

LENT 2015

Lent (Soma) Begins Feb 16th



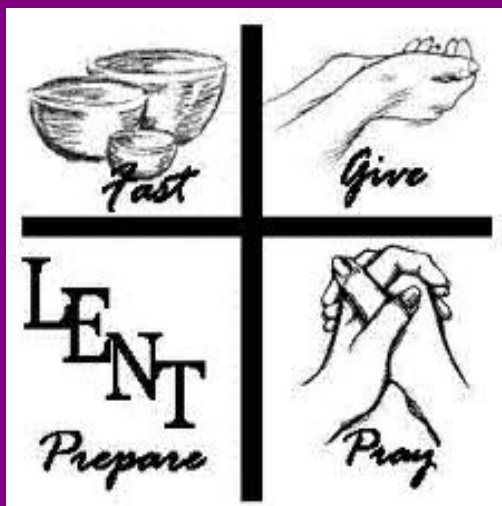
Lent is about transformation...

..... **more prayer, charity, love**

more Jesus



THE LEGEND OF ST VALENTINE
Pg 20



What are you giving up for Lent?

Page 12



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Sundays: IN ENGLISH @ 9:00am
IN ENGLISH (HIGH MASS) @ 10:30am
IN CHALDEAN (HIGH MASS) @ 12:30pm
IN ARABIC @ 2:00pm

IN ENGLISH @ 7:30pm

Confessions: - During Masses

✠ 1st Friday of the Month at ECRC / Thursdays 11p-12a at St Thomas

BAPTISM SCHEDULE

1st & 3rd Saturday

12:30 pm

2nd & 4th Sunday

3:30pm

ANOINTING SCHEDULE

Upon Request, please contact
St. Thomas Church Office

CONGRATS! ✠ BAPTISMS ✠ JANUARY 2015

January 3rd, 2015

- ✠ Mary Bethany daughter of Ghazwan & Samantha Toma
- ✠ Jonathan Rany son of Rany & Mays Yaldo

January 6th, 2015

- ✠ Isabelle Martin daughter of Martin & Manar Yeldo
- ✠ Scarla Terese daughter of Fawaaz & Nadia Sheena
- ✠ Ivy Marie daughter of Nowar & Ronica Jamil

January 11th, 2015

- ✠ Sofia Marie daughter of Saif & Nena Kasmikha
- ✠ Caydon Dani son of Dani & Nadine Dado
- ✠ Dillon Frank son of Delore & Brenda Semaan
- ✠ Roman Justin son of Justin & Brittney Shina
- ✠ Skylar Summer Love daughter of Omar & Susan Jamil

January 17, 2015

- ✠ Audrey Sophia daughter of Jesse & Hilda Halfon

January 25th, 2015

- ✠ Angelo Fadi son of Fadi & Laura Shareef
- ✠ Mikayla Suha daughter of Anthony & Reim Zora
- ✠ Jade Marie daughter of Jason & Heba Schwebke
- ✠ Lilliana Grace daughter of Darrin & Lorraine Denha
- ✠ Ava Maria daughter of Darrin & Lorraine Denha

CONGRATS! ✠ WEDDINGS ✠ JANUARY 2015

January 18, 2015

- ✠ Christopher Barbat to Heather Awdish

Article By Sura Hedow



Support the Foundation while supporting our community.

The Chaldean Community Foundation is dedicated to advancing the needs of the Chaldean American community and the communities in which they live and work through education, charitable giving and advocacy. It is also the lead organization helping Iraqi Christian refugees overcome the challenges of cultural assimilation through its Refugee Acculturation Sustainability and Training (RAST) program.

Each year, the Foundation assists more than 9,000 individuals with job placement, immigration, resettlement and mental health services.

The Foundation will soon launch the Chaldean Loan Fund, which will provide low-interest loans to help refugees purchase a car.

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DEALING WITH A LOVED ONE WITH CANCER

QUESTION: I JUST GOT THE NEWS THAT SOMEONE VERY CLOSE TO ME HAS BEEN DIAGNOSED WITH CANCER. I AM AFRAID. PLEASE HELP.

