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The month of May is traditionally associated with our Blessed Mother. It is even more significant this year, especially in the context of COVID -19 pandemic. The Catholic Bishops' Conferences of Canada and the USA jointly re-consecrated these lands to Mary, under the title the Immaculate Conception on the 1st of May. Individuals and families, parishes and dioceses, Archdioceses and ecclesiastical provinces were advised to



join in the national re-consecration. The Holy Father Pope Francis also has reiterated the need for praying the Rosary by families and by individuals as the most powerful and effective weapon against the pandemic.

Mary is our mother. She was given to us as our mother by Jesus on the cross (John 19:26-27). She is our best help always, as at Cana (John 2:1-11). From the very beginning of the Church, and even now, she has been our most compassionate and never-failing support. The prayer, "Remember, O most gracious Virgin Mary" continues to reaffirm our faith in Mary's ever vigilant help. The Biblical prayer, "Hail Mary, full of grace," is an all-embracing prayer as we confidently surrender every moment and aspect of our life (even this pandemic) to our Mother and ask her "to pray for us NOW and at the HOUR of our DEATH."

During her many apparitions, official and unofficial, our Blessed Mother has been urgently reminding us that only PRAYER, and especially the ROSARY, can SAVE humanity and the world through CONVERSION of HEARTS. Mary's concern for her children is often the reason for her many apparitions, ancient and modern, in different parts of the world. We need to take her advice seriously and turn to the Lord to intercede for the world.

To pray properly we need the help of the Holy Spirit. "Therefore, I tell you that nobody speaking by the spirit of God says, "Jesus be accursed." And no one can say, "Jesus is Lord," except by the holy Spirit" (1 Cor 12:3). And "In the same way, the Spirit too comes to the aid of our weakness; for we do not know how to pray as we ought, but the Spirit itself intercedes with inexpressible groanings" (Rom 8:26). And Mary is our best help in obtaining the help of the Holy Spirit.

We are getting ready for the Feast of PENTECOST, on May 31, 2020. It was with Mary's help or in her presence that the most important events of our salvation took place: the Incarnation, when Mary was "overshadowed" with the power of the Holy Spirit to become the Mother of the Incarnate Word, and at Pentecost when the Holy Spirit came upon Mary and the Apostles as they were at prayer in the Upper Room; and Mary became the Mother of the Church. Therefore, let us pray to Mary our Mother to help us to prepare for the outpouring of the Holy Spirit at Pentecost.

In the context of present darkness, let us have recourse to Mary. Let us pray the Rosary as a family every day. She is our sure help. She will protect us and our children under her mantle.

God bless you all

Fr. Mathew Punchayil



Happy birthday! Happy birthday! Happy birthday!

Happy birthday! Happy birthday! Happy birthday!

Nadi Jin	1-May
Glaxy Varghese	2-May
Cicily Varghese	2-May
Sanju	5-May
Felix Shaju	8-May
Ivana Suresh	9-May
Scaria Thomas	9-May
Thomas Joseph	11-May
Miana Jomon	11-May
Jaino Vennatt	13-May
Adam Anthony	14-May
Elizabeth Cherian	14-May
Alby James	15-May
Jolly Jaison	15-May
Ambily Robin	15-May
Babu Kandoth	15-May
Hari Gonvindan	17-May
Beena Shaju	18-May
Lisy Wilson	21-May
Joshua Mathew	24-May
Dolly James	24-May
Saju Peter	25-May
Angel Jose	27-May
Aleena Romy	28-May
Isabel Joseph	29-May
Philips Antony	29-May
Jeslyn Thomas	30-May
Tomin Joseph	31-May
Bobby Jacob	31-May

Happy birthday! Happy birthday!



Tomy & Ally	3-May
Jaison & Elizabeth	7-May
Vinoj & Mini	12-May
Jose & Alphonsa	15-May
James Joseph & Dolly	19-May
Santo & Laiby	23-May
Abrahm & Anieamma	25-May
George & Sindhu	26-May
Sreeni & Princy	29-May

DO ✓

DON'T ✗

- Enjoy the outdoor areas of your home.
- Enjoy physical activities solo or with members of your household (e.g. walking, biking).
- Have a virtual picnic with friends.
- Open doors and windows to get fresh air.
- Get things done at home (e.g. gardening, car washing).

- Don't participate in group sports.
- Don't visit crowded or closed parks.
- Don't attend social gatherings.
- Don't go out if you're sick.
- Don't travel.



REMEMBER: Keep a safe physical distance of at least six feet from people you do not live with and wash your hands regularly.

KEEP YOUR DISTANCE, DO YOUR PART



DO THE FIVE

Help stop coronavirus

- 1 HANDS** Wash them often
- 2 ELBOW** Cough into it
- 3 FACE** Don't touch it
- 4 SPACE** Keep safe distance
- 5 HOME** Stay if you can