



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

**DIOCESE OF UK·EUROPE·AFRICA·**  
UK REGISTERED CHARITY : 1159302

**+METROPOLITAN ABRAHAM MAR STEPHANOS**

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**Blessings to all the Vicars and faithful of all the Parishes in the Diocese of UK-Europe and Africa in the name of the blessed Holy Trinity:**

**Dearly beloved in Christ,**

നാവിലധർമ്മം കാണരുതേ  
സഹജവൃണത്തിൽ കുത്തരുതേ  
പരനിൽ കുറ്റം ചാർത്തരുതേ  
കുറ്റക്കാരായ്ത്തീരല്ലേ.

*Let our tongues fast from evil,  
So that we may not rip off  
The sores of all our brethren,  
And become sinners ourselves.*

*(Thursday Morning Eniyono, Great Fast)*

As we enter the Great Fast this Sunday evening, let us fast not only from food but from every harsh word and hidden judgment, guarding our tongues and hearts so that we may become healers, not wounders, of our brethren.

May the Lord, who sees our hidden struggles, bless us with a grace-filled and meaningful observance of this holy season, and lead us in repentance, renewal, and joy to the radiant Feast of His Resurrection.

Let us forgive each other!

God bless

**+ Metropolitan Abraham Stephanos**