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# VOICE OF JERUSALEM

JERUSALEM CHRISTIAN MISSION

## CHRISTIAN REFLECTIONS

**Rev Fr. V V Paulose**

Why are we cast down, O my soul and why are you disquieted with in me? Hope in God: for I shall sing praises to him, my help and my God.” (Psalms 42:5)

Depression is a sickness, which encircles almost all the people in the world by depleting all the energy and the power to live and let live. In Christian families and individuals this shuts down the light of Jesus' light and grace, happiness and love, salvation and eternity, instead it spreads the darkness of sadness and crying, stifle and irritations, violence and suicide, suspicion and divorce. Is it right and just for a Christian to live in sadness ? Of course not. Trust in Lord and put your entire burden on Jesus. After this they will need compassionate professional help, companionship and counseling and motivate to engage them in activities of prayers and charity.

### What is Depression?

Depression is the state of feeling despondent, cheerless, gloomy, glum, blue, unhappy, out of sorts, discouraged, life less, or vaguely sad. (Yudofsky et al 1991) In temporary depression relate to a specific situation make us to recuperate and boost up the energy to cope up with the need to tolerate the situation and be normal. For example loss of a job, death of a near one etc. But in major depression the person will exhibit significant loss of interest/pleasure and will last for several weeks. 60% of all people who commit suicide in the USA had a diagnosis of a mood disorder at the time of death. (Maris et al, 2000) The treatment are, deal with medical issues, exercise, therapy- family, CBT etc, antidepressant drugs, ECT, etc

### Signs and Symptoms:

- + Fatigue and lack of interest
- +Inability to experience pleasure
- + Feelings of uselessness, hopelessness and helplessness
- + Decreased sexual interest
- + Increased dependency
- + Anxiety



### FAITH 'N' LIFE

*Isaiah 43:18-19*

*“Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.”*

*Psalms 65:11*

*“You crown the year with your bounty, and your carts overflow with abundance.”*



- + Thought of death and suicide
- + Difficulty completing activities of daily living,
- + Changes in sleep patterns
- + Poor grooming
- + Withdrawal from people and interests
- + Muscle aches, abdominal pain, and head aches
- + Nausea and vomiting
- + Dry mouth
- + Loss of appetite and

**+ Weight loss.”(Cosby 2013 p. 790)**

What we could do? Be with them with as a proactive compassionate companion, know their inner feelings by active listening, do not minimize their problem, be positive ,give enough rest, involve them in activities, warn them the signals of suicide, provide safe and stable environment, and encourage them in normal activities.

How as a Christian I dealt with my depression and come out from it?

The book of Jonah is evidence based case study of depression and its treatments. If we mediate, reflect and act, then the results would be miracles of healing and normality. Jonah disobeyed the word of Jesus but God did not abandon him. At last he obeyed but was angry and depressed. Then he wanted to die. Here Jesus interfered and reproved and did a through psychotherapy. There he was healed.

In my life I lost everything what I dreamed, labored (24 long years) when I left Madres on 23 Dec 2009. I reached in Toronto as a penniless man with out any friends, PR and job. More than one year as a visitor I stayed with my family. There my wife was jobless and bedridden for 6 months. Food, shelter and dress are all in question. I was depressed and shut down in my room. To my close friends I text that I am sad and depressed. I cried and cried for days and months. In my depression I brooded about the past. Then a great light from Jesus, Is it right and just to be depressed and to live in anger? Get up take up your mat and go. I got up and prayed then went to the computer to write something, words flowed out with bible words. That make me to engage everyday to pen down the daily meditation and reflection .**That I wrote two years in SOCM form and other periodicals in the name of “TODAY WITH JESUS” and sermons.7 times I was** on my knee in front of Jesus.

My friend Paulose and Seena as a family came and supported in words and deeds that I could not forget in my life. Families of Paulose, Johnny, Susan Aunt, are the encouragement to start the holy Mass supported by Very.Rev. Issa Stephanos Remban and the church member of St Barsauama Church Toronto. Families of Philips, Sam and Ramani are the supporters for the first Holy mass. The second Sunday onwards I have given Jijo as the soul companion of my spiritual upliftment from my depression. The present members of my church are **the inspiration to serve and love them in Jesus .I could not forget my wife Beena and my daughter Neha’s sacrificial concern** and care to cross the river of depression

Then Jesus lifted me up and saved me from my muddy life and put me on solid rock. A job in one of the best hospitals in the world, CAMH, sharing family, own house and above all , most important, a loving holy united church to worship. I believe that we have only one life on earth that is for to worship Jesus as Lord and God in holiness, love and unity.

