Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all things that I have commanded you; and lo, I am with you always, even to the end of the age." Amen.

Matthew 28:19-20



# Kirkspire

The Monthly Magazine of St. Andrew's Church (The Kirk), Chennai November 2023

## **CONTENTS**

Word from the Pastor Rev Isaac Emmanuel Johnson					
John's Corner John H Bala Singh					
A Cloud of Witnesses Dr. Susan Rajkumari					
A Special Candle					
Shifting Focus A Personal Challenge! Suguna Joseph	10				
The Kirk Women's Fellowship Retreat 2023 Sushma Rao 11					
Children's Corner Dolly Shanthakumar 13 8	k 16				
Bible Quiz No. 142 - November 2023 Usha George	17				
Answers to Bible Quiz No. 141					
Then Sings My Soul! Usha George					
Soaring High with Christ as Anchor Emmanuel, KYF	21				
Medical Corner Dr. Mrs.Rajinikantha Narendranath					
Kirk News Angela Susan Bryner					

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**Editorial Board:** 

Usha George Chitra Bennett



#### Word from the Pastor

#### Crucial Choice - Choices within Choices

Then the king said, "Is there not still someone of the house of Saul, to whom I may show the kindness of God?" (2 Samuel 9:3)

The mind is a crucial part of our human composition. What we feed therein and what we reap from it will determine the course of life, the choices in life and the impact we have on those around us. King David is known to us as a 'man after God's own heart' (1 Samuel 13:14). But seldom do we think about the choices that David made in his life even after his 'arch enemy' Saul had died. The way he mourned for the death of Saul, the way he dealt with his offsprings and of how he never took revenge by words or deeds on those who belonged to Saul stand as a testimony of David's God-pleasing character. In the worldly course of actions, David should have celebrated when Saul died or at least have neglected the family members of Saul (for all that Saul had done to torture David).

On the contrary, we read this beautiful statement recorded in 2 Samuel 9 where David is painstakingly searching for the members of the household of Saul so that he could show kindness. The answer to this is found in the verse itself. He did not mean to show what a kind man he was but to show the kindness of God. Here is the key for the his success formula in the character of David. He was shown kindness by God and he would fail to be a child of God if he did not show it to others in the same manner in which he had received from God.

- David was satisfied in receiving God's kindness
- 2. David was sincere in serving God alone
- 3. David was spontaneous to be a blessing

When we look at these three lessons, there is one word that can summarize it all – SELFLESS. The times in his life that David fell in sin and rebellion against God was when he was selfish. This is the message for this month. One main choice will help us make all other choices. That is why when we read about Joseph in Genesis Vs Gehazi in 1 Kings, the difference will be this – one was selfless toward personal desires so that he pleased God while the other was selfish who wanted to always receive blessings.

Be a blessing to others by rejoicing in who you are in Christ.

Rev. Isaac Emmanuel Johnson

<sup>&</sup>quot;Every duty carried out, every righteous deed wrought, every kindness shown, every day rightly lived, improves the Royal highway."



#### John's Corner

#### A GIFT OF LOVE

Read Prov 22:6 (Nov 26th is Sunday School Sunday)

Train a child in the way he should go, Then he will not from it depart; And what's there better than Sunday school, To give your child a Christian start?

Parents can't always be everywhere, That's where Sunday schools play their part, Guiding children under their care, As knowledge of Christ they impart.

Sunday schools are for our children meant, That they may God's commandments learn, And the teachers God has anointed, To help young minds what's right discern.

Enroll your child now in Sunday school, A gift of love to your children; It's like inhaling air that is pure, Breathing life giving oxygen.

John H. Bala Singh

#### A Cloud of Witnesses

'Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us...'Hebrews 12:1

Books are like people. With a voice of their own they shape thinking and alter behavior. The Bible does that and so do other writings that proclaim the truth of the Savior. Like a cloud of witnesses they inspire and edify without coercion. Like a life well lived the stories remain etched in memory and often translate to action. No wonder Jesus used parables.

