

Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.
Philippians 4:8



Kirkspire

The Monthly Magazine of St. Andrew's Church (The Kirk), Chennai
September 2024

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Editorial Board :

Usha George
Chitra Bennett



WORD FROM THE PASTOR

Watch & Catch to Reach

So Haman took the robe and the horse, arrayed Mordecai and led him on horseback through the city square, and proclaimed before him, "Thus shall it be done to the man whom the king delights to honor!" (Esther 6:11)

Greetings in Jesus name. How abundant has been God's mercy and grace on our lives that here we are having entered into September 2024. In the midst of the many tragedies in the world and the chaos that is exponentially growing around us, we live with this assurance that God is on the throne in glory and He is enthroned in the hearts of His faithful disciples. Is he enthroned in your heart?

This month, we will study on the topic 'Reflective Mind'. The example we will focus here is the person of Mordecai. A Jew who is in a foreign land but is very clear about his faith, priorities and convictions. Esther 3:5 records a statement that Mordecai refused to bow down to Haman, the second in command of the kingdom of Persia. When everyone else feared Haman and bowed down to him, Mordecai stood defiantly and that sent a very strong statement of self-respect and confidence to Haman. He was not a happy man when he saw Mordecai or even the very thought of him.

Here are some lessons that Mordecai teaches us today that should enable us to have a reflective mind.

1. **Watch whom you fear the most – Mordecai feared God more than Haman or any man.** He always knew that God Almighty is sovereign and no one can touch His children without God's permission.

2. Walk as honest citizens – Personal Integrity is vital for our Christian testimony in this heathen world. The world will not listen to our gospel message if they don't see the gospel transformation in our lives.
3. Wake up to traps of Satan – Mordecai did not want to fight his battle in the flesh but through prayer. Those famous words of Mordecai to Esther says 'For if you remain completely silent at this time, relief and deliverance will arise for the Jews from another place, but you and your father's house will perish. Yet who knows whether you have come to the kingdom for such a time as this?'
4. Be Willing to help selflessly – Mordecai worshipped God diligently and served his human king selflessly. The greatness of the act of Mordecai as recorded in Esther 6 is that Mordecai did what was a very heroic act but sought no personal glory.
5. Wait for God to honour – Just like Joseph and Daniel, Mordecai was honoured by God from being a slave to being a ruler in the same land. God will honour those who honour Him.

Reflect on the choices you make in life and be watchful, catch yourself lest you fall for the temptation of short cuts and reach for the prize, the upward call in Christ Jesus.

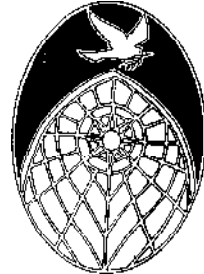
Have a blessed month

Rev. Isaac Emmanuel Johnson

God's love is the most awesome thing about Him. It is not His justice, nor His majesty, nor even His blazing holiness, but the fact that He has made and keeps a covenant of personal commitment and love to His people.

Sinclair B. Ferguson

John's Corner



DOWNCAST? NOT I!

Aug 11th is Asha Sunday

Read Ps 42:5, Isa 41:10

Lord, handicapped they say I am,
Without You I am very frail,
I have no strength to even stand,
Life's oceans I can never sail.

I felt depressed for all around,
Others are happy, well and strong,
While deep within I wondered if
I'm punished cause I've done some wrong.

But in Your Scriptures I found hope,
God's Word brought me great peace and cheer,
'Lo! I am with you always, child,
Be not dismayed nor ever fear.'

What joy it gave, what power divine,
I'm confident I now can stand,
For I've a Friend who walks with me,
When downcast I'll just hold His hand.

John H. Bala Singh

When kings go off to war...

'In the spring, at the time when kings go off to war, David sent Joab out with the king's men and the whole Israelite army. They destroyed the Ammonites and besieged Rabbah. But David remained in Jerusalem.' 2 Samuel, 11, :1,

'The greatest battle lies within.'

'David, were you tired?
Of battles and wounds on that lovely spring morning.
Or were you merely content with
the victories already achieved?

Was it laziness that resulted in the
delegation of responsibility to Joab
or did you think that he could do what only
you were called to do?

