

# *Kirkspire*

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



O Lord my God, I cried out to You,  
And You healed me.  
Psalm 30:2

*May & June 2022*

## CONTENTS

Word from the Pastor	<i>Rev Isaac Johnson</i>	3
The Blessing of Jehovah Shammah	<i>Rachel Kang</i>	5
The Lord Needs It	<i>Anisha Lazarus</i>	7
Bible Quiz No. 126 - May & June 2022		9
VBS Report 2022	<i>Florence Devanesan</i>	10
VBS at ASHA and RMDCC		
	<i>Hannah Priscilla Arund</i>	12
Ties That Bind	<i>S. Gabriel</i>	13
Vocation Bible School 2022 - Outreach		17
Medical Corner	<i>Rajini Kantha Narendranath</i>	23
Life's Glorious Extras!	<i>Usha George</i>	25
Eagles	<i>Susan Rajkumari</i>	27
John's Corner	<i>John H Bala Singh</i>	28
Chapters and Verses in the Bible	<i>Rev Isaac Johnson</i>	29
Answers to Bible Quiz No. 125		30

**Editor : Usha George**

**Ministry of the month : VBS**



**Word from the Pastor - June 2022**

## **Power of Jesus' Blood**

*By His stripes we are healed.. (Isaiah 53:5)*

The first moment in world history when worthlessness was met by love and grace is mentioned in Genesis 3:21. The verse reads, 'Also for Adam and his wife the Lord God made tunics of skin, and clothed them'. Too often we read this verse as part of the narrative but when we pause and think about the wonder of God, we see how God of all power who should display wrath is showing his compassion and grace.

Healing in the Bible is not merely about the absence of a disease, it is much more than that. Here are some aspects of healing that we seldom focus on.

1. Reminds us of our Creator – Healing is when God intervenes in ways which only God can. Healing of Namaan's leprosy or of blind Bartimaeus or anyone shows that God CAN heal anyone, no limits whatsoever.
2. Reminds us of God's grace – Healing is not God's obligation to man but God's grace to man. Too often you hear of healing as if it is done by a preacher who is so powerful. Lest we deny God of His work or even try to steal from His glory, let us be very clear to give credit where credit is due.
3. Reminds us of our responsibility – Healing begins with God and enters into the life of a person, which is meant to turn one's attention to the Giver and not merely be content with the gift. Let's be reminded of the ten lepers who were healed, but only one came back to thank Jesus.

4. Reminds us to worship – Healing is always a tool to lead a person to a closer walk with God. Healing is a great reminder that God is Omnipotent and we are in need of His healing daily in body, mind and spirit.

The first healing started with removal of physical shame that came because of sin in man. The greatest healing is also the removal of shame when the Creator God decided to become sin and die for all mankind. 2 Corinthians 5:21 says, 'For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.'

Today, healing is seen as a promotional stunt. Remember that God can heal, God wants to heal and God is willing to heal us, but His greatest desire for which all heaven rejoices is when the deepest dirtiest deadliest disease of sin is healed when we are washed by the blood of Jesus. Call unto Him and He will answer you...now and always.

Have a blessed month.

*Rev. Isaac Johnson*

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Anything that one imagines of God apart from Christ is only useless thinking and vain idolatry.

Martin Luther

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## The Blessing of Jehovah Shammah

*(Ezek. 48:35b) ...and the name of the city from that day shall be: "THE LORD IS THERE".*

"Where is God?" People who do not believe in God often ask this typical question. And when my life seems difficult, they ask me with doubt, "Where is your God now? Why is He doing nothing for you?" It breaks my heart sometimes. But I can answer them "Jehovah Shammah", meaning The Lord is There.

### **1. Jehovah Shammah is a name that indicates the Existence of God.**

*(Psalm 14:1a) The fool has said in his heart, "There is no God." ...*

The fool has said in his heart, "There is no God." But we can answer, "The Lord is There." However, there is more to be considered about this foolishness - proclaiming with the mouth that God exists and that we believe in Him, but crying out with our lives and actions that there is no God. God must be present in the words, actions, and lives of believers to testify of the existence of God.

### **2. The meaning of the name in the original language and the blessing of Jehovah Shammah**

1) "Jehovah" is one of the names of God in the Bible.

2) In Hebrew, "Shammah" is derived from the word "Sham" that means "there".

