

**POEMS OF THE MONTH**

**Why are you afraid?**

*Simon Zachariah*

Can't you hear the cry for help?  
Can't you hear God's voice "Go and help!"  
Can't you see the time passing by?  
Then why are you afraid?

I know you have so much to share!  
I know you have the willingness too.  
I know you can hear the clock ticking.  
And I know that you are afraid.

"The jar of flour did not get used up  
And the jug of oil did not dry up  
Until the day the Lord sent rain on land"  
Then why are you my friend- afraid?

**സ്റ്റേഷൻ ഏതായി?**

-സൈമൺ സചറിയ

അടുത്ത സ്റ്റേഷൻ ത്രിശ്ശൂർ ആണത്രേ!  
പെട്ടികൾ പെറുക്കി അടുക്കിയെടുക്കട്ടെ  
വിട പറഞ്ഞു പോകാൻ ഒരുങ്ങട്ടെ  
എനിക്കിറങ്ങേണ്ടുന്ന സ്റ്റേഷനായി.

നല്ല സുഹൃത്തുക്കളേ നിങ്ങൾക്കു വിട!  
നന്മയിൻ ആശംസകൾ നിങ്ങൾക്കെന്നും!  
നിങ്ങൾ ഉറങ്ങിക്കൊള്ളൂ ഞാൻ ഇറങ്ങുന്നു  
എനിക്കിറങ്ങേണ്ടുന്ന സ്റ്റേഷനായി.

പെട്ടി ഒരുക്കുവാൻ നിങ്ങൾ മടിച്ചിടല്ലേ  
യാത്ര ചോദിക്കാനും നിങ്ങൾ മരന്നിടല്ലേ  
ഉറക്കത്തിൽ സ്വപ്നം കണ്ടു മയങ്ങിടല്ലേ  
എവിടെ ഇറങ്ങണമെന്നും ഓർമ്മ വേണേ.

**Channels of Glory –  
Letter from Dr. Simon Zachariah**

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**Channels of Glory**

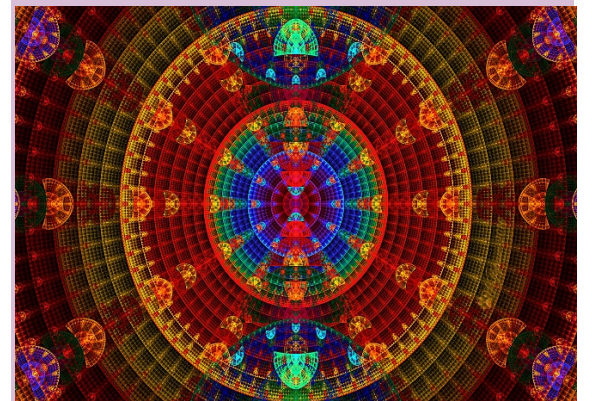
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**A Newsletter**

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**Mandala Art  
"A symbol of self-denial"**



**Mandala** (Sanskrit: मण्डल *Maṇḍala*, 'circle')  
is a spiritual and ritual symbol in Hinduism  
and Buddhism, representing the Universe.<sup>11</sup>



**Channels of Glory –  
Letter from Dr. Simon Zachariah**

Recently I have been thinking about the subject “Giving up”. There are certain times, and certain things, we should learn to give up and not to give up. When we are focused on something important, we should let everything go and try to aim for our goal. Often times, we find it very difficult to sort out between what is important, and what we are trying to achieve in this short period of life.

First, I want to talk about what things we should ‘not give up’. We should never give up on things that is required to achieve our goal. The doors may seem closed, and the destination may look distant and may discourage us. But if we always look at the map and be confident that God is the one who gave us the authentic map, we can trust God and move forward. It is a good practice to look back and see God’s guidance thus far in our lives and continue

to look to Him for future guidance. Knock every door of possibility and opportunity and be humble and willing to accept any small favor or help or information from young or old, rich or poor, neighbor or a child, and other people we meet in our daily life. God will send the right people, at the right time, and He will open some doors while He closes other doors. Remember, they are all God’s blessings in disguise. It is important to be at the receiving end and to remember that there may be delays, difficulties and struggles. There is a video game which illustrates this point. In this video game, while one is on the course of progress, there are so many distractions, and so many strangers that are set up to derail or enhance progress. Some are liars, and others are truthful. But we should be smart to know the difference and achieve the goal.

The second thing in life is to ‘give up’ the things which hinders our progress. The cover picture is an art form called ‘Mandala’ practiced by Hindu / Buddhist monks. They make beautiful art with dry colored sand. Many people are prayerfully involved for days to make this piece of art. The designs are very intricate and beautiful. The interesting thing about this art is that, at the end of completion, the art is all swept up and it is discarded in running water! They have no hesitation to give up their hard work. It is important to practice self-denial as we get older and to keep an open mind to embrace other people’s point of view. So we always need to be willing to learn from others without any prejudice. Be always willing to understand others, and

listen to the people who are less heard. In ancient cultures the parents (even kings) after a certain age gave up their power and position and left their homes on a pilgrimage. We all know how difficult it is to give up small things in our lives. When we are ready to leave this world, we should have a detached feeling to the worldly things and normally this happens automatically with old age.

The above two principles viz. ‘The things in life we should not give up’ and ‘the things in life we should give up’ have been ignored by both rich and poor all over the world. The poor and needy dwell in the same world along with the rich, wealthy and considerate people. The needy people should be willing to be persistent to knock at the door, ask, and seek. The scripture says, “Ask and it shall be given unto you, seek and ye shall find, knock and the door shall be opened unto you”. But often the needy are hesitant to do so because of their pride or because they are embarrassed to be at the receiving end. On the other hand the rich and powerful are afraid to share what they have with the poor. Let us remind ourselves that no one is really poor, or really rich. Everyone is rich in some things and poor in certain other things. Count your blessings and be willing to share it with others and be a channel of blessing. Your health, wealth, influence, time, experience, comforting words, compassion, love...all these are your blessings from God.

May God grant each of us His grace and strength to do so.