

Kirkspire



THANKFUL
GRATEFUL
BLESSED



Luke 17:11-19

OCTOBER 2019

Contents

Word from the Pastor - Rev Isaac Johnson	3
The Dwelling Place of God - Russell Johnson	5
Youth Corner - "Return, it isn't too late" - Rohan Paul, Annette Beryl Elizabeth	7
"O Thou Whom My Soul Loveth" - Usha George	8
Medical Corner - Rajiv Kartha Narendranath	11
Teachers' Day	13
Bible Quiz No. 104 – October 2019 - Usha George	14
Seminar - Set Your House in Order - Ms. Victoria George	15
John's Corner - John H. Bala Singh	16
God WILL Use This - Glenda	17

Editor : Mrs. R. Chandu



WORD FROM THE PASTOR

Gratitude determines Attitude

In everything, give thanks: for this is the will of God in Christ Jesus concerning you. (1 Thessalonians 5:18)

John Maxwell says, 'We choose what attitudes we have right now. And it's a continuing choice'. The theme for this month is 'Be Thankful'. This is one of the most underused and underrated weapons that God has given to mankind. Here are two examples from the Bible as to how people who began with a grateful heart won over those who had great power.

1. Ruth 2:10 is one of the most powerful statements made by anyone in their lowest moments. Ruth, a young widow in a foreign land, toiling for herself and her mother-in-law, Naomi. She has nothing to look forward to but is still thankful to Boaz for his favour upon her. At this point, it was not much that Boaz had done, but Ruth was still feeling grateful. Her positive attitude touched so many people from the fellow workers in the field to Boaz, the master, to the whole town of Bethlehem later. Ruth did not do exceptional things but everyday and every way, she did everything exceptionally. A classic example as to how 'attitude determines altitude'. Ruth doesn't talk faith or religious jargon but her actions showed to everyone that was a 'child of God', the way God wants His children to behave.

2. In Acts 16, Paul and Silas were praising God after a long day of persecution, while they were in the inner prison cell. While we may imagine a prison cell today as a concrete room with some ventilation, back then, it would have been nothing more than a mud pit and there they were chained. But this did not stop these 'men of God' from praising God. Another example of how, we can 'choose' our attitudes and behaviours which will either lift our spirits and strengthen our minds, or on the contrary dampen our spirits and depress our minds.

I'm not saying that it is easy but I am saying that both options are available and we can choose the former instead of the latter.

Three practical tips on living a thankful life that would lead to a 'Conquering life':

- a. Begin everyday by being thankful for your relationship with the triune God
- b. Reminisce often about God's faithfulness in your life, count your blessings
- c. Recall to your mind and heart that He has promised 'never to leave you nor forsake you'

Have a blessed month of being thankful to God and don't forget to be thankful to one another.

Rev. Isaac Johnson

All the stars, the planets, the earth, and everything upon it are not as valuable as one single soul - your soul and mine - because our souls know both themselves and them, whereas they know nothing.

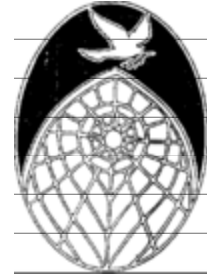
• • •

The admonition "Do not fear" occurs in the Bible 366 times, once for every day of the year - and an extra for a leap year.

• • •

Those who bring sunshine to the lives of others cannot keep it away from themselves.

The Dwelling Place of God



How lovely is your dwelling place, O LORD Almighty.... (Psalm 84:1)

All of us aspire and desire for great things in life and we put our best abilities to see them fulfilled. King David had a deep desire for the house of God. He stored up treasures - gold, silver, brass, bronze and every precious stone for building a temple for God. In Psalm 84:1, we see David's heart for the house of God, how he longed to worship and to even be a doorkeeper in the house of God. In the Old Testament, God would visit the people of Israel with His holy presence. Everytime God would visit, that place would be filled with His mighty presence. His presence fills the temple, that is why David said "better is one day in your courts than a thousand elsewhere". In Psalm 16:11, the Psalmist says, 'In Your presence, there is fulness of joy'. In King David's life, we see how he brings his brokenness to the house of God and pours it before Him, and in return, he would go out with confidence and trust, knowing that God would deliver him from all his troubles. When we come to the house of God, we can rest assured that our hearts will be filled with God's peace even in the midst of troubling situations.

The second part to the dwelling place of God is not about going in search of a place but our own hearts where God resides. The moment we surrender our hearts to God, the indwelling presence of God happens in one's life. That is why the word clearly says "do not grieve the Holy Spirit that is given as a guarantee deposit". Our heart is the temple of the Holy Spirit. Our heart is the throne of God, where he commands his will and we are called to follow him. How beautiful it would be that each one of us would long to come into the sanctuary of God to worship him, together with all the believers, as the word points out, "do not neglect the gathering of the saints" and to come with a heart that longs for His presence.