There are several names of God in the Bible, like, Elohim, Adonai, El Shaddai, etc. Among them, "Jehovah" is the name of God who came down to the world to establish a covenant, remember the covenant, and fulfill the covenant. In Exodus 3, God appeared to Moses in the burning bush. When Moses asked God's name, He answered, "I AM WHO I AM" (Exodus 3:14) meaning "the unchanging, eternal, self-existent God and a covenant-keeping God." It is the same "Jehovah." This God is there. Where? In the place of suffering, tribulation, captivity, and trial of His people. That is the meaning of "Jehovah Shammah".

We may experience fiery tribulation, but it cannot burn us away because Jehovah Shammah protects and preserves us. Just as Moses met God at the bush that was burning with fire but was not consumed.

Also, the prophet Ezekiel saw “the vision of Jehovah Shammah” during the Babylonian captivity. When the Israelites thought that God forgot and abandoned them, God showed that He was with them even during the Babylonian captivity. This was the word of comfort and hope for them and this is also the word of blessing for us today.

Finally, we should remember one thing, God didn't say that the name of Ezekiel's Temple is Jehovah Shammah, but the city under Ezekiel's Temple was named Jehovah Shammah. The city is in the center of “common-land” where the people dwell and work.

*(Ezek. 48:15b) ... shall be for general use by the city, for dwellings and common-land; and the city shall be in the center.*

It teaches us that not only the temple, but also all places of our daily life should be marked by Jehovah Shammah. May the blessing of Jehovah Shammah be with us every moment of every day. Not just in church on Sunday. Then we can give thanks in everything.

When we are sick, Jehovah Shammah. When we are healthy, Jehovah Shammah. When things go well and when things don't, Jehovah Shammah. Unchanging faith, that's Jehovah Shammah. The Apostle Paul showed us such faith.

*(Phil 4:11b-12) ... for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. .*

*(Heb 13:5-6) Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.” So we may boldly say: “The Lord is my helper; I will not fear. What can man do to me?”*

God has promised never to forsake us. That is the blessing of Jehovah Shammah. I believe that as we receive the blessing of Jehovah Shammah, we will always be victorious with thanksgiving in everything.

*Rachel Kang*



## The Lord Needs It

The donkey didn't know it, but the Lord needed it. The Lord knew where it was, and how to get it to where He needed it. The Lord used it to fulfil the will of the Father.

Palm Sunday morning. I certainly felt like a donkey. We'd made our plans for Sunday - church, choir practice, lunch...I'd got up early, had my quiet time, made the coffee, made the milk, packed the food, prepped for lunch, printed the colouring sheets, packed the bags, showered and changed, fed the kids. I had so much help. And we were still late! The sanctuary was full. What were we supposed to do? What could I have done differently?!

The sky was blue, the pelforum carpeted the ground with gold, kites soared through the cathedral above, and I was furious. And upset. Why couldn't we get to church on time? (And why was it so important to me?)

After a heated exchange, we agreed to sit at the choir table. The kids were settled, bless them, and I stood staring up at the blue blue vault. I remember praying "Lord I'm so hungry, please feed me".

And during the sermon that Palm Sunday morning, the Lord spoke to me about the donkey. I sure felt like the donkey. It didn't feel like the victorious Christian living Pastor was talking about.

The Lord reminded me that the donkey did not know it would be used. It was just there. It was untied and brought to Jesus.

As we were sitting there around the choir table, listening to the sermon, a stranger came in with a little girl. I smiled tentatively. He asked if he could see the organ. I said he could, after the service was over. How long it would be? 15 minutes, I said (giving pastor the benefit of the doubt). I asked if the little girl would like to colour with our lot, explaining that there would be music during the service that might be played on the organ.

[Is 40:29 trust that the Lord is holding you. What is weaker or more powerless than a donkey?]

The little girl was very happy to be colouring the pictures of Jesus on the donkey, which we had brought for the Palm Sunday activity. I was taking notes from the sermon when the Lord nudged me again. I offered the stranger a New Testament from my bag, and pointed to the story in Luke, explaining that it was the story of today's service, the story that the children were colouring. He thanked me and read it.

The offertoire on the grand piano was brilliant. You could see the stranger drinking it in. My eyes were filled with tears. If we had been on time, we would have been sitting inside the sanctuary. We would not have been there when the stranger arrived. The Lord needed the donkey.

