



**MALANKARA ORTHODOX
SYRIAN CHURCH**(INDIAN ORTHODOX CHURCH)

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Blessings to the Vicars, All the Office bearers and the faithful of the Diocese of UK-Europe and Africa in the name of the blessed, Holy Trinity:

Dearly beloved in Christ,

As we enter the season of the Great Lent, a time of spiritual renewal, self-discipline, and deeper communion with Christ, we are called to embrace this holy season with sincerity and devotion. The Great Lent invites us into a life of prayer, fasting, and repentance, helping us to redirect our focus toward God.

In the midst of our fast-paced and demanding lives, this season presents an opportunity to embrace minimalism, setting aside distractions and indulgences that cloud our spiritual vision. Lent is not merely about abstaining from food, but about nourishing the soul. As our Lord said in response to His temptation:

"One does not live by bread alone, but by every word that comes from the mouth of God."
(Matthew 4:4)

Let this season be one where greater emphasis is placed on prayer, reflection, and acts of love. May our hearts be strengthened as we:

- Deepen our prayer life, drawing closer to God through both personal and communal prayers.
- Engage with Scripture, allowing the Word of God to guide our thoughts, words, and actions.
- Practice acts of kindness, forgiveness, and charity, extending the love of Christ to those around us.

A special note of appreciation goes to the "Prayer Meeting Association" and the OCYM of the Diocese for organizing Evening Prayers and Meditations during this Lenten season. These initiatives serve as a spiritual refuge, helping us to journey together in faith and devotion.

May this season lead us into deeper communion with Christ, refining our hearts and preparing us to celebrate the joy of the Resurrection with renewed faith and commitment.

Wishing all a blessed and spiritually enriching Lent.

Prayerfully,

+ Metropolitan Abraham Stephanos