

MALANKARA CATHOLIC CATECHISM

GLORY TO GOD

STANDARD - 1

**M.C.B.C. Commission for Catechesis
Santhinilayam, Tiruvalla – 689 101**

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Metropolitan Archbishop of Trivandrum

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GLORY TO GOD

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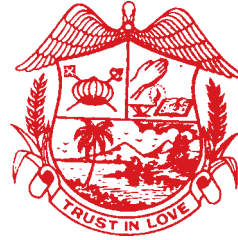
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Tiruvalla - 689 101
Tel : 0469 – 2630852
E-mail : santhinilayam@yahoo.com

MOST REV. CYRIL MAR BASELIOS
Metropolitan Archbishop of Trivandrum
Archbishop's House
Trivandrum - 695 004
Kerala, India



FOREWORD

We praise the Lord for granting us His Grace to bring out a catechism text of our own for our Malankara Catholic Church. Indeed it is a unique moment in which a long cherished dream of the Church finds accomplishment. Let us be truly thankful to the Lord for these great blessings.

We have received in Jesus Christ the fullness of God's self-communication revealed invisibly in the Old Testament and visibly in the New Testament right from the creation of the universe especially that of Man. The story of revelation is the story of salvation. The core of catechism is this story of revelation and salvation. Through the Holy Spirit this story of salvation continues today in and through the Church. For us this salvation becomes a living experimental reality through the life and mission of the Malankara Catholic Church. Therefore the story of salvation and the patrimony or the venerable tradition of the Malankara Catholic Church become the fundamental sources for the Malankara Catechism. Thus our Catechism is founded on the Salvation History and the venerable patrimony of the Malankara Church.

I pray that this Catechism becomes a new force in the growth of the Malankara Catholic Church and I earnestly advise the faithful to receive this catechism and promote the progress of the Church.

My thoughts particularly are turned towards our faithful outside the canonical ecclesiastical territory, which we call for convenience Extra-Territorial Region (ETR). I appreciate the endeavour of Rev. Dr. John Berchmans OIC, the Co-ordinator of the ETR in India for the English catechism books he has prepared. Through the present texts we intend to bring all our texts into a unified series. Our children will learn our Catholic faith through our venerable tradition and they will become true sons and daughters of our Church. It is my hope that our new generation take legitimate pride in their patrimony and place in our Church and find their legitimate role in the universal Church. We know that the strength of our faithful is the strength of our local and universal Church.

Once again I express our sincere appreciation for this unique achievement. Our sincere thanks is due to Most Rev. Thomas Mar Koorilos, the Chairman of our Catechetical Commission and Rev. Dr. Antony Kakkanatt, the Secretary of the Commission. God bless them and all those who have collaborated with them in this noble mission.

+ Mar Baselios

Cyril Mar Baselios
Metropolitan Archbishop of Trivandrum

INTRODUCTION

The Command of Jesus Christ to “Go into all the world and proclaim the Good News to the whole creation” (Mark 16:15) is the foundation for Catechesis or faith formation. This faith formation has been continuing in the Church from the days of the early Church in different ways. Catechesis is based on the theological positions of each epoch. A serious awareness on the liturgical, spiritual, theological, disciplinary patrimony of the Malankara Catholic Church led to the promulgation of a unique catechism for the Malankara Catholic Church. The entire Church rejoices at the fulfilment of this desire.

Catechism should never become an intellectual pursuit. True Catechesis should lead the pupil to a life of worship and witness. Catechesis should attempt to lead, nurture and confirm the pupil in the life of faith of the Church to which he or she belongs. Thus the catechumen will be able to know and experience Christ in and through the Church and participate in the mystery of salvation and be in communion with the Holy Trinity. Jesus Christ continues his Salvific Mission in and through the Church. Therefore we have concentrated on an ecclesial centred catechesis. This catechesis is founded on the spiritual heritage of the Malankara Catholic Church.

This text begins with the sign of the cross and the prayer ‘Glory be to the Father and to the Son and to the Holy Spirit’. In the first part, the text deals with God the Father and then the Son and followed by the Holy Spirit and the Church. Mention is also made to the country in which we live. The child is helped to deepen his faith in the Father, the Son and the Holy Spirit. This is what is intended through the text. The history of salvation from creation is presented here. In the twenty lessons the fundamental prayer of our Church, namely, the *kauma* prayer is introduced to the child. Effort was taken to include some pertinent liturgical songs to the lessons. Thus through prayer and songs the child will be able to understand the faith. The prayers, actions, songs – all contribute to the meaningful strengthening of the spiritual life of the child.

Based on the principle that "the rule of prayer is the rule of faith", this textbook will help our children understand better the prayers and songs that we recite in our services and thus allow them to truly experience our Liturgy. The prayers, hymns and practical suggestions given at the end of each lesson give more meaning and spiritual nourishment to the child.

We are profoundly grateful to His Grace Most Rev. Cyril Mar Baselios, Metropolitan Archbishop of Trivandrum and the other bishops of the Malankara Catholic Church for their constant prayers, support and suggestions. My special thanks are due to our beloved Aboon Isaac Mar Cleemis, Metropolitan of Tiruvalla and the Apostolic Visitor to America and Europe for his continued support and guidance.

To the many priests, religious and lay faithful who have sincerely collaborated in this endeavour we offer our gratitude. I would like to thank Rev. Dr. Anniyil Tharakan for his effort to translate the Malayalam Text into English. We would like to thank the Professors of St. Mary's Malankara Major Seminary, Trivandrum, and especially Rev. Dr. Philip Chempakasserry, Rev. Dr. Kurian Valuparampil. I would like to extend our sincere thanks to the diocesan directors of catechism Rev. Fr. Johnson Charivukalayil, Rev. Fr. Robinson Kunnakkad, Rev. Fr. James Mulackavilayil and Rev. Fr. Johny Cherikkayath. Our thanks are also due to the Text book committee – Rev. Dr. Joseph Konnath, Prof. Mary Mathew and Mr. M.V. Thomas. So also to Mr. Mathews Orathel for designing the text book and pictures. I would like to extend our sincere thanks to Rev. Fr. Joseph Kalariparampil for his assistance. Our indebtedness to Rev. Dr. Antony Kakkanatt who is the master brain behind this work is also sincerely acknowledged.

I pray that through this catechism text each child may be brought to and nourished in and confirmed in the faith of the Malankara Catholic Church and thus be able to know and experience Christ's love more profoundly.

