrs. Crystal Houlder<br/>Mrs. V. Rosy<br/>Dr. J. V. Peter<br/>Ms. Alyson Chandhana<br/>Mrs. Jeyaseeli Epsi Banu<br/>Mrs. Shyla Mathai</p> <p>27 Mrs. Shyla Isaac<br/>Baby. Viren Vijay Dhanraj<br/>Ms. Rihanna Mary</p> <p>28 Mrs. B. Rita Ruth<br/>Mr. Stephen Christopher<br/>Dr. Anandhi<br/>Mr. S. Melwin Oswald</p> <p>29 Mr. Vikrant John Vedamanickam<br/>Mr. G. Prabakar</p> <p>30 Mr. Clyde Mark Reid</p> | <p><b>Wedding Anniversaries – April</b></p> <p>3 Mr. G. S. Kirubanandham &amp;<br/>Mrs. A. Josephine Flora Mary<br/>Mr. Jan Juhan Victor Abom &amp;<br/>Mrs. Sherine Bencitta Bronkhurst</p> <p>5 Dr. Bernard Albert &amp;<br/>Dr. Mercy Bernard</p> <p>6 Er. Krishnakumar &amp;<br/>Er. Carol Preethi<br/>Mr. Andrew Gnanasekar &amp;<br/>Mrs. Jecintha Andrews<br/>Mr. Prabhu S Andrew &amp;<br/>Mrs. Esther Joy Andrew</p> <p>7 Mr. E. Vijay Mathuram &amp;<br/>Mrs. Veena Mathuram</p> <p>11 Mr. Paul Johnson &amp;<br/>Mrs. Ruby Julia Johnson</p> <p>17 Mr. Douglas Oliver Reid &amp;<br/>Mrs. Muriel Jean Reid</p> <p>18 Mr. Herbert Balachandran &amp;<br/>Dr. Grace Beula Malini</p> <p>21 Mr. Caba Jones &amp;<br/>Mrs. Kamakya Elizabeth<br/>Er. Pradeep Edwin &amp;<br/>Dr. Deena Sangeetha</p> <p>22 Mr. Claudy Samuel Quinn &amp;<br/>Mrs. Gwendoline Quinn</p> <p>25 Mr. T. Gnanasekaran &amp;<br/>Mrs. Dolly Felecea Prasannakumari</p> <p>27 Mr. Gershom Winston &amp;<br/>Mrs. D. Bernice Samina<br/>Mr. Herald Houlder &amp;<br/>Mrs. Belinda Houlder<br/>Mr. John K. Paul &amp;<br/>Mrs. Annie Lydia Paul</p> <p>29 Rt. Rev. Dr. D. Chandrasekaran &amp;<br/>Mrs. K. Rosalind</p> <p>30 Dr. A.K. Sathish Immanuel &amp;<br/>Dr. Amy Magdaline Paul<br/>Mr. Athisayam Samuel Gnanados<br/>&amp; Mrs. Shantha Salome Samuel<br/>Mr. Ernest Samuel &amp;<br/>Mrs. Priya Ernest</p> |
|--|---|