We see governments going to great lengths to preserve temples and monuments. We see lavish attempts at restoration. But what are we doing to preserve our written spiritual heritage? Books by Richard Wurmbrand and Elisabeth Elliot cost a bomb because there are few takers. Old is still gold and the great Christian writers of the past century have much to offer a generation that is often a mile long and an inch deep (2 Timothy 4:3-4).

It's okay if you are more comfortable with books than people. But that does not exempt you from the calling to proclaim Jesus. It can be as subtle as starting a library or sharing what you learnt from a passage. A book club is a great idea. Two or three members who meet once a week/ once a month can still make a difference like the Emmaus disciples.

Though unlikely channels, He who used a fishnet and a pearl to usher the Kingdom to His listeners, can still use a book and a willing heart to do the same. As the Enemy diversifies to infiltrate his propaganda, it's time we the church do the same with greater creativity and bravery, because the One Who has called us is faithful. And He still chooses the foolish and the weak and moves in mysterious ways His wonders to perform (1 Corinthians 1: 26-31).

#### **Book Reviews for the suffering saint:**

#### A Distant Grief by F.KefaSempangi with BarbaraR.Thompson

The real story of a young family as they navigate the unfamiliar terrain of evil during the reign of Idi Amin in Uganda. His raw narration offers practical insight to the complex problem of grief.

# Walking through Fire, A Memoir of Loss and Redemption by Vaneetha Rendall Risner

Written by a woman who survived the loss of four children, a husband and had multiple hospitalizations, her honest account of her struggle and how she coped with it will inject perseverance to the weary soul.

# The Insanity of God by Nik Ripen with Gregg Lewis- A true story

'Will you follow Jesus even when it doesn't make sense?' This haunting question is answered by the journey that took him to over sixty countries.

#### A Grief Observed by C.S.Lewis

The personal journal written by a literary monarch following the death of his wife. His brutal honesty and flounderings will help anyone on the road to recovery from loss.

Dr. Susan Rajkumari

A healthy body is good; but a soul in right health – it is the thing beyond all others to be prayed for.

Carlyle

## A Special Candle Praying for Peace in Palestine and Israel

A note from Rev. Peter Millar (Former Presbyter, St. Andrew's Church, 1978-83) about the poem:

My good friend the well-known writer and poet *Jan Sutch Pickard* who lives on the beautiful island of Mull has recently sent round this moving poem to help us with our thoughts concerning the situation in Palestine and in Israel. I hope you find this poem helpful which is why I wanted to send it to many friends around the world. Jan has had long and deep relations with the people in Palestine and with friends in Israel. She knows the area well from living there for a time and from her many visits over the years.

#### "Among the Rubble"

by Jan Sutch Pickard of the Iona Community

Compassionate God, in our minds, we pray among the rubble, the unholy mess of demolitions in the land that we call Holy.

In our hearts we hold families who have lost their homes, children who have seen their schools destroyed, communities which no longer have a clinic. We pray for them as they weep for all that's lost. We pray that they will not lose hope.

And we pray, too, for the men who drive the bulldozers, soldiers who beat back protesters, politicians who sign the orders – aware that such actions destroy their humanity.

Bless those who campaign against injustice; bless the patient rebuilders; bless those who hope against hope that peace with justice will prevail in the land that we call Holy.

## Shifting Focus .... A Personal Challenge!

"Hey, that looks good!" I commented when during one of my zoom meetings, my son made some adjustments on my iPad, thereby blurring the background and making the focus on my image better. I confess, during such meetings I often get distracted and instead of looking at the speaker my eyes wander to the pictures on the wall, the curtains, the furniture and the mind making its own comments! Somehow this brought to my mind this song,

Turn your eyes upon Jesus Look full in His wonderful face And the things of the earth will grow strangely dim...