+ **Thomas Mar Koorilos**
Chairman, M.C.B.C. Commission for Catechesis

CONTENTS

Lesson - 1
Glory to God
Page - 8



Lesson - 6
**God is Present
Everywhere**
Page - 18



Lesson - 2
**God Created
All Things**
Page - 10



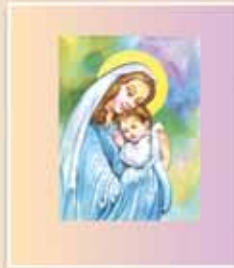
Lesson - 7
Christmas
Page - 20



Lesson - 3
**God Created
Man**
Page - 12



Lesson - 8
**The Mother
of Jesus**
Page - 22



Lesson - 4
**God, the Father
of All**
Page - 14



Lesson - 9
**Jesus is
Presented in
the Temple**
Page - 24



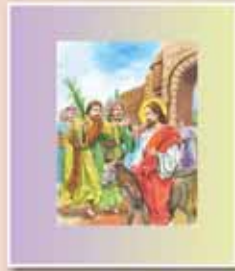
Lesson - 5
**God Provides
for All**
Page - 16



Lesson - 10
**Jesus in the
Midst of
Children**
Page - 26



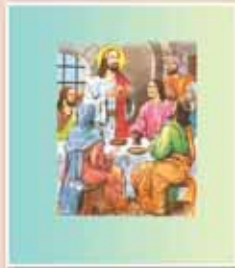
Lesson - 11
Hosanna
Page - 28



Lesson - 16
My Church
Page - 38



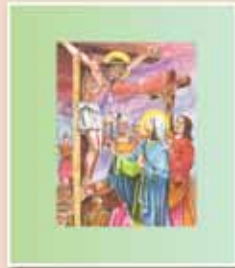
Lesson - 12
**The Feast of
the Passover**
Page - 30



Lesson - 17
My Home
Page - 40



Lesson - 13
Good Friday
Page - 32



Lesson - 18
My School
Page - 42



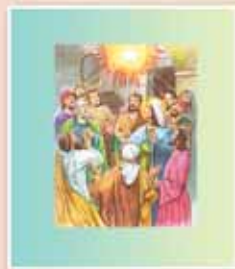
Lesson - 14
**The
Resurrection**
Page - 34



Lesson - 19
**My Sunday
School**
Page - 44



Lesson - 15
**The Day of the
Pentecost**
Page - 36



Lesson - 20
My Country
Page - 46



Lesson 1

GLORY TO GOD



Let us make the sign of the Cross and pray.
Glory be to the Father and to the Son and to the Holy Spirit.
As it was in the beginning, is now and ever
shall be world without end. Amen.

The Cross is the sign of love.
The Cross is the sign of salvation.
There is only one God.
But there are three Persons in the Godhead:
the Father, the Son and the Holy Spirit .

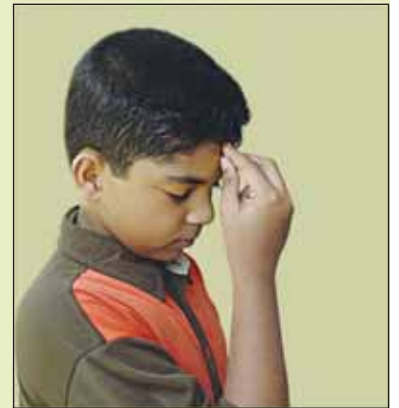
Let us Pray

"Glory be to the Father and to the Son and to
the Holy Spirit.
As it was in the beginning, is now and ever
shall be world without end. Amen".



Let us Do

When I pray, I will make the sign
of the Cross attentively and
devoutly.



Let us Sing

Isn't the Cross the golden sign
Of God's tender divine life?
Isn't the Cross the sign beloved
That guides our way all through life?
We ought, hence, worship the Cross
And with respect honour it.

Let us Memorise

"God is Love".
(1 John 4:8)