**I bid good bye to my depression once for all by hearing the words of Jesus,” There fore do not be anxious... what shall we eat or what shall we drink? Or what shall we wear But seek first his kingdom and righteousness, and all these things shall be yours as well.” (Mathew 31&33)**

## CHURCH HISTORY

## Reinstatement of the Office of the Maphrianate

On May 21, 1964, the office of the Maphrianate was reinstated according to a resolution of the synod held at Kottayam, South India. It was presided by H. H. Mor Ignatius Ya`qub III, the late Patriarch of Antioch and All the East, and attended by all the bishops of the Syrian Church in India and three bishops from the Middle East who had accompanied His Holiness on his apostolic visitation to India. The author of this book was one of those three bishops. It was decided that the headquarters of the Maphryono should be in India and that the jurisdiction of the Maphrianate is limited to India and to the East of India only.<sup>55</sup>

Since 1964, the Maphryono is elected by the local Holy Synod of the Syrian Church in India and installed by H.H. the Patriarch of Antioch and All the East who is the Supreme Head of the Universal Syrian Orthodox Church. He represents the Syrian Orthodox Church in India in the Universal Synod of the church when it is convened for the election and enthronement of a patriarch. The present Maphryono is H.B. Mor Baselios Paulose II [d. 1996].

## Schisms in the Church of Antioch

The Church of Antioch (Syrian Church) endured in its history many painful incidents that divided its flock into several sects at different times. These incidents, a few of which will be briefly discussed, weakened the church in many ways.

In 431 AD the Council of Ephesus rejected the teachings of Nestorius, Patriarch of Constantinople, who claimed that there were two separate persons and natures in Christ. Patriarch Yuhanna of Antioch supported him. He was succeeded by his nephew Domnos who unfortunately accepted that same heresy. He was deposed in the year 449 AD by the second council of Ephesus and was replaced by Maximus. The teachings of Nestorius were accepted by some Syrians in the Persian Empire, some parts of Syria, Palestine and Cyprus. Those formed a church breaking away from the See of Antioch in 498 AD. They chose a leader for themselves who called himself Catholicos. Their first Catholicos was Babai who had his headquarters in Selucia, Near Ma-daen in Iraq. This was later transferred to Baghdad in the year 762 AD. At the beginning of the 15th century it was shifted to Al-Kosh and in 1561 to Erumia,<sup>1</sup> both in Iraq.

Reference:

<sup>55</sup> Damascus Patriarchal Magazine, 3rd year, 1964, No. 21; pp. 6&7; Patriarch Zakka I Iwas, *Merkat fi Hayat Ra'i i Al-Rouat* (Homs 1958), p. 344.

<sup>56</sup> Rev. Ishaq Armaleh, *Al-Salasel Al-Tarikhia* (Beirut 1910), p. 135.

<sup>57</sup> Cardinal Tisserand, *Khoulassa Tarikhia Lilkanissa Al-Kaldania*, p. 107. From a bull issued by Pope Ojanius IV; *Nahjon Wassim*, p. 57.

(To be continued Next Month "Schisms in the Church of Antioch")

## CHURCH HISTORY

Nestorianism and joined the Roman Church as heretics, but they have to be distinguished with the particular name of Chaldeans."<sup>56</sup> Five years later in 1450 AD, they returned to their Church. But disputes soon arose in that church when Patriarch Shemoun's Synod passed a resolution to the effect that no patriarch should be installed from outside his own tribe. When this decision was taken by Shemoun's Synod, a rebel synod which opposed Shemoun was convened in Mosul. A great number left Shemoun and joined the Roman See in 1553. Accordingly, Pope Julius III consecrated for them Patriarch Yuhanna Sulaqa. This split did not last long since Patriarch Yuhanna Sulaqa was killed in 1555 AD and the relation with the Roman See was severed.