On my iPad I had the background dimmed to get the focus on the face clear, but the songs tells us to focus on the face of Jesus and the distractions will "strangely" fade away! A soul-searching question popped up... When was the last time I saw Jesus full in His face? Or was there a first time? We see children running to their parents (like we do when we run to our heavenly Father) to get their demands met, complaints addressed, hurts healed and even joys and excitement shared. But they also seek their parents, at times, just to be with them, sit on their lap, cuddle up to them just to feel the warmth of their embrace and enjoy the joy of their presence! When did I run to my Father just to be with Him?When did I feel like King David and say, "I seek to gaze upon the beauty of the Lord"?

The world and my self is too much with me when I seek God in prayer, which is often. I am too conscious of my burdens than the rest He promises. At times, I am so vociferous with my overwhelming problems and pleadings that I forget I am talking to a God who knows every word on my tongue before its spoken and who can do much more than all I ask or imagine! Even when I approach Him in joy and gladness and thanksgiving, the limelight is on the blessings and the ways I received them than on the One who gave them. I spend time reading the Bible, studying, discussing, supplementing with books on reflections, meditations and testimonies on God's goodness, to know, to know about the Lord better. I experience His grace and mercy every day and try to please Him and show my love by serving Him in small ways. But how often have I tried to be with Him? Who do I choose to be, Martha or Mary?

Instead of hiding behind justifications and excuses for my lapses, I decided I should take some definite, practical steps to get closer to

my Saviour! "Come near to God and He will come near to you" (James 4:8) - I am trying to adopt some ways to realise this goal. When to find time to be with Him? Set times don't work for me as I find them monotonous and mechanical. I want to make use of anytime I find myself alone, left to myself or times when I feel like getting away from everything! Singing songs(not just listening to them) helps me to prepare myself. The worship songs are loaded with meaning(bless the song writers!) and singing them sets an expectant atmosphere. And on approaching His presence, addressing Him using His myriad names, attributes and titles helps me to bask in adoration. Whether it is sitting, kneeling, bowing, looking up, walking and even lying on sick bed, I close my eyes to "see" Him! What image comes to my mind. Is it the face of Jesus I see in pictures and paintings? His Word says God is spirit. How do I visualise a God who says Heaven is My throne and the earth is My footstool? Should I look for experiences like Moses or visions like what Isaiah or John had? Perhaps not!! have experienced a couple of times - like when standing on the terrace in the evening and looking at the sprawling grey blue sky with white clouds wafting across, or standing on a lonely beach looking at the vast expanse of the ocean and the distant horizon- an explicable feeling of awe enveloped me, making me feel so small in the presence of a magnificent God looming larger than life! But at times, it's the poignant warm images like sitting at His feet, or holding His hands and walking help me to see Him. Then comes the difficult part to "be still" in His presence. Kim Butts writes"Being still does not require any action on our part. Stillness is enjoying the presence of our Father without asking Him for anything. Its quieting our mind, emotions and simply resting." I need to work on it to discipline my mind to be still.

I envy those who do not have to grapple with such struggles that I have, and enjoy His presence beautifully. Perhaps a few kindred souls may empathise with me! Even in this, I need God's help to draw me closer to Him. I sing ...

"Open my eyes Lord I want to see Jesus To reach out and touch Him And say that I love Him..."

... and look forward to some glorious moments with Him!

Suguna Joseph

# The Kirk Women's Fellowship Retreat 2023 - Peacemakers

As believers, we are redeemed, revived Kingdom women with a purpose given by God. We read about Deborah, Rahab, Anna, and others, who were used by God. They were obedient, patient, and faithful servants, chosen for a purpose. Like them, we too can and will be used by God.

Each woman has a past, but God has a plan. We need to lift our eyes to Him, listen to His still, quiet voice; or at times a loud rumble to awaken us. God's plans are often not our plans. However, when we draw close, study His Word, open our hearts and minds to His call, the possibilities are limitless. We see that His plansbecome our plans.

The Kirk Women's Fellowship (KWF) Retreat on 4th and 5th October 2023 was a perfectly planned event at The Lighthouse Beach House. This was our home away from home, away from our busy lives. In addition, we were treated to home-cooked food prepared by generous and friendly in-house cooks. Gardensprovided ideal landscapes for quiet prayer time and fruitful fellowship. Few yards away was the serene beach, where we enjoyed the sunrise, morning walks and basked on sands into the sunset.