Did the titles
'Anointed,' 'song-writer,' and 'warrior'
get into your head?
Was complacency the cause?
Or was it a bit of everything?'

But the Word gives us a staggering reason.
**When the king did not do
what he was supposed to do
when he was meant to,
it paved the way for great disaster.*

Father, don't I do the same?
Excusing my inaction by blaming circumstance
I contemptuously underestimate
small acts of obedience and set limits to what can be done.
I despise my talents by comparative thinking and
by refusing to cultivate them.

Forgetting that only I can do what You have called me to do
I resent the mundane tasks
of daily living in this unexciting period of waiting.
In search of a grandiose purpose I fail to recognise
Your gentle voice
that urges me to be faithful
in the little,
in the now.

Forgive and change this haughty outlook, I pray.

In this invisible war for the allegiance of
my heart and soul help me in the choices I make.
For like a boat in a roaring river
I am either constantly rowing
towards You or drifting away.

Help me Holy Spirit as
I unwittingly enter this unseen, ruthless battle every morning.
Keep me from succumbing to the temptation of numbing complacency
and from belittling humble faithfulness.

May I step into each day
with the excitement & energy of a child.
With the full awareness that
the battle belongs to You.
Like the ancient kings who
went off to war.

Dr. Susan Rajkumari

He who is not contented with what he has would not be
contented with what he would like to have.

Unknown

KNOW YOUR LAW

The Latin Legal maxim - "Nemo Debet Bis Vexari Pro Una Et Eadem Causa" means - no person should be punished twice for the same offence. It embodies the rule that no one should be put to punishment twice for the same offence. In criminal law, this Latin term is known as the rule against double jeopardy, i.e., a person should not be "vexed" or punished more than once for any particular case brought against them.

In civil law it is called RES JUDICATA a doctrine that prohibits a court from re-examining a case that has already been conclusively decided by the same court, involving the same parties, subject matter, and under the same title. This can be found in Section 11 of the CIVIL PROCEDURE CODE.

I see an interesting parallel of sorts between the rule against Double Jeopardy and that which is found in the Bible – HEBREWS.

Since Jesus took our sins and was punished for it (on the Cross we are declared righteous)!

He took our place willingly. **Hebrews** 10:9 "Here I am, I have come to do your Will"

Hebrews 10:10 And by that Will, we have been made Holy through the sacrifice of the body of Jesus Christ **ONCE FOR ALL**.

The sacrifices repeated endlessly (by priests) did not make one 'perfect', because 'it was impossible for the blood of bulls and goats to take away sins 'and hence the sacrifices themselves were 'an annual reminder of sins'.

Christ was sacrificed **ONCE** to take away the sins of many; Hebrews 9:28

Where these have been forgiven sacrifice for sin is no longer necessary. Hebrews 10:18

Therefore, there is now no condemnation for those who are in Christ Jesus, ² because through Christ Jesus the law of the Spirit who gives life has **set you free** from the law of sin and death (Romans 1:1).

No Double Jeopardy!!

Joshua Chelliah

KINGDOM OF HEAVEN IS 'OF SUCH'

Unless one be like the little children,
Impossible it is to enter the Gates of Heaven.

In this world, big and vile
Men continue to grow more and more wild;
The grownups of the world
are all smirked up and snarled—
It is from the little children
We ought to learn how to smile.

So much that Jesus once severely reprimanded,
Welcoming little children He signally demanded:
"Suffer the little children, and forbid them not,
to come unto me: for 'of such'
is the kingdom of heaven",*
Not admissible for pretentious hypocrites as such,
Nor for those who rate themselves much!

Those who regard themselves high in their own eyes,
Will ultimately pay a very heavy price;
Until and unless one be like the little children,
Impossible it is to enter the Gates of Heaven.

BV Selvaraj

*Matthew 19:14, KJV

Do not judge the Church by its members, but by its Founder
Jesus Christ.

