

And Moses built an altar and called its name,  
The-LORD-Is-My-Banner;  
Exodus 17:15

# Kirkspire

The Monthly Magazine of St. Andrew's Church (The Kirk), Chennai

July 2022

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**Editor : Usha George**

**Ministry of the month : Village Project**



## Word from the Pastor

### THE EXALTED ONE

*"...show me now Your way, that I may know You and that I may find grace in Your sight." (Exodus 33:13)*

The Bible is so rich a book that the deeper we dig, the more we unearth treasures of pure gold that are sadly missed by many. This year, the church is studying on the 'Names of God' or the characteristics of God, each month. In the month of July, we study on God being Jehovah Nissi – The Lord is my banner. The context of this name is so wonderful and interestingly, this is the only place in the Bible where this name is mentioned.

For all of us there are 'childhood heroes' whom we used to admire for a period of time and if we had a chance to meet them, we would consider that alone as a great achievement. For the entire nation of Israel, Moses was their hero, their leader, their shepherd and too often their punching bag in times of rage. Ever since they saw the first of 10 plagues in Egypt until they reached Mt. Nebo on this side of Jordan, Moses was their go-to person and unfortunately, they never learned to go to God. On the contrary, for Moses, it was ALWAYS GOD.

*Everyone came to Moses; Moses went to God for everything*

God was Moses' refuge, shelter, comfort, guide, companion and everything. Ever since Moses had his encounter with God at Mt. Sinai at the age of 80 (Exodus 3), Moses turned to God at all times and Moses humbled himself before God at all times and Moses was

led by God at all times. When we make God our *All in All*, He is present in All, at All Times and for All Things.

Three lessons from this Humble, Honest, Hardworking Hero of Old...

- a. Moses shared his all with God – pain, sorrow, frustration, needs, everything
- b. Moses submitted to God alone – no fear of man – Pharoah, or anyone..
- c. Moses sought God’s will – he didn’t plan and go to God, he went to God and found His plans

When God Almighty is the Exalted One in your life, He will not be a visitor in your life nor will you be a visitor to His Presence...He will be the most important intimate irreplaceable Immanuel in your life.

Have a blessed month

*Rev. Isaac Johnson*

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“What kind of church would this church be if all its members were just like me?”

You are responsible to represent Jesus Christ today.

Robert Elliott Speer

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## Create

*"...God, who gives life to the dead and calls those things which do not exist as though they did..." Romans 4:17*

It's 5 am. Groggy and tired  
Driving down the roadway parallel to the beach  
(for an emergency surgery) the panorama changes my posture.  
The elegantly lit promenade lined with trees,  
the ivory flowers and sparse traffic (a rarity)  
adds to the early morning charm;  
But it can hardly compete with the beauty  
unfolding along the eastern coastline.  
Silhouettes of ships glimmer in the distance,  
the sea- a dainty combination of grey and blue and  
the sky - an exquisite cocktail of purple, pink, beige and bronze,  
beckons joy.

Once again I am mesmerized by Your creativity.  
What we build (or attempt to) cannot rival what You make.  
Untouched pockets on earth are more majestic  
than our miniature towers of Babel.  
Designing something out of nothing is Your speciality.

Even so, our purpose is to create as well:  
Friendships, art, music, order and peace.  
On our own we miserably fail.  
It's effortless to choose passivity and ignore Your voice.  
Our minds cannot get around the fact  
that You long to work with us.  
But we want to work for You  
instead of with You.

Father, it's disheartening...  
the things I attempt to make/write  
lack the class or excellence I long for.  
It's easier to give up and abdicate responsibility-  
Yet Your call remains.  
So I invite You into my feeble attempts  
to create  
to change...  
For when You and I  
work together  
a glorious difference  
is inevitable.

*Susan Rajkumari*

*Inspired by 'The Pilgrim's conflict with Sloth' by John Piper*

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"It is not recorded of Paul that he spent much time in  
'surveying the field'. He marched."