Lesson 2

GOD CREATED ALL THINGS



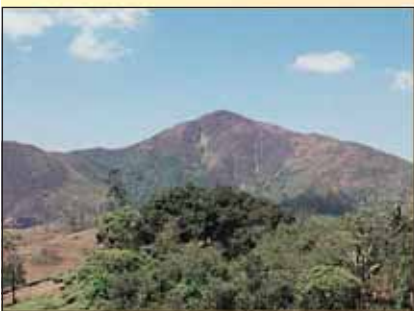
Light



The sun



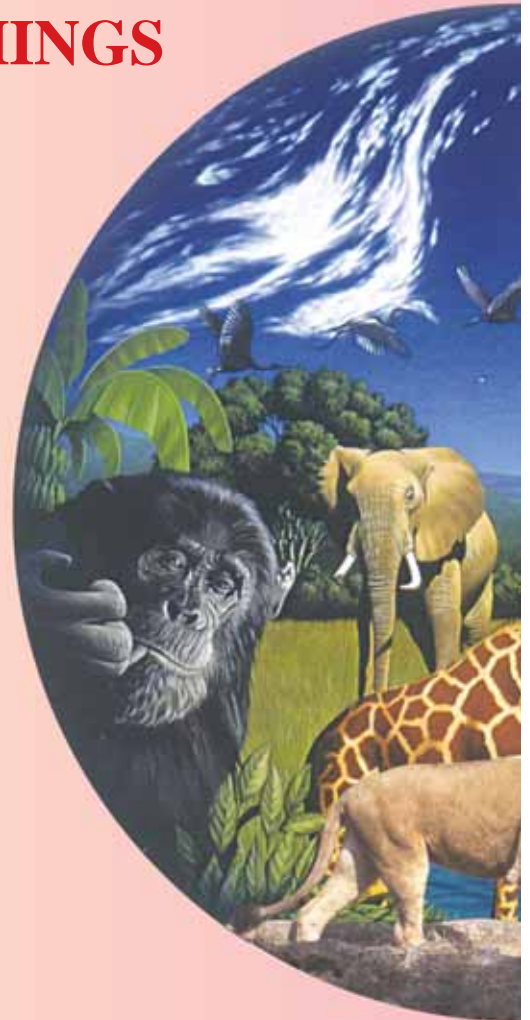
The moon



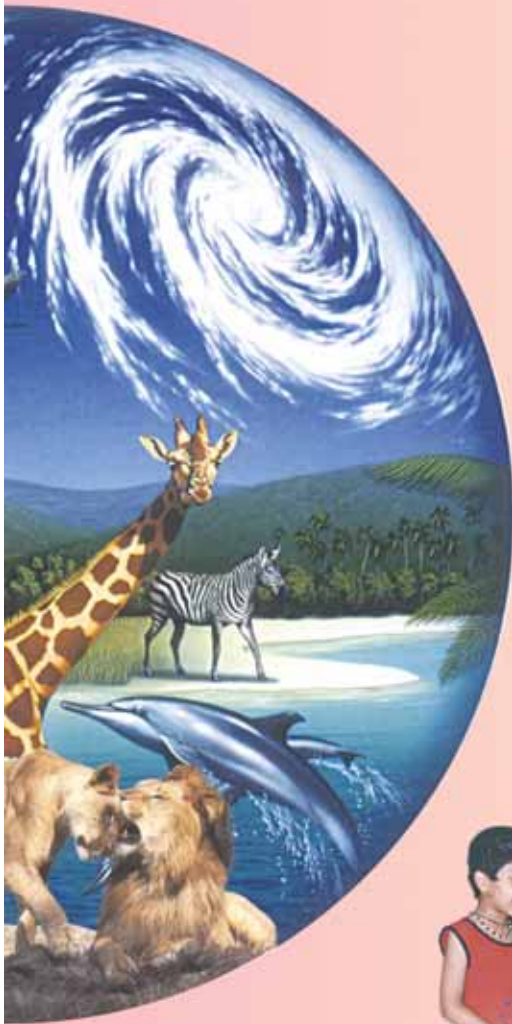
The mountains



The earth and the sea



See,
How beautiful is the creation of God!
God created me,
God created all things.
God loves me.
I love all things God loves.
All my days I will pray to God, the
Creator.



Let us Pray

"Glory to you, O God.
Glory to you, O Creator.
Glory to you, Christ the King,
Who have compassion on your
sinful servants".



Let us Do

I shall plant a seedling
in my garden.



Let us Sing

Behold! The beauty of nature – which is
Created by God, our Father.
The forest that yields fruits and flowers –
through which
Flow singing rivers and rivulets.
Deer and peacock and cuckoos – we see
Cornfields, whose ears are dancing.
How compassionate is God, the – Father
Who kindly has given all these!



Let us Memorise

“In the beginning God created the
heavens and the earth”.
(Genesis 1:1)



GOD CREATED MAN



God created me.
God created my father and mother,
brother and sister and my friends.
God created us all
Oh! how beautiful is this .
In the beginning God created Adam and Eve.

Adam is the first man and Eve the first woman.
God placed them in the garden of Eden.
They lived there happily.

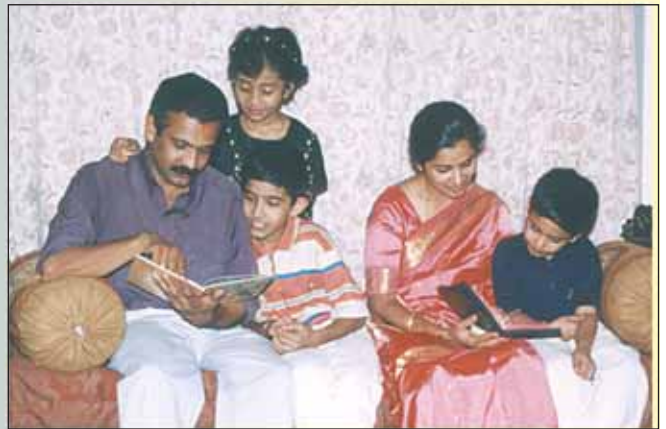
Let us Pray

"Glory to you, O God the Father, for You are
our Creator and Protector".



Let us Sing

Who had created Adam on this earth?
Of course! the immortal, almighty God.
And who had created Eve on this earth?
Of course! God, who is the source of mercy.
Who then, has created us on this earth?
Indeed! God, who is the lamp of goodness.



Let us Do

I will love my father and mother.

Let us Memorise

Then God said: "Let us make humankind in our
image, according to our likeness".
(Genesis 1: 26)



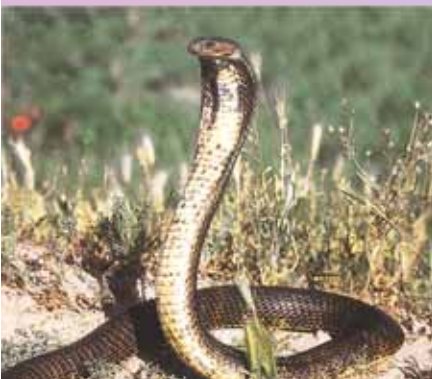
Lesson 4

GOD, THE FATHER OF ALL



God created all things:
Vegetation and plants,
Flowers of all hues,
The birds of the air,
The beasts of the earth,
Everything that creeps upon the ground.
In the end He made man as the crown of
creation.

**God is the Father of all of us.
He is our Father in heaven.**



14





Let us Pray

"Our Father in heaven,
holy be your name.
Your kingdom come.
Your will be done on
earth as it is in heaven".



Let us Do

I will love all that God created.



Let us Sing

Father, who dwells in heaven above –
kindly
Show us the right path at all times.
Each day we bless you and praise you –
Father,
Who in his love did create us.

Let us Memorise

"See what love the Father has given us".
(1 John 3:1)



GOD PROVIDES FOR ALL



My father and mother give me all I need,
Father and mother take care of me.
They put me to sleep by their side.
They send me to school,
How greatly do they love me!
God is the Father of all. He provides for all.

God takes care of me and my parents,
my brothers and sisters, too.
He saves us from peril, and cures us
of our ailments.
His love for us knows no bounds.



Let us Pray

"Give us this day our daily bread and
forgive us our sins as we have forgiven
those who have sinned against us.
And lead us not into temptation.
But deliver us from the evil one.
For the kingdom, the power and the glory are
yours, now and forever. Amen".



Let us Sing

Just as the hen, under her wings
Gathers all her chicks most safely
Eternal and Almighty God
Protects men from every danger.



Let us Do

I shall remember my parents in the
ramsho (evening prayers) and
praise God for them.

Let us Memorise

"Guard me as the apple of the eye; hide
me in the shadow of your wings".
(Psalm 17:8)



Lesson 6

GOD IS PRESENT EVERYWHERE



There are many things I can see —plants, flowers, birds, beasts, human beings, house, rivers, the sea, the earth, the sun, the moon and the stars. But there are things I cannot see with my eyes.

I cannot see God, for He has no bodily form.

God is present everywhere – the earth, the sea, the heavens.
He is present at home, on the play-ground and, in a word,
He is omnipresent.

God knows all. God sees all.
I am always in God's presence.

Let us Pray

"Holy, holy, holy Lord, God Almighty,
Heaven and earth are full of your glory,
Hosanna in the highest".