ANSWER:

In 2014, cancer was the 2nd most common cause of death in the United States, with an average of 1.6 million new cancer cases diagnosed, and 585,720 cancer deaths in the United States, alone (American Cancer Society). As common as this disease may seem, it is always a scary thing to hear that someone you know and care for has cancer. This is a disease process that reflects on a person's physical wellbeing, including every aspect of their life, how he or she copes physically, emotionally, and mentally with their ailments.

The importance of family in the Chaldean community seems to make coping with a loved one who is diagnosed with cancer extremely difficult. The question is how does one cope? People hear the word cancer and their mind goes straight to negativity and start thinking the worst case scenario. Since the family dynamics in the Chaldean culture are so close knit and dependent on each other, we can become blinded by the fear, which can hinder the healing and coping process.

So back to the question, how do we cope? A part of coping is to be able to understand and empathize with what the person who has the cancer is going through; the ups and downs, the strengths and weaknesses, and the unknowns. Family support is key in the healing process. It is important to encourage our loved ones and ourselves to communicate openly and not be afraid or too prideful to share feelings and concerns. Coping comes in many shapes and sizes. Possible forms of coping can include: prayer, meditation, exercise, art, music, support groups, and therapy. Essential to being able to cope appropriately, is to try to live life as normally as possible. The word cancer does not mean end. We are resilient people, who need to remember to be optimistic and hopeful, especially with the many improved treatments.

As Chaldeans with a strong catholic faith, let's end with starting a novena to St. Peregrine.

<http://st.perry.org/novena.htm>

Additional Resources:

Oakland County-Common Ground Sanctuary Crisis Line: 800-231-1127

Macomb County Community Mental Health Access Center: 586-948-0222

American Cancer Society: 800-227-2345

Pinel Yaldo MA, LLP, Kristina Mansour MA, LPC, Sally Barbat MA, TLLP



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1 Shimoun Saw'a	2	3 English Bible Study with Bishop Francis at 7pm	4 Arabic Bible Study with Fr. Sameem at 7pm	5 Eucharistic Adoration at 5:30 pm Holy Mass at 6:30 pm	6 1-2 pm ECRC Radio Bible Program In Arabic on 690am ECRC 1st Friday Devotion (Mass, Confession, & Adoration) 6:30	7
8	9	10 English Bible Study with Bishop Francis at 7pm	11 12 Arabic Bible Study with Fr. Sameem at 7pm	12 Eucharistic Adoration at 5:30 pm Holy Mass at 6:30 pm	13 1-2 pm ECRC Radio Bible Program In Arabic on 690am ECRC Healing Mass & Prayer Service 6:30pm	14 St. Valentine's Day
15	16 Great Lent Begins	17 English Bible Study with Bishop Francis at 7pm	18 Arabic Bible Study with Fr. Sameem at 7pm	19 Eucharistic Adoration at 5:30 pm Holy Mass at 6:30 pm	20 1-2 pm ECRC Radio Bible Program In Arabic on 690am	21
22	23	24 English Bible Study with Bishop Francis at 7pm	25 Arabic Bible Study with Fr. Sameem at 7pm	26 Eucharistic Adoration at 5:30 pm Holy Mass at 6:30 pm	27 1-2 pm ECRC Radio Bible Program In Arabic on 690am	28



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 WORSHIP



OUR LADY OF THE LOURDES FEASTDAY FEBRUARY 11

It was on February 11, 1858, that a beautiful lady first appeared to Bernadette Soubirous of Lourdes, France. Bernadette was a sickly girl. Her family was so poor they lived in a cellar that had once been a jail. Even though she was fourteen, Bernadette still could not read or write. She never could remember her catechism lessons, but she was a good girl. She loved God very much. Although her memory was poor, Bernadette kept trying hard to learn all she could about God. She was pure and obedient, too.

The beautiful lady Bernadette saw wore a white dress and a light blue sash. A white veil covered her head and fell over her shoulders to the ground. On her feet were two lovely golden roses. Her hands were joined and a rosary hung from her right arm. Its chain and cross shone like gold. The lovely lady encouraged Bernadette to say the Rosary. She appeared eighteen times to St. Bernadette. She asked her to tell the people to pray, to do penance and to recite the Rosary for sinners.

During the last apparition, Bernadette asked the beautiful lady who she was. The lady replied, "I am the Immaculate Conception." She was Mary, the Mother of God.