"If you would lift others up, you must be on higher ground  
yourself."

"There's nothing wrong with being an 'Amen' Christian, but  
don't shout it louder than you live it!"

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## “Martha, Martha ... ”

How often life-changing lessons are learnt in the classrooms of our homes.

In each of us there is an instinct to grumble, whine and fret over mundane chores, right from collecting milk packets every morning at the door to getting breakfast ready for a family with a healthy appetite, whirling around to answer the telephone to hear a querulous voice anxiously asking about the delay in delivering a gas cylinder; rushing to answer the incessant ringing of the doorbell to find a slick salesman enthusiastically explaining the hazards of an unhygienic telephone, trying to convince - me that without this antigerm solution my family would perish.

Truly, we anticipate floods in the Sahara and drought during the dark monsoon days.

Tired, tired and ready to sink into a chair or a bed, like a flash of light in the dark, I recollected the passage in Luke 10:38 onwards, “Martha, Martha...”. Grabbing my Bible I read with fresh relevance and revelation the familiar passage, considered a marvel of Literature. The atmosphere of the home of Martha, Mary and Lazarus is clearly and perfectly captured here.

A very special Guest is being entertained. The pervasive aroma of food can be inhaled. Martha feels stressed, wanting to present a spotlessly beautiful home and serve a faultless meal. She hustles and bustles around and then fumes when she sees the serene face of her sister Mary listening with rapt attention to her Master's voice. Brimming with self-pity and resentment she bursts out rebuking Jesus too in her outburst!

Jesus tenderly but firmly answers Martha - that she is being troubled with many matters, but Mary had chosen the better part.

Many of us through the ages and across national and international boundaries can identify with Martha. One may ask – is not a meal important?

Yes, it is; but is it not true that it is not the meal alone but also the 'atmosphere' that counts? An unharried and unruffled hostess can make even a simple meal an enjoyment.

All along Jesus had been stressing that worldly interests were ephemeral and matters of the soul alone were eternal. 'Solomon in all his glory was not arrayed as one' of the 'lilies of the field'.

Jesus understood the pressures of time more than any other. He had so much to achieve in His brief 3-year plus ministry. Yet He communed long hours with His Father in the early hours of the morning and even at night.

The saints sang, 'Take time to be holy'. They urged us to wait on the Lord though the world may rush on. This sublime joy, peace and fulfillment cannot be achieved suddenly like instant food and gadgets. It is an ongoing process... sitting still at His feet. "Be still, and know that I am God."

In the midst of our day which appears like splitting at the seams, we can hear our Master's voice, "Martha, Martha...".

Martha's interests were short-lived and worldly. Mary's portion would never be taken away from her.

This is the quintessence of Jesus' message.

*Usha George*

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The stars shine over the earth,  
The stars shine over the sea;  
But Christ and I shall live and reign  
When the stars have ceased to be.

Anon

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## **“Barren land gives fruit”**



Being sensitive to the crying needs of the rural poor and strongly believing that the ministry of church should not be confined to the four walls of the church, remote regions with no access to medical aid were inspected by a team from our church in 1972, and Thirupalaivanam was chosen as the first Outreach Project of St. Andrew's Church.

This village in the 1970s was extremely inaccessible with dry infertile soil as the name indicates – THIRUPALAIVANAM – the great desert land had a large number of patients with Leprosy and Tuberculosis. 100-200 patients used to come from the nearby villages, in bullock carts or by foot, every Saturday to attend the *Chanikilamai* clinic and collect their weekly dose of medicines. 50 years have gone by and now these diseases have been almost eradicated...but poverty, unemployment, skin diseases and allergic bronchitis continue to be major challenges.

This project was the brainchild of Late Rev. Murdoch MacKenzie, the then Minister of St. Andrew's Church. Dr Kirk Patrick, Dr Selvapandian and other doctors built on the foundation laid by Rev. Mackenzie.