E. Paul Hovey

A Vignette From the Past

Twenty Fingers Make Melody

'Since Jubal stumbled upon the gamut' (as the Scriptures record the fact and Lamb phrases it) harp and organ came to birth – the string first and the percussion next – and the piano's advent was predetermined arriving in due time to bless the world. We heard Handel Manuel and Mrs. Ayyangar in a two-piano recital at the old British Council Centre some years ago, when the twain became one musically. On 8-4-1980, at the Ballroom of the Connemara Hotel, we had the same kind of enchantment, when we heard Handel Manuel and Daulet Nanava Nanavathy in a similar two-piano recital sponsored by the Institute of Development Education, Max Mueller Bhavan and the M.M.A. The audience was not the usual highbrow Max-M.M.A. class but commendably more common being a good mixture of all those who had ears to hear and critics nurtured on recorded music. But an audience does not make the music. Twenty fingers made it presenting a most agreeable programme of Bach, Beethoven, Handel, Liszt and others for one and a half hours. Their hands got into the notes as if they were gloves, with such perfect ease.

The eyes and ears of the listeners were on the stretch to mark the deftnesses that die with the moment, if left unnoticed, but make part of the felicity in piano music. Nanavathy played with the perfect quietude of the traditional style, but was never left behind and never missed her assonances with the more expert partner, while the older musician's piano glowed red hot sometimes as he chased an arpeggio to its dizzy end or landed with poised hands and uncanny precision on the keys after he had achieved his precipitate hurry to reach some emotional close. Chords clashed with chords and rose up in harmony like 'the many twinkling smile of the sea', as the Greek pictures it, when wave buffets wave. The playing was also saturated with personality, she having all her reputation and he the remarkable self-taught musician of the world. To interpret great music one must feel with the intensity of poets. There was evidence of such feeling in these artistes. A Beethoven piece, 'Sheep may safely graze', a pastoral lyric, might well have been called a tone poem.

Finally, when Music affirms the reality of Religion, there is hope for the world. The programme began with Bach's 'Jesu, Joy of Man's Desiring' and brought a Cathedral to the Ballroom, so integrating life.

Late A. N. Rajamani

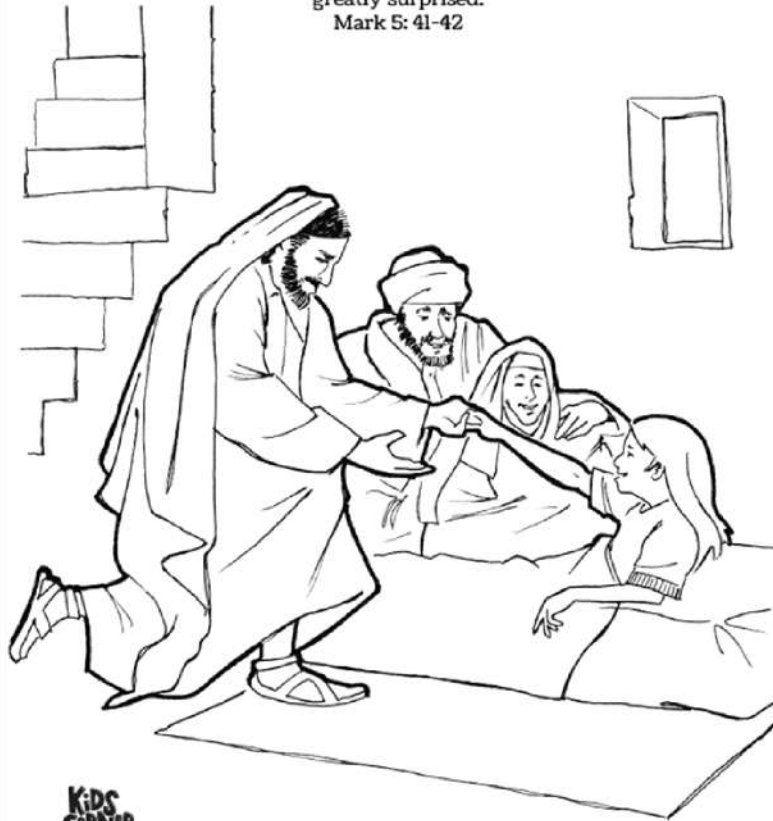
Colour the Bible Story

Jarius's Daughter

Jesus the Savior

He took the twelve-year-old girl by the hand and said, "Talitha, kum!" which means, "Little girl, get up!" The girl got right up and started walking around. Everyone was greatly surprised.