We began with praise and worship, which reverberated throughout the house, setting the stage for a glorious time. For a retreat that lasted 27 hours, we did a lot. We had two amazing sessions on "How To Be Peacemakers" and "How Not To Be Peacebreakers". A funicebreaker helped us mingle andknow each other. Bible based games and activities challenged our knowledge of the Bible and to know the different Names of God. What stole the show, were not the games we played, but the thoughtfully chosen prizes, a sure shot conversation starter.

A special time of sharing brought about a oneness of mind as we listened to powerfulsalvation experiences. We also shared about unexpected ways as to how God leads us to share the Gospel with others, we also testified about miracles in our lives that strengthened

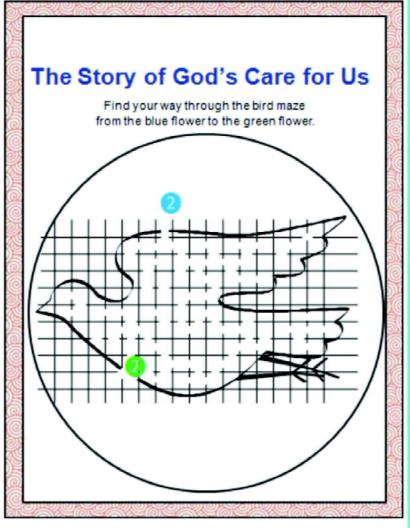
our faith and glorified God for the gifts of the Holy Spirit. We watched not one, but two movies – "Omega Code 2" reminded us of the current situation in war-torn Israel, and "Left Behind", amovie ontheRapture. Devotion timeon "Trusting Jesus" was truly enlightening, engaging and encouraging.

The KWF retreat helped us learn, support, and empower each other in our spiritual journeys, providing an opportunity for personal growth, reflection and building new friendships.

Sushma Rao

<sup>&</sup>quot;The true child of God is a joyful creature of divine grace, who worships God with a face radiant with happiness."

#### Children's Corner



Source: http://SundaySchoolZone.com.



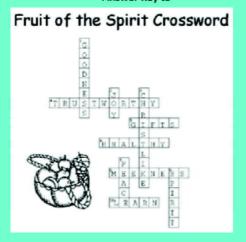
Kirk Women's Fellowship Retreat 2023

The Lost Sheep - Drawing by Rakshana Karen - Grade 1, Kirk Sunday School



Parable of the Lost Sheep - Luke 15:3-7

Answer Key to



Dolly Shanthakumar

# ?

#### Bible Quiz No. 142-November 2023

### A Clergyman's Quiz

Please give one Bible reference for 2,3 6,8,9,10.

- 1. Name, in the order of appearance, the various places of worship in the Bible. Example, Altar.
- 2. What finally happened to The Tabernacle?
- 3. Who was the first known bigamist?
- 4. Were the priests allowed to marry?
- 5. Did Jesus **baptize** John the Baptist?
- 6. Did Paul popularize baptism b his extensive use of it?
- 7. Did the priest or religious leader in the Bible take an active part in the marriage ceremony?
- 8. At whose **funeral** did Jesus perform a miracle?
- 9. Was Christ's first miracle performed at a baptism, a marriage, or funeral?
- 10. Does the Bible say there will be marrying and giving in marriage in heaven?

Taken from Who? Why? What? - a Bible quiz book by May C. Smith.

Kindly send your answers to the church office or email admin@thekirk.in by 19th November 2023.