**Birthdays – May**

- |  |   |
|--|---|
| 1 Mrs. Irene E. Browne<br>Mr. B. E. Rajkumar<br>Mr. Joshua Timothy<br>Mr. A. Selvarathinam<br>Mrs. Santhosha Sukumari  | Mr. Rufus Theodore Jesudasan  |
| 2 Dr. Edwina Santhosh<br>Mrs. Sherry Abraham<br>Mr. Rishon Mathew  | 10 Mr. T. Alexander Paul<br>Mrs. Jasmine Ponmalar<br>Mrs. C. Regina Arulrani<br>Mr. Jonathan Andrew<br>Mr. D. Andrew Samuel<br>Mr. John Simon Jeyaraj<br>Mrs. Rani T. Markose<br>Mrs. Tamil Priya |
| 3 Mrs. M. Marjarie Beulah<br>Ms. Angela Sharon   | 11 Ms. Asha Baliah<br>Mrs. A. Jeevagnanamani<br>Ms. Catherine Chris   |
| 4 Mrs. Giftlin .J<br>Mr. Arav Yohann<br>Mr. Stephen Solomon Benjamin   | 12 Mr. Samuel Houlder<br>Prof. Irwin Parker<br>Ms. Calphurnia<br>Mr. Cyril Abraham A.<br>Mrs. Nesam Kalai Selvi<br>Dr. K. Jeremiah<br>Mr. Iwan Rico Sester J.                                     |
| 5 Dr. V. Anand Gideon<br>Mr. J. Vasanth Samuel Raj   | 13 Mr. Aditya Deepak<br>Er. Krishna Kumar<br>Mr. Ronav David  |
| 6 Ms. Helen Persia<br>Mrs. S. Esther Vijayakumari<br>Mr. Gerald  | 14 Mr. S. Samuel Nirmal Singh<br>Mr. J. Christopher<br>Mrs. Susanna Joyson<br>Mrs. L. Pauline Valarmathi<br>Mrs. Daisy Christudoss<br>Dr. Angeline Kanagarajam                                    |
| 7 Mrs. S. Malathy Selvamani<br>Mrs. Mallika Sukumar<br>Ms. Kezia Angeline Houlder<br>Mast. C. Samuel Evin<br>Mr. G. Sither singh<br>Mr. Varun Isaac  | 15 Mr. John Jeswin William<br>Mrs. Pon Jeyarajah<br>Mr. Shane Roydon Vijay<br>Dr. David Mathias<br>Ms. Elizabeth Charlien<br>Vijayarani<br>Dr. Rohini Stephen                                     |
| 8 Mrs. K. T. Agnes Sugirthamani<br>Mr. G. Simon. Kirubanandam<br>Mr. Sam<br>Mr. Jayanth Thomas<br>Mr. G. Siga Jeyaseelan<br>Mr. D. Christopher Ranjith<br>Kumar<br>Mrs. C.R. Renimol Justeen | 16 Mrs. Sarah Mathew  |
| 9 Mrs. Lalitha Peniel<br>Ms. D. Hannah Kiruba<br>Mrs. Sheela Mathew  |   |

- |                               |                            |
|-------------------------------|----------------------------|
| 17 Mrs. Rajee John            | Mr. Chris Paul Sathishraj  |
| Ms. Irene Antony              | Ms. Jemima Wilson          |
| 18 Mr. J. Anbudoss            | Dr. Napoleon Devarajan     |
| Prof. Dr. Hannah Sharon       | 25 Mrs. Esly Boniface      |
| Ms. Pearline Samuel           | Dr. Samuel Paul Devakumar  |
| Mrs. Grace Samuel             | Mr. Englebert Dixon        |
| Mr. Constantine John          | Mr. John K. Paul           |
| Ms. Beulah Jebamalar          | 26 Mr. D. Soosai           |
| Ms. Hepsibah Jebamalar        | Mr. J.R. Joel Prabhu Kumar |
| Mrs. Elizabeth                | Mr. P. Sam Gnana Nimalan   |
| Ms. S. Imelda Margose         | Mrs. Ranjini Walser        |
| 19 Dr. Snehalatha Ekka        | Mr. D. Bipin Samraj        |
| 20 Mr. V. Samuel Baptist      | Mr. M. Philip              |
| Mrs. Edith Rini               | 27 Mrs. Kshema             |
| Ms. Gethsia Christy           | Mast. Cyrus Lionel         |
| Mr. Jebaraj Isaac             | Mr. D. S. Godwin Ponroy    |
| Dr. Dhipak                    | 28 Mrs. Shoba Mathew       |
| 21 Mr. Calvin Houlder         | Mr. W. Dalton              |
| Mr. Praveen Kumar Samuel      | Dr. S. Martin Manivannan   |
| Mr. M. Rajan                  | Ms. Annie Mathew           |
| 22 Dr. M. Caleb Kesavan       | 29 Dr. A. Relton           |
| Mrs. Sanjana Vinod            | Mrs. Kousalya. C           |
| Mrs. Sonali Stephen           | Mrs. Rhena Tucker          |
| Ms. Shreena R. Mathuram       | Ms. Elizabeth Tabitha      |
| Mrs. Shalini Philip           | Dr. Shiny Vijay            |
| 23 Baby. Evealin Rose Houlder | Mr. K.S. Sivakumar         |
| Ms. Danita Aradhana           | Ms. Parri Sharon           |
| Mrs. Merlin Rita Jayarani     | 30 Mrs. Shirley Deepak     |
| Mrs. Asha Prasad              | Dr. S. Sharmilah           |
| Mr. V. Moses                  | Dr. Mercy Angeline         |
| Mr. V. Panneerselvam          | Dr. Edwin Premkumar        |
| 24 Mr. P. V. Dharmaraj        | 31 Ms. K. Regina Giftlin   |
| Mrs. J. Esther Grace          | Mr. G. Prabagar            |
| Vasanthakumari                | Mrs. Rebecca Jean          |
| Mrs. Roselin Mary             | Ms. Esther Priscilla       |
| Mr. Larin John Reid           | Mr. Andrew Sridhar         |