Let us Sing

God is ever present in heaven and on earth
And he is present before and behind
God is present in flowers and in worms
And he is present in flower gardens



Let us Do

I will always remember that
God is present everywhere;
and I will conduct myself
accordingly.

Let us Memorise

"The work of the Lord is full of his glory".
(Sirach 42:16)



CHRISTMAS



God became man.

Christ is the God who became man.

Christ was born in a manger in the city of Bethlehem.

Christmas is the nativity of Christ.

Christ is the Second Person of the Holy Trinity.



Let us Pray

"Bless us O Lord, who was born an infant for our sake".



Let us Sing

(Thalamurakal Thorum....)

"Through all generations, the feast of Christmas
Is celebrated with full gaiety.

This festal day is indeed blessed!

For God's only Son, is born this day".

(Order of the Service of Yaldo)



Let us Do

At Christmas I shall give a gift to
a poor child.

Let us Memorise

"Glory to God in the highest heaven, and on
earth peace among those whom he favours!"

(Luke 2:14)



THE MOTHER OF JESUS



Once the angel Gabriel came to a town in Galilee named Nazareth, to a virgin, Mary by name. He said to her:

“Hail Mary, full of grace, the Lord is with you. You have found favour with God. And behold, you will conceive in your womb and bear a son, and you shall call His name Jesus”.

Then Mary said: **“Behold, I am the handmaid of the Lord;
Let it be to me according to your word.”**

Mary, the holy virgin, gave birth to Jesus Christ,
the Son of God.

The Virgin Mary, therefore, is Mother of Jesus,
the Son of God. She is my mother, too.



Let us Pray

"Peace to you Mary, full of Grace, the Lord is with you.
Blessed are you among women
And blessed is the fruit of your womb, our Lord Jesus Christ.
Holy Mary, Virgin Mother of God, pray for us sinners now and
always and at the hour of our death. Amen".



Let us Sing

(Daiva Jananee..)
"O Mother of God
Blessed of virgins;
We commemorate you
With sweet fragrance forever;
By your prayers O! Mother
All-pervading peace on earth
Good will in his holy Church;
Let them reign, we plead unto you".
(Order of the Malankara Qurbono)



Let us Do

In the hour of my need I will rely
on the intercession of the holy
Mother.

Let us Memorise

“Here am I, the servant of the Lord; let
it be with me according to your word”.
(Luke 1:38)

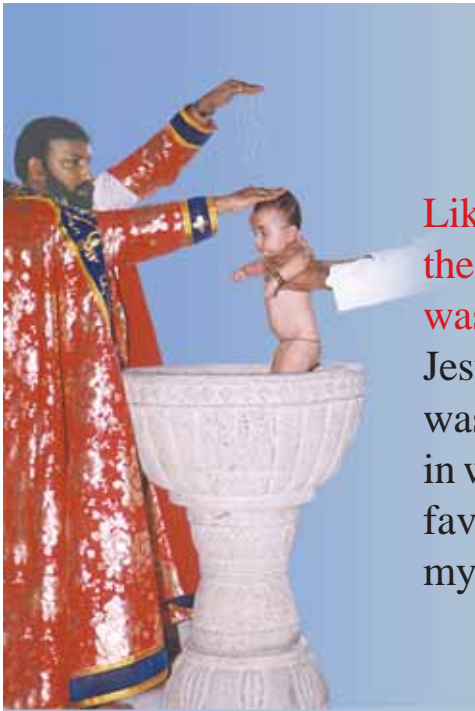


Lesson 9

JESUS IS PRESENTED IN THE TEMPLE



At the end of forty days after Christ's birth, His mother Mary and foster father Joseph presented Him to the Lord in the Temple and offered, according to what is said in the law of the Lord, a pair of turtle – doves or two young pigeons (Luke 2:22-24) .



Likewise, once, my parents presented me, too, in the church in a special manner. That was when I was administered the sacrament of baptism.

Jesus spent His early days in Nazareth. There He was obedient to His parents. And Jesus increased in wisdom and in years, and in divine and human favour (Luke 2:52). I, too, shall be obedient to my parents. I shall respect them.

Let us Pray

"We offer to you, O Lord, all the Holy Qurbonos, prayers and virtuous acts performed in the Holy Catholic Church today".



Let us Sing

(Velivu niranjoreeso..)

"Be pleased with these gifts that we offer to your grace,
Bread and wine we offer graciously accept them;
Just as you in olden days
Accepted from Malchisedeck".

(Order of the Malankara Qurbono)

Let us Do

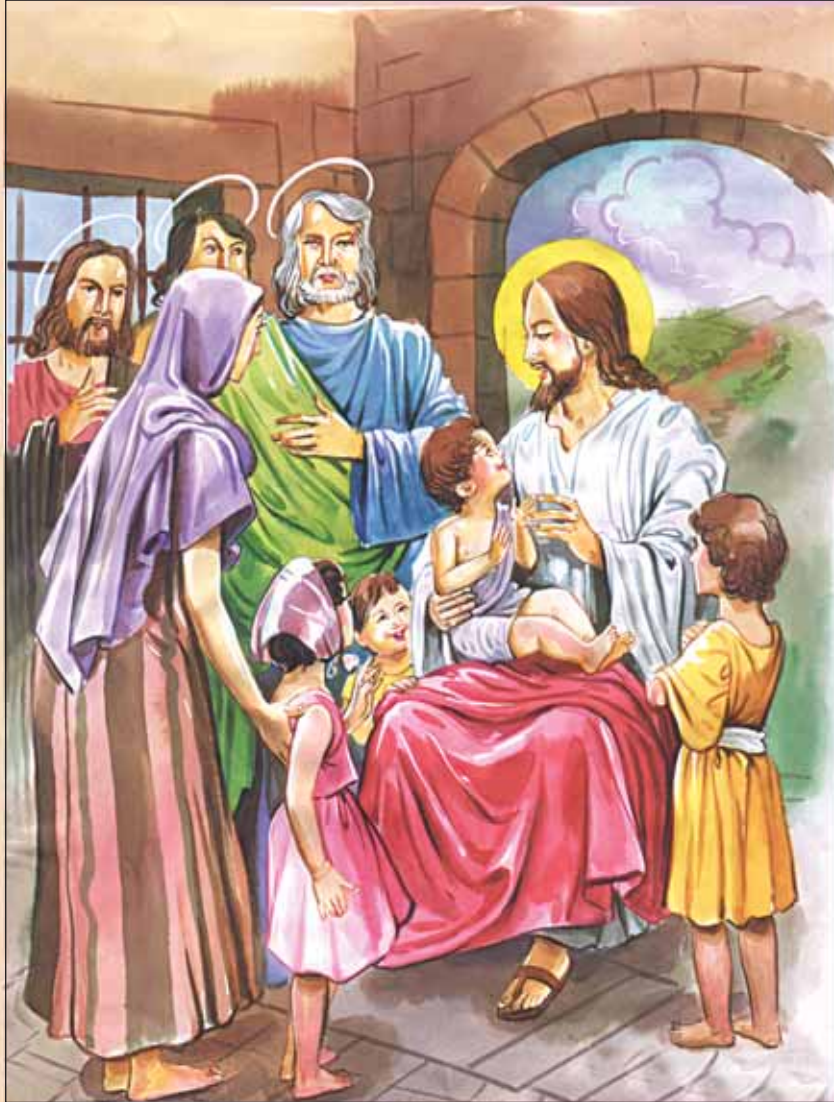
I shall make proper offerings and vows when I go to the church.