When the holiness of God comes, there is no room for darkness. God is calling us for a true surrender that comes from a sincere heart. The church is called to operate as one body with different people and personalities and in all, God wants us to work united, loving, forgiving, sharing in others' joys and sorrows and also in our own lives, to have purity, sincerity, passion and love for Christ. This should overflow in the church from within us and to the outside world. The church is not just a building but is of worshippers gathering in one accord lifting up the name of Jesus. This is the dwelling place of God. May God help us to continue to be witnesses within the church and as the church to the world at large.

The culmination of all this, is preparing ourselves for our heavenly abode – God's eternal dwelling place.

Roselin Johnson

OBITUARY

Dr. (Mrs.) Rani Siromoney, our member, passed away on Saturday, 28th September 2019 aged 90 years. Mother of our Elder and Choir Director, Mr Arul Siromoney. The funeral was held in The Kirk on Sunday, 29th September, followed by burial in the Kilpauk Cemetery. We convey our heartfelt condolences to the bereaved family.

Youth Corner

“Return, it isn’t too late”

Choosing the theme for the year, becomes an exciting time, as it usually throws the door open for a lot of fresh and active involvement. When we finalized the theme for the year for the youth, we let the ‘Lord’ take control of our very being. We first kept planning for a lot of things, one after the other, since there was only a short window between Youth Sunday and the Youth camp. It was purely by God’s grace that we could pull off preparations for camp amidst the challenge of introducing the theme at church. On the 28th of July 2019, the Annual Youth Sunday service came through with the theme “Return it isn’t too late”. The inspiration for the theme came from the fact that these days, the young people seem to have lost their way with the evolution of new age technology and the ever-increasing desire to satisfy their selfish needs. People’s focus has shifted from Intimacy with God, to the temporary pleasures of the world. We have traded our eternal treasures for the temporary gifts of the world. The Youth Sunday Service aimed at resolving this issue by reaching out to the congregation and reminding each one of us that it still isn’t too late to return to the Lord with all our heart.

Conveying the message was done primarily through a skit titled “Return It Isn’t Too Late”. The skit was essentially a modern-day version of the famous parable of The Prodigal Son. The skit focused on the life of Abigail who goes astray following the death of her best friend Mary. Mary was the reason for the good people saw in Abigail. Abigail leaves her home and moves to a new city to find the solution to her problems, but they only get worse. This goes on to show what happens when we rely on our own strength to solve our problems rather than trusting our Lord and Savior Jesus Christ. Eventually, Abigail runs into one of her long-lost friends Esther, and Esther sure does convince her to return back to her father, who she later realizes is terminally ill. The idea of the skit was simple, yet the message was profound. It brought out clearly that the farther away we are from our lord the more vulnerable we become!

When things don’t happen the way we want them to, we often find ourselves lost, frustrated and angry! But the Lord in His love and compassion, has ‘His’ own unique way of finding us, catching our attention and bringing us back to ‘Him’! When our return is genuine, we’ll never be too late for ‘His’ banqueting table!

Challenging, though it definitely was, right from the Youth Sunday, the camp preparations started taking shape. During the course of the next two weeks there was never a dull moment till the youth assembled at the Chennai Central Station by 10:00 pm on the 9th of August. Pastor Isaac Johnson came to see off the youth and prayed with us too! We reached Bangalore around 4:30 am and we were inside the campsite at 6:00 am. Right from the beginning till the end of the camp, no one knew how the time literally flew past till 12 noon on the 12th of August.

Life – changing is the only phrase that lingers on, in each of our minds! The sessions were spiritually loaded and each session was led by Mr. Robin Rajasekaran, Pastor Nirmal Kumar D.S and Pastor Paul Anbarasu. It was interesting to look at the word and how the 'WORD' of God teaches us to live. The speakers made sure the sessions were interactive and surely it had all the campers glued to the chairs, eager to learn more and to clarify their doubts. This year the questions could be asked anonymously through an online platform, 'Menti.com' and this brought in a lot more questions than usual. The response was unexpected and the speakers did answer every question with joy. The speakers gave insight into the different aspects of the theme. They spoke about the need to return to God, how to return and what we are to do after we return. Robin Uncle, Pastor Nirmal and Pastor Paul along with Praise uncle and Christina aunty took ample time in answering every question based on the word of God. The 'Quiet Time' entitled 'These are the days of Elijah', brought about an active participation in smaller groups and opening out on topics like 'self-indulgence' and 'self-esteem' became easier.