Mark 5: 41-42



Bible Quiz September 2024 -Genesis 8 -10

1. Which were the birds that Noah sent out to see if the waters had lessened on the earth?
2. How many years was Noah's lifetime?
3. Who was a mighty hunter before the Lord?
4. In the time of which descendant of Shem was the earth divided?
5. The Philistines came from which of Noah's three sons?

Source: Biblicalelearning.org (NIV based)

Answers to Bible Trivia for Kids from Genesis 1-7 – August 2024

1. In the midst of the water (1:6)
2. A flaming sword flashing back and forth (3:24)
3. 300 (5:22)
4. Shem, Ham and Japeth
5. Only one (6:10), 3 (6:11)

Dolly Shanthakumar

The income of God's Word is the outcome of a changed life.

Unknown

The eyes of the Lord are on those who fear him On those whose hope is in his unfailing love.

Even as we put our hope in our Lord and rest upon his unfailing love, the Asha Family-the children, their families, staff and the Management joined the congregation of St Andrews to praise and thank this awesome God for yet another blessed year. Celebrated as 'Asha Sunday' this annual thanksgiving event in the calendar of Asha is celebrated joyfully in all the three worship services of the Church.

In the 7am service the 'special' children of Asha thanked the Lord Almighty through a dance to the tamil song 'Ennai nadathidum Devan Ennoda eeruka bayam me ennaku eelai ye(Because the Lord who Leads me is with me, I have no fear) and also presented a song and scripture verses. Rev Paul Anbarasu shared the message on the topic "Who is the greatest?"

'Let us make a Joyful noise unto the Lord'!

The 48 children from the Egmore campus centre and 11 from the Thirupalaivanam branch did just that in the 9am service praising and thanking our Lord for all his goodness to them in the year gone by. In spite of their intellectual challenges and very limited verbal communication skills the lively joyful singing 'Jesus wants me for a sunbeam', 'I trust you Lord with all my heart', 'Thank you Jesus' and the memory verses so painstakingly learnt and recited, touched many in the congregation. The children worshiped the Lord through a dance to the tamil song 'En thevaigalai parkilum, En Deven Periyavarei (Considering my needs, my God is a Big Great God). Special songs were presented by a group of parents and also by the staff.

The testimony by Mrs Nadiya parent of Sanjay from the Thirupalaivanam centre bore witness to our Lord's amazing grace in their lives, the great improvement witnessed in Sanjay's well-being and his development in many ways !!

The message shared by Rev Isaac Johnson on 'Invisible Victories' focused on many a change in the lives of the Asha children, hurdles overcome, barriers broken!! To the families gathered there, bruised, embittered, scorned, humiliated and harassed even by their very own immediate circle of family and the society around, excluded from social interactions because others felt embarrassed by the presence of 'a special child', the message of God's Power was a great encouragement instilling hope in the hearts of the families gathered, motivating them to face the tomorrows. The concluding hymns in the 7am and 9 am services – 'Make me a Channel Of your Love' and 'Sent by the Lord am I' respectively was a mandate to everyone in the Church to reach out and share God's love. The sale of colourful products after the service showcased the abilities of the children and their capabilities. The congregation were also invited to visit the centre to acquaint themselves of the activities that took place there so that they could carry back home in their hearts some special thoughts of this special morning!!

The Asha Family

Let's look to God in His commandments, listen to what He has to say, and try not to break the vases!

Florence Littauer



Asha Sunday Programme



Asha Teachers



Asha Sunday Participants



Asha Sunday Sale

Bible Quiz No. 151–September 2024

A Haberdasher's Quiz



A Haberdasher is a person who deals in small articles of dress Please give a Bible reference (KJV)

Some strange names are used in the Bible. **Pick the correct words from the following list:**

Aprons / bonnets / breeches / phylacteries / handkerchiefs / hosen and hats / collar of my coat / stomacher : sackcloth / earrings and bracelets / mantles and wimples / cauls and tires / crisping pins.

