

Issue September 2025
Diocesan Youth Apostolate



DYA monthly

know.
love.
serve.

Featuring

Mindful Moments
Mission Spotlight

Why be Catholic, instead of Christian?
Qurbana on Campus

Mindful Moments

Reflecting on Our Lady of Sorrows

St. Basil said:

"As the sun surpasses all the stars in lustre, so the sorrows of Mary surpass all the tortures of the martyrs."

How does it feel when a close friend validates you? That's a visible expression of how prayer is. Reflecting on the 7 sorrows of Mary feels like you're entering into her life. As you reflect on her pains, without noticing, **Mary notices yours.** The Mother of her Son's sorrows became the Mother of your sorrows. It brings to awareness the fallibility of our souls, leading to repentance. She also teaches how to suffer not in vain. The Church celebrates the feast of Our Lady of Sorrows on September 15. The devotion consists of praying seven Hail Marys while meditating on the Seven Sorrows of Mary.

We are encouraged to contemplate these events daily:

- 1) The Prophecy of Simeon (Luke 2:34-35)
- 2) The Flight into Egypt (Matthew 2:13-21)
- 3) The Loss of Jesus for Three Days (Luke 2:41-50)
- 4) The Meeting of Jesus and Mary on the Road to Calvary (John 19:17)
- 5) The Crucifixion of Jesus (John 19:18-30)
- 6) Jesus Taken Down from the Cross (John 19:39-40)
- 7) Jesus Laid in the Tomb (John 19:39-42)



Stency Steephan
St. Alphonsa Syro-Malabar
Church, Baltimore, MD

MISSION SPOTLIGHT

ST. MARIAM THRESIA SYRO MALABAR MISSION



Frisco, TX



Fr. Jimmy Edakulathur



110 families

Recent youth activity:
Coffee with Carlos

ABOUT THE PARISH

The St. Mariam Thresia Syro-Malabar Mission is a vibrant, growing community of faith. We are committed to living the Gospel of Jesus Christ through the rich traditions and spirituality of the Syro-Malabar Rite. Rooted in Scripture and Apostolic teachings, we strive to create an environment of prayer, worship, and service, welcoming all to grow in the two pillars of our mission: holiness of families and sanctification of youth.

Guided by the intercession of our patrons, **St. Mariam Thresia**, a model of humility and love; **St. Carlo Acutis**, a beacon of youth and Eucharistic devotion; and **Our Mother of Perpetual Help**, a source of hope and protection—we commit ourselves to a life of holiness, prayer, and evangelization.



Our youth ministry, SCAY (St. Carlo Acutis Youth), has fostered faith and fellowship through gatherings like “Coffee with Carlo,” parish support, and creative digital outreach. Led by Melvin David and his team, they inspire peers and younger members, showing the promise of a strong future rooted in faith, service, and community.

Why be *Catholic*, instead of “Christian?”

Are you Catholic or Christian?” While to a Catholic this might seem like a paradoxical statement, a growing number of American Christians have long viewed the Church in this manner. While it might not be too shocking considering the relatively humble presence the Catholic Church has in the US, today I’d like to explore what sets her apart and hopefully answer the question “Why Catholic? Why not just be...a Christian?”

THE BODY OF CHRIST

If nothing else mattered and there’s a single thing that keeps me Catholic, I would say it’s the **true presence of the Eucharist**. Why be a Catholic, and not simply a Christian can be answered by answering another question: Why remember Christ when you can meet him? Why symbolically commemorate the supper of the Lord, when you can sit at the table and eat it with him? In the Old Testament, priests used to offer a sin offering, a guilt offering, and a fellowship offering, out of which the blood and the fat of the animal was burned for the Lord and the rest of the animal was eaten by men (sin/guilt offering eaten by priests, and fellowship offering eaten by priests and the offerer’s family). This was the first time a man sat with God for a meal. Today when the Sacred Host is raised in mass, we still sit at God’s table and we share a meal with our Maker. The only thing?

Christ is the meal.

Upon that Cross the sacrifice made to God wasn’t bread, and it wasn’t meat. It was the life-breath of Christ. The Catholic Church exerts that the Eucharist isn’t simply symbolic of the Body of Christ, it IS the body of Christ, through transubstantiation. This is how the Church differs from simple Christianity or the many denominational forms of it. This transformation of bread into the Body of Christ is the **ONLY** way that the sacrifice we offer to God every Sunday could ever be the same as the sacrifice offered on that Cross 2000 years ago.



THE COMMUNION OF SAINTS

“Can I pray for you?” A simple question like this is arguably one of the most common and effective ways to **share Christ with a stranger**. Most Christians will agree, not only are requests of prayer not scandalous, it is essential to the Christian walk. If the church of Christ is meant to pray and uplift each other, then why is the communion of saints and their intercession such a scandalizing thought for many?