Usha George

# Answers to Bible Quiz No. 141 – October 2023

#### A Real-estate Dealer's Quiz

- 1. Abraham bought the field and cave of Machpelah. Genesis 23:9
- 2. Naboth. 1 Kings 21
- 3. The Potter's Field, Aceldama. Matthew 27:7,8
- 4. Omri built the city of Samaria. 1Kings 16:24
- 5. The Land of Goshen. Genesis 47:6
- 6. 'He selleth all that he hath, and buyeth that field'. Matthew 13:44
- 7. The Psalmist, David. Psalm 24:1 Quoted by Paul.
- 8. The parable of The Great Supper. Luke 14:18
- 9. Gad the Seer. 2 Samuel 24:18,19
- 10. Cain built 'Enoch', named after his son. Genesis 4:17

#### The winners are:

- 1. Mrs. Aruna Asir
- 2. Mrs. Suguna Joseph
- 3. Mrs. Victoria Basker
- 4. Mrs. Sabrina Siga
- 5. Mrs. Sujata Elizabeth Prasad
- 6. Mrs. Indra Rajanayakam
- 7. Mrs. Gladys Vedavimali
- 8. Mrs. Peace Rani Sudhakar
- 9. Mrs. Patricia Patrick

## Hearty Congratulations!



## Then Sings My Soul!

The Lord your God in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, He will rejoice over you with singing." Zephaniah 3:17

The Maker of Music sings over us! God's love is overwhelming! It fills one with awe and gratitude that He who controls the entire universe "upholding all things by the word of His power" is the One who sustains the beating of my heart, the breathing of my lungs, and indeed every atom of my being. To offer our praise to our Creator and Redeemer ... is itoptional for us as believers?

Through the pages of the Bible we have been invited, exhorted and commanded to praise and worship God. Did not God remind Job, as He does with each of us, "Where were you when I laid the earth's foundation?" and "the morning stars sang together and all the angels shouted for joy" (Job 38: 4, 7)?

How irresistible is the music and poetry in the Book of Psalms. They have been attributed to David, the "Sweet Singer of Israel" and many other inspired poets. They cover a period of over 8 centuries in the Hebrew nation. There is beauty, strength, simplicity and serenity, and above all, there is the implicit faith that God's presence will lead us all the way to goodness and mercy for ever and ever.

Bringing up the rear is the Book of Revelation containing many majestic anthems. This great book was written in the dark days when all the might of Rome was marshalled to destroy the church. We keenly feel John's thrill of faith as he proclaims the omnipotence of God as revealed in Jesus Christ. We can hear the mighty voices raised in joyful adoration to our Alpha and Omega.

Are we any different from the Israelites as they murmured and grumbled in the wilderness as they journeyed to Canaan?

Pay heed! In the Apostles Creed we ardently confess our faith in "God the Father Almighty, Maker of heaven and earth." Everything was made for us to enjoy and glorify our Father in heaven. He has planted a melody in our hearts and we are exhorted to speak to each other with psalms and hymns.

Singing is one of the most powerful tools of God's ministries. It has the power to lift millions from the chains of dark despair. Music and praise songs speak to us and abide in our hearts.

"Truly He makes the rebel a priest and a king, He hath bought us and taught us a new song to sing."

We raise our voices in praise believing ardently His loving words,

"In My Father's House there are many mansions, I go to prepare a place for you!"

The pathway to the heaven is not easy. It was certainly not easy for Fanny Crosby, lovingly described as "the sweet blind singer." Her outpourings of praise and blessed assurances were gifted to us though she was unable to see a flower, the glories of the heavens, or a human face. Many edifying hymns were birthed by personal loss and grief and one could still sing, "It is well, it is well with my soul." As Habakkuk the prophet declares, "Though the fig tree may not blossom, Nor fruit be on the vines; ... Yet I will rejoice in the Lord, I will joy in the God of my salvation" (Habakkuk 3: 17, 18).

May we continually praise our Holy God who is "worthy of our praise" all the days of our lives (Hebrews 13:15), and, by His grace may we carry His message across the waves and may they echo back to us.

"O for a thousand tongues to sing Our great Redeemer's praise! The glories of my God and King, The triumphs of His grace."