1. 'The priest shall put on his linen_____.'
2. 'They sewed fig leaves together and made_____.'
3. 'From his (Paul's) body were brought to the sick, _____.'
4. 'For Aaron's sons thou shalt make_____.'
5. 'They (the Pharisees) make broad their_____, and enlarge the borders of their garments.'
6. Job said: 'My disease bindeth me as the _____ of my _____.'
7. 'Shadrach, Meshach, and Abednego were bound in their____ and_____.'
8. Abraham's servant gave Rebekah ' a golden _____ and two _____ for her hands'.
9. According to Isaiah, the punishment to the women, for pride, was to be: '**instead of a _____ a girding of _____**'.
10. He also said: '**The Lord will take away their _____ and their round _____ like the moon**' also '**their _____ and _____ and the _____**'.

Taken from *A Bible Quiz Book* by May C. Smith

Kindly send your answers to the church office or email kirkspire@gmail.com (please note the new email address for Kirkspire) by 23rdSeptember2024.

Usha George

Answers to Bible Quiz No. 150 – August 2024

An Entomologist's Quiz

1. a) the serpent b) the locust
2. a) Flea. 1 Samuel 24, b) Locusts. Matthew 3:4
3. Palmerworm, cankerworm – earthworm. Micah 7:17
4. *'Straining out the gnat, and swallowing a camel.'* Matthew 23:24 (RSV)
5. Dead flies in the ointment. Ecclesiastes 10:1
6. Viper / asp / serpent / cockatrice / adder
7. Mosquito
8. *'Go to the ant thou sluggard'* Proverbs 6:6
9. No
10. A brazen serpent. John 3:14

The winners are:

1. Mrs. Indra Rajanayakam
2. Mrs. Suguna Joseph
3. Mrs. Gloria Jawahar
4. Mrs. Angeline Reagan
5. Mrs. Victoria Basker
6. Mrs. Patricia Patrick
7. Mrs. Gladys Vedavimali
8. Mrs. Peace Rani Sudhakar
9. Mrs. Sabrina Siga
10. Dr. Mrs. Sujata Elizabeth Prasad

Hearty Congratulations!



Stick Close to Jesus

*But Simon Peter answered Him, "Lord, to whom shall we go? You have the words of eternal life."
John 6:68*

Centuries ago near the Sea of Galilee a momentous decision was taken by a few illiterate followers of Jesus – a decision that changed the world forever. This bedraggled group dropped their fishing nets, their homes, to follow their Leader into a world far apart from the one they knew. They faced the scorn, the scourge, and martyrdom, never swerving in their loyalty to their Master. The early disciples stuck to their Leader as a postage stamp on an addressed envelope.

Our materialistic culture declares itself as liberal and secular. They mock the concept of a Creator. Religion is termed as an opiate or a delusion. The world is falling apart for lack of authority and a norm from Truth and Goodness. We lack an authority that shall be stronger than fear, hate, and selfishness, and, to top it all, a faith that will give meaning to life –to face it courageously.

All that authority is to be found in Jesus Christ if we have eyes to see it and hearts to understand Him – the Light of the world. (Ephesians 1:18-21)

The Bible has been called 'God's love letter to mankind'; the glorious gift to us exudes the breath of God and sends out life-giving golden lights to search and find the broken and lost children of God. Our Lord, in compassion and love, sends a personal invitation to each of us: Come unto Me, **all ye that labour and are heavyladen, and I will give you rest** (Matthew 11:28).

The portrait of Christ in the gospels is etched in crystal clear words which inextricably bind His simple, normal life with His superhuman attributes and prodigious claims. This is also a literary miracle.

The magnetic 'I AM' statements prove that Christ is not just a helper or a great teacher. The claims are made with compelling authority. Jesus explains His divine authority and human relationship by this analogy: I am the Vine, ye are the branches: He that abideth in Me, and I in him, the same bringeth forth much fruit: for without Me ye can do nothing'.

The arm of the Master is the only power that can quell vicious satanic attacks on us. When our minds are being choked with the deadly weeds of sin, let us deeply inhale His Amazing Grace experienced by so many wretched sinners. Let it be etched in our minds that in the Cross on Calvary, the wound of God was set close to our ugly wounds of sin. When we are thus grafted to our Lord's bleeding side, we are rejuvenated and we are fit for our Master's use.

Right through history, the followers of Jesus have been in the frontline bringing about changes for the better in education, healthcare, justice, social dignity, and in simple human-to-human relationships.