Let us Memorise

"I will come into your house with burnt offerings;
I will pay you my vows".
(Psalm 66:13)



JESUS IN THE MIDST OF CHILDREN



Jesus loved children.

Mothers brought children to Jesus that He might lay His hands on them and pray.

His disciples rebuked them.

Seeing this Jesus said: **“Let the children come to me, and do not hinder them. For to such belongs the Kingdom of Heaven”**.

So they went to Jesus. He laid His hands on them and thereby blessed them. **Jesus loves me and blesses me too.**



Let us Pray

"Have mercy on us, O Lord.
Have pity and mercy on us, O Lord.
Receive our services and prayers and
have mercy on us, O Lord".



Let us Sing

Golden infant, little lamb
You are the playmate of children.
Golden infant, you wipe out
All our grief of life on earth.
Golden infant, Son of God
You enhance love on this earth.

Let us Do

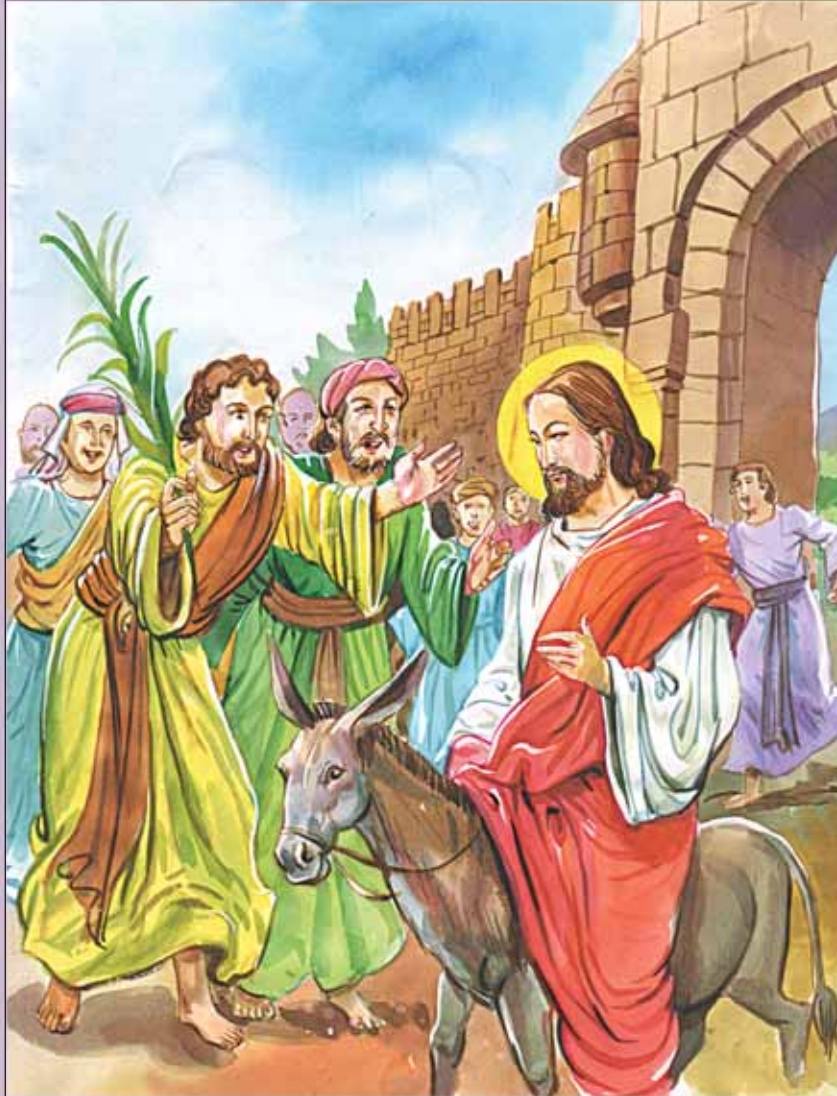
I will grow as a child pleasing
to Jesus.

Let us Memorise

“Let the little children come to me, and do not stop them; for it is to such as these that the Kingdom of Heaven belongs”.
(Matthew 19:14)



HOSANNA



Once Jesus, mounted upon a colt, was going over to the Temple of Jerusalem. Then, on the way, **both the children and people cried out, “Hosanna”**. Waving leafy branches, they followed him. **Palm Sunday is the memorial of this event in the life of Christ.**

On Palm Sunday, I too, shall hold aloft the palm leaves in the church and praise Jesus.

Let us Pray

"Blessed is he who has come and who is to come in the name of the Lord.
Hosanna in the highest".



Let us Sing

(Osana mel melil..)
"Hosanna in the highest,
Hosanna to David's son now and forever,
Let him be blessed, who comes now in the name of God
Hosanna in the highest".
(Order of the Service of Palm Sunday)

Let us Do

On Palm Sunday, I shall glean flowers and take them to the church and sing "Hosanna" to Jesus.



Let us Memorise

"Hosanna! Blessed is the one who comes in the name of the Lord!".
(Mark 11:9)



THE FEAST OF THE PASSOVER



Once Jesus sat with His disciples for supper. It was the Last Supper. It was the Feast of the Passover or unleavened bread. He took bread, blessed it, broke it and gave it to His disciples, saying: **“This is My Body”**. Then He took the cup and said: **“This is My Blood”**. The Last Supper is commemorated in the Holy Qurbano.

Maundy Thursday celebrates the Feast of the Passover. On that day all the faithful go to the church and participate in the Holy Qurbono. Following it, they go home and share the Passover bread.



Let us Pray

"Our Lord and our God, we bow our heads before you".