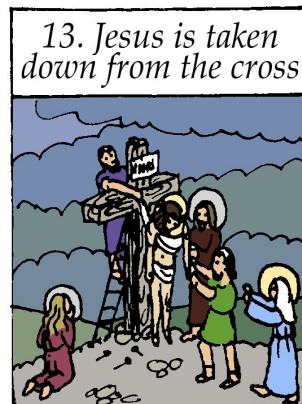
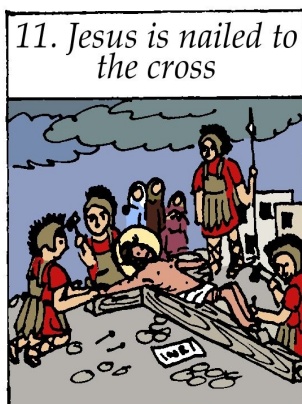
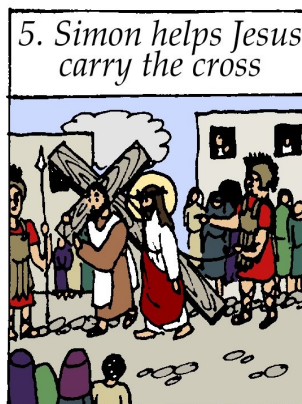
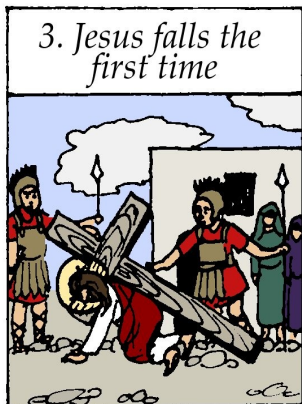
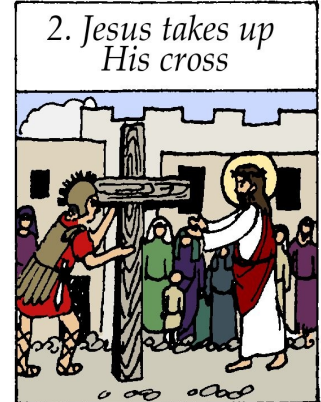
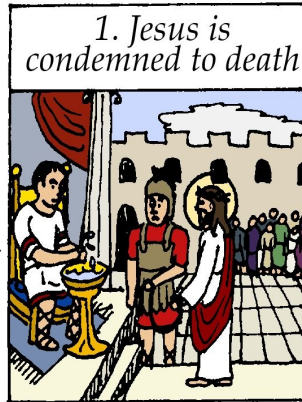
A large church called a basilica was built where Bernadette saw Our Lady. Although the apparitions took place over a hundred years ago, miracles still happen there. Many people are cured of sicknesses. Crippled people walk again. Blind people see again. Lonely, broken people find hope again. There, where she once appeared to St. Bernadette, Our Lady still shows her love for us.

[" I am the Immaculate Conception"](#)



Article By Marcella Zoma Acho

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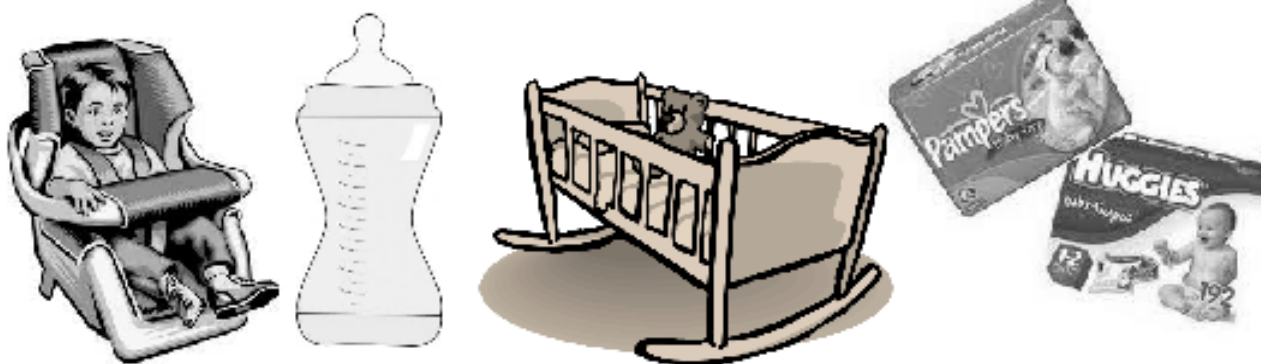
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WHAT ARE YOU GIVING UP FOR LENT?