Competing with each other during the treasure hunt and the various activities and games, helped the campers to have refreshing times and no doubt built a strong team spirit on the last day, the speakers gave us takeaways that summed up the essence of the camp. Holiness, the Lord's faithfulness in our every change, and the fullness of being led by the Holy Spirit, gently reminded all of us to return literally with mourning and weeping. The resultant joy was evident as the photo session came up and the exciting gifts were opened. In 'returning' there was purely quietness and confidence. How can we even thank our 'Lord Jesus' enough? Yes! In love he left the ninety-nine and found each one of us!!

*Rohan Paul
Annette Beryl Elizabeth
Kirk Youth Fellowship*

“O Thou Whom My Soul Loveth”

Song of Solomon 1:7

The greatest desire in a believer's heart is to worship Jesus with an ardent and fervent love. “Jesus Christ is gold without alloy, light without darkness, glory without cloud.” Yes, “He is altogether lovely”. This is to be said positively and plainly as the old saints did. “I know that my Redeemer liveth” asserted Job. “I know whom I have believed” said Paul. Our main purpose in life is to obediently tread on the royal road our Redeemer trod.

For the first time in history, in the pages of the Bible is recorded that God's sovereign attribute is His loving-kindness. The fundamental difference between the Creator and the created is His unsurpassing love and our shameless lovelessness.

The Almighty God has sought us as we stand pathetically in our filthy rags, polluted in our own blood (Ez. 16:6). He is willing to bestow His beauty for our ashes, His garment of perfection to cover us, His glittering virtues as our ornaments and jewels. “Though your sins are like scarlet, they shall be as white as snow”. How do we measure this love? Just as the Israelite had to put blood on his door or else he would die, the blood of Jesus must lie on our hearts or else we perish.

Our thankfulness, gratitude and love are beautifully expressed in this hymn,

“I love Thee, because Thou has first loved me;
And purchased my pardon on Calvary's tree;
I love Thee for wearing the thorns, on Thy brow,
If ever I love Thee my Jesus 'tis now”.

Unworthy as we are, how do we reciprocate this divine love? We have to be spiritually nourished by a constant inflowing of the Holy Spirit. Only then can we leave our lower life to respond to the Voice of our Beloved. A stone cannot rise up or a lump of clay leave the mire till the Hand lifts it up. Then our dim eyes can see the beauty and the glory of our Lord. We are the earthen vessels that Jesus puts the treasure of the Gospel in. Jesus said, “Teach all nations”. So with exuding joy let us proclaim to the world that Christ the Redeemer is

here to save us. In Christ we enjoy "a blessed love that binds the heart with chains softer than silk and yet stronger than steel".

Let us declare from the depths of our being that, "till the death dew lies cold on our brow" and "till the glittering crown lies on our brow" we will ever love and adore our Redeemer and King of Kings, our Jesus.

Usha George

Answers to Bible Quiz No. 103 – September 2019

A Zoologist's Quiz

1. Unicorn. Job 39:10
2. The Greyhound. Proverbs 30:31
3. None.
4. Rams, Badgers. Exodus 36:19
5. Apes and peacocks. 1 Kings 10:22
6. Conies. Proverbs 30:26
7. No. "a big fish". Jonah 1:17
8. a) Leviathan. Job 41:2 b) Behemoth. Job 40:15
9. The hart. Psalm 42:1
10. Satyr. Isaiah 13:21

The winners are:

1. Mrs. Aruna Asir
2. Mrs. Elizabeth Jayaraj
3. Mrs. Suguna Joseph
4. Mrs. Peace Rani Sudhakar
5. Dr. (Mrs.) Sujatha Elizabeth Prasad
6. Ms. Alverna McGrath
7. Mrs. Indira Rajanayakam
8. Mrs. Victoria Basker
9. Mrs. Gladys Vedavimali
10. Mrs. Snehalatha Bright

Hearty congratulations!



Medical Corner

Sleep Disorders Part - 4

“Doctors treat but Jesus heals”

How are sleep disorders diagnosed?

To make a diagnosis, your health care provider will use your medical history, your sleep history, and a physical exam. You may also have a sleep study (polysomnogram). The most common types of sleep studies monitor and record data about your body during a full night of sleep. The data includes

- Brain wave changes
- Eye movements
- Breathing rate
- Blood pressure
- Heart rate and electrical activity of the heart and other muscles

Other types of sleep studies may check how quickly you fall asleep during daytime naps or whether you are able to stay awake and alert during the day.