The people employed in these projects belong to the local villages. Foremost is the medical aid rendered by the doctors from our church once a week. Clinics are conducted twice a week on Sundays and Mondays at Thirupalaivanam. Eye clinics are held on the second Sunday of every month. Skin clinics are held on two Sundays of every month by Dr Jean Menezes. Many patients with skin ailments are treated at the skin clinic. We are badly in need of dermatologists to volunteer and participate in these clinics.

The Dental Clinic was started in September 2016 under the leadership of Dr Praise Ambrose. Hundreds of patients have been treated this year and dentures issued free of cost to several patients.

Through this project, we work with the families in these villages, identify their needs, help them experience the love of God and draw closer to Him.

During the pandemic in 2020 and 2021, home delivery of medicines to diabetic and hypertensive patients was done by the Village Project staff and cotton masks from our tailoring unit were distributed to the needy. After the ban following the covid pandemic, Medical Camps have re-started at Balaramapuram this year during April and >200 patients benefited from this camp. Free Medicines for dental, general medicine, skin and pediatric patients were issued and spiritual counseling given.

Asthmatic patients are treated with nebulization at the Thirupalaivanam clinic on all days.

Spoken English classes are conducted by Dr Christina Ambrose along with the youth of our church every second Sunday. Many childless women have been blessed with offspring, thanks to the Fertility clinic run by the project under Dr Christina Ambrose.

Evening Tuition Centre: Nearly 40 children attend each of the tuition centres newly started by popular demand at Karanodai and Thirupalaivanam this year. Children are given a protein rich meal of Channa /Sundal etc.

The Income Generating Plan IGP has been restarted with 11 beneficiaries, empowering women from the village and students from the tailoring unit. Rs.66,000 has been disbursed as interest-free loans this year.

90 women are trained every year in our tailoring unit. Embroidery training and bridal blouse design course have been introduced this year and the items made are available to the public for sale.

At present 45 students are undergoing training in the tailoring unit. Skill evaluation is done following completion of the course, exams conducted and certificates issued.

The desert in Thirupalaivanam surrounding the village project church has become an evergreen garden. The area around our church has

Free distribution of masks stitched by our tailoring unit staff - 3000 numbers



**Door delivery of Diabetic and Hypertension medicines to  
4000 patients during lockdown**



**Designer bags made at our tailoring unit – for Christmas sharing sale**



Tailoring Course Certificate – 83 women trained

# ST. ANDREW'S CHURCH VILLAGE PROJECT

68, Kennedy St, Perungudi, Pooneri Taluk, Tiruchirappalli District, Tamil Nadu  
☎ 044-2767 8622 (08AM-05PM)

## TAILORING COURSE COMPLETION CERTIFICATE

This is to certify that

.....  
has successfully completed the Level II

Tailoring & Embroidery Training course  
from ..... in ..... conducted

at Thirupulivanam / Karimiddas



Chairman

Secretary

Prison Officer

Training Master

Income Generating Plan (IGP) provides interest-free loans for sewing machines.



become a fertile place where mango, coconut, jackfruit, sapota, fig, orange and seasonal vegetables like brinjal, ladies finger, cluster beans, tomato, green chillies, bittergourd, radish, spinach, coconut, guava and even peanuts are harvested.

Public awareness in chemical-free organic harvesting has been created through workshops. Organic gardening has expanded in Thirupalaivanam and Awrivakkam campuses this year and the yield is distributed to the local market or sold in church.

Total beneficiaries of the Village Project in the year 2022 are: 6179, including 419 dermatology patients, 173 eye patients and 3718 diabetic patients.

We continue to seek your prayers, time, resources, ideas, and support for this project.

*"The harvest truly is great, but the labourers are few" Luke 10:2*

*Dr S Mohan*

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The gospel at once shows us that we are far more broken than we thought ... and more loved and valued by God than we ever could have imagined.