Ms. S. Samantha Grace

Mrs. Beryl Mohan

**Wedding Anniversaries – May**

- 1 Mr. S. Rajkumar &  
Mrs. Helen Steffi
- 2 Mr. L. Dinesh Kumar &  
Mrs. Jeba Jesintha  
Mr. W. Dalton &  
Mrs. Lucy Dalton  
Mr. Nishal John &  
Mrs. Rachel Joy Sanjana  
Dr. John Robinson &  
Dr. Delphin Sonia
- 3 Dr. J. V. Peter &  
Dr. Jayanthi Peter
- 4 Mr. K. Vinoharan &  
Mrs. E. Pratibha
- 5 Mr. Houlder Alaster Glen &  
Mrs. Ursula Houlder  
Mr. S. Paul Madhavan &  
Mrs. G. Esther Kalpana  
Mr. John McKenzie &  
Mrs. Angeline Priya  
Dr. J. Ebenezer &  
Mrs. Carol Jean Jones  
Mr. J.S. Mohan Kumar &  
Mrs. J. Beulah  
Dr. V. J. Vedamanickam &  
Dr. Rebecca Vedamanickam
- 6 Mr. Leo Robert &  
Dr. Agnes Sharmily  
Mr. J.K. Samuel Rajkumar &  
Mrs. Meriam Siporal  
Mr. J. Joel Pratheep &  
Mrs. J. Ramya  
Mr. T. Anand Divakaran &

Mrs. Nirmala

- 7 Rev. S. Sudharsan &  
Dr. Premalatha Sudharsan  
Mr. Kuruvilla Thomas &  
Mrs. Merin Kuruvilla  
Mr. Mannis Mehode &  
Mrs. Angeline Nissi  
Mr. T. Alexander Paul &  
Mrs. P. Priyadharshini  
Mr. A. J. Peter Seles &  
Mrs. J.P. Sheela Seles
- 8 Prof. M. F. Karunakaran &  
Mrs. Thilaga
- 9 Mr. V. Samuel Baptist &  
Mrs. P. Shamlin Esther  
Mr. Vijay Dhanaraj &  
Mrs. Smita Vijay  
Er. B. Stephen &  
Mrs. Emalda Stephen  
Mr. Samson Vijayakumar &  
Mrs. Latha Margret  
Dr. D. E. Benet &  
Mrs. Sharon Benet
- 10 Mr. Immanuel Razwin &  
Mrs. Renita Jacquelin  
Mr. D. Jayaraj Gunasekar &  
Mrs. Anita Jayaraj
- 11 Mr. King Solomon &  
Mrs. Angeline Beula  
Mr. Samuel Sridhar &  
Mrs. Divya Seles Samuel  
Mr. Howard I. Mathuram &  
Mrs. Sheiba H. Mathuram  
Mrs & Mr. Samuel Anandaraj
- 12 Dr. Ranjith Dev Inbaseelan  
Mrs. Praisya Jeba