POLYSOMNOGRAPHY: a sleep study that evaluates oxygen levels, body movements, and brain waves to determine how they disrupt sleep.

ELECTROENCEPHALOGRAM: a test that assesses electrical activity in the brain and detects any potential problems associated with this activity.

GENETIC BLOOD TESTING: a blood test commonly used to diagnose narcolepsy and other underlying health conditions that might be causing sleeping problems.

These tests can be crucial in determining the right course of treatment for sleep disorders.

Lifestyle Changes

Lifestyle adjustments can greatly improve your quality of sleep, especially when they're done along with medical treatments. You may want to consider:

- incorporating more vegetables and fish into your diet, and reducing sugar intake
- reducing stress and anxiety by exercising
- creating and sticking to a regular sleeping schedule
- drinking less water before bedtime
- limiting your caffeine intake, especially in the late afternoon or evening
- decreasing tobacco and alcohol use
- eating smaller low carbohydrate meals before bedtime

Going to bed and waking up at the same time every day can also significantly improve your sleep quality. While you might be tempted to sleep in on the weekends, this can make it more difficult to wake up and fall asleep during the workweek.

To be continued.....

Dr. Rajini kantha Narendranath



If the outlook is bad, try the uplook.



There is no law that obliges Christians to be dull, luke-warm, half-hearted. Christianity can be heroic.



TEACHERS' DAY

*Train a child in the way he should go, and
when he is old, he will not turn from it*

- Prov. 22:6.



Teachers' Day was celebrated at St Andrew's Church (The Kirk) on 5th September 2019. The service commenced with opening prayer by Rev Isaac Johnson. Three staff from RMDCC, AKCDC and ASHA gave their testimonies.

The Chief Guest was Mrs Sudha Jeyakumar, M.A., M.Ed., M.Phil., Rtd. HM. She said, 5th September is the birth anniversary of a great teacher Dr S Radhakrishnan, who was a staunch advocate of Education and was a well known diplomat, scholar, the President of India and, above all, a teacher.

The day was celebrated as a mark of tribute to the contribution made by the teachers through the years to society.

The Chief Guest said that teaching is an ongoing process and children walk on our foot prints. A teacher is the person who helps one to develop an all round personality. Teachers help the children to become better human beings and so they should be good role models to the children. As teachers, we have to teach them how to face failures and overcome their problems. She closed her speech by saying Jesus is the best teacher, and encouraged us to follow in the footsteps of Jesus, just as "How He went around doing good." Acts 10:38.

Teachers were honoured by the church. The meeting came to an end with prayer by Mr Abraham Mani.

The right spelling of the word 'love' is s-a-c-r-i-f-i-c-e.



We carry bottles; God has wells. Let us draw water from
the wells of salvation.



Bible Quiz No. 104 – October 2019

An Aeronaut's Quiz (King James Version)

Give only one reference.

1. Who was the first aeronaut?
2. What do the "heavens declare"?
3. From what book are these words taken: "It is he that sitteth on the circle of the earth"?
4. What was "Castor and Pollux"?
5. Which book in the Bible mentions "Arcturus, Orion, and Pleiades"?
6. What is the first account in the Bible of an attempt to reach heaven?
7. According to the Bible, who "shall mount up with wings as eagles"?
8. Who, in a dream, saw a strange means of reaching heaven?
9. Who will one day "come in the cloud of heaven"?
10. Complete the verse, "Canst thou bind the sweet influences of Pleiades....".

Kindly send your answers to the church office by 20th October 2019.

Usha George

Seminar - Set Your House in Order

A Biblical way to earning, spending, saving, investing, giving and getting out of debt.

This seminar was conducted by Compass Ministries, in our church on 3rd of September 2019. There were around 50 participants.

In all our decisions, even in our financial decisions, we should remember, God is our boss, we should do things always His way.

Proverbs 16 : 32 tells us that it is better to be patient than powerful. It is better to win control over yourself than whole cities.

In good times or bad, it is God's ways and principles that will succeed.

We are told by God in Jermiah 16 : 6 - The Lord said to His people. "Stand at the cross roads and look. Ask for the ancient paths and where the best road is walk in it, and you will live in peace.

This tells us that with God's help we must choose, the right way. God's way always.

We make choices, but choices lined up with the word of God really help us. John 10 : 10 tells us exactly this: Jesus came that we may have and enjoy life, and have it in abundance to the full, till it overflows.

This seminar is one of the tools, God is showing us. It gives us an insight into how we manage our financies, but also manage our lives as well.

It tells us that when we handle money God's way our fellowship with God will not be affected. It draws us close to God.