The Man of Galilee, who has welcomed sinners and freed them from the shackles of sin is the same yesterday, today and forever.

So let us run the race of life gifted to us, as a child sticking to the father, never to be lost or left behind.

'Over our weakness, Thy strength has been cast,
Keep us in weakness, Thine own till the last,
Then safely folded with joy we shall say,
Never from Thee would we stray.'

Usha George

Truth is always strong, no matter how weak it looks; and
falsehood is always weak, no matter how strong it looks.

Phillips Brooks

GLORY BE TO GOD THE FATHER,
GLORY BE TO GOD THE SON,
GLORY BE TO GOD THE SPIRIT:
GREAT JEHOVAH, THE THREE-IN-ONE!

Know Your Hymn

**GLORY BE TO GOD THE FATHER –
HORATIUS BONAR**

Horatius Bonar (1808-1889) was a Scottish minister and hymn writer who has written about 600 hymns. He became exceedingly popular as a preacher, and was soon well known throughout Scotland. In his early years as a minister in the church at Kelso he frequently arranged united prayer and began the publication of pamphlets 'Kelso Tracts' supplementary to his ministerial work, and he gradually produced evangelical books, such as *God's Way of Peace* and *The Night of Weeping*. For the advancement of his work in his congregation and his Sunday-school classes, he began the composition of hymns some of which were for the Moody and Sankey revival meetings. A man of extraordinary energy and versatility, Bonar was one of the last among notable Edinburgh preachers to conduct services in the open air, and this he frequently did on a Sunday in addition to the regular work for his congregation. His wife Jane Katherine helped in his writing. Bonar published numerous religious tracts and sermons and contributed to the *Imperial Bible Dictionary* and *Smith's Bible Dictionary*.



This hymn 'Glory be to God the Father' was written for an English Presbyterian Church Book. It is based on the 'Gloria Patri' the 4th century conclusion known as the Lesser Doxology sung at the end of Psalms and Canticles. The first complete Latin version of the

hymn, in the form used today, appears around the year 690AD. The tune 'Regent Square' was composed for this hymn by Henry Smart (d.1879), and is called after a Presbyterian church in London.

God is three distinct individuals - God the Father, the Son Jesus, and the Holy Spirit - in one true God. It is indeed difficult to comprehend fully. We are called to believe and follow Him who is the same yesterday, today and forever, whose thoughts are higher than our thoughts and His ways higher than ours. The Bible teaches us and so we accept in faith. From the beginning in Genesis chapter 1 we see the Trinity working together. In **Isaiah 61:1 Jesus Christ says**, "The Spirit of the Lord GOD is upon me,"

In **Luke 3:21-22** when Jesus also had been baptized and was praying, the heaven was opened, v22 and the Holy Spirit descended upon him in bodily form, as a dove, and a voice came from heaven, "Thou art my beloved Son; with thee I am well pleased."

The gospel message rings clear in verse 2
Glory be to him who loved us, washed us from each guilty stain;
glory be to him who bought us, made us kings with him to reign:
glory, glory, to the Lamb who once was slain!

Christ gives us a command "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit," Matthew 28:19

Paul's blessing used all over in the Christian world reminds us of our great Jehovah Three in One 'May the grace of the Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with you all. 2 Cor 13:14

To those.....according to the foreknowledge of God the Father, in the sanctification of the Spirit, for obedience to Jesus Christ and for sprinkling with his blood: May grace and peace be multiplied to you. 1 John speaks of the work of the TRINITY

What can we offer the great Jehovah ?
What can we bring to the Mighty King ?
What can we do to please You ?
Forever praise and sing!

GLORY, GLORY, GLORY, GLORY,
GLORY TO THE KING OF KINGS!

Dr. Anita Chelliah

Does life feel overwhelming? Don't you give up yet

Understanding mental illness and its psycho-social effects

We live in a time where things can be bought easily just by the click of a button. We also live in a time where relationships can break quickly just because of a misunderstood word. We live in a time where we can be connected instantly with many people around the globe. Yet at the same time, there have been reports of millions experiencing loneliness like never before.