Dr. S. John Arul Jothi & Dr. D. Catharin Kayalvizhi Mr. B. E. Rajkumar & Mrs. K.T. Agnes Sugirthamani Mr. Samuel Jones Ruhdie & Mrs. Jemmi Thilagavathi Mr. Vimalan Rajkumar & Mrs. V. Sarah Sharmila	Mr. R. Babu Chander & Dr. S. Sophia Mrs & Mr. Ravi Chandran
13 Mr. Samuel Jeffry & Mrs. Bala Jeffry Mr. Kiran John & Mrs. Sheeba Kiran	19 Dr. Gnanaraj & Mrs. Ida Gnanaraj Mr. A. Celestine & Mrs. C. Merlin Rita Jeyarani Mr. John Robin Davis & Mrs. Teddy Grace
14 Rev. Iniyon Joshva & Mrs. Anjalin Sujana Mr. D. Immanuel Prabhakar & Mrs. E. Rosalin Mr. M. Arun & Mrs. T. Linda Daphne	20 Mr. Jebasingh & Dr. Rubha 22 Mr. S. Paul Viswasaraj & Mrs. E. Ruth Margaret Vimala Dr. Ivan Christopher Mathuram &Dr. Sharmili Priscilla Mathuram Dr. Samuel Paul Devakumar & Dr. Stella Paul Dr. Samuel Balasubramanian & Mrs. Dr. Kumudhini
Dr. Relton M. James & Mrs. Manjula Relton Mr. Christopher Paul Elango & Mrs. Marlin Cynthia Paul Mr. D. S. Godwin Ponroy & Mrs. Margaret Chinnarani	23 Rt.Rev.Dr.G.Paul Vasantha Kumar & Mrs. Lily Grace Mr. D. Paul Chelladurai & Mrs. T.G. Kalarani Rev. Paul Gnana Nithiyan& Rev. Obediya Nithiyan Rev. Unicy Arivolivu & Mr. Karunakaran
15 Mr. Deepak Lazarus & Mrs. Mabel Shirley Deepak Mr. J. Anbudoss & Mrs. Marjarie Beulah Mr. A. Bastin Jeyakumar & Mrs. H. Elizabeth Joy	24 Mr. Reuben Jacob & Mrs. Pearl Robertina Reuben Mr. R.M. Sheridan Disraeli & Mrs. Miriam Sheba Mr. Jones P. David & Mrs. Irene Chandra Er. Selwyn M.D. Harris & Mrs. Hepzibah Rani Mr. P. Samuel Sathish Kumar & Mrs. D. Agnes Poornima
16 Mr. James Ravindran & Mrs. Sheeba James	
18 Mr. Ajay & Mrs. Shirley Debora Mr. Gerald C. V. Diamond & Mrs. R. Jayanthi	

Mr. G. Christopher &  
Mrs. Amsaveni  
Dr. Ravi Stephen &  
Dr. Rohini Stephen  
Mr. Paul Jesudason &  
Mrs. Annie Paul  
Mr. David Paulraj &  
Mrs. Cinthia David  
Mr. Diehl Devathayavu &  
Mrs. D. Reeta Mohana Vadivu  
25 Mr. Vijay David &  
Mrs. Collen Janet  
Dr. S. Martin Manivannan &  
Mrs. A. Shirley Mary Vanitha  
Mr. Samuel Ebenezer &  
Mrs. Priscilla Samuel  
26 Mr. S. Kirubaharan Mathuram &  
Mrs. P. Vimala  
Dr. Jos Jasper &  
Mrs. Anushea Rose Jasper  
27 Mr. Wilson Frederick &  
Mrs. Premila Wilson  
Rev. T. David Christudoss &  
Mrs. Daisy Christudoss  
Dr. A. Relton &  
Mrs. A. Daisy Relton  
Dr. Edwin Premkumar &  
Mrs. Esther Punitha  
Dr. Marcus Diepen Boominathan  
& Dr. Alice Marcus  
28 Dr. D. Packiaraj &  
Mrs. Meera Packiaraj  
Mr. Stephen Christopher &  
Mrs. Persis Stephen  
Dr. Sathia Albert &  
Mrs. Devina Albert

Mr. M. Sudakar Yesudian &  
Mrs. R. Elizabeth

#### **Birthdays – June**

- 1 Er. Devadason  
Mr. E. Andrew Santhosh  
Dr. M. Delphin Sonia
- 2 Baby. Elsa Grace Albert
- 3 Mr. M. Titus Manivannan  
Mr. G. Daniel Selvaraj  
Mrs. S. Amutha Grace  
Mr. Alvin Joshua Ernest  
Mr. Jude Manoharan  
Ms. A. Esther Graceia Precious  
Mr. Aaron Antonio Paul  
Ms. Sharon Divine Sadana
- 4 Ms. D. Lucynda Mabel  
Mrs. C. Pauline Ebenezer  
Mrs. D. Johnson  
Mr. S. Paul Jayakumar
- 5 Mr. D. Ryan Vijeyasingh  
Mrs. Rene Weston  
Mr. S.K. Roshan  
Mr. Hebron J. Baskaran
- 6 Rev. Dr. Daniel Vincent  
Mr. Joel Lara  
Mr. Solomon Paulraj  
Mrs. Beulah Selvamani  
Ms. W. Elizabeth
- 7 Rt. Rev. Dr. D. Chandrasekaran  
Dr. Gnanaraj  
Mr. Soban Jeyaraj  
Ms. C. Shiny  
Mrs. A. Shinee Sathish  
Mr. Luke  
Mr. Christopher Paul Elango
- 8 Mr. V. James Rajesh Kumar  
Mr. Raj Thilak  
Dr. R. Carlton



