

**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. 13/2021

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

Our dearly beloved in the Lord,

Yet another Great Lent is at hand with a ringing message to 'come back to God' for regaining the holy fragrance, the inner wellness, heavenly holiness and spiritual elegance of human life. We are isolated and stranded in the islands of helplessness and uncertainty created by the pandemic and related crises. This Lent tells us to go on a pilgrimage on the ways of the salvific Cross of Christ with the invincible weapon of fasting. The Great Lent empowers and sanctifies us to defeat satan and the struggles he brings, through self-imposed suffering and spiritual penance by abstaining from the lustful paths.

"To fast is to banquet with Angels" - St. Athanasius taught us that when we fast, we partake in the ceremonial heavenly feast. God gives us another opportunity to come back to Him through the complete sanctification of one's emotions, thoughts, words and deeds. Our Heavenly Father pleases in our prayers and repentance and makes us worthy to participate in the heavenly feast of the angels in the same manner as the father of the prodigal son rejoiced and prepared a banquet on the return of his beloved son. All our human competence and self reliance become futile in front of the insurmountable challenges of the world. We should firmly believe that the God who answered the supplications of Jonah from the depths of the ocean, of Daniel from the lion's den and of the three boys from the furnace shall invariably please in our prayers and fasting of repentance and deliver us from all crises and lead us to the haven of salvation.

Dearly beloved,

Let us dedicate ourselves in front of God during this Lent. Let us cleanse our sins with the tears of repentance and abstain from the deadly lust, entertainment and illegitimate riches. Let us draw near to prayer and fasting and sacramental life with a clean conscience. Then God also will draw near to us. May the beginning and conclusion of the Lent be blessed! May the Resurrected Lord fill in our life the real power of the Cross and undying hope of resurrection! May He transform us as the trees which bring forth the good fruits of repentance and clothe us with the incorruptible garment of Glory. Oh! the saving Lent of the Lord, come in peace. May God bless you all!

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.....

Baselios Marthoma Paulose II

From Catholicate Aramana
Devalokam, Kottayam, Kerala, India
On January 30, 2021