Often times, our friends or relatives may ask us "What are you giving up for Lent?" It is a question to which we are often tempted to answer, "None of your business!", because what you are giving up for Lent is a private spiritual matter between you and God and it should not concern others. Additionally, answering such a question can open up the door to a contest of bragging on whose Lenten sacrifice is more demanding or harder to bear. Sometimes though, a person may ask us "What are you giving up for Lent?" out of sincerity so they can decide on their own Lenten sacrifices, and seeing our own resolution on the screen may help them stick to it. In such situations, it is appropriate to give the person examples of things they can give up for Lent.

Regardless of the intention of the person asking, we need to keep in mind that Jesus taught us that fasting is a very private exercise of faith between us and our heavenly father:

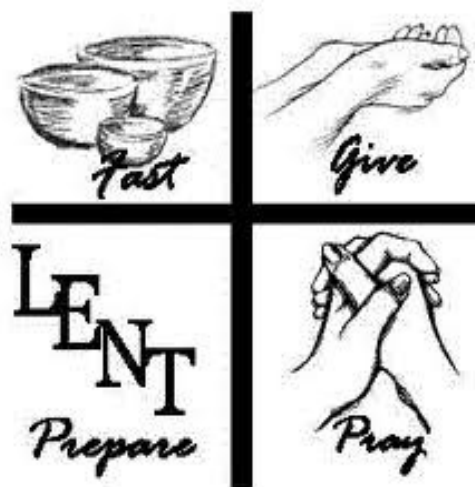
"When you fast, do not look gloomy like the hypocrites. They neglect their appearance, so that they may appear to others to be fasting. Amen, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that you may not appear to be fasting, except to your Father who is hidden. And your Father who sees what is hidden will repay you. [Matthew 6:16-18]"

Our main goal behind our Lenten sacrifice should be to be drawn closer to God and to appreciate our weak human nature that can go untamed in the absence of some form of discipline in our lives. Whatever we give up during Lent, we need to ask ourselves does it make us better people? Does it bring us closer to God? Does it make us more compassionate or kind? Our Lenten sacrifice should be aimed at evaluating whether we are living in the right relationship with God, with others, and with ourselves. The next step should be seeking to weed out that which is damaging to those relationships. Lent is a time of conversion, change, and growth and a key to that is fasting. Giving up a bad habit during Lent should also be a hopeful start and a stimulus for us to strive to give it up completely and not during Lent only. God waits for us to take the first step and he enables us to make the following steps afterwards by his grace.

The prophet Isaiah illustrates another beautiful and practical dimension to fasting:

Is this not, rather, the fast that I choose: releasing those bound unjustly, untying the thongs of the yoke; Setting free the oppressed, breaking off every yoke? Is it not sharing your bread with the hungry, bringing the afflicted and the homeless into your house; Clothing the naked when you see them, and not turning your back on your own flesh? Then your light shall break forth like the dawn, and your wound shall quickly be healed; Your vindication shall go before you, and the glory of the LORD shall be your rear guard. [Isaiah 58:6-8]"

Giving up sweets, meat, television, Facebook, or other personal favorite things is always a step in the right direction. Focusing on the needs of others can be a deeper form of Lenten sacrifice. Good questions to ask ourselves are whether we want to assist those held captive or oppressed by unhealthy habits and selfishness, whether we really need all the clothes or shoes in our closet, or whether it is necessary that we spend \$5 on coffee when our Chaldean brothers and sisters here and abroad need more support than ever? I pray that these questions will help us approach Lent in a more reverent and meaningful way that is acceptable to God.



Article By Albert Bajooka

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SAINT VALENTINE 9 (FEAST DAY FEBRUARY 14)

H

istorical archives make mention of at least three different individuals (and perhaps as many as seven) credited with the name of Saint Valentine (or Valentinus).