Let us Sing

(M'seeha tava pesahayal mun...)
"Messiah, through your Passover
You wiped out the old
Paschal lamb by means
Of your new Pasch now
Make us happy and grant mercy".
(Kaumo of Maundy Thursday)



Let us Do

I shall participate in the Holy Qurbono devoutly.

Let us Memorise
"I am the Bread of Life".
(John 6:48)

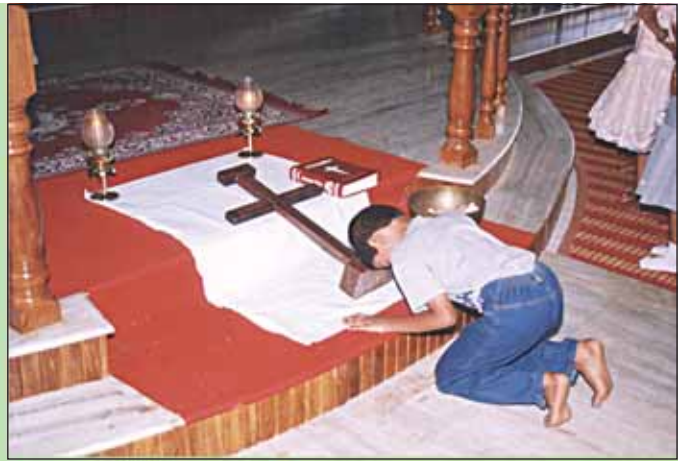


GOOD FRIDAY



Jesus loved all people. But some crucified Him. Upon the Cross, He yielded up His spirit and prayed for those who nailed Him on the Cross. **Good Friday is the day that celebrates Christ's death on the Cross.**

Jesus died on the Cross for the salvation of all mankind. Upon the Cross, He suffered agony. When I am beset with woes, I shall trust in the Lord Jesus.



Let us Pray

"You, who were crucified for us, have mercy on us".



Let us Sing

(Hasayal pizha..)

"Messiah, who wiped out our sins
By your redemptive Pasch
We do pray you now
Accept this service
And grant your mercy to us".
(Kaumo of the Holy Week)



Let us Do

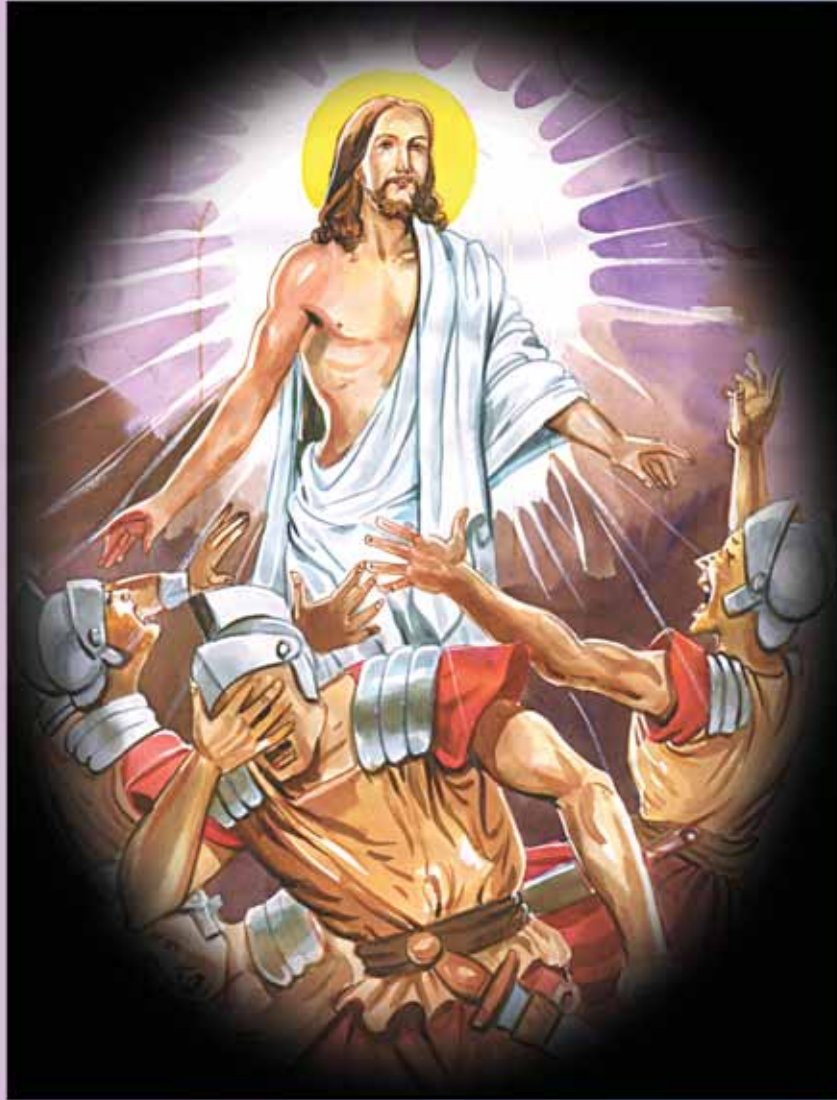
I will love those who have hurt me.

Let us Memorise

"Father, forgive them; for they do not know what they are doing".
(Luke 23:34)



THE RESURRECTION



The third day after Jesus' death was Sunday. At the dawn of the day two women went to the sepulchre. An angel of the Lord told them of Jesus' resurrection. His disciples, too, visited the tomb and found it empty.

Easter is the day that celebrates Jesus' resurrection after His death. Easter is the greatest of all feasts in the Church. At Easter, we all go to the church and celebrate His resurrection.



Let us Pray

"We believe and confess that the Lord Jesus Christ has truly risen".



Let us Sing

(M'seeha Jeevichezhunnettu..)
"The Messiah rose up from his grave
And his guards were put to shame;
His beloved Church in great joy
Blesses her most beloved spouse".
(Season of Qyomto : Morning Prayer)



Let us Do

Every Sunday I will go
to church and
participate in the Holy
Qurbono devoutly.