We all enjoyed the postlude on the organ. After talking with various choir members and showing his daughter the organ, the stranger left, no longer a stranger. The New Testament was in his hand.

[How satisfying to turn from our limitations, to a God who has none - Tozer]

*Anisha Lazarus*

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A church exists for the double purpose of gathering in and sending out.

Anonymous

What the world needs is the peace that passes all misunderstanding.

From Banking

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**Bible Quiz No. 126 – May & June 2022**

## **A Fisherman's Quiz**

King James Version (KJV)



Give only one reference.

1. When did God give man '*dominion over the fish of the sea*'?
2. What happens to fish of the Jordan River, when they reach the Dead Sea?
3. Who ate '*broiled fish and honeycomb*'; by the seaside ?
4. Where do you find these words :

**'Thine eyes are like the fish-pools in Heshbon' ?**

5. How many fishes were taken at the time of Jesus' last miracle ?
6. Which Old Testament prophet castigated '*ye kine of Bashan*' saying :

**'The Lord God will take you away with hooks, and your posterity with fishhooks' ?**

7. What people worshipped **Dagon the Fish God** ?
8. What kind of fish were called '*unclean*' ?
9. With what story do you connect the words :

**'The Lord prepared a great fish' ?**

10. What popular children's Sunday School chorus is centred around the word '**fisher**'?

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 19<sup>th</sup> June 2022.

*Usha George*



## VBS Report 2022

**Romans 15: 13 - May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.**

We thank God first for guiding, helping and sustaining us throughout this year's VBS especially after 2 years of lockdown.

We started our VBS on 16<sup>th</sup> May and it went on till 21<sup>st</sup> May. We start each day with the teachers' devotion where we meet for a time of prayer. After the devotion the teachers and volunteers meet the children inside the church and start the singing sessions where children get to learn new songs from the VBS album. The children were abundantly blessed by the songs and music. We had around 110 children this year. Children came eagerly to learn about God, His word and the songs.

By God's grace we had 25 teachers and volunteers who had committed their time and effort to teach, nourish and guide these children.

We had different topics for each day based on the theme "Rejoicing in Hope", children were taught on the basis of the theme for each day. They also memorized verses from the bible. Each day had a well-planned schedule starting with worship, devotion time, class time and snack time. We had teachers to take devotion each day which made the sessions very interesting and lively.

We had guest speakers covering topics on using talents, influence of social media, self-worth, burden of expectations etc. The children participated enthusiastically in all.

At Kirk, VBS is not a 1 week or 10 days affair, it's a year long process. Pastors and elders of the church come together plan and pray for the VBS. We also receive feedback from parents and children each year and try to implement new and innovative methods to make VBS more meaningful and interesting.

**RMDCC** has an outreach center at St Marks Middle School where some children are given after school tuitions. These children are part of Kirk VBS every year. This year it was decided to host the VBS at that center. Accordingly, 60 children and 10 teachers and volunteers participated in the VBS which was conducted simultaneously with the Kirk VBS. Tamil was the medium of instruction. 'The Guardians' was the theme of VBS and children were taught Biblical principles of guarding God's creation, their walk with God, their hearts, their talents and their family and friends. Children enjoyed the theme-based action songs. They were given age-appropriate inputs from the Bible - the beginners learnt of God's love and care from Genesis, the primary children that Jesus can do all things from the Gospels and the juniors about Christian values based on the books of Samuel and Kings. This VBS had offline support from members of the church in the form of visual aids and specific training inputs to cater to these school children. The seeds have been sown and it is our prayer that the God of the harvest would bring much harvest for His glory

A special note of thanks to all the teachers, volunteers, music team, church staff and all those who had helped for this year's VBS.

The "will of God will not take us where the grace of God cannot sustain us," we thank God for His abundant grace that sustained us all the 6 days.

All praise and glory to God. Thank you!

*Florence Devanesan*

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'The critics of the early Christians said, "You're different. Be still or get out." It is lucky for us that the early Christians refused to be still or get out!'