The three discussed here were all martyred for their faith and have been recognized by the Catholic Church. The first is described as a priest who resided in Rome and the second is described as a Bishop who resided in Interamna (known today as Terni) in Italy. These two Saint Valentines appear to have been alive during the second half of the Third Century and are said by some sources to be buried on the Flaminia Consular Way...but at different distances from the City of Rome.

The ancient Flaminian Gate is now called the Porta del Popolo, but was formerly referred to as the Gate of Saint Valentine. The name seems to have originated from a small church dedicated in the name of the saint which was in the immediate vicinity. Official reports regarding the interrogation of both the aforementioned saints are preserved, but are of a relatively late date and deemed to have little, if any, historical value. Some authorities on the subject believe that the two Saint Valentines mentioned above are likely one and the same individual...a Roman priest who became Bishop in Interamna and was then sentenced there before being returned to Rome for execution. Since both lived during the reign of the same Roman emperor and are believed to have died on the same day, this assumption probably has some validity. The third Saint Valentine is said to have practiced in Africa with a number of associates prior to his martyrdom, but nothing further is known of this particular personage and it is doubtful that he is associated in any manner with the modern day celebration of Saint Valentine's Day.

In 496 A.D., Pope Gelasius declared February 14 to be the Feast Day of Saint Valentine...Patron Saint of Lovers and Engaged Couples, with particular jurisdiction over the quarrels which arise between sweethearts. The patronage of Saint Valentine also extends to epilepsy (from which he is believed to have suffered), bee-keepers, plague, greetings, travellers and young people. His representations include: birds, roses, a bishop with a crippled or epileptic child at his feet; a bishop with a rooster nearby; a bishop refusing to adore an idol; a bishop being beheaded; a priest bearing a sword; a priest holding a sun; and a priest bestowing sight upon a blind girl.

Throughout the world, there are several special resorts that exhibit a romantic year-round theme (but particularly on February 14 with elaborate celebrations) and which are named in honor of Saint Valentine...Saint-Valentin in France (also known as "le village pour les Amoureux"), Saint-Valentin in Austria, Saint-Valentin in Quebec, Canada (founded in 1835 and granted the unique distinction of being the only location in the world with permission to use a heart-shaped date stamp on outgoing mail) and Sakuto Cho in Japan, for example.