- |                                 |                              |
|---------------------------------|------------------------------|
| Dr. Roopkumar                   | Mrs. Saroja Jeyaraj          |
| Dr. K. Malathy                  | 18 Ms. D. Glenys             |
| 9 Mr. Steward Gracian           | Mr. D. Sam Helbarajah        |
| Mrs. B. Cheryl Preethi Cynthia  | Mrs. J. Jeba Jesintha        |
| Ms. Gifta Evangeline            | Mrs. Bala Jeffry             |
| Ms. Jane Joshua                 | Mr. Alex Justin              |
| Mrs. Latha Ezra                 | Mrs. Shanthakumari Paulraj   |
| Ms. Evangeline Priyadharshini   | Mrs. Tamina Alfred           |
| 10 Mr. G. Christopher           | Mrs. Divya Smyrna            |
| Mr. Joseph E. Vijay             | Mr. Immanuel Asher Kumar     |
| Mr. V. Stanely Jayakumar        | 19 Dr. J. Daniel Inbaraj     |
| 11 Rev. Dr. Shanthi Thilak      | Dr. J. Godwin Preamsingh     |
| Ms. Anica Josphina              | Mr. C. Immanuel Sugumar      |
| Mr. P. John Mathuram            | Dr. Relton M. James          |
| Mr. P. Joshua Mathuram          | Mrs. Ejula Mathew            |
| Mrs. Grace Angelin              | Mrs. Rani Markose            |
| Ms. Rakshana                    | Ms. S. Jennilda              |
| Ms. J. Sharon Christa           | 20 Mrs. Mary Banu Chandra    |
| Mrs. Punitha Jacob              | Nimalan                      |
| Mrs. Anita Jayaraj              | Mrs. A. Shanthi              |
| 12 Mrs. Jabarubi Gifta          | Mrs. Sandra Jennifer Harvey  |
| Dr. Celia                       | Mr. A. Celestine             |
| Mr. Cecil Reid                  | Mrs. J. Beulah Mohan Kumar   |
| Ms. J. Susan Beatrice           | Mrs. Beulah Samuel           |
| Mr. A. Sundararaj               | Mrs. J. Pearl Jeyaraj        |
| 13 Ms. Jayanthi Mary            | 21 Mrs. Delilah Sugumar      |
| Ms. A. Jeyanthi                 | Mrs. Merlin Latha            |
| Dr. Benedicta                   | Mr. Philip Basker            |
| 14 Mr. S. Rajkumar              | Mr. C. Franklin Paul         |
| 15 Dr. S. Rubha                 | Ms. Juanna                   |
| Mr. Gnanaprakasam               | 22 Mrs. Christina Joan Jones |
| 16 Mr. C. Benjamin Iniya Amalan | 23 Mr. Christian Doss        |
| Dr. B. Preethika Susan          | Mr. Jeyaraj Nelson           |
| Mr. G. Nikhil                   | 24 Mr. Jacob Merwin John     |
| Mrs. Shantha Ernestraj          | Mr. Houlder Alaster Glen     |
| Mr. Peter Ganapathy             | 25 Mrs. Esmie Reid           |
| Mr. Samuel Jebakumar            | Dr. Samson Daniel            |
| 17 Mr. M.S. Anandha Selvakumar  | Mrs. Florence Ernest         |
| Mr. Ravi Jonathan Dhanaraj      | Mr. Alistaire Weston         |

Mrs. Pearl Robertina Reuben  
 Rev. Paul Gnana Nithyan  
 Mr. S. Joshua Samuel  
 26 Mr. Joshua Handel  
 Mrs. Snehalatha Johnson  
 Mr. W. Jeyaraj  
 Mr. Monish Joel Singh  
 Mr. G. Rayon Angelo  
 Mr. Rufus Immanuel  
 27 Dr. C. M. Santhosam  
 Mr. Andrew Jeremiah  
 28 Mrs. Miriam Sheba  
 Mrs. B. Mary Esther  
 Mrs. Helen Benjamin  
 Mr. A. Jacob Rajeshwaran  
 Ms. Nishanthini  
 29 Mr. Jerome Yoganth Shivanjith  
 Mrs. Anchu  
 Mrs. Sheena Palanivelu  
 30 Mr. Clifford Ethaniel  
 Mrs. J. Ramya  
 Mr. Vimal Kumar Stephen  
 Mrs. V. Esther Punitha  
 Mr. S. Antony Raj  
 Mrs. Daffodil Stephen