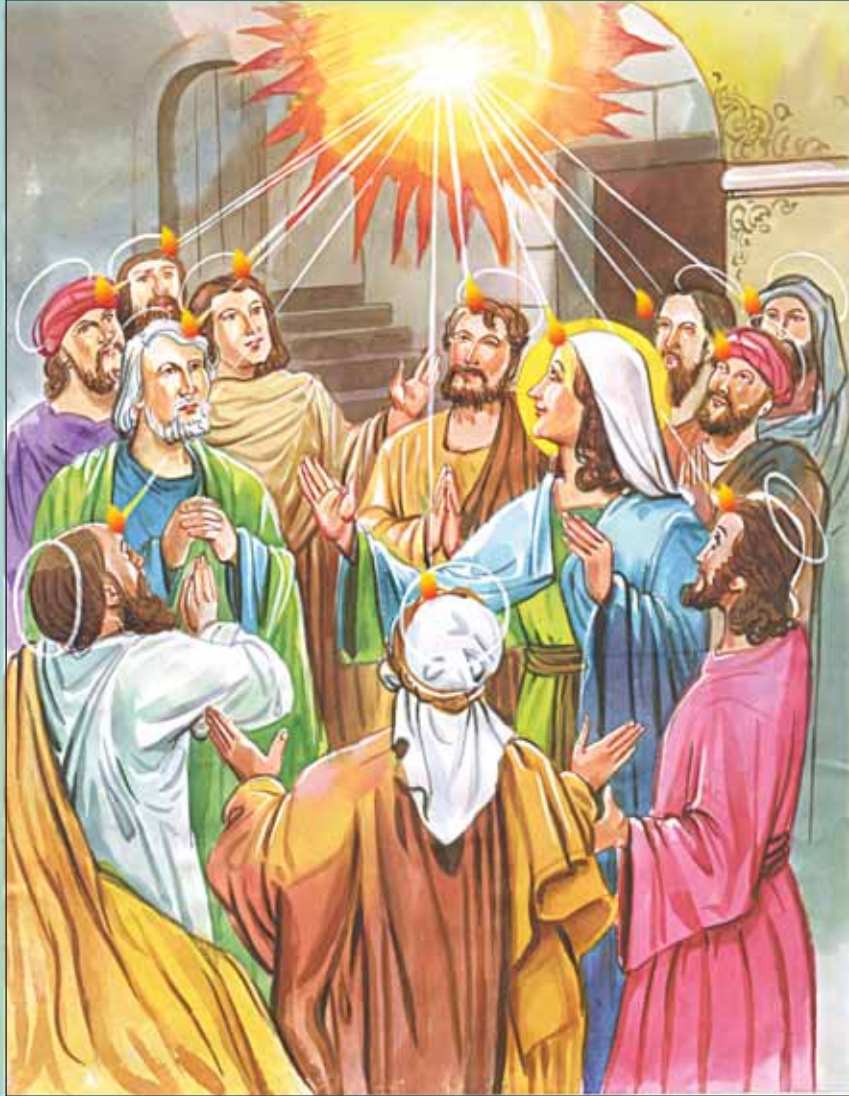


Let us Memorise

"He is not here, but has risen".
(Luke 24:5)



THE DAY OF THE PENTECOST



On the fortieth day after the resurrection Jesus ascended into heaven. He had promised that He would send the Paraclete upon His disciples. **On the fiftieth day following the resurrection, the Holy Spirit descended upon them.**

This day is known as the Day of the Pentecost. The Apostles were filled with the Holy Spirit and they received strength spiritually. The Holy Spirit is the third person of the Holy Trinity.



Let us Pray

"O Lord, the Holy Spirit, make us your dwelling place".



Let us Sing

(Kartave Krupa cheyyaname...)
"With true knowledge and wisdom
We ought sing praises to him
Who exists as one true God
Father, Son and Holy Ghost".
(Prayer of Suthara)



Let us Do

I will daily pray for the grace of the Holy Spirit.

Let us Memorise

"Do you not know that you are
God's Temple?"
(1 Corinthians 3:16)



MY CHURCH



The Church is the house wherein God dwells.

The house of God is holy.

There, the faithful worship God and pray to Him.
Jesus went to the Temple together with His parents.
He attended the Feasts and prayers in the Temple.

I will enter the house of God with reverence;
I will devoutly participate in the prayers and
in the Holy Qurbono.

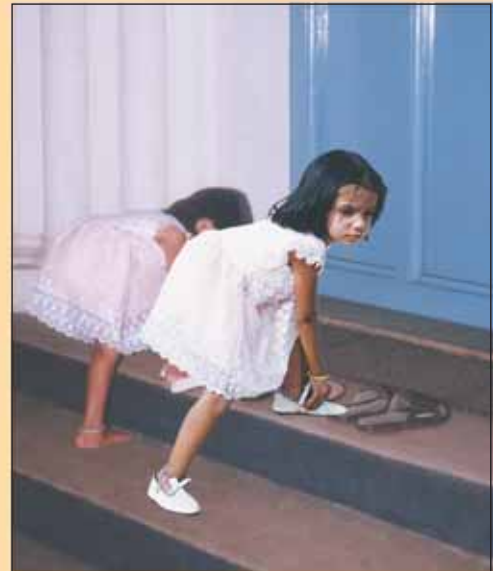
Let us Pray

"Holy are you, O God
Holy are you, the strong
Holy are you, the deathless".



Let us Sing

(Velivu Niranjoreeso...)
"In your church O Lord of heaven
behold! I enter,
And I stand worshipping before your
heavenly throne;
Wipe away my every sin,
Absolving all transgressions".
(Order of the Malankara Qurbono)



Let us Do

I shall remove my footwear
before I enter the Church.

Let us Memorise

"I shall dwell in the house of the Lord my
whole life long".
(Psalm 23:6)



MY HOME



How I like my home! Father and mother, brothers and sisters,
grandpa and grandma live in my house. When they are all at
home, how pleasant it is!

**It is God who has given me all of them.
Glory to You, O God.**

Jesus, too, grew up in a family. It is called the Holy Family.

Let us Pray

"Bless, O Lord, our parents, brothers, sisters and kin, teachers, friends and all those who have done us good in any manner".



Let us Sing

All birds have their nests to rest
So too, squirrels have their holes;
I have my house to dwell in,
Almighty God gave them all.



Let us Do

I will help out my parents in their domestic chores.

Let us Memorise

"How very good and pleasant it is when kindred live together in unity!".
(Psalm 133:1)



MY SCHOOL



I like my school very much.

I have many friends and teachers at the school.

The boy Jesus had respected His teachers and learned from them.

We, too, should respect our teachers, learn our lessons well and love our friends.

Glory to God who has given me good teachers and friends at the school.

Let us Pray

"O Lord, bestow on me wisdom, knowledge and patience".



Let us Sing

Beloved ones, that we do have
Garden, which imparts knowledge
Which does dispel ignorance
And which fills us with wisdom.
There are good teachers in it,
Who will teach us all good things.
My master's words I obey
And I cherish him always.