Article By Marcella Zoma Acho



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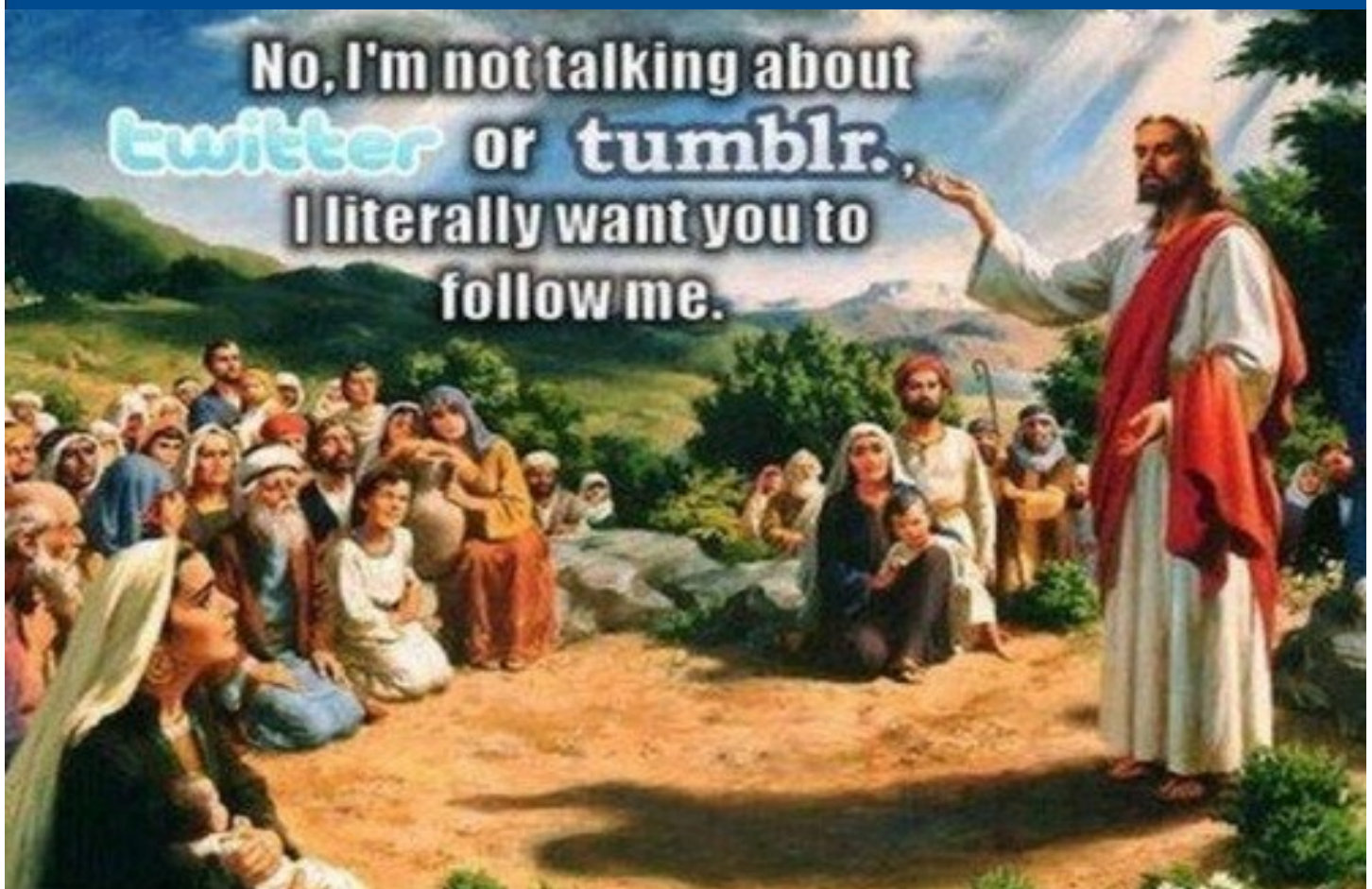
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BAOUTH: A TIME FOR RENEWAL

Baoutha is an Aramaic word which means supplication or petition. As Chaldeans, we celebrate Baoutha over a three-day period every year with prayer and fasting. Typically, we fast from all food until noon and from meat for the rest of the day.

Historically, Baoutha is linked to at least three events, one from the Old Testament and two from historical events of our Chaldean Church. In the Book of Jonah in the Old Testament, the Jewish prophet Jonah was reluctant to follow God's command to preach to the Ninevites in order for them to turn away from their wickedness. While Jonah tried to run away from God, he ended up in the belly of a giant fish for three days and three nights. Then the Lord commanded the fish to vomit Jonah upon dry land so that he would set out for Nineveh, in accord with the word of the Lord. When Jonah conveyed God's warning that Nineveh was to be overthrown in forty days, the people of Nineveh believed God. They proclaimed a fast, and all of them put on sackcloth as a sign of mourning or repentance. When God saw, by their actions, how they turned from their evil way, he spared Nineveh from destruction.

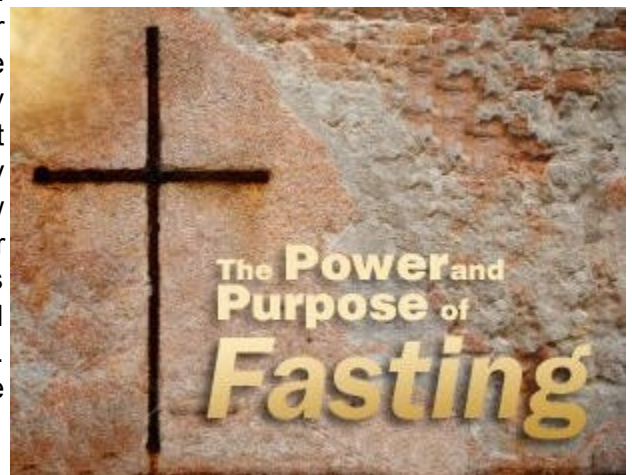
In our Chaldean Church history, we know of an epidemic that spread in the region of today's Kirkuk, Erbil, and Nineveh in the sixth century. The Chaldean Bishops offered the people's prayer and fasting for this enormous epidemic that killed thousands of residents in those areas. At the end of the three-day prayer and fast, God stopped the epidemic in response to the sacrifice and repentance of his people.