Today there have been reports of increasing divorce rates, substance abuse issues, work-life balance issues, and average citizens experiencing higher than normal stress levels, depression, anxiety, and loneliness. Ironically, people's major needs today are not money and jobs but love and companionship. A lacuna in this respect has greatly affected the mental health of many people – both young and old.

Mental health is described as a state of well-being where a person is able to cope with the normal stressors of life. This state permits productive work output and allows for meaningful relationships with people around. However, different circumstances exist that may affect the ability to handle life's curveballs. These factors disrupt the daily routine, and the capacity to manage these changes.

Eventually, these factors affect people's mental well-being and give rise to various psychological disorders like Depression, Anxiety, Addictions, Schizophrenia, Personality disorders, et al. Some of the factors that affect people's mental well being are childhood trauma, poor relationships with significant others, inadequate socio-economic support, adverse environmental circumstances, biological makeup, and poor lifestyle choices.

Some of the signs of poor mental health are a change in eating habits like over or undereating, becoming recluse and shying away from people, a feeling of persistent despair, consuming alcohol or tobacco or any other substance more than usual, extreme mood swings, hearing voices with no identifiable source, thinking of self harm or causing harm to others, and the inability to perform daily tasks with ease.

Some of the best practices to take care of mental health is to indulge in regular exercises, prioritising rest and sleep every day, learning coping skills to handle life's challenges, keeping in touch with loved ones, maintaining a positive outlook towards life and seeking professional help like mental health counselling or psychotherapy.

Besides, if certain mental illness symptoms persist, it is advisable to seek the guidance of a professional like a mental health counsellor, psychologist, social worker, psychiatrist, or an allied health care worker. These professionals are trained to diagnose and treat various psychological disorders using appropriate treatment modalities and psychotherapeutic approaches.

On the other hand, if you know someone who is going through mental health issues, please do not ignore them. It is a common practice in India to downplay mental health symptoms like "feeling exhausted," "feeling depressed or sad," "feeling indifferent," and "feeling low energy." In some extreme cases, a person who is affected by a mental illness is even thought to be possessed by the evil spirit !

Mental illness is nothing different from physical illness. Both are pathological and caused by some deformities in the mind and body. Both can lead to death if not treated on time. Some of the saints whom we cherish in the Bible like Job, David, and Elijah also walked through dark episodes during their life. So, just because someone is dealing with depression or suicidal thought doesn't make them any less of a Christian.

In conclusion, the importance of mental health for total well-being cannot be overstated. When mental health is overlooked, it causes negative behaviours that not only affects the relationship with others but also the physical health. Hence, let us ensure we take good care of our mind the same way we care for our body and soul.

"Surely you have instructed many, and have strengthened their feeble hands. Your words have steadied those who stumbled; you have braced the knees that were buckling" – Job 4:3,4

Billy Paul Ebenezer
Counselling Psychologist



STONES IN THE BODY – III

URETERIC STONES

“Doctors treat, but Jesus heals”

Ureter is a tube connecting the kidney and the urinary bladder. Any small kidney stone can pass through the ureter causing pain in the loin radiating to the groin. Pain is severe, colicky, (spasmodic) intolerable and lasts for a few hours. When the stone descends further down, the pain can radiate to the upper part of thigh. Colic lasts for about 4 – 6 hours and is relieved by antispasmodics and narcotics.

Investigations

Blood urea and serum creatinine levels are estimated. Plain X-ray abdomen can reveal 90% of renal stones. Ultrasonography can tell the size and location of stone, can confirm enlarged kidney also. Urine for culture and sensitivity is also sent.

IVP: Intravenous Pyelography is used to locate the stone exactly, in relation to kidney and ureter and to assess renal function. A non radio opaque stone can be seen as a filling defect. Swollen kidney (Hydronephrosis), swollen kidney and ureter (Hydronephroureterosis) can be made out.

Treatment

The treatment can be non-operative or operative. Small stones pass off with intake of copious amount of fluid. Intravenous hydration about 2 litres followed by intravenous medications (frusemide) which increases urine flow is attempted (flushing therapy). Extra corporeal short wave lithotripsy (ECWL) can be done. Shock waves are generated around 500 -1500 shock waves, which blast the stone. If stone still is impacted, then various surgical procedures can be done.

