



ST. THOMAS SYROMALABAR  
CATHOLIC FORANE CHURCH  
PHILADELPHIA, PA



**01-31 MAY, 2020**

*Everyday after the Holy Qurbana*



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**St. Thomas SyroMalabar Catholic Forane Church**

608 Welsh Rd, Philadelphia, PA - 19115, USA

Website : [www.SyroMalabarPhila.org](http://www.SyroMalabarPhila.org)

YouTube : Syro Philly Media

Vicar : Rev. Fr. Vinod Madathiparambil

**Holy Qurbana Schedule**

Sundays - 8:30 AM (Mal), 10:30 AM (Eng)

Monday to Friday - 7:00 PM (Mal)

Saturday - 9:00 AM (Mal)

**For more information, visit**

<http://syromalabarphila.org/vanakkamaasam-2020>

## VISION

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Seeking intercession of Mary for the healing of people in pain as part of *Vanakkamaasam* devotion in May. Focus is on the **HEALING** of painful situations which arose from COVID-19 that have damages beyond remedies/solution. So, the purpose is to invoke Mary's intercession upon some of the most painful and crucial ones.

May has four weeks. So, we are dedicating each week for an intention that goes aligned with the life of Mary. The following are the intentions.



### Weeping World

Pierced Heart of Mary (Mater Dolorosa)



### Clouded Joy

Mary Pregnant



### Dying in Pain

Mary with the body of Christ (Pieta)



### Healing Hearts

Mary in the Upper Room with apostles

## THINGS TO DO IN YOUR FAMILY

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The following are the things to do in your family in preparation of *Vanakkamaasam*.

- Print the pictures of Mary for the week and keep on the worship table (A picture will be emailed to you. It can also be downloaded from the church website).
- Decorate the prayer room / area / table; *be creative*.
- Make an intention chalice/box at the prayer room at your house and add intentions every day.
- Email your prayer intentions to [vicar.stsmccphila@gmail.com](mailto:vicar.stsmccphila@gmail.com) (these will be placed on the altar). Matter will be maintained confidential by the vicar.
- Do the *Vanakkamaasam* prayers at your home.
- Pray and gain indulgences for the souls in purgatory.
- Consecrate families to Mother Mary on the last Day.



## DETAILS ON INTENTIONS

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### WEEPING WORLD (May 1-9)

*Let us pray for the whole **World** affected by COVID-19:*

- Mental and physical health issues (depression, uncertainty, confusion, anxiety, loneliness).
- Elderly / high-risk persons and essential workers.
- Separated families due to travel restrictions.
- Financial issues (layoffs, business failures, governments in crisis)

# Mental and physical health issues # Anxiety and fear # Uncertainty and confusion # Loneliness  
# Business failures # Financial constraints # Layoffs # Separated families # Travel restrictions #  
Governments in crisis # Elderly people # High-risk population # Essential workers.

### CLOUDED JOY (May 10-16)

*Let us pray for **Pregnant Mothers, Babies, Families, and Caretakers**:*

- Pregnant mothers, babies, and their concerned families,
- Special needs babies.
- Teenage pregnancies, single mothers & exploited women.
- Pediatricians and obstetricians.
- Marriage crisis.

# Women in pregnancy # Babies in womb # Concerned Family # Unborn with challenges #  
Pediatricians and obstetricians # Single mothers # Babies affected in COVID-19 # Babies with  
special needs # Teenage pregnancies # Women exploited # Marriage crisis.

## DYING IN PAIN (May 17-23)

*Let us pray for those who **Died** due to COVID-19:*

- Died alone and unattended without the presence of their family in dreadful isolation.
- Died due to lack of medical care / equipment.
- Died without Sacramental Care.
- Died in despair, mental strain, and agony with unfulfilled desires / wills.
- Dead but unclaimed and abandoned

# Died alone and unattended # Died without the presence of their family # Died due to lack of medical care/equipment # Died without Sacramental Care # Died in dreadful isolation # Died in mental strain and agony # Died in despair # Died with unfulfilled desires / wills # Died with no dignity # Dead but unclaimed and abandoned.

## HEALING HEARTS (May 24-31)

*Let us pray for **Healthcare Professionals and Families** of COVID-19 patients:*

- Guilt of healthcare workers for unethical decisions, failure to care – mental / physical strain.
- Guilt of family members who could not care for their loved one in a timely manner.
- Children who are anxious about their parents.
- Guilt of politicians for lack of bravery and wisdom.

# Health Care - guilt of ethical decisions taken # Family - guilt of neglect and improper care # Children - anxious about their parents # Professionals - guilt of failures in care due to mental and physical strain # Extended Family - guilt of insufficient support to family members # Politicians - guilt due to lack of bravery and wisdom # Guilt of being unsympathetic and impolite # Guilt of abandoning.

