



DIOCESE OF TIRUNELVELI  
BETHESDA C.S.I. TAMIL CHURCH  
PUNE  
DABARUM



**GOD'S PROMISE FOR THIS MONTH**

உங்கள் தேவனாகிய கர்த்தருக்கு மரியாதை செய்து அவர் ஒருவரை மட்டும் சேவியுங்கள். அவரது பெயரை மட்டுமே வைத்து மற்றவருக்கு வாக்களியுங்கள் - உபாகமம் 6:13

**MESSAGE FOR THE MONTH**

**THE MESSAGE OF EASTER**

The angel said to the women, "Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay. Then go quickly and tell his disciples: 'He has risen from the dead and is going ahead of you into Galilee. There you will see him.' Now I have told you." (Matthew 28:5-7)

Each holiday has a message. The message of August 15th in India is the nation's independence. The message of Memorial Day is the death of patriotic men and women who died from their country. The message of Mother's Day is "mom" The message of Father's is "dad". The message of Christmas is the birth of Christ. We appropriately say "Jesus is the reason for the season." The message of Good Friday is the death of Christ for our sins. (2 Corinthians 5:21) And what about this holiday? What is the message of Easter? The answer to that question is found in our text. There are four words in this text which I feel sum up the message of Easter. There are others who have also expressed this idea. The four words are imperatives. They are commands.

**COME!**

By way of background, Jesus was dead! He had been betrayed by Judas, forsaken by His disciples, denied by Peter, tried by the Sanhedran, condemned to die by Pontius Pilate, crucified at Calvary, buried in the tomb of Joseph of Arimathea. On Easter morning women came to the tomb, concerned that they would be able to get in. Mark 16:3. But when they arrived they were in for the surprise of their lives! A great earthquake had taken place. Matthew 28:2 the angel of the Lord descended from heaven, and rolled back the stone. Matthew 28:2-4 when the women arrived they were told not to fear. The angel knew they were seeking Jesus. Matthew 28:5

The angels told the women to "COME". This was an invitation often given in the Scriptures.

Ever since the Garden of Eden when Adam and Eve sinned against a righteous and holy God, God has had His arms open, saying "Come". He gave the promise of the Messiah who would have victory over Satan (Genesis 3:15). He used the ark build by Noah as a picture of coming to Him for the protection of salvation. He invited the children of Israel to come out of Egypt. Later He invited them to come into the Promised Land. He gives great invitations to come in Isaiah 55:1-3 and Revelation 22:17. Jesus made that same great invitation in Matthew 11:28-30.

Have you labored under a load of guilt? Have you been burdened with the awfulness of your sin?  
Have you been "heavy laden" with the load of trying to keep the Ten Commandments, or the precepts of a particular church?  
JESUS SAYS "COME! COME UNTO ME!"  
We come to Him who has left the tomb!  
We come to Him that is raised from the dead!  
We come to Him who is living right now in Heaven!  
We come to Him who is offering forgiveness and salvation to all who believe! John 3:16  
We come to Him who offers peace and power to all who have believed on Him! (John 14:27)

**SEE!**

I'd like to differentiate between the words "look" and "see". When we look at something, we may not grasp what we are looking at. We may not comprehend or understand. But when we truly "see" something we grasp, comprehend, or understand it. I believe that's what the angel wanted the women to "see" or grasp, understand, and comprehend that the tomb was empty and that Christ had raised from the dead. I believe God wants us to "see" that Christ is raised from the dead and is alive forever. In seeing that God wants us to place our faith and trust in Him as our Savior (Romans 10:9-10).

**GO!**

The women were told to go. Jesus did not intend for anyone to stare continually into the empty tomb. After we come to a point of seeing the empty tomb and trusting Christ as Savior, we are to go. We are to go to learn more about Him (2 Pet 3:18). We are to go to Him in prayer (Jn 14:13). We are to go with Jesus Christ, allowing Him to live through us (Gal 2:20). We are to church and fellowship with other believers (He 10:24-25). We are to go to a lost and dying world. (Acts 1:8).

**TELL!**

The women were supposed to tell the disciples of the resurrection. As someone has said, Christianity is one beggar telling another where to find bread. There was once a demon-possessed man who was healed. He wanted to travel with Jesus. Instead he was told to go home and tell the great things the Lord had done for him. (Mark 5:19). It is our job to tell others what great things the Lord has done for us. (Psalm 107:2, Matthew 28:19-20, Mark 16:15, 1 Peter 3:15)

The message of Easter is "COME AND SEE. GO AND TELL!"

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## STORY FOR THE MONTH *10 Famous Christian Martyrs*

### **The Apostle Andrew**

It has been said that the apostle Andrew's father's name was Jona and his mother's name, Joanna.

Like their father, Andrew and Peter were also fishermen on the Sea of Galilee. In fact, the apostles Andrew, Peter, James and John were all partners in a fishing business prior to being called by Jesus to follow Him.

Andrew was the first of the Apostles to follow Jesus and just as John the Baptist introduced Jesus to the nation of Israel, so Andrew is noted for having introduced Jesus to individuals. The apostle Peter became the fisher of men in masse where Andrew was a fisher for individuals.



In his latter ministry, it is believed that Andrew went to the foothills of the Caucasus mountains (present day Georgia in Russia.) While there, he preached to the Scythians as far as the Caspian Sea.

He also went to Byzantium which