Until 1827, there were two patriarchs for the Chaldeans, one of whom was called Patriarch of Amed, and the other, Patriarch of Babylon. In that same year, the distinction between the two Patriarchates of Amed and Babylon was abolished by Pope Leo XII. As of 1830, that is from the time of Patriarch Yuhanna Hermez, there was only one patriarch who was called the Patriarch of Babylon. Yuhanna Hermez was the first patriarch of the united Patriarchate of Bayblon. In the middle of the 19th century, Patriarch Yousef Odo<sup>57</sup> who, unlike his predecessors, was known to have liked the Oriental Church and its ancient traditions, was installed as the Patriarch of Babylon.

Turning back to the See of Antioch, we shall see that since the time of Maximos (449 A D. - 512 AD) it was usurped by patriarchs who had followed the formulation of the Council of Chalcedon and by others rocking from one side to the other. During this critical period, the famous Patriarch Peter II the Fuller was installed to the Holy See of Antioch.

In 512 A D. Mor Severius was enthroned as the Patriarch of Antioch succeeding Philibianos who was deposed because of his unsteadiness of faith. Mor Severius ruled the holy see in peace until 518 when he was sent into exile. When the Orthodox Emperor Anastas died, he was succeeded by Justinos I who was a supporter of the Council of Chalcedon.

He sent into exile most of the orthodox bishops including Patriarch Mor Severios who died in the year 538 while in exile in Egypt. Mor Serjis succeeded Mor Severios to the Holy Throne of Antioch. Through all these great storms, the See of Antioch struggled hard to keep the succession of its patriarchs to this day.

The followers of the Council of Chalcedon seized the opportunity of the exile of Mor Severios to install from among themselves patriarchs with the title of "Patriarch of Antioch". From this time (518 AD) the series of Byzantine Patriarchs started. The most famous of these patriarchs was Ephrem of Amed. Most of those Byzantine Patriarchs were Syrians and others from Greek colonies. Those patriarchs and their followers were called "Melkites", i.e., 'followers of the king.' They were called so since they followed the doctrine of the Council of Chalcedon which was upheld by the then king. They used the Syrian rites until the 10th century when they changed to the Greek rites. But, because of their ignorance of Greek, they used the Syriac translation of the Greek rites. In later centuries, after they learned Greek, they started to use the Greek rites both in Greek and Arabic. They collected the Syriac codices, which were preserved in the library of St.

## GREETINGS

### HAPPY BIRTHDAY

Sedrick Mathew	03-Mar
Sini Joseph	05-Mar
Joel Bobby	08-Mar
Ginish Jacob	13-Mar
Taju Punnoose	20-Mar
Reena E George	21-Mar
Manju Sam	27-Mar

### WEDDING ANNIVERSARY

Sujay Jacob & Beena Manjunath	27-Mar
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### EDITOR'S DESK

Dear Readers,

Please contribute your articles to the newsletter. Let others be blessed by your talent. Please mail articles for the next edition to editor4jcm@gmail.com.

Warm regards,

Suraj Mathew, Editor Reena George, Editor  
editor4jcm@gmail.com

### SUNDAY WORSHIP

Morning Prayer at 8.15 am	Holy Mass at 8.30 am
Food and socialization	9:30 am to 10:30 am
Sunday School	10:30 am to 11 am

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## SPECIAL ANNOUNCEMENT

# A reminder for the Lent season:

*"That is why the Lord says, "Turn to me now, while there is time! Give me your hearts. Come with fasting, weeping, and mourning. Don't tear your clothing in your grief; instead, tear your hearts."*

*Return to the Lord your God, for he is gracious and Merciful. He is not easily angered. He is filled with kindness and is eager not to punish you."*  
**Joel 2:12-13**

GOD BLESS

## HOLY WEEK CALENDAR

Feb 16—Great Lent begins

Mar 11 — Mid Lent (Paathi Noyambu)

Mar 29th — Palm Sunday (Oshana)

Apr 1 — Pesaha Service 7 PM to 9 PM

Apr 2nd — Pesaha Thursday

Apr 3rd — Good Friday

Apr 4th — Easter Service 7 PM to 10 PM

Apr 5th — Easter Sunday