



SYRO-MALANKARA CATHOLIC APOSTOLIC EPARCHY OF USA AND CANADA

**MALANKARA CATHOLIC YOUTH MOVEMENT (MCYM)
USA-CANADA**



MCYM DAY RESOURCE PACKET 2022

**SYRO-MALANKARA CATHOLIC APOSTOLIC EPARCHY OF USA
AND CANADA**

**MALANKARA CATHOLIC YOUTH MOVEMENT OF NORTH AMERICA
(MCYMNA)**

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“The darkness in the world cannot extinguish the light of a single candle”

— St. Francis of Assisi

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Message from the Director

Greetings to you in our Lord Jesus Christ.

As we prepare to celebrate MCYM Day on October 2, 2022, let us be grateful to God for bringing us to a period of relative calm after the turbulence of COVID-19.

As MCYMNA, we have many things to be thankful for during the COVID era. The previous MCYMNA board of 2018-2022 did not only take the Eparchial MCYM through the chaotic time of COVID-19, but also produced a seminarian for the Eparchy in the person of Br. Christopher Thomas (Toronto). The current MCYMNA Board of 2022-2025 was elected in a hybrid manner, which saw one of the largest number of voters and helped to elect a Board consisting of both professionals and students. The new Board members do not only have a wealth of life experience, but they also know the pulse of the youth, are dedicated to the spiritual and overall growth of our Eparchial MCYM and are very approachable by anyone at any time.

As we celebrate MCYM Day this year, let us do so with a new resolve and a new perspective. I invite you to reflect on the following four short questions for yourself and as the parish MCYM unit as a self-assessment.

- 1. Who is Jesus to me?**
- 2. God speaks most often in silence. How much time do I spend in silence to experience the presence of God in my daily life?**
- 3. Jesus said to take up your Cross and follow him. What price do you pay to be a Catholic in your daily life? Or are we carrying a Cross that is Christless?**
- 4. How do I view others? Do I perceive them through a lens of judgment and biases? Or as Christ sees them?**

These assessment questions are to help you to understand your spiritual health status. A self-assessment is important because we are entering into a time of renewal and rejuvenation of our youth at the parish, regional, and Eparchial levels. The MCYMNA Board has been busy behind the scenes with prayerful deliberations and has been coming up with amazing plans for the future, both near and distant. I ask for your earnest cooperation to make them into a reality.

Please know that I am available to you as the MCYMNA Director and even more so as a priest to be contracted and to help you in any way I can.

Yours in Christ,

Fr. Jerry Mathew
MCYMNA Director



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MCYMNA Eparchial Board

NAME	POSITION	PARISH
Most Rev. Dr. Philipos Mar Stephanos	Chairman	Bishop of Eparchy
Fr. Jerry Mathew	Director	Chicago (Pastor)
John Ettikkalayil	Animator	Elmont (Cathedral)
Sr. Dr. Jocelyn SIC	Animator	New Jersey
Tessy Philip	President	Philadelphia
Joshua Biju	Vice President	Houston
Gemini Plamoottil	Vice President	Chicago
Nisha Mathews	Treasurer	Houston
Jithin Thomas	Jt. Treasurer	Elmont (Cathedral)
Joel Abraham	Secretary	Dallas
Leah Chacko	Joint Secretary	Elmont (Cathedral)
Teresa Simon	Web Coordinator	Philadelphia
Raveena Varghese	Web Coordinator	Rockland
Abel Teny Rincy Varghese	Western Canada Rep	Vancouver Edmonton
Kayson Neduvakkattu	West Coast Rep	San Jose



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MCYM President's Letter

Then I heard the voice of the Lord saying, "Whom shall I send? And who will go for us?" And I said, "Here am I. Send me." Isaiah 6:8

What an incredible time we are living in today. With so much uncertainty, fear and doubt in the world, we as members of the Malankara Catholic faith are blessed with assurance that Jesus Christ is our Lord and Savior. In Him we shall have no fear. We are the ones called to wear a strong suit of armor out on the battlefield for God's greater glory.

On this MCYM Day, let us remind ourselves how fortunate we are to know God, to be His bride, the Church, and to have every opportunity and resource to learn more and grow closer to Him. We are the ones brought into this incredible faith with such rich traditions. When God asked Isaiah "Whom shall I send?" He asked knowing that Isaiah was well equipped to go forth for God. In a similar manner, our newly elected MCYMNA board members have recognized our gifts and decided to answer God's call to serve you, our fellow youth.