The misconceptions about intercession regarding the Church and even within the Church, might be the most obvious reason for this, and while I cannot defend centuries of Catholic theology in only a few sentences, I might be able to provoke one to consider their understanding of it. If **those who die in Christ live on in Him**, it is only reasonable to assume the men and women who lived and died for Christ are very much alive in Him today. If the Church is those who follow Christ and keep his commandments, then these saints in heaven are not only part of the Church they are the bedrock the Church is built upon. They are the Church before us and as long as they are alive in Christ, the Church is also alive, and she has never seen death.

The question is then this. If requesting and receiving prayer from members of the Church is not only acceptable but essential, then why is the intercession of the living Church that sits at the right hand of Christ so... controversial? Like all prayer a Christian receives, this too is not only appropriate, it is essential

IN THE END THEN...

For as long as you have Christ you have salvation, but the fullness of the gospel truth as experienced in the sacraments will allow you to know Christ wholly, intimately. As I conclude this essay, I will leave you with this final thought: If being a Christian is to behold the fire that is God, **being a Catholic is to harness that fire in its unblemished glory - unchanging and unextinguished by time.**



Czera Benny

St. Mary's Syro Malabar
Church, Orlando, FL

WHAT'S HAPPENING in our regions?



QURBANA

ON CAMPUS

UNIVERSITY OF
TEXAS AT DALLAS

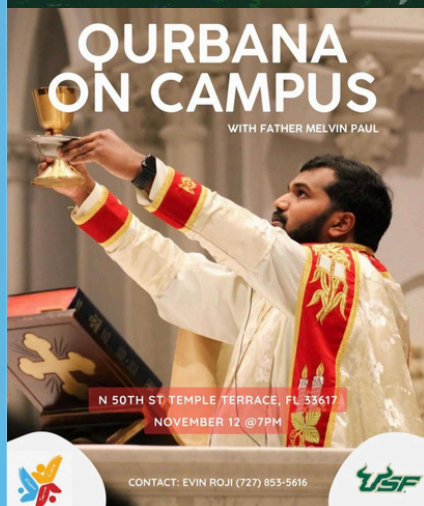
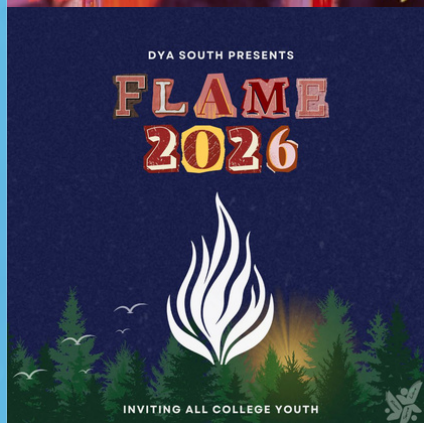
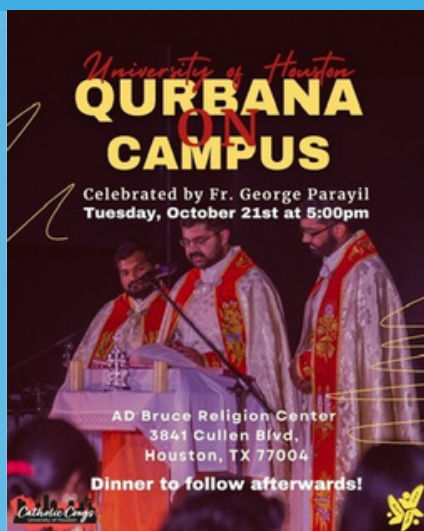
"Attending Qurbana On Campus was an amazing experience that helped me grow in my faith while meeting other students in the community. The prayers and songs made the atmosphere peaceful and meaningful, giving me a moment to step away from the busy college routine. I left feeling inspired and grateful, reminded of the **importance of worship and fellowship."**



Kelly Joseph

St. Alphonsa Syro Malabar
Church, Coppell, TX

UPCOMING



Get connected!



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Diocesan Youth Apostolate (DYA)



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BACK DUE TO POPULAR DEMAND

GUESS THE ACHAN

- Ordained on May 16, 2016
- Was an associate for 2 parishes
- Know as "the flying priest"
- Fan of the Baltimore Ravens

Know the answer? Email info@st.thomasdya.org for a chance to win a prize!

Published by Fr. Melvin Paul (Director of DYA), the Diocesan Youth Apostolate National Team 7, and the DYA Newsletter Team

St. Thomas Syro-Malabar Catholic Diocese of Chicago