**Wedding Anniversaries – June**

3 Mrs. & Dr. Divyan Abraham  
 6 Mr. J. Vasanth Samuelraj &  
 Mrs. J. Reena Ethel Navamani  
 Dr. Samson Daniel &  
 Mrs. Hannah Samson  
 Dr. K. Premkumar &  
 Mrs. Y. Grace Elizabeth  
 Mr. D. Karunakaran &  
 Mrs. Mary Usha rani  
 Mr. A. Sundararaj &  
 Mrs. A. Arockia Seeli

7 Mr. Anthony Avinash Noel &  
 Mrs. Priscilla  
 8 Mr. Sydney Lazarus &  
 Mrs. Jenifer Lazarus  
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Assistant Presbyter	- Rev. C. Jerin Sester – 96009 47250
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Outreach Ministry	- Mr. Anand Divakaran - 96770 91544
Choir	- Mr. Edwin Selvadoss - 94430 35725 Mrs. Malathy Anand - 94861 03637

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This newsletter is for us, members of the family of St. John's, to grow in the knowledge and love of our Lord and to inspire and encourage each other in our walk with Him.

**We invite articles, poems and testimonies for our July issue on the theme – 'Understanding Christian Education'. The deadline to receive contributions is 5-6-2025. Hand-written copies of contributions (not exceeding 500 words) may be given to a member of the Editorial Board or emailed as an attachment in MS Word format to [devinaalbert@yahoo.com](mailto:devinaalbert@yahoo.com). Please follow the guidelines and honour the deadline.**

We welcome your suggestions and feedback.

**For an online copy** of this issue or all future issues of Johannine Communiqué, please send an email request to Dr. J. Isac Gnanaraj <[ajisac@gmail.com](mailto:ajisac@gmail.com)>. Your id will not be shared with others. It will also be available on St. John's Cathedral website – [csistjohnstry.com](http://csistjohnstry.com)