Tim Keller

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Medical Corner

## Benefits of Walking

“ Doctors treat, but Jesus heals”

Walking is good for us. Walking is an aerobic exercise; Women who walk have less body fat than those who don't walk. It also lowers the risk of blood clots, since the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. Walking is good for many other reasons as well.

1. **Walking improves circulation.** It also wards off heart disease, bring up the heart rate, lowers blood pressure and strengthens the heart.
2. **Walking strengthens the bones.** It can stop the loss of bone mass for those with osteoporosis.
3. **Walking leads to a longer life.** Research says, those who exercise regularly in their fifties and sixties are 35 percent less likely to die over the next eight years than their non-walking counterparts.
4. **Walking lightens mood.** The more steps people take during the day, the better their mood is, because walking releases natural painkilling endorphins in the body - one of the emotional benefits of exercise.
5. **Walking can lead to weight loss.** A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to loss of weight.



6. **Walking strengthens muscles.** It tones leg and abdominal muscles - and even arm muscles if we move them as we walk. This increases range of motion, shifting the pressure and weight from joints and muscles, which are meant to handle weight, thus helping to lessen arthritic pain.
7. **Walking improves sleep.** People aged 50 to 75, who took one-hour morning walks, were more likely to be relieved of insomnia (Sleeplessness) than those who did not walk.
8. **Walking supports joints.** The majority of cartilage in the joints has no direct blood supply. It gets its nutrition from synovial or joint fluid that circulates as we move. Impact that comes from movement or compression, such as walking, "squishes" the cartilage, bringing oxygen and nutrients into the area. If we don't walk, joints are deprived of life giving fluid, which can hasten deterioration.
9. **Walking helps us to do more, longer.** Aerobics walking and resistance exercise program may reduce the incidence of disability in the activities of daily living of people who are older than 65 and who have symptomatic Osteo arthritis. It eases joint pain. Several studies have found that walking reduces arthritis- related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints - especially the knees and hips, which are most susceptible to osteoarthritis - by lubricating them and strengthening the muscles that support them.
10. **Walking improves breathing.** When walking, our breathing rate increases, causing oxygen to travel faster through the bloodstream, helping to eliminate waste products and improve our energy level and ability to heal.
11. **Walking slows mental decline.** A study by researchers found that age-related memory decline was lower in those who walked more.

12. **Walking lowers the risk of Alzheimer's.** Men between the ages of 71 and 93 who walked more than one kilometer per day had half the incidence of dementia and Alzheimer's disease compared to those who walked less.
13. **Walking boosts immune function.** Walking can help protect us during cold and flu season by improving immunity.
14. **Walking Reduces Blood sugar levels.** Making time for walking can make a significant change in the life of a " Type 2 Diabetes" patient, reducing overall healthcare costs.
15. **Walking Lowers blood pressure.** Walking most certainly helps to lower the blood pressure.

*Dr. (Mrs.) Rajinikantha Narendranath*

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You become like what you worship. When you gaze in awe, admiration, and wonder at something or someone, you begin to take on something of the character of the object of your worship.

N. T. Wright

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Bible Quiz No. 127 – July 2022

## An Ironmonger's Quiz

King James Version (KJV)

Give only one reference.

1. 'His - - - - were grown like bird's claws.'
2. 'He (*David*) put the Ammonites under a - - -.'
3. 'No man could bind him, no not with - - - -.'
4. 'Wherein was the golden - - - with manna.'
5. 'Neither - - - - - nor - - - was heard (*in the building of the temple*).'
6. 'Jacob dreamed, and behold, a - - - - - set upon the earth.'
7. 'Do men light a - - - - - and put it under a bushel?'
8. 'The carpenter stretcheth out his - - - -.'
9. 'His master shall bore his ear with an - - -.'
10. 'There were - - - - - of gold for the doors of the temple.'

Taken from a Bible quiz book by May C. Smith

Kindly send your answers to the church office or email [admin@thekirk.in](mailto:admin@thekirk.in) by 17<sup>th</sup> July 2022.