Let us Do

I shall help out my friends always
and not hurt them.

Let us Memorise

"The fear of the Lord is the
beginning of wisdom".
(Proverbs 9:10)



MY SUNDAY SCHOOL



Sunday School is held in our parish on Sundays and there we learn lessons in religion.

All of us should attend Sunday School.

There, teachers instruct us on religion.

We should obey them and respect them.

I will learn my lessons in religion attentively and grow up as a child of God.

By doing good to all, I will grow up as a good child.

Let us Pray

"Give me, O Lord, everything that is good for the salvation of my life".



Let us Sing

O come all you, O come all you
Friends, to the Religion Class;
So that you hear, so that you speak
And do all good things.
O come all you, O come all you
Friends, to the Religion Class;
Be you humble, win you victory
And be good children.



Let us Do

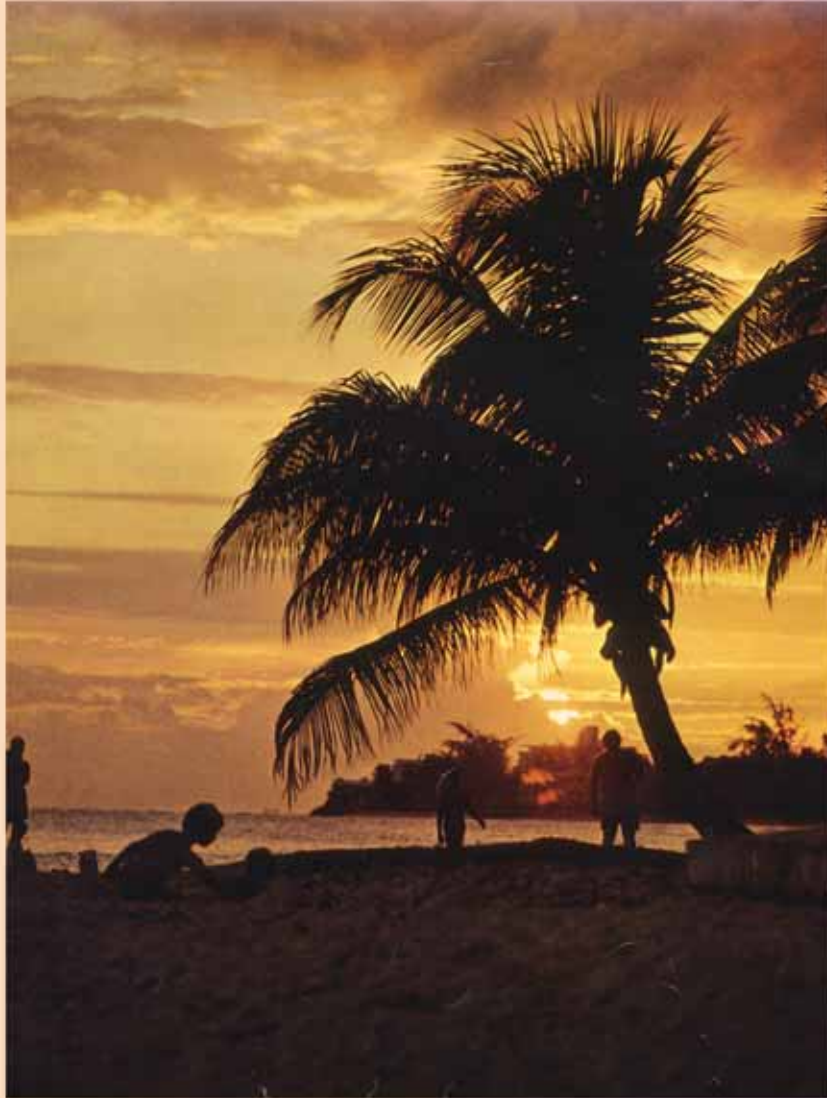
I shall learn my lessons of religion attentively.

Let us Memorise

"For what will it profit them if they gain the whole world but forfeit their life".
(Matthew 16:26)



MY COUNTRY



I should love my country.

All those who are living in my country are my brothers and sisters.

I must respect and love them all.

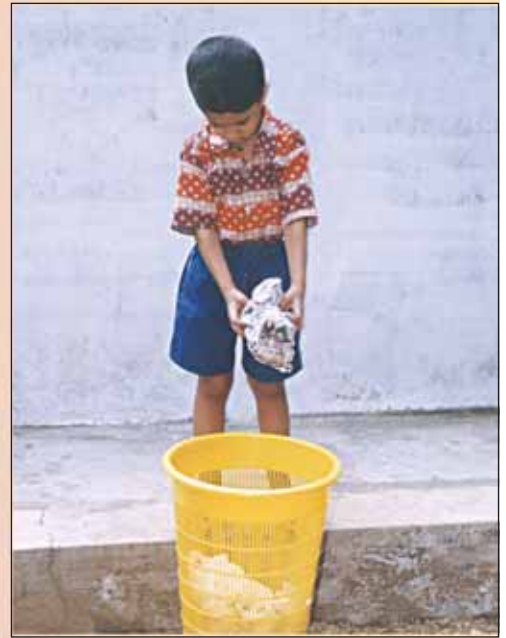
I must work hard for the development of my Motherland.

This country of my birth is a great gift of God.

Glory to you, O God.

Let us Pray

"O Lord God, bless our country and all its people".



Let us Do

I will keep clean the streets and public places.

Let us Memorise

“Lord, you were favourable to your land”.
(Psalm 85:1)



THE KAUMA PRAYER

In the name of the one true God, Father, Son, and the Holy Spirit. Amen.

Holy, holy, holy, Lord Almighty. Heaven and earth are full of your glory.
Hosanna in the highest.

Blessed is he, who has come and is to come in the name of the Lord.
Hosanna in the highest.

Holy are you O God.

Holy are you the strong.

Holy are you the deathless, who were crucified (+) for us,

Have mercy on us (3 times).

Have mercy on us, O Lord.

Have pity and mercy on us,

O Lord. Receive our services and prayers

And have mercy on us, O Lord.

Glory to you, O God.

Glory to you Creator. Glory to you Christ the King,

Who has compassion on his sinful servants. Barekmor.

Lord's Prayer

Our Father in heaven, holy be your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread and forgive us our sins as we have forgiven those who have sinned against us. And lead us not into temptation. But deliver us from the evil one. For the kingdom, the power and the glory are yours, now and forever. Amen.

Peace to you Mary, full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb our Lord Jesus Christ. Holy Mary, Virgin Mother of God, pray for us sinners now and always and at the hour of our death. Amen.