God is the owner and controller of everything. We are stewards. God appoints us and enables us to do His work.

Faithfulness to God leads to contentment. We have to prioritise, make a budget and watch our expenses and savings.

Recycling our resouces God's way will help us in a long way to lead a much balance life.

The seminar created a much needed awarness for all of us, it also helped know the lacunae that has to be filled in our lives.

We thank God for such a wonderful opportunity.

Ms. Victoria George



John's Corner

Lost and Found

Read Mat 18 : 11, Ps. 119:176, 1 John 4:11
(Oct. 13th is Healing Ministry Sunday)

Though hard he tried to overcome
His addiction to drugs and drink,
He could not give them up but still,
'I will one day succeed', he'd think.

Frustrated, his parents at last
Took him to a psychiatrist,
Which only made things worse until
The addicts tale took a sharp twist.

He stepped into a church one day,
Knelt on his knees and humbly prayed,
'Forgive me, Lord, my life's a wreck.
I've from You and my parents strayed.

Christ's Spirit filled him and he changed,
He saw the light and found The Way;
And for those drifting in their sins,
Made it his commitment to pray.

'Have mercy, Lord', he prayed with zeal,
'On addicts lost and in travail;
And may we show Christ's healing love,
Where wrath and resentment prevail.'

John H. Bala Singh

God WILL Use This

by Glenda

(<https://www.dayspring.com/articles/god-will-use-this>)

God is good at all times and in every way! You know it's true, but right now you're just not feeling it. Right now—a storm is raging in your life, and you're wondering if He's even noticed. Right now—waves are crashing over your head and you feel like you're drowning. Right now—the winds of adversity are threatening to capsize your boat and send it to the depths.

In the Bible, we read about a storm on the Sea of Galilee. At the end of a long day, Jesus suggested that He and His disciples go across to the other side, probably to escape the crowds and get some much-needed rest (see Mark 4:35–41). As soon as the boat left shore, Jesus settled down in the stern and fell asleep. Soon after, and without warning, the Sea of Galilee (notorious for sudden storms) began to rage around them. Waves crashed over the boat threatening to sink it, and still Jesus slept peacefully. Finally, fearing for their lives, the men awakened Jesus and asked, *"Don't you care if we drown?"* Jesus stood and spoke to the storm, *"Peace, be still!"* Immediately, the winds ceased and the sea became as smooth as glass. *"Where is your faith?"* He asked His disciples.

Jesus used this storm on the Sea of Galilee to strengthen His disciples' faith. He knew the times ahead would be difficult. In a dramatic demonstration of His power, He hoped to teach His disciples that He would always be with them, ready to answer whenever they called on Him.

Jesus was there to rescue His disciples, He's here with you as well, right in the middle of the storm in your life. God always uses the struggles in our lives. He doesn't allow us to suffer in vain. Ask yourself what lessons He might be teaching you.

1. He may be drawing you closer to Him. God is much more than the far-away Creator of the Universe. He wants to be right there with you as you encounter the struggles of this life. Hebrews 4:16 (ESV) says, *"Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help*

in time of need." Open your heart to Him, go to your place of prayer, and reach out to Him.

2. He may be strengthening you. The stronger you are spiritually, the better you will fare when the storms come. Psalm 138:3 (HCSB) says, "*On the day I called, You answered me; You increased strength within me.*" God wants to make us soldiers, ready to fight the good fight of faith. Pray boldly and stand strong in your faith.

3. He may be teaching you compassion for others. Jesus understands how we feel because He became one of us and experienced our suffering. In the same way, the storms in your life will increase your compassion for others. You can understand how another person feels because you've been there yourself. In 1 Peter 3:8 (HCSB), we read, "*All of you should be like-minded and sympathetic, should love believers, and be compassionate and humble.*" Reach out to those you know who are suffering and point them to Jesus, your storm chaser.

4. He may be increasing your patience. An infant cries bitterly over every discomfort, expecting immediate attention to his or her needs. We often do the same. We want God to deal with our discomfort and meet our needs—right now! But God asks us to wait, to develop patience. Waiting often produces valuable insight into ourselves and our situation. Psalm 40:1 (NIV) says, "*I waited patiently for the Lord; he turned to me and heard my cry.*" Ask God to give you peace as you wait on Him.

No matter how fierce the storm, how strong the waves, how deep the water, God is there with you, ready to use the storm for His purposes in your life. You are not alone in your suffering. He sees your struggle, and just as He did with Jesus' disciples on the Sea of Galilee, He will carry you safely to the other side.



Jumble Sale for Community



Jumble Sale for Congregation



KYF Camp 2019, Bangalore



RMOC - Scholarship recipients