Usha George

## Soaring High with Christ as Anchor

On 29th of September, the Kirk Youth Fellowship (KYF) set out on their journey for the Annual Youth Campat Camp Revive in Hosur. Over the next 3 days, the youth were addressed by Rev. Benjamin Christian and Rev. Paul Anbarasu. Sessions were filled with games and discussed issues that the youth face every day in their walks with Christ.

It is not uncommon that God takes us through valley experiences to help us understand that He isnot with us only during our mountaintop experiences but in our lowest, valley experiences too. Rev.Benjamin threw light on how we as people aren't alone – everyone goes through valley experiences, and it is through these experiences that we learn lessons unlearnable elsewhere. However, theirunpredictability gives you no time to be ready and often widens the gap between God and us. This isexactly why the youth of today need to be firm and dependent on Christ. Remember, God will neverpush you into the valley but watches you as you go and comes along with you. This session struck a chordwith everyone present; in today's day and age, valley experiences occur increasingly often andthrow us far from God.

One of the games the youth played before a session was for the team to lead a blindfolded teammember to a point across the room. The game was nothing short of entertainment – from peoplecrawling aimlessly, unable to hear their team, to walking right up a ladder. Rev. Benjamin followedthis with the 10 Tools of Satan – the youth came to realise how present Satan is in our everyday –using doubt, discouragement, deception, disobedience, distraction, despair, disappointment, disharmony, and dread. What stood out is the heightened importance of resisting and running from the devil.

God has defeated evil and only He can help anyone defeat evil once again. Revering the Word of God, knowing His words and ultimately listening for His voice are pivotal.

KYF Camp 2023 saw many of our youth commit and recommit their lives to Jesus. It is our hope andprayer that they depend on God and grow in Him more every day.

Emmanuel KYF

#### **Medical Corner**



# GLANDS IN THE BODY – II WHY ARE GLANDS IMPORTANT?

"Doctors treat, but Jesus heals"

Endocrine glands, also called ductless glands, produce and secrete chemical substances called hormones, which travel through the blood to all parts of the body. After a hormone arrives at its target – that is, the organ or tissue it affects – it causes certain actions to occur.

Hormones regulate such body processes as growth and development, and reproduction. Hormones also co-ordinate the body's responses to stress and helps keep the chemical composition of the blood within normal range. In addition, hormones regulate the process by which the body changes food into energy and living tissue.

The pituitary gland is one of the most important endocrine glands. It is situated in the brain. It releases hormones that regulate the secretions of many other endocrine glands. For this reason, the pituitary is sometimes called the **master gland**. Excessive secretion of growth hormone can lead to very tall giant like individuals (**Gigantism**). If the secretion of growth hormone is less than the normal levels during the teen years (growing phase of the child) then the individual remains shorter than normal.

Some endocrine glands are not controlled by the pituitary or the nervous system. These glands, such as those that help maintain the normal chemical composition of the blood, respond to changes in the amounts of various chemicals. For example, the parathyroid glands secrete parathormone when the amount of calcium in the blood drops below the normal level. Parathormone causes a rise in the calcium level of the blood.

Diseases of the endocrine glands may cause them to secrete too much or too little of a hormone. Most cases of excess secretion results from tumours. Insufficient secretion occurs if a gland has

been partly destroyed. This destruction may be caused by cancer, a decrease in the blood supply to gland, or, in rare cases, infection. In many instances, the partial destruction of a gland results when the body's disease-fighting cells mistakenly attack healthy tissue. Surgical removal of part of the gland can also lead to decrease in secretion of the hormone.

Dr. (Mrs.) Rajini Kantha Narendranath

The words of Jesus in the mind of one who does not do the will of Jesus is like seed corn in a mummy's hand.

Henry van Dyke



#### Kirk News

Bright eyes gladden the heart; Good news puts fat on the bones. Proverbs 15:30

#### **Peace During Raging Storms**

During this period when we are bombarded with news of wars and rumours of wars, let's be careful to not let it distract us from the good news of the gospel. Only when our sights are set on heaven, on Elohim, the Creator and the One who holds the universe in the palm of His hands, can we have the right perspective to be of any earthly good. Such prophesied times cannot be understood, much less helped by earthly wisdom. We need the divine wisdom of God found in His Word.