Dr. (Mrs.) Rajini Kantha Narendranath

Kirk News



*Bright eyes gladden the heart;
Good news puts fat on the bones.
Proverbs 15:30*

Imago Dei

Genesis 1:27 reminds us, "So God created mankind in his own image, in the image of God he created them; male and female he created them." The concept of Imago Dei, meaning "Image of God," signifies that each human being reflects God's likeness and has a divine purpose in life. As Scripture further reveals in 1 Corinthians 12:12-27, we are interconnected, like the members of one body, with each part playing a vital role in the Church. We each have an individual calling and a calling to serve communally. God gives us the best of lessons in the unlikeliest of places.

Asha Sunday

The profound truth of interdependence is echoed in the work of Asha, an organisation dedicated to children with special needs. Like the body of Christ that requires each member, Asha thrives on the contributions of every child, staff member, and volunteer. This reliance on one another strengthens the community and exemplifies how God designed us to live in support of each other. On August 11, 2024, the church celebrated Asha Sunday during the 9 AM service, offering a glimpse into this God-gifted ministry.

Independence Day Celebrations

Furthering the spirit of unity, the children and staff of RMDCC, AKCDC, and Asha came together with the church to celebrate India's Independence Day on August 15, 2024, at 9:30 AM.

Kirk Youth Fellowship

The Kirk Youth Fellowship (KYF) continues to foster spiritual growth through its ongoing Bible study series, "Rebuild." On August 18,

2024, the group met after the 9 AM service at the Guest House of St. Andrew's Kirk. After a time of study, attendees shared a communal lunch, which encouraged deeper connections and fellowship.

The much-anticipated Annual Youth Camp took place from August 24th to 26th at Quiet Corner, Masinagudi. With guest speakers Rev. James Ebenezer and Mr. Thomas George, and our own Rev. Paul Anbarasu, the camp proved to be an enriching experience with worship, engaging activities, and a campfire to enjoy.

Kirk Men's Fellowship

On July 28, 2024, the Kirk Men's Fellowship held its regular meeting at 11 AM in the DCC Hall, where Rev. Isaac Johnson spoke on "Influence Through Love." Then, on August 18th, the men reconvened to discuss the topic "Being a Witness in the Marketplace," with Mr. Valentine Davidar as the guest speaker. The meeting provided a meaningful space for men in the congregation to connect and deepen their faith.

Kirk Women's Fellowship

The Kirk Women's Fellowship met on July 28, 2024, at 11 AM in the SACCE Hall, discussing "Healthy Body, Holy Temple." Guest speakers included Mrs. Sheila Swarnakumari and Mrs. Abha Appasamy. The Women's and Men's Fellowships later gathered for a joint lunch at 1 PM.

Their next monthly meeting took place on August 18, 2024, at 11 AM in the SACCE Hall, with the theme "Light in the Midst of Darkness," featuring Mrs. Roselin Johnson as the guest speaker.

Friendship Club

The Friendship Club met on August 8, 2024, at 3:00 PM in the SACCE Hall. This gathering offered an opportunity to build Christ-centred relationships and lasting friendships.

House Church

The House Church gathered on Friday, August 23, 2024, at 6:30 PM at the home of Mrs. and Mr. V. Abraham Mani in Anna Nagar. This intimate fellowship offered a time for prayer, sharing, and spiritual nourishment.

The Kirk's Medical, Gospel and Christian Counselling Ministry

On August 10, 2024, the Christian Counselling Ministry hosted a seminar on "Domestic Abuse" at the SACCE Hall. The guest speaker, Dr. Latha Christie, Senior Scientist at LISC, addressed the topic with great insight. A lunch followed, with a Q&A session held from 2 PM to 3 PM.

The Kirk's Medical, Gospel, and Counselling Outreach Program took place on August 18, 2024, in Balaramapuram from 10 AM to 3 PM. The participating members departed for the event immediately following the 7 AM service.

Angela Susan Bryner

Dear Readers,

If you have articles to contribute, request you to email them to kirkspire@gmail.com

Kirkspire Editorial Board

Our God is a God who not merely restores, but takes up our mistakes and follies into His plan for us and brings good out of them.

J. I. Packer



Asha Children on Independence Day Celebration



Mrs. & Mr. Prasad Oomen Hoisting National Flag

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