Usha George

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God is for us – that is good; God is with us – that is better;  
God is in us – that is the best.

Henry M. Booth

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## Gratitude for God's Gifts



Over the many years of my life, I have experienced, tasted God's grace and mercy in so many ways and it is overwhelming to recall all His goodness. I am sure that all of us have a million reasons to be thankful to God for all that He has done for us.

I wish to share my recent experience of how God was mindful of all the details of my life and of His guidance every step of the way when I traveled to Thailand for a short vacation.

### ***Gift of Time***

Over the past few years, like all of us, I could not travel anywhere or see my son who is working in the U.S. By God's grace, he was able to visit me in May and we both had a very valuable time of catching up and spending time together which we don't get very often. Thank God for time.

### ***Gift of Safety***

There were several forms of transport and several places to visit during our trip. My son had made all the arrangements and was taking many necessary precautions in the overseas flights and in local travel there. We went safely and came back in good health and when I look at my health challenges, I see God's goodness overflowing. Thank God for safety.

### ***Gift of Salvation***

The greatest blessing for which I don't have enough words is the Gift of Salvation. The world is going more and more into pitch black spiritual darkness and there is no fear of God or even the remotest thought about the imminent return of Jesus. I am so thankful to God for my relationship with Jesus and the hope of eternal life in Christ.

I will be praying more for the lost and lonely, always remembering that "I am what I am by the grace of God".

*Dr. Vimala Samuel*



**John's Corner**

## **CARNIVAL**

Read 1 Cor 13:3, 2 Cor 9: 7,8

Carnival times are joyous times,  
There's jubilation and good cheer,  
Feasting, singing, fun and laughter,  
With many drawn from far and near.

Carnival time it was once more,  
The church was resounding with joy,  
Everyone seemed to be happy,  
Everyone but one little boy.

You see no money he possessed,  
He could only watch others buy,  
Cakes and ice cream, briyani too,  
Cool drinks to moisten tongues gone dry.

No one had time for that poor child,  
As he in vain tried not to cry;  
Oh that we practice what we preach!  
Show love not just self satisfy

*John H. Bala Singh*

## **Answers to Bible Quiz No. 126 – June 2022**

### A Fisherman's Quiz

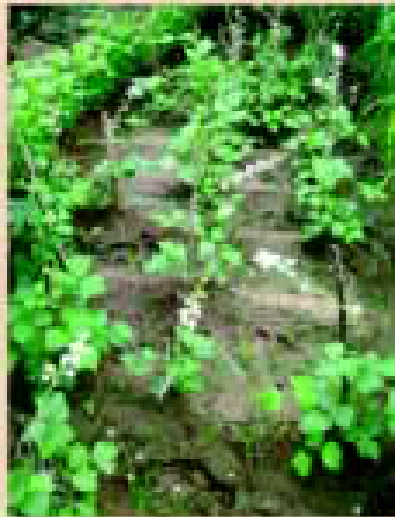
1. At the time of Creation. Genesis 1:26
2. They die and are eaten by waiting birds
3. The disciples and Jesus. Luke 24:42
4. Song of Solomon. 7:4
5. 153. John 21:11
6. Amos 4:2
7. The Philistines. Joshua 19:27 & Judges 16:23
8. Those without fins and scales. Leviticus 11:10
9. Jonah and the Whale. Jonah 1:17
10. **'I will make you fishers of men'**

### **The winners are:**

1. Mrs. Sabrina Siga
2. Dr. (Mrs.) Sujatha Elizabeth Prasad
3. Mrs. Seema Deraviyam
4. Mrs. Victoria Basker
5. Mrs. Suguna Joseph
6. Ms. P. Patricia
7. Mrs. Indira Rajanayakam
8. Mrs. Peace Rani

Quiz No. 125 – additional winner Mrs. Peace Rani. Apologies for the omission.

***Hearty Congratulations!***



**Palaiyanam turns Green**



Village Project Garden at Thirupulivanam