Let's not be overwhelmed by the news; the world is looking for calm and composed people to lead during such uncertain times. We have the peace of Jesus within us. It is time to let the world see the peace of Jesus in us. The light shines brightest during deep darkness. We have been created and called for such times. Let us be confident in the power of the gospel. Now and always, that is the true everlasting solution.

#### **Guest Speakers**

Dr.Lionel Gnanaraj - Jehovah Rapha - 22/10/2023 - 7:00 am, 9:00 am Services (Healing Ministry Sunday)

#### Evangelism & Mission Movement (E&MM) Sunday

The 8th of October 2023 service, being the E&MM Sunday, was a time for honouring the 8 evangelists shepherding various outreach stations around Chennai.

#### Ordination

On 15th October 2023, the Kirk Session and the congregation met to ordain Mrs. Rebecca Devaprasad and Mr. J. Sam Daniel Stalin to the office of Eldership and admit them as Elders in the congregation.

#### The Hands That Give Hope Ministry

On 24th September 2023, Mr. Charles Christopher enthusiastically shared how God has used The Hands That Give Hope Ministry by the Gideon International in India to save lives. Each of the testimonies shared by him showed the power of the Word of God.

#### Kirk Youth Fellowship

The Annual Youth Camp 2023 (30th September - 2nd October), themed 'Soar High' took place in Camp Revive, Hosur. With Rev. Christian Benjamin as the guest speaker, the youth had a wonderful time of worship, power packed sessions, Q&As, fun, fellowship, barbecue and much more.

#### Kirk Women's Fellowship

Kirk Women's Fellowship Retreat 2023 took place on the 4th and 5th October at Lighthouse Beach House. It was a blessed time for all the women who participated.

Kirk Women's Fellowship hosted an event titled 'Let's Talk Women's Health' at the SACCE HALL on 15th October from 11:00 am - 01:00 pm. Dr. S. Sumathi, MD, DGO, Consultant Obs. Gyn.Nagamani Hospital, Chennai, was the guest speaker. The event wrapped up with a Q&A session followed by lunch.

#### **Kirk Urban Ministry**

The Kirk Men's Fellowship and Kirk Urban Ministry had their monthly prayer walk on 22nd October 2023 immediately after the 9:00 am service.

The Serve As a Living Testimony (SALT) Ministry, that is part of the Urban Ministries, had a special 6:00 pm service around faith, work and Christian living on 29th October titled 'Jesus At My Workplace.' Not only was child-care provided but also a scrumptious dinner after service.

#### Friendship Club

The energetic elders of the Friendship Club met on Thursday, 12th October, 3:00 pm at SACCE Hall for a time of spiritual growth and fellowship.

#### **House Church**

The House Church for this month was hosted by Mrs. & Mr. V. Abraham Mani, who reside in Anna Nagar at  $6\colon\!30$  pm.

#### **Christian Counselling Ministry (CCM)**

On Tuesday, 24th October 2023 from 9:30 am to 2:00 pm CCM conducted a seminar on the topic 'Suicide Prevention & Awareness - Teenagers' at the SACCE hall. The resource persons included Dr. (Mrs.) Philomena Kanagaraj, Rev. Dr. John Samuel and Rev. (Mrs.) Vanitha Mark.

CCM hosted another seminar on Saturday, 28th October 2023, from 10:30 am to 1:00 pm at the RiberMemorial hall on 'Dementia.' It is meant primarily for caregivers of those suffering from dementia. The seminar was facilitated by Dr. Dheeraj of CMC Vellore. The session was followed by lunch.

#### The Madras Guild of Performing Arts

The Madras Guild of Performing Arts presented "That Which Is Timeless," a thanksgiving music concert at Kirk, 7:00 pm,October 28th, 2023.

Angela Susan Bryner

The Christian life that is joyless is a discredit to God and a disgrace to itself.

M. D. Babcock