Yet another story from our church history tells of the salvation of the virgins in a monastery near Nineveh in the 7th century. A Muslim Prince named Abdul Malik bin Al-Waleed wanted to assault and violate the purity of these nuns. Perplexed by panic of this threat, the Chaldean Bishop, along with the nuns, began to pray and fast. On the day the prayer and fasting began, the Prince was assassinated in Damascus.

In all three events above, the message is the same: if we continue our wrongdoing and do not repent, we will eventually reap the panic and destruction of sin in our lives. Repentance and conversion bring healing and restoration to our brokenness from sin. Prayer and fasting are powerful tools that move the mighty hands of God to make changes that we otherwise cannot make. The most critical step in witnessing the mercy and forgiveness of God in our lives is to identify and acknowledge our sins. The Bible reminds us "If we say we are without sin, we deceive ourselves, and the truth is not in us." [1 John 1:8]. The first meditation of the Monday Baoutha Prayer expands on this further and depicts the misery of sin that infiltrates every aspect of our being:

Who is patient enough to speak of your patience with our sins? If we sin, we become filled with wickedness, if we do good, we become filled with pride; and toward one another, we are cruel and merciless: we are jealous of one who succeeds, we rejoice over one who falls. Although our life is short, the list of our sins is long.

How then can we make our Baoutha more meaningful this year? Let us first identify those hidden cobwebs in our lives that we have kept in darkness. These are the sins we refuse to admit and willingly choose to keep. God is lovingly eager to take even our worst sins. Surrender to God is best accomplished with a good confession. Without a daily body shower, we soon would smell unpleasant, no matter how much we try to mask that with a good smelling cologne or perfume. Similarly, an honest and joy-filled confession is cleansing to our soul. Participating in the Baoutha prayer and fasting can be a turning point for our spiritual growth this year. Let us make it more meaningful instead of a repetitive tradition!



Article By "Suraya"

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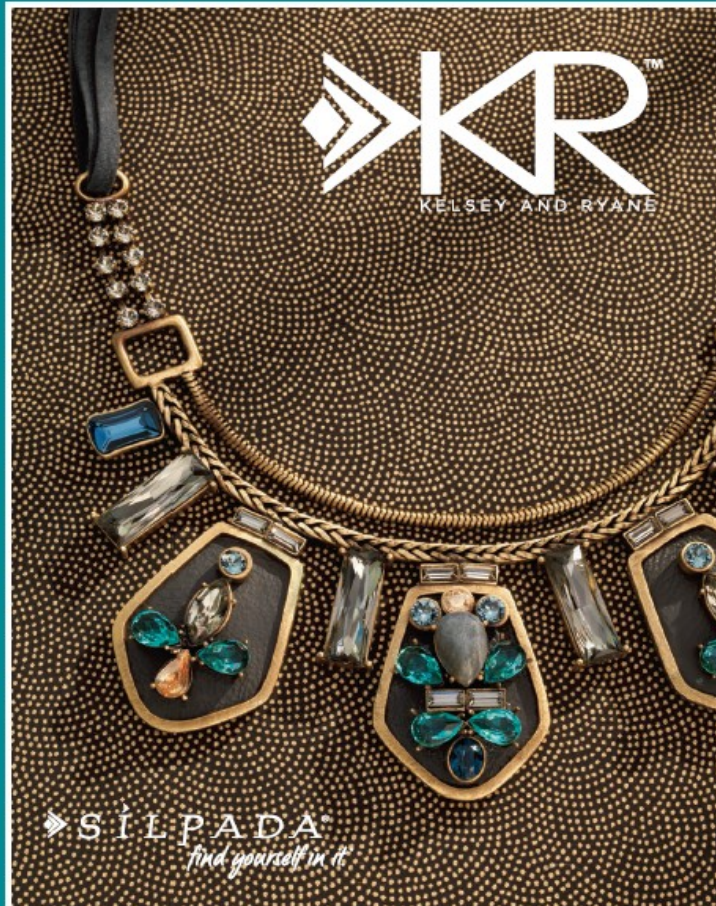
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