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## **VBS at ASHA and RMDCC**

*Guardians - Guarding God's Gift! - Guard the good deposit entrusted to you. II Timothy 1:14*

This summer the children of ASHA at Egmore and Thirupalaivanam Campuses & RMDCC geared up to attend the offline VBS after a break of two years. Two weeks prior to the VBS, a half day training program was conducted for the teachers and volunteers. It began with Pastor Isaac Johnson highlighting the importance of each member's contribution towards sowing the seed of God's love in our children. Praise and worship along with song practice was led by Mr. Bryner and Mr. Daniel followed by Mrs. Binu Jeremiah teaching finger play techniques. The training ended with a run through of lesson plan and activities by Dr. Vimala Samuel and Ms. Hannah Priscilla Anand and an in-group prayer session for the VBS. From the 25th to the 30th April 2022, 47 children from both the campuses of ASHA, 19 from RMDCC, 4 volunteers and 12 teachers attended this Tamil VBS. The VBS began at 9 AM with worship, general assembly followed by their classes. Mrs. Sujatha Prasad shared the Bible story prior to the classes. They had a short break, post which they worked on their art for the day.

This year Rev. Paul Anbarasu and his wife, Mrs. Beulah Paul, came as our evaluators for the Inspection Day. Mrs. Roselin Johnson was our guest for the awards and certificates distribution ceremony. Later that day we had a common love feast for all with Biryani.

Each day's assembly involved setting the pace for that day's lesson. It was taught using visual aids and actions. At the end of it each child knew a character by an action. Children loved the worship session praising God by waving their hands, singing with all their hearts and dancing it out! At the beginning of each day, the children

*Continued on Page 21*

## TIES THAT BIND

**A historical narrative with a timeless perspective**



**Communion Table (Altar) at St. Andrew's Church - The Kirk (Chennai)**

Each of us is a link in history's chain, in society, in The Kirk, now and in the days to come. There are many tokens of 'ties that bind' within the walls of The Kirk and beyond, transcending boundaries of time and distance. Dear Reader, take time to pause and look for such evidences that often go unnoticed among the tablets, the archives, the cemetery of our Church. Their purpose is more than being just records; they challenge us, so that we also may bequeath to posterity through our Missions, our true worship and service to society through The Kirk for God's glory.

One may chide the tendency to live in the past, but when one comes across poignant glimpses of those who through the ages lived, loved, served and passed on, such 'ties' bring to life the people who were associated with The Kirk. Then we are left to wonder at the heritage we enjoy and that we too are part of eternity.

Does one notice that small brass plaque at the foot of the Communion Table? What does it say? (See picture below) It says that the Communion Table at The Kirk is "Presented by Monsr. Desinger, French Consul, Madras in memory of his wife 1895". So brief and yet so poignant!



What inspired a French Consul to gift this beautiful Communion Table to this Church? The brass plaque does not mention the name of the lady! Who then was

this person? Was she from England, Scotland, a Member of The Kirk? Where is she interred, so that we may know more from the Memorial stone that must have been raised in her memory?

Such thoughts led to a study of the Records in The Kirk's archives. There were two Registers available to us. One was the Government register of Deaths which listed 'Oesinger' in the Index (the index in old Records is at the back). The name was featured in the first few pages, but unfortunately the page with Oesinger's details was missing, along with a few other pages. The other Record was the Burial Register listing the burials in the Cemetery of The Kirk (where the AKCCDC Project is located), adjacent to the Armenian Cemetery. (This Record is a veritable treasure and must be zealously preserved. It records the details of the location of the graves from the very first burial.)

With much effort from Mr. Naveen and Mr. Vincent, Staff of our Kirk, we traced the resting place of Mrs. Oesinger.



The Memorial stone is written in French and a free translation of the same reads:

HERE RESTS  
ELIZABETH HENRIETTE WILHELMINE OESINGER  
CALLED NYMA  
WIFE AND EXCELLENT MOTHER  
DIED  
THE 22 JANUARY 1893

TO WHOM GOD ENDOWED THE VERY BEST  
WHILST ON THIS EARTH"

No floral flourishes, no angels with trumpets, simple and endearing. Such is the way God reminds us of ties that bind, sincere and intense, like God's love for us! None of us now worshipping at The Kirk, know anything of the French Consul Desinger and his beloved wife Elizabeth. What really matters is for us to realize that the Kirk is not just a building with beautiful artefacts from the past. The life of the Church consists of people like the Desingers, many more from the past who worshipped here, as each one of us and many more who will follow. When our passing life is done, how will our service to the Church be remembered? Can we leave a legacy of sincere commitment to God and the Church where we worship?

