



Lent is the season of preparing ourselves by practicing righteousness. In Matthew chapter 6 Jesus talked about three kinds of righteousness. They are Almsgiving, Praying and Fasting. If we read more closely we see the Almsgiving comes first, Praying comes second and Fasting comes last. And Jesus told us how to practice each one of them in the same chapter. As we read the first priority was given to Almsgiving. If we look at Jesus's life we know Jesus practiced each one of them the way He wanted us to do.

Even though Jesus did not help others in the form of giving money He gave them indirectly. He changed water into wine, He gave sight to the blind man, He helped the paralytic man to walk, He fed thousands of people, He raised three persons from dead, even His words healed people several miles away as He healed Centurion's servant and I can provide a long list for the miracles. These are some examples of Jesus's way of almsgiving. Jesus did not do them because everyone should think He was a super hero, for name and fame or to get support from others so that He can be the next king.

Let us move to Praying. Even though Jesus was Son of God He never ceased to pray. He went alone and prayed many times. He prayed at night and He got up early in the morning and prayed. He never wanted to show to the rest of the world that He was a prayer warrior by praying in the middle of the street. He prayed before doing miracles. He prayed in the garden of Gethsemane when He was captured and even hanging on the Cross He prayed to God the Father saying "Father, into your hands I commit my spirit".

The last one is Fasting. Jesus fasted for forty days. He did not eat or drink on those days. Jesus did not fast like us skipping one time meal. I am not sure whether we will survive or not if we fast like Jesus and it was even in the severe desert weather. Nobody knows that Jesus fasted for forty days. He did not beat a drum in front of Him to announce it.

In this season of Lent let us bring Jesus' life in front of us and try our best to imitate Him in our words and actions



-Leenus Rich

அள்ளித் தந்த வானமும்... சொல்லித் தந்த பூமியும்

விண்ணின் தந்தையே
தன்அன்பின் மகனை
மண்ணிற்காக, மக்களுக்காக
கையளிக்கத் துணிந்த- உன்
அன்பு எத்துணை பெரியது!

இயேசு என்று பெயரெடுத்து
மனித இயல்பிலே வாழ்ந்து
புனித வாழ்வை இந்த
பூவுலகிற்கு அறிமுகம் செய்த- உன்
பெருமை எத்துணை பெரியது!

மரியின் மடியிலே தவழ்ந்து
அழகிய சிறுவனாய் வளர்ந்து
தந்தையின் திட்டத்தை ஏற்று
வாழப் பணிந்த- உன்
ஆற்றல் எத்துணை பெரியது!

கடவுளின் மகன் என்ற ஆற்றலிலும்
மனிதன் மனமாற்றம் அடையவும்
நோயிலிருந்து மீட்ட- உன்
புதுமை எத்துணை பெரியது!

ஆம்...

வாழ்வின் ஆயிரம் தேவைகள்
நாளும் ஒவ்வொரு கனவுகள்
இவையாவும் நிதமும் நிறைவேற
ஆசிரவதிக்கும் இறைவன்! - அவனே
அள்ளித் தந்த வானம்!...

நித்தம் ஒரு பாவத்தையும்
நினைவில் வரும் வன்செயலையும்
நம்மிடம் களைய... நம்மை மீட்க
கையளித்த பொறுமை பித்தன்- அவனே
நல்வாழ்வை சொல்லித்தந்த பூமி!...

அனைத்தும் அள்ளித்தந்த வானுக்கு
தலை வணங்குவோம்!
அன்பைச் சொல்லித்தந்த பூமியை
முத்தமிடுவோம்!



- Agnes James

Dove Dental Smiles Shirley Irudayaraj DDS



2013 Best of Sunnyvale
Award winner
We are Open Saturdays
Call or Make an
Appointment Online

877 W Fremont Ave, Ste L1
Sunnyvale CA 94087

(408) 498-0244

www.DoveDentalSmiles.com

BATCC Logo

The Logo signifies the Christian Mystery of the MOST HOLY TRINITY, and it contains three elements.



- 1) The background solid circle signifies God the Father from whom proceed the Son and the Holy Spirit.
- 2) The Cross is the symbol for the Son of God – Jesus Christ.
- 3) The set of stylized "flames of fire" signifies the Holy Spirit in the form of a dove (also can be perceived as a styled version of a lamp symbolism of our Tamil culture).

Words to Meditate during Lent**Joel 2:12-13 ESV**

“Yet even now,” declares the Lord, “return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.” Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.

Isaiah 58:6-7 ESV

“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?”

Mark 1:15 ESV

And saying, “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”

Genesis 3:19 ESV

By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return.”

1 Peter 1:3 ESV

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead,

Acts 15:9 ESV

And he made no distinction between us and them, having cleansed their hearts by faith.

Isaiah 43:25 ESV

“I, I am he who blots out your transgressions for my own sake, and I will not remember your sins.

2 Corinthians 6:2 ESV

For he says, “In a favorable time I listened to you, and in a day of salvation I have helped you.” Behold, now is the favorable time; behold, now is the day of salvation.

Acts 26:20 ESV

But declared first to those in Damascus, then in Jerusalem and throughout all the region of Judea, and also to the Gentiles, that they should repent and turn to God, performing deeds in keeping with their repentance.

Luke 13:3 ESV

No, I tell you; but unless you repent, you will all likewise perish.

Daniel 9:3 ESV

Then I turned my face to the Lord God, seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.

John 1:1 ESV

In the beginning was the Word, and the Word was with God, and the Word was God.

Words to Meditate during Lent Cont..**Mark 7:7-9 ESV**

In vain do they worship me, teaching as doctrines the commandments of men.' You leave the commandment of God and hold to the tradition of men." And he said to them, "You have a fine way of rejecting the commandment of God in order to establish your tradition!

Ezekiel 18:21 ESV

"But if a wicked person turns away from all his sins that he has committed and keeps all my statutes and does what is just and right, he shall surely live; he shall not die.

1 Corinthians 10:23 ESV

"All things are lawful," but not all things are helpful. "All things are lawful," but not all things build up.

John 17:17 ESV

Sanctify them in the truth; your word is truth.

Matthew 28:20 ESV

Teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age."

Matthew 9:15 ESV

And Jesus said to them, "Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.

Luke 9:25-39 ESV

For what does it profit a man if he gains the whole world and loses or forfeits himself? For whoever is ashamed of me and of my words, of him will the Son of Man be ashamed when he comes in his glory and the glory of the Father and of the holy angels. But I tell you truly, there are some standing here who will not taste death until they see the kingdom of God."

2 Timothy 3:16 ESV

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness,

Psalm 91:1-16 ESV

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, "My refuge and my fortress, my God, in whom I trust." For he will deliver you from the snare of the fowler and from the deadly pestilence. He will cover you with his pinions, and under his wings you will find refuge; his faithfulness is a shield and buckler. You will not fear the terror of the night, nor the arrow that flies by day,

Courtesy www.openbible.org