## DAILY THEMES IN THE LIFE OF MARY

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### Week 1 : Weeping World

- |                           |                                |
|---------------------------|--------------------------------|
| 1. Mary, a true companion | World needs a companion        |
| 2. Annunciation           | World needs good news          |
| 3. Immaculate Conception  | World needs protection         |
| 4. Nativity of Mary       | World needs a tangible answer  |
| 5. Presentation of Mary   | World needs to seek God        |
| 6. Humility of Mary       | World needs to trust God       |
| 7. Mary, full of grace    | World needs God's blessings    |
| 8. Mary, full of virtues  | World needs virtuous people    |
| 9. Marriage of Mary       | World needs holy relationships |

### Week 2 : Clouded Joy

- |                               |                                  |
|-------------------------------|----------------------------------|
| 10. Annunciation              | Mary with joy and doubts         |
| 11. Mary and Word of God      | Mary is promised the Holy Spirit |
| 12. Mary and obedience        | Let it be to Your will           |
| 13. Mother of God (Theotokos) | Mary's intimacy with Christ      |
| 14. Visitation                | Mary weak but strong             |
| 15. Journey to Bethlehem      | Mary's tired journey             |
| 16. Nativity of Jesus         | Mary's unaided labor             |

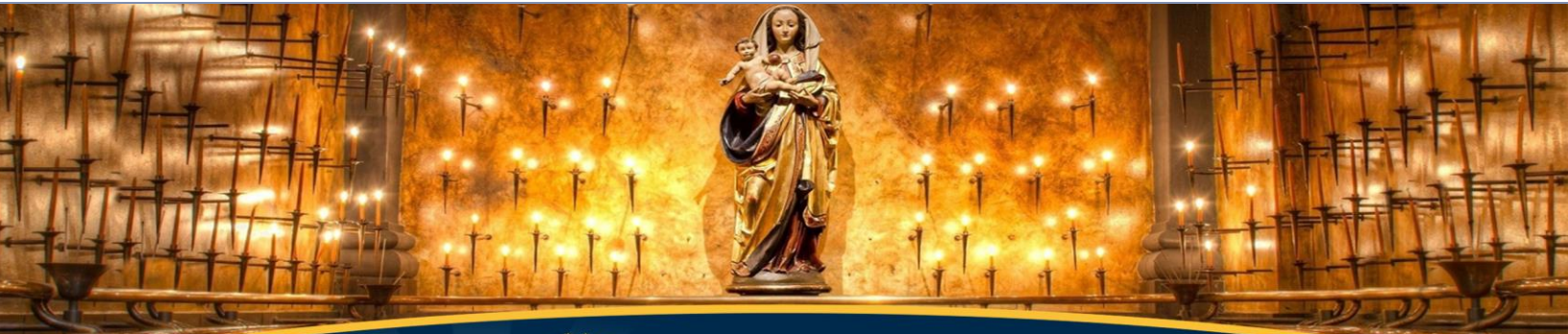
### Week 3 : Dying in Pain

17. Presentation of Jesus	Mary gives God her own
18. Mary, eternal virgin	Mary brings holiness
19. Journey to Egypt	Not alone in journey
20. Losing and finding of Jesus	Anxiety turns to Joy
21. Mary in the ministry of Jesus	Mary always accompanies us
22. Mary, co-redemptrix	Mary, the way to heaven
23. Mary, our spiritual mother	Mary's embrace and mantle

### Week 4 : Healing Hearts

24. Mary in the early Church	Mary brings healing
25. Dormition of Mary	Mary makes us calm
26. Assumption of Mary	Mary brings us dignity
27. Mary, patroness of all graces	Mary shares her graces
28. Refuge of sinners	Mary pleads our cause
29. True devotion to Mary	Mary invites us to trust
30. Consecration to Mary	Mary guards our hearts
31. Mary in our spiritual life	Mary nurtures us





# THE MONTH OF MAY



വണക്കമാസം 2020

Let us **Pray with Mary** to **HEAL** the pain and sorrows caused by the COVID-19 pandemic.

EVERYDAY AFTER THE HOLY QURBANA



## MAY 1-9 : WEEPING WORLD

Let's pray for the whole World affected by COVID-19 :

- » Mental and physical health issues » Anxiety and fear » Uncertainty and confusion
- » Loneliness » Business failures » Financial constraints » Layoffs » Separated families
- » Travel restrictions » Governments in crisis » Elderly people » High - risk population
- » Essential workers.

## MAY 10-16 : CLOUDED JOY

Let's pray for the pregnant mothers, newborn babies, families, & their caretakers:

- » Women in pregnancy » Babies in womb » Concerned Family » Unborn with challenges
- » Pediatricians and obstetricians » Single mothers » Babies with special needs
- » Teenage pregnancies » Women exploited » Marriage crisis.



## MAY 17-23 : DYING IN PAIN

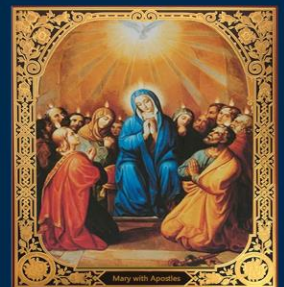
Let's pray for those who died due to COVID-19 :

- » Died alone and unattended » Died without the presence of their family » Died due to lack of medical care / equipment
- » Died without Sacramental Care » Died in dreadful isolation » Died in mental strain and agony
- » Died in despair » Died with unfulfilled desires / wills » Died with no dignity » Dead but unclaimed & abandoned.

## MAY 24-31 : HEALING HEARTS

Let's pray for Healthcare Professionals & the Families of the COVID-19 Patients :

- » Health Care - guilt of ethical decisions taken » Family - guilt of neglect and improper care
- » Children - anxious about their parents » Professionals - guilt of failures in care due to mental & physical strain
- » Extended Family - guilt of insufficient support to family members » Politicians - guilt due to the lack of bravery & wisdom
- » Guilt of being unsympathetic & impolite » Guilt of abandoning.



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