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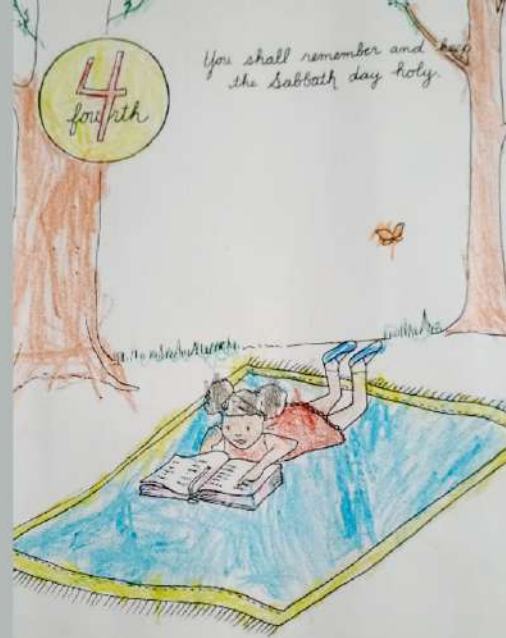
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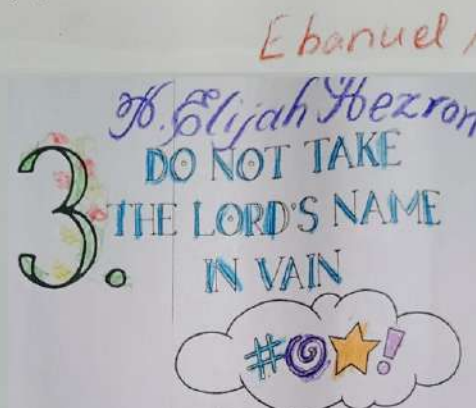
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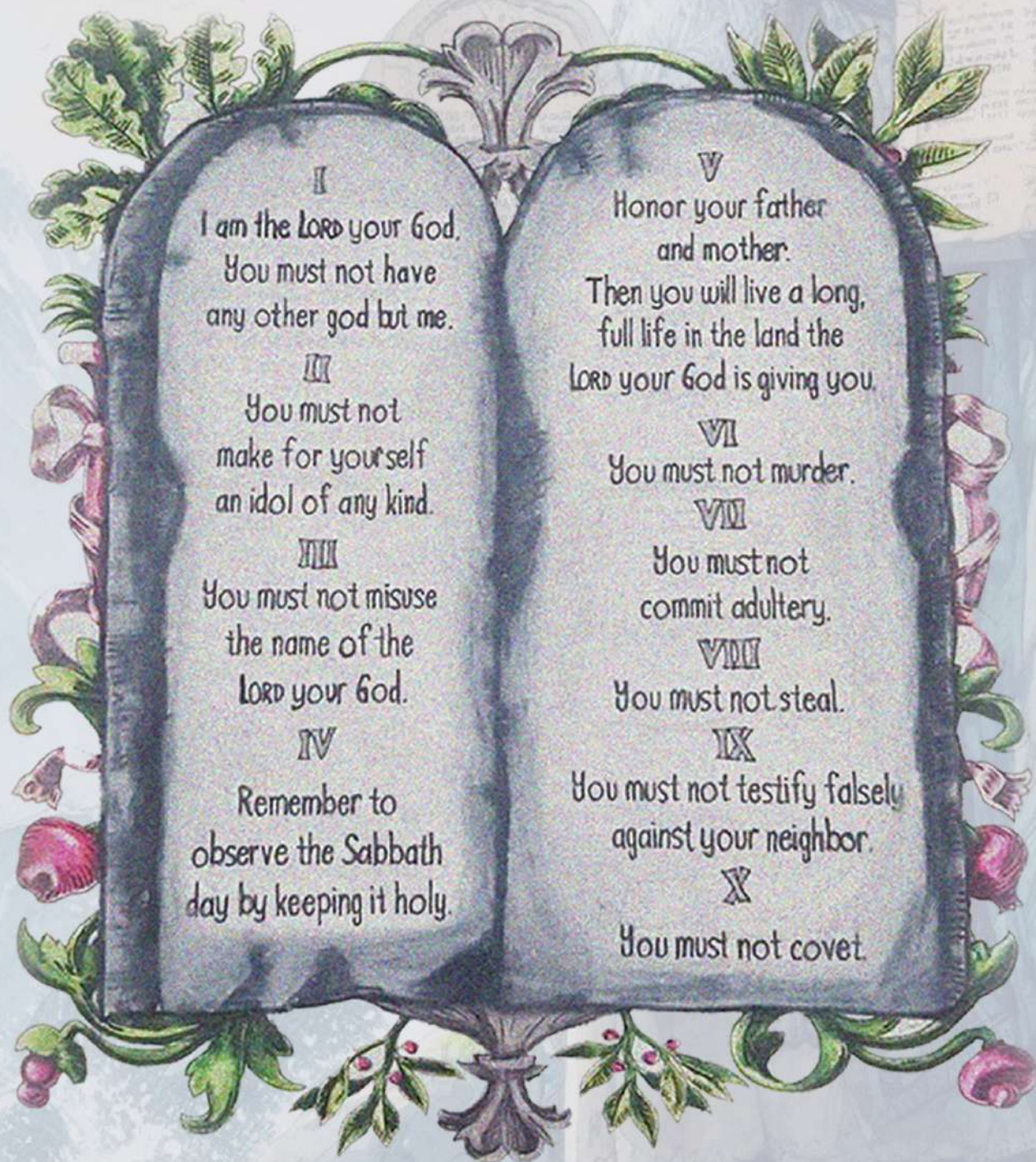


andy groce '19 ministry-to-children





# The Ten COMMANDMENTS



I

I am the LORD your God.  
You must not have  
any other god but me.

II

You must not  
make for yourself  
an idol of any kind.

III

You must not misuse  
the name of the  
LORD your God.

IV

Remember to  
observe the Sabbath  
day by keeping it holy.

V

Honor your father  
and mother.  
Then you will live a long,  
full life in the land the  
LORD your God is giving you.

VI

You must not murder.

VII

You must not  
commit adultery.

VIII

You must not steal.

IX

You must not testify falsely  
against your neighbor.

X

You must not covet.