

**FROM THE APOSTOLIC SEE OF MALANKARA
METROPOLITAN DR. THEODOSIUS MAR THOMA**

Circular No. 62



*Blessings to you all the Vicars, Resident Clergy, Trustees
and Members of all the Parishes under our authority.*

Dearly beloved in Christ,

We have set apart Sunday, 18 September 2022 as “Senior Citizens’ Sunday”. Those above the age of sixty are considered to be ‘Senior Citizens’. A section of them consists of those who are healthy enough to be engaged in various activities and some others are confined to their homes. There are still others who are completely bedridden. Our parishes and society should make good use of their abilities and the wisdom from their experience, which will benefit out witness. The Covid pandemic has negatively affected the elderly generation very much. We should take care of and give necessary fellowship to those elders who are suffering from Covid-related problems, loneliness, and illness. We should not neglect our elders, who have made valuable contributions to the Church and society. The younger generations should take special steps to care for them.

Life and health are gifts of God. We must live our lives with wisdom and discernment. “Is not wisdom found among the aged? Does not long life bring understanding?” (Job 12:12). Let us pray, along with the Psalmist, “Teach us to number our days, that we may gain a heart of wisdom” (Psalms 90:12).

Joshua in his old age, exhorted his people to go forward without deviating from God’s commandments, and to remember the ways God had guided and protected them. In the same manner, the elders of the Church should share their experiences and ideals with the younger generation. Just as old Simeon took baby Jesus in his arms, satisfied for having seen God’s salvation, may God enable our older generation to be gratified by passing on their knowledge and godly wisdom to the younger generation.

Grace be with you all.

Dated 10 August 2022 from Poolatheen, Thiruvalla



Dr. Theodosius Mar Thoma Metropolitan