

**In the blessed name of the Tri-une God, Self-existent,
Beginningless and Endless, Perfect in Being, (Glory be to Him)**

**Moran Mar Baselios Marthoma Paulose II Catholicos of the East and
Malankara Metropolitan enthroned on the Apostolic Throne of St. Thomas**



No. 31/2020

Blessings to our beloved Vicars of the churches, Priests of the locality, *Kaisthanees* and faithful of all the Parishes!

Dearly beloved,

This is the blessed time when we prepare ourselves to enter in to the Great Lent which our Lord also observed. We should reassure ourselves that our roots and springs are in God and with Him and towards Him we travel. The Holy Lent prompts us to come back to the depths of God's love and to analyze ourselves whether we have faltered any time from this consciousness. Let us try to overcome the battle of devil with the invincible weapon of Lent recollecting the examples of Prophet Jonah and the city of Nineveh who obtained deliverance through repentance, tears, fasting and prayer. Lent is an opportunity to grow in virtues. These are the days to wash and cleanse the garment of glory tainted by sin with the water of tears. Let us devote more times in prayer rather than in frivolous merry making. Let us donate the proceeds of our fasting to the poor. Let all family members come together for canonical prayers, Scripture reading and prostrations. We believe that through the observance of Lent we can obtain healing for the Land, revival for the Church, renewal for the families, repentance and restoration for sinners. The faithful can see the invincibility of the Cross and the glory of the salvific Resurrection through Lent and Fasting.

Let us dedicate ourselves in God's ways and experience the taste of our Lord's words "if anyone wants to follow me, let him deny himself, take up his cross and follow me." May the Almighty bless us to obtain the joy, peace and glory of the Resurrection by looking at our Saviour on the Cross without being consumed by the furnace of suffering. Let us all chant the prayer "Come in peace, O Lent which our Saviour also observed", from the bottom of our hearts.

May the Grace and Blessings of God Almighty abide with you forever. And may the prayers of the Mother of our God the Holy Virgin Mary, St. Thomas the Apostle of India, our Holy Fathers Yeldo Mar Baselios, Mar Gregorios, Mar Dionysius and all the Holy Saints be a stronghold for us. Amen.

Our Father who art in Heaven.....

A handwritten signature in black ink, appearing to be 'Baselios Marthoma Paulose II', written in a cursive style.

Baselios Marthoma Paulose II

From Catholicate Aramana
Devalokam, Kottayam, Kerala, India
On February 12, 2020.