

POEMS OF THE MONTH

Eating pride.

-Simon Zachariah

Teacher asked the kids in the class,
“Which food you don’t like to eat?”
Some said Broccoli, others Celery,
I said Eggplant, others Seaweed.

Tom never had enough to eat,
He kept silent, his head drooped
Teacher slowly pointed at Tom,
And asked the same question.

He stood up and looked around
Everyone in the class stared at him
His lips slowly moved to whisper,
“It’s my self-pride” Tom answered!

വിത്തുകൾ

-സൈമൺ സഖറിയ

ഒരു വിത്തിൽ ഒളിച്ചിരിപ്പു ഒരു ആൽമരം,
ഒരു മുട്ടയിൽ ഒളിച്ചിരുപ്പു ഒരു അരയന്നം,
ഒരു കത്തിൽ ഒളിച്ചിരുപ്പു സ്നേഹ സന്ദേശം,
ഒരു വാക്കിൽ ഒളിച്ചിരിപ്പു നിൻ കരുതൽ !

പതഞ്ഞു പൊങ്ങട്ടെ നിൻ മഹാ സ്നേഹം,
കവിഞ്ഞൊഴുകട്ടെ ഈ പാരിലെങ്ങും.
മെല്ലെ നനഞ്ഞു കുതിരട്ടെ മാനവ മാനസം,
ഉറങ്ങുന്ന വിത്തുകൾ ഉണരട്ടെ, വളരട്ടെ !

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A Newsletter

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“Leaving one stage of life and
starting a new phase!”



Channels of Glory –
Letter from Dr. Simon Zachariah

Another Christmas season is here! In other words, another winter is also close by. Most of the trees have already shed their leaves as preparation for the coming winter. They shed their old leaves and are waiting for their new leaves. Actually it is a part of growth. When we cut a tree, we see the growth rings. The cells which were generated during different years are separated by the thin cells which were created during winter months. But in a way they are still growing regardless of the weather outside.

When I thought of a growing tree, I remembered that all the huge trees started with a small seed. Some seeds germinate faster than the others. When I was in Nilambur, Kerala, they told me that the mighty Teak Tree seeds have a very hard seed coat. So they burn a heap of those seeds so that they can easily germinate in the seedling farms. These thoughts lead me to the things which are growing. I had learnt in school that the nonliving rocks also grow.

But their growth is from outside. The growth of living things is from inside. Our feelings also can grow. If someone comes into our midst laughing, our happiness inside also will start to grow. If someone says a discouraging, angry word or opinion about us, that seed of sadness will soon germinate. But remember, anything which germinate has a possibility of growing. Why does the yeast of the bread ferment? It is because yeast is a living cell. It can grow and grow and finally overflow the pot which contains the bread dough.

In other words, we always have to look around in our friendship circle for people who sow seeds of cruel and discouraging words. Stay away from the people who spread depressive thoughts. Always remember, that those feelings regardless of whether they are happy or sad, are capable of growing and overgrowing!

Spiritual and religious thoughts will help us to evaluate ourselves to see whether we are infested with such bad seeds. Whenever we find them in our mind, make sure we immediately pluck them out before they root very deep in our minds. Some seeds are very tricky like the above said Teak seeds. They won't germinate immediately. But in due time, (like when our friend buys an expensive house, or our son's classmate get admission into a prestigious institution), the dormant seed of envy or jealousy will form deep roots and start to show the shoot outside.

Another way of keeping our hearts clean is to fill our hearts with good seeds of

kindness. Recently I saw two of my friends at work, doing simple good works without questioning, nor by bragging about their good works. I just then thought about their good works and asked myself, "Will I do the same action?" Most people will start an investigation to find out who did that wrong thing in the first place! Some will be eager to point fingers at them. A few people will start telling about their wrong doing. But those two people never did any such evil things. In short, they look around to see in what way they can do good to others, and to the community.

In nature most of the living birds and animals, when they find out that somebody damaged or destroyed their nest, they never go around to find who did that. Instead they just repair the damage and go on with their mission.

Someone told me that at the end of our life, we won't have time to brag about our achievements, or good works; rather we will be grieving about the good things which we could have done. The broken glass you hesitated to remove from someone's path, the comforting words you could have said to a suffering person, are some of the things that you may regret!

So let us be more careful to remove the bad seeds from our hearts. Also let us try to nurture the good seeds in our hearts so that we will be a source of comfort and peace to all whom we meet in this short journey of life!

