

# THE INDIAN (MALANKARA) ORTHODOX CHURCH

Diocese of UK- Europe and Africa

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**GEN/19/013**

**28 02 2019**

**Blessings to the Vicars and all the faithful members of the Diocese of UK- Europe and Africa:**

**In the name of the Father, Son and the Holy Spirit, one Triune God, Amen,**

Dearly beloved in Christ,


The Great Lent is the divine voyage of our spiritual life which enables us to amalgamate ourselves with Him and lead us into eternal Kingdom of God. All the religions and spiritual sects in the world give prime importance for fasting and prayers in mystical life. The essence of the concept is to get rid of whatever diminish the goodwill in you and up bring the suppressed goodness in you. Our great Church fathers of Orthodox faith taught us and proven by their life that the strength of fasting prayers is unbeatable before any evil spirits. For the Church this is the most valuable and important liturgical time that to be observed with due diligence. Our Lord brings to light the profound motive for fasting, condemning the attitude of the Pharisees, who meticulously observed the prescriptions of the law, but whose hearts were far from God. Always remember the word of our Lord *“so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you”*. (St Mathew 6:18)

This is the period we shall put ourselves in the kiln of reconciliation to reclaim our body and mind into purity. Abstaining from the tempting pleasures of worldly life would rejuvenate the Holy spirit in you. The message is that it seems abundantly clear that fasting represents a spiritual arm to do battle against every possible disordered attachment to ourselves. Let this Lenten period mould a new person in you. Let us take this as the opportunity to spread the Love of Christ, Let us forgive the bitter past and be a friend and servant to others.

May this Great Lent give all of us the chance to look up to Him and commemorate the suffering of our Lord encountered for the salvation of humankind.

God Bless you all

Your Shepherd and Spiritual Father

  
+ Mathews Mar Thimothios Metropolitan