Maybe, someday in the future, someone may thumb through this copy of The Kirkspire, and wonder how we and they are connected with the Desingers and others through 'ties that bind'. That will bring to reality that there is a thread running through eternity linking God's children, through 'One Church, One Faith, One God'.

As the sands of time trickle away, let us pause to find fresh meaning in the Hymn written by John Fawcett (1779-1817):

**"Blest be the tie that binds  
Our hearts in Christian love;  
The fellowship our spirit finds  
Is like to that above."**

While we enjoy God's blessings and the fellowship at The Kirk, let us remember those who worshipped here, the legacy we enjoy and the hope, so unique to Christian faith: the promise of eternal life. When sorrow and partings come our way, can we reflect on two more lines from the Hymn quoted above?

**"But we shall still be joined in heart,  
And hope to meet again."**

While passing ages roll, let us always cherish the tie that binds our hearts in Christian love and glorify God, the Fountain-head of life now and in the hereafter.

**Contributed by S. Gabriel  
Pictures Courtesy Mr. Naveen, Mr. Vincent  
(Staff of The Kirk, Chennai)**

YBS at Asha & RMDCC







VBS at St Mark's School

## VACATION BIBLE SCHOOL 2022 - OUTREACH

Theme: Good Friend

*You are My friends if you do whatever I command you. John 15:14*

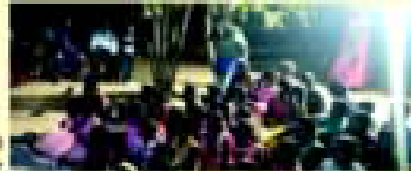
### **AWRIVAKKAM:**

Date: 16/05/2022 - 22/05/2022

Children: 95

Teachers and Volunteers: 19

Testimony: The families of the children volunteered to sponsor the snack for the participants for four days.



### **ATHIPET:**

Date: 23/05/2022 - 29/05/2022

Athipet VBS: 57

Teachers and Volunteers: 9

Testimony: With most of the children from the Hindi speaking migrant community, the other children learnt to worship God in Hindi as well.



**BALARAMAPURAM:**

Date: 16/05/2022 - 22/05/2022

Children: 145

Teachers and Volunteers: 21

Testimony: The children were blessed by the various activities that pointed them to the everlasting friendship of Jesus.



**KOSAPUR:**

Date: 16/05/2022 - 22/05/2022

Children: 145

Teachers and Volunteers: 21

Testimony: Children from Chettimedu, Periyarnagar, Athikulam and Kosapur were blessed through their participation.



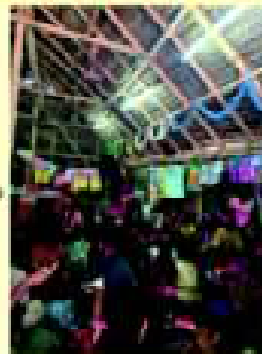
**PALLAVARAM:**

Date: 23/05/2022 - 29/05/2022

Children: 115

Teachers and Volunteers: 13

Testimony: The children were full of discipline to the joy of the teachers.



**PERUMBAKKAM:**

Date: 16/05/2022 - 23/05/2022

Children: 75

Teachers and Volunteers: 18

Testimony: While some parents shared that the children were echoing the songs they learnt at VBS, the parents of the smaller children found them more willing to participate in family prayer time.



**POONDY:**

Date: 23/05/2022 - 24/05/2022

Children: 50

Teachers and Volunteers: 7

Testimony: The movie "Jesus" was screened, having an impact on many children. The tribal children showed great enthusiasm in learning the songs and stories from the Bible.



**PURASAWALKAM:**

Date: 30/05/2022 - 04/06/2022

Children: 20

Teachers and Volunteers: 9

Testimony: The Hindi speaking children joined the other children excitedly in all activities in Tamil.



**S.M.NAGAR:**

Date: 13/05/2022 - 21/05/2022

Children: 115

Teachers and Volunteers: 14

Testimony: Few of the children responded to the altar call enthusiastically.



**THIRUPALAIVANAM:**

Date: 16/05/2022 - 22/05/2022

Children: 230

Teachers and Volunteers: 42

Testimony: Children from Porneri, Chinnakavaram, Vanjiwalkam, Onbakkam and Thirupalaivanam had the opportunity to participate.



"But Jesus said, "Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven." Matthew 19:14

After a break of two years due to the pandemic, the in-person VBS commenced with much anticipation. The response from the parents and children was overwhelming.

By the sovereign grace of God, about 1000 children around Chennai were blessed by the Kirk outreach VBS 2022. Through the six days, the children were blessed as they heard the gospel through songs, puppet shows, crafts and stories. Each day was packed with creative activities that engraved in the hearts of the children that they are never alone with Jesus as their friend. On the final day, many parents were delighted to see their children exhibit their God given talents by singing, dancing, enacting and reciting memory verses. It was also an opportunity for the parents to hear the gospel.

We thank God for providing the evangelists, teachers and volunteers with the wisdom to organize the VBS in such a manner that would be most beneficial to the children in every way.

We praise God for His providence in meeting all the necessities for the VBS to progress till the end without any obstacles.

*Continued from Page 12*

had a recap and an opportunity to recite the memory verse from the previous day. This encouraged them to learn the Word of God more earnestly.

During the feedback session the teachers shared how they had seen children respond during this period and the impact it had on their lives. A few of those responses: A girl who needed a great deal of coercing to listen to the story, but as soon as they began to worship, she would respond by jumping up and join the others to learn; A boy who would normally cry everyday on seeing his teacher started to greet her with a smile on his face, and another boy with minimal speech learnt and recited each day's memory verse with the biggest smile on his face. The teachers spoke of how their perspective changed from setting individual targets to growing as a group and learning from each other. Certain changes made in this year's VBS appreciated by the teachers were: Conducting the devotions for them in Tamil and, the introduction to the lessons during the assembly using pictures and actions. Going forward they requested that we have more special days and bring in additional action songs for the children. At the end of the Tamil VBS, we have an assurance that the seeds of faith that have been sown will be testimonies in the days to come. All glory to the Lord Jesus alone.

*Hannah Priscilla Anand*  
VBS Director

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God uses men who are weak and feeble enough to lean on Him.

Hudson Taylor

Worry is like a rocking chair: it keeps you moving but doesn't get you anywhere.

Corrie Ten Boom

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## VBS AT OUTREACH CENTRES

Greetings to all the readers in Jesus's name. Matthew 19:14 - But Jesus said, "Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven."

When we think of VBS we think of children. This year too God had blessed us with opportunities to sow biblical values into these little and young lives. We are overjoyed to see children come enthusiastically, braving the post effects of the pandemic. It's a joy to see them learn from the Bible and experience the love and the joy of God. It's time to thank the Lord for each of our outreach Pastors and Evangelists, VBS teachers and volunteers. It's amazing to note that many children went home and reflected on what they learnt.

Let's continue to pray that the Holy Spirit will water and grow the seeds planted and one day, this will result in eternal fruit bearing for these lives and their families.

Thank you so much for praying and giving to the work of the Lord.

The accompanying pictures will reveal some part of the outreach VBSs with information that will help you praise God for each outreach VBS and continue to pray for them.

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God loves each of us as if there were only one of us.  
Augustine

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## Rest and Vacation

“Doctors Treat But Jesus Heals”

### Rest

*The Ten Commandments of God are given in Exodus Chapter 20. God says in Versus 8 - 11.*

“Remember the Sabbath day, to keep it holy. Six days you shall labor, and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, you, or your son, or your daughter, your male servant, or your female servant, or your livestock, or the sojourner who is within your gates. For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.”

He reconfirms this in Exodus 31 : 14-15,

“You shall keep the Sabbath, because it is holy for you. Everyone who profanes it shall be put to death. Whoever does any work on it, that soul shall be cut off from among his people. Six days shall work be done, but the seventh day is a Sabbath of solemn rest, holy to the Lord. Whoever does any work on the Sabbath day shall be put to death.”

We are all aware that the food we eat gives us energy to do our daily chores. Well balanced meals / diet are required to sustain energy levels. If the work load is more than what we can handle, then we get tired at the end of the day. Many people travel long distances to reach the place of their work; 5-6 hours daily are spent in travelling.

Work which requires physical labour like cutting a road, digging, construction work, quarry work etc. leads to physical exhaustion. The medical profession, police, fire department, ambulance, airlines,

airports, railways, work 24/7. Workers are put on shift duties including night duties. Some family members work away from home... all these can contribute to mental and emotional exhaustion.

The God ordained Sabbath rest is absolutely essential to recover from the physical, mental and emotional exhaustion experienced during the week. All the family members are at home to enjoy one another's company and presence. Family get-togethers, visiting friends, relatives, shopping and other activities can be done together to fulfil one's social and emotional needs.

### **LABOUR LAWS**

Strict labour laws are there to regulate all kinds of works in industries, educational and medical institutions etc. so that workers are not exploited. Very powerful labour unions protect the rights of workers. Human rights commissions also regulate these to protect basic human rights.

### **SLEEP**

God made day and night so that humans, animals, birds and other living creatures get enough rest during the night. Eight hours of sound uninterrupted sleep is essential to overcome stress & tiredness.

### **Vacation**

Everyone needs a vacation to unwind physically and emotionally. Schools and educational institutions are closed for summer and winter vacations when one can get refreshed. During vacation, one should abstain from work, pursue hobbies, visit friends & relatives, travel within and outside the country, so that they feel refreshed and rejuvenated.

Genuine, last longing peace is found in Jesus, who said,

"Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls." (Matt. 11 : 28, 29)

*Dr. (Mrs.) Rajini Kantha Narendranath*



## **Life's Glorious Extras!**

*"God, who richly provides us with everything to enjoy."  
1 Timothy 6:17*

Nothing creates itself. Man is God's magnum opus. Our brain is designed to multitask – to think, to invent, to glean and store information, evaluate and motivate action.

We are not robots. We are given a free will and have the right to choose between right and wrong. Endowed with five senses, we are free to enjoy, drawing from God's sweet well His endless supply of 'Life's Extras'!

On a trip to Darjeeling, a scenic town in the Himalayan foothills, we were blessed to view an unforgettable scene. With the lifting of the morning mists, the ethereal beauty of the snow-capped mountain Kanchenjunga was visible, crystal clear. We were told by the locals that this did not happen often. Our Creator's handiwork was beyond description. John Ruskin refers to mountains as 'the great cathedrals of the earth'.

The Master Artist has it all. Who can resist the charm of flowers, their infinite variety, their captivating colors and enchanting perfumes? Beats there a heart that does not respond to the rosy hue of the just-risen sun or to the riot of colours in a sunset?

We are stirred with quiet joy to see the moon with its graceful silvery light, and the canopy of twinkling stars on a dark night. Who would realize that the stars, seemingly motionless, are rushing on with unimaginable velocity!

Trees are enchanting by day and mysterious by night! Are we alive to the wonder of the trembling leaf, the tracery of the branches and the solid trunk with roots reaching and searching for nutrients in the deep dark soil? Forests are havens for the splendid variety of wild animals frolicking in their habitat.

Summer sizzles. And lo, we are provided with juicy, refreshing fruits of endless variety, each with its own unique flavour. Fruits are freely available in fruit stalls, wheelbarrows, and baskets down roads and alleys.

We come to water – our liquid treasure – a must for everything that grows. What is amazing is the numerous ways of providing this elixir. We delight in the rippling brooks, the rushing rivers, the placid lakes and of course the mighty oceans girdling our world. And let us not forget the whole different living world in the bosom of the deep seas.

In addition to His magnificent creation to enthrall our senses, our God honours and favours us with the gifts of Reading, Music and other Arts to delight in. At times, when one goes through anxiety, suffering and sorrow, these beautiful touches provided by our Father are a balm to comfort and lift us up.

A word of warning is relevant here. While we enjoy the beauty and pleasure God lavishes on us, may there be no ounce of 'golden calf' in all that we think and do. Let us not grasp the fleeting pleasures around us but hold fast to our Creator's hand and never ever let it go.

The whole universe points to our Creator's power and infinite greatness, but in the heart of His beloved children alone is there an imprint of His only Son, our Lord and our Redeemer Jesus Christ.

'My God, how great Thou art!'

*Usha George*

## Eagles

But those who wait on the Lord shall renew their strength; They shall mount up with wings like eagles, they shall run and not be weary...

Isaiah 40:31

The other day I saw an eagle in the sky.  
Flying seemed effortless.  
Distance did not dim it's grace.  
Called to soar like one  
I find myself waddling like a goose, Lord.  
The ground seems safer  
than the heights.  
It's easier to set my mind on things below  
than concern myself with things above.\*  
So I flap my wings and paddle hard,  
trying to achieve what only You can.  
The end result is weariness:  
self-manufactured and packaged.

Eagles signify surrender.  
They stretch their wings to the utmost.  
The sheer force of the wind and  
the pressure of the storm carries them  
(to even 10,000 feet above sea level)  
Conservation of energy by reliance  
on a greater force is their strategy.

Lord, teach me  
to fly,  
to soar,  
to scale heights I never thought possible.  
The confines of familiarity and comfort bind me.  
Sometimes I try so hard and worry so much  
and fight the winds of change that  
You are unable to accomplish  
what You want to do in and through me.  
This charade of being in control has to end.  
It has taken years to realise  
this simple truth.

All the while  
You have been waiting for me to let go and  
let You  
take me to heights  
which I never dreamed possible.

'Set your mind on things above, not on things on the earth.'  
Colossians 3:2

*Dr. Susan Rajkumari*



**John's Corner**

## **SUICIDE**

Read 1 Cor 6:19, 20; Ps 18:6,16; Jn 16:33

Be not so foolish as to take your life,  
Reflect on your loved ones who'll mourn your demise,  
Think some may even be glad you are gone,  
Don't recklessly act but trust and be wise.

Remember Jesus' afflictions endured,  
His faith in God kept Him steadfast and strong;  
We are God's temple, we're bought with Christ's blood,  
Taking our life is both selfish and wrong.

Pray that the Saviour shows you the right way,  
When ideas of suicide haunt your mind,  
He'll in your mortal weakness uphold you,  
Lovingly guide you and His peace you'll find.

*John H. Bala Singh*

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The best thing about the future is that it comes only  
one day at a time.

Abraham Lincoln

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## Chapters and Verses in the Bible

Routine and normal today was not always the same for people in history. Here is one such example of how blessed we are compared to Christians in earlier centuries. The Bible we use today has division of chapters and verses but that was not the case since the writing by the original authors.

The chapter divisions commonly used today were developed by Stephen Langton, an Archbishop of Canterbury. Langton put the modern chapter divisions into place around A.D. 1227. The Wycliffe English Bible of 1382 was the first Bible to use this chapter arrangement. Since the Wycliffe Bible, nearly all Bible translations have followed Langton's chapter divisions.

The Hebrew Old Testament was divided into verses by a Jewish rabbi by the name of Nathan in A.D. 1448. Robert Estienne, who was also known as Stephanus, was the first to divide the New Testament into standard numbered verses in 1555. Stephanus essentially used Nathan's verse divisions for the Old Testament. Since that time, beginning with the Geneva Bible, the chapter and verse divisions employed by Stephanus have been accepted into nearly all the Bible versions.

Today, this has made our lives so easy by helping us to memorize verses, listen to a sermon, or even to understand them in a methodical manner. Thank God for faithful believers who obeyed God, whose impact goes far beyond their lifetime

*Rev. Isaac Johnson*

## **Answers to Bible Quiz No. 125 – April 2022**

### **A Goldsmith's Quiz**

1. On a river flowing out of Eden. Genesis 2:11
2. Plentiful
3. Achan. Joshua 7:21, 26
4. The ark of the covenant. Exodus 25:11
5. Arabia, Sheba, Ophir
6. Paul. Acts 20:33
7. *'The judgments of the Lord' and 'the fear of the Lord'*. Psalm 19:9,10
8. Hezekiah. 2 Kings 18:16
9. The New Jerusalem. Revelation 21:18
10. Aaron's calf. Exodus 32:4; Two calves set up by Jeroboam. 1 Kings 12.28,29

### **The winners are:**

1. **Ms. P. Patricia**
2. **Mrs. Sabrina Siga**
3. **Mrs. Suguna Joseph**
4. **Mrs. Aruna Asir**
5. **Dr. (Mrs.) Sujatha Elizabeth Prasad**
6. **Mrs. Victoria Basker**

***Hearty Congratulations!***



#### **"The Gospel in Gemstones" (Inters)**

The Inters made cross-shaped bookmarks to depict John 1:16. Each gemstone stands for a different part of the gospel: the darkness of sin (black); the blood of Jesus shed for us (red); forgiveness of sin (white); baptism (blue); growth as a Christian (green); eternal life and heaven (yellow).



Craft based on Psalm 1 by Primary



50 : 05 & 06

May & June 2022