We have established two goals to spearhead the future of our youth of this eparchy: the first is to increase our true faith and the second is to create a sense of belonging. We pray for the opportunity to continue educating and re-educating about our Catholic faith. We are to be well equipped with the answers to face challenges as we step into the real world where the Church is questioned day after day. We should have a sense of validity in our hearts that we are Catholics not only by name, but also truly by belief and love for our Lord. We should also establish such a sense of community that as an increasingly global society all of our young travelers feel the freedom to enter the nearest Malankara parish or family home wherever we go. We hope to create an atmosphere and awareness that we are still a Malankara people Monday through Saturday and in towns outside of our home parishes. We are so fortunate to be so easily interconnected, let us take advantage of the opportunity to broaden our horizons and strengthen our ties to each other across North America.

Throughout this term, we pray that every MCYM member will answer God's call just as Isaiah did. We are all prompted to serve God in different ways, and we hope that in the coming years we can discern our purpose and God's way of using us as instruments in His work.

Through the intercession of our patron St. Francis of Assisi and through our Mother Mary, may our hearts be touched and transformed to do all things in love for the kingdom of God.

Yours in Christ,

Tessy Philip
MCYMNA President
youthministry@mccna.org



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Resource Kit Guide

For the upcoming MCYM Day, all our Malankara members are encouraged to express their support and membership in MCYM in any way possible. We hope you use this guide as a template or resource for ideas in your particular parish.

- 1. Youth members of MCYM are encouraged to give speeches on how they see MCYM being an avenue of growth for keeping Malankara alive and thriving in the US.**
- 2. Since many of the missions have very young children, it might be a very good initiative to begin getting them interested, and looking forward to, MCYM day.**
- 3. Sunday school classes can be given to some of the younger children on the history of the Malankara Catholic Church – perhaps a video or a small skit would be useful as well.**
- 4. A small pamphlet or flyer can be put together by some of the youth going over what your mission's MCYM has accomplished or wants to accomplish - this can be distributed at church that week. Included in that packet can be the St. Francis prayer**
- 5. Decorate the church for MCYM day, images/stories of St. Francis, balloons, etc.**
- 6. Have an adult layperson give a presentation on the role of the youth in the missions.**
- 7. Stress each youth member to receive Confession and also Communion on/before MCYM Day.**
- 8. Share information about our Patron Saint, Francis of Assisi**
- 9. Be Generous! Sunday collection will be for MCYM future endeavors, especially for activities in the coming years.**



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MCYM Mission and Pillars

Our mission is to continue the plan of salvation definitively begun by God the Father in His only begotten Son, Jesus Christ. The ultimate goal of this organization is to make this salvation historical plan available to humanity through the Malankara Catholic Church. Evangelization is the means to realize this. This organization aims at the total liberation of society and the integral development of Youth. For the realization of this goal, the by-laws go on to specify the general plan of action:

Spiritual

Help the youth to deepen their Christian faith and to apply principles of faith in their daily lives, give training to acquire through a life of prayer, a spiritual outlook and a style of leadership proper to Christian ideals, concertize them in Christian principles to practice an exemplary life-style, enable them to lead an exemplary sacramental life by developing appreciation of the liturgical life and practices of the church, give them practical training to take up leadership roles in catechesis, prayer-meetings, retreats and Bible conventions with a view to revitalize the parish community.

Intellectual

Give encouragement and make facilities available for members to acquire scientific and technical knowledge and to learn appreciate and propagate the doctrines of the Church; conduct discussions, seminars, debates, corner meetings, exhibitions, excursions etc.; organize study circles, libraries etc. to make available educational and religious publications.



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Social

Prepare the Youth to analytically study the actual state of society, to react boldly against social evil and to work for the creation of a new society through positive action based on Christian ideals; Encourage new initiatives in the fields of labor, agricultural and industry by providing training in them; seek the solutions for social problems through organized activities; Collect and disseminate information on the welfare schemes of the government and of the Church and endeavor to make these available to the deserving, plan action programs for the progress of the backward communities and of groups subjected to injustice, neglect, and disabilities.

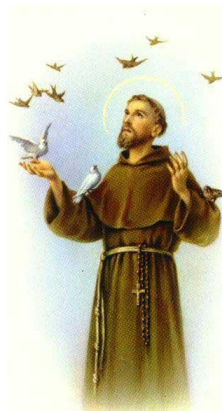
Cultural

Set the state to defend and promote Christian and Indian Cultural traditions; create opportunities to appreciate Indian intellectual heritage, organize youth festivals, literary-cultural training camps and competitions, cultural gatherings etc. to discover and to develop the literary and athletic abilities of the Youth.



