



BELIEVERS EASTERN CHURCH WORLD HEADQUARTER

Office of the Metropolitan, St. Thomas Community, Thiruvalla, Kerala, India

Gukpiyicák Ciṭhi

January - February- 2026

Ínren dulaṛiã guk'piko ar Sonot Mand'er ren sanam biswasi ko ;

Baba, Hopon ar Sonot Jiu, miť Babawák n'utum te, nit ar jaejug dhãbić ge. † Amen.

Abo do sor din ge bareã marań porob- Christmas ar Theophani bon manao keda. Oka do goṭa dharti re henák mand'er re Jisu Ma'siak' jion reak' barea rehet' anak' ar miť etak' kin songe joṛaoakan ghoṭna ye sodoret' kana. Christmas do manwa rupe hatao keť reak' bhed teť re tehad' menakã- metak' mē aboren Probhu Jisu Ma'siak' janam, menkhan theophani do sodoren reak' re tehad' akna: Jordan gaḍa re Uniak' baptisma- Isor Aćtet' ge Penemiť rup rey sodorok' kana ar Jisu hoṛ ko tala re ka'mi ye ehop' eda.

Nit do abo marań upas dohoy reak' okte bon koyok' hor eda.

Sonot Baibel re abo bon paṛhao eda je Probhu Jisu do Aćak' dharti reak' sap'-dap' ka'mi ehop' laha re, pongel dine upas keda, ar noã ko din re Uni do baṛicák ko reak' sanam biḍao ko cetan re jitaœ nam keda.

Probhu Jisu Ma'si ren cela ko huyã te, abo hõ Uniak' jion ar namuna pańjae tuluć nij jion re ar joto hoṛak' jion rege- jiu sec' te nãwã arok' laḡiť mitten bises okte begar laḡiť bo hoho oco akana.

Maran upas do hoy do ona okte kana tin re abo do upas, koejon ar kastaok hotete apnartet bon nindhanok kana ar jiu seak sonot tet bon sendra yeda. Nes bochor reak maran upas do 15 February khon ehopt katet 5 April re Probhu Jisu Masiak jiwet beredok (Easter) reak porob salat mucadoka.

In do ape joto kon uskuret pe kana je noa sonot okte reak pea taran bon apnara: Upas, Koejon ar Daya dan oka do sonot mander abo jiu set te kobojok lagite em akawat bona.

1. Upas

Tire Probhu Jisu Masi doe upaset tahena, tobe soetan do Uni hormo seak regec cabay lagit dhiri ko pitha re pherao lagite uskur kedeya. Menkhan Probhu Jisu Masi do noa roj katet ona bidao rey jitao ena je “Pitha moto te manwa do jiwet bako tahena menkhan Isorak moca khon odokok kan mit ke mit katha tege.” Non ka leka te Probhu Jisu do aboye set at bona je jiu seak jarurak ko do hormo seak jarura ko khon adi barti damanak kana. Abo set bon jom eda ar tina bon jom eda, - noa babot te apnar kobon kobojok hotete – upas do abo pura-puri Isor re tedok lagite ituyet bona. Ses re Isor do abo ona sanamak koe danabon kana oka do abo jarurabon kan menkhan sari upas do eken jom nuk habic do ban kana.

Je leka dhorom soster re ar mander ren baba koko set akawat bona, abo do sanam kai reak hewa ko khon upas lagit bon hoho oco wakana – cedak ban ona do auri-pathauri katha kan, edri, galmarao, metjuluk, se nitarak jinis set aboak mon lawerok oka do aboak somoye kumbru yet tabon ar bai- bai te aboye golamet bon, je leka social media reak adi barti larcar, mit talao screen cetan latar barai, ar mone raska ocoy reak jaoge tahen jarurak ko. Noa ko rijron reak gobol re tahen bodol ona

cetan re jitao nám lagít cet' jon hotete, abo do apnar bhitri re Masiak' jion haraburuy lagít thaj bon tear eda.

2. Koejon

Koejon begor te upas reak' jiu sec' te jahan dam do banuaka. Ona iate sonot mander do noa ko din re jao hilok' ge ayup' koejon ko doho akada, jemon sanam biswasi ko mit' then jarwa katet' Isor then khon kai ika ar daya ko sendrai.

Noa chada katet', mander do aboak' nija koejon lagít mit' ten dareanak' dhara ye em akawat' bona- Jisua' koejon ar koejon reak' dora. “ Probhu Jisu Masi, Isor ren Hopon, in' kai hor' mayawan' me”. Noa koejon do amak' jao hilokak' koejon reak' his benao me. Koejon reak' dora songe tehõ noa koejon reak' hewa hõ ona dahar kan gea oka hotete sonot hor' kodo ‘ mit talao koejon’ ko cet' at' bona (kolossiko 4:2; I Thessalonikiko 5:17).

Tin picha mimit' guthli aboak' katup' kote parom calak' kana ar Jisua' koejon bon dohra yeda, noa koejon do bai- bai te aboak' ontor re bhijak' kana, uniye pherao idi kana ar Isorak' ontor salate midi kana.

3. Daya dan

Regec' ore' ko ar tonta re henak' ko nel joton ko do Isor ren gidra koak' jion reak' bin chadaok' his kana. Itak' ko lagít kharsala mon ar mayak' begor te, aboak' upas ar koejon do ban' puraok' kana. Asol re, Jesaya nabiye cet' abon kana je Isor kusi ocoy reak' upas do kana regec' hor' ar tala tandiakan hor' koak' jarurak' pura' tako (Jesaya 58: 7).

Maran' Upas reak' okte do aboak' dhon ko etak' hor' ko songe hatin' lagít aboak' goa jon do nawã aroe lagít mittan bhage समयo kana- jagwar, jhukuk' ar noa ko jinis re hara buruk' lagít. Aboren Probhu aboye disa

ocoyet' bona, "Tinak' noko in' ren hudin' utar' bokon' ko mod re mit' hor' pe nonka wadi, unak' in' gepe onka wadina" (Mathae 25: 40).

Noa re lar-caŕ re aŕgui laŕit' mit' bar larcaŕogok' upai:

1. Pura gharonj ren ge mander reak' sap-dap' kami kore seledok' pe

Maran' upas do nonkan daran kana oka re abo do mander rup re, mit' saõ te, Probhu Jisu Masi then sorok' laŕit' bon ceka yeda. Nije upas ar koejon ko saõ saõ te, abo do gharonj ar mander leka tehõ jarwa midok' laŕit' bon hoho ocoakana. Ona iate noa ko din re jao hilokak' ayup' koejon kore pura gharonj ren ko salat' jao hilok seledok' do adi jarura.

2. Helmelok' khon ehob me

Probhu Jisu ye men keda: " Ar koejon laŕit' pe teŕgo len re, jahae upar te jahanak' menak' tape khan, ika katae pe, jemon serma re menae aperen Baba hõ apeak' ghaŕe ika kata pe" (Mark 11: 25). Idri, benebairi se bin ika te perec' akan mon salat' abo do Isor sor re babo hec' dareak' ona iate mander do maran' upas reak' etohop' do helmel salat' ehobok' kana. Dela bon onko hor' bon ika kako mã okoe do abo ko duk oco akat' bon, okoe do abo bon duk oco akat' ko onko then ika bon koe mã, apnar tet' bon nindhanok' mã, oka re bhina bhini henak' onde suluk bon agui, ar Masi re mit' hormo leka te jiwedok' reak' bon kuru mutuy.

3. Kastaok' ar angoctet' do jaoge tahen

Cet' leka abo do noa ko din re Isor then bon sor idik' kana, sonot jiu do aboak' aema kai ko – aboak' nijorak' ko ar babo ceka dareak' abo saman re sodor eda. Alom As chutaka. Sari mon te Agoemẽ, nindhan salat' kastak' me ar Isorak' daya nam laŕit' koe me. Judi am ghane- ghane jahan bises bidao songem larhai kana, tobe alom mokoaka. Amren naeke se bhorsak' lek jiu sec' ren hor uduki' then sapha mon te galmarao me ar kai

angoc reak' dhara ko hotete helmelok' mē, jemon amak' jiu saphak' tam arem bugek' mā.

Aboak' sonot mander re noa maran' upas reak' daran re abo goṛoabon laigt' jiu seak' sadhan ko em akawat' bona – je leka dinam din reak' baibel katha parhao, dinam hilok reak' upas gandon, ar amak' nije jion ar gharonj koejon lagit' dinam hilokak' koejon liturgy. Noa ko sanam sadhon pura – puri lar-caṛ mē, jemon noa upas okte am lagit' ar amak' mander ren ko lagit' sari ge porhoanak' hoyok'.

In' ren dularia gidra ko, in' do ape mimit' ko lagit' in' koejon eda je Isorak' daya apeko noa sonot upas reak' din korey dare oco pe. Uni do ape ko Ayak' sana bujhao orom lagit' buje ema pe, Ayak' hukum ko batao lagit' dari, ar joto ko cetan re mayã sodor lagit' dulare dan ape. Masi re aperen jiu sec' ren baba men kate, noa sonot oktere in' hõ ape salat' daran re hinaña, ar abo joto ge mit sao te abo ren Probhu ak' bhor ko goṛa mon te bo sendraya.

Sonot Penemit'- Baba, Hopon ar Sonot Jiu, abo joto koge Ayak' ashambher' daya ar mayã te ayur pe mā, ar sanam sonot hor' ko ar Theotokosak' koejon ko hotete Isorak' singhason saman re aboye rukhia doho bon mā, nit jaoge ar jaejug dhabic' ge. ✠ Amen.

Babawak' dular' ar koejon salat',

Moran Mor Dr. Samuel Theophilus Metropolitan ✠

Date: 21st January 2026

Ṭhai: Global Church Headquarter