A Glimpse into the Life of St. Francis

St. Francis of Assisi, the patron saint of our MCYM, was born in 1181 A.D. in Assisi, Italy. He was born into a rich merchant family and lived a life of pleasure, enjoying his fine clothes, lavish spending and partying. When he was near twenty years old, he went to fight a neighboring town where he was defeated and captured as a prisoner of war for a year. During this time, he was ill, and his soul turned toward God. He realized the emptiness of his former way of life. One day he was riding his horse and came upon a leper. At this sight he was repulsed but overcame this natural response and embraced him, giving him all he had. Not long after this experience, as he was praying at a chapel in ruins, he heard a voice saying, "Go, Francis and repair my house, which as you see is falling into ruin." He took this seriously as he went immediately to his father's store, took a load of cloth and sold it for money to fix the church. His father was extremely upset and had him beaten and eventually took him to the bishop. St Francis renounced his father before the bishop claiming the Heavenly Father as his only father. From then on, he led a life of extreme poverty and preaching by word and example. Eventually thousands came to follow him and his poor way of life. He established the Poor Clares in 1212 led by St. Clare of Assisi. In 1224, he received the stigmata while at meditation which he had until his death on Oct 4th, 1226.





Prayer of St. Francis

Lord makes me an instrument of your peace

Where there is hatred let me show love

Where there is injury, pardon

Where there is doubt, faith

Where there is despair, hope

Where there is darkness, light

and where there is sadness, joy

O, Divine Master, grant that

I may not, so much seek to be consoled than to console

to be understood than to understand

To be loved than to love

For it is in giving that we are pardoned

And it is in dying, that we are born to eternal life.



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Importance of Confession

The Bible states, “If we confess our sins, he is faithful and just, and will forgive our sins and cleanse us from all unrighteousness” (1 John 1:9).”

Many can argue the importance of confession however one thing is certain regarding this sacrament, no one is ever too sinful to repent. The basis of Confession is for one to look inwardly and realize their faults, looking for ways to learn and grow. Confession is not a time for us to merely go and speak of our sins and ask forgiveness. The simple practice of going before the Achen and claiming our sins brings us closer to God and Christ. In our hearts we should be truly sorry for our sins, these sins that prohibit our soul from connecting with God. OUR GOD is a Merciful GOD; when we repent, we acknowledge the faults and are willing to whole-heartedly try even harder to refrain from sinning. Confession doesn't only need to be done when there is an Achen in front of you but try, as sinners we all are, to repent and confess our sins every night we pray. Confession gives us the grace to renew our commitment to Christ and to each other as His body.

In this spirit we are asking all our Malankara youth in North America to make a meaningful, sincere confession prior to receiving the Body and Blood of our Precious Savior. In true communion with Jesus and with each other let us move forward to be a shining light as Malankara Catholic youth and create a movement that stirs the hearts of those in the world around us.



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MCYM Pledge

I, a member of the Malankara Catholic Youth Movement, the Youth wing of the Malankara Catholic Church, believe in the economy of salvation manifested in Jesus Christ and in the Holy Catholic Church. I am proud of the patrimony of the Malankara Catholic Church, which is rooted in the apostolic tradition of St. Thomas, the cultural heritage of India, and in the uniqueness and spiritual traditions of the universal Catholic Church.

In the name of God, I pledge to abide by the constitution of MCYM to strive continuously towards the fruition of the reunion endeavor, the special mission of the Malankara Catholic Church, and the particular goals of the movement.

May the Blessed Virgin Mary and St. Francis of Assisi, the Heavenly Patron of MCYM, help me to be faithful to this Pledge.



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MCYM Anthem

Transliteration

Sirakalil veeryam nurayum nuthana
Yuvajana shakti tharangam
Karalil kraistava Dharmam
Lakshyam manava vimochanam

MCYM MCYM
Aniyani cherneedan
Abhimanathin alakaluyarthi
Onnai padidam

Thamasin kotta thakaarkkananpin
Ponvilakkukalayidam
Nerin ponnoli veesham nanmathan
Nakshatrakkathirayeedam
Prasana Sathangalil amarum Nadine
Vishwasthalunarthisdam

MCYM MCYM
Aniyani cherneedan
Abhimanathin alakaluyarthi
Onnai padidam

Swartharangamolippikkum
Samirdhiye mochippikkum
Santhitha chundile pattunathan
Neethi pravachakarayeedam
Arivunarthum prarathanayal
Athma dhairyam nedeedam

MCYM MCYM
Aniyani cherneedan
Abhimanathin alakaluyarthi
Onnai padidam

Translated

(This is not to be sung, it is just the literal meaning of the MCYM anthem in English)

Your veins and heart are filled
with new power and Christian
righteousness
That leads to liberation of humanity

MCYM MCYM
Proudly with our heads held high
Let us march together
And sing as one

Let us be the golden lamps and
we will destroy the fortress of
darkness with our love
Let us be the stars of goodness that shed
the rays of truth
With our faith let us raise the countries
that are pressed with thousands of
problems

MCYM MCYM
Proudly with our heads held high
Let us march together
And sing as one

Let us liberate the abundance hidden by
selfishness
Let us be the prophets of justice
And sing the songs of peace
Let us pray for wisdom and knowledge to
attain self-confidence.

MCYM MCYM
Proudly with our heads held high
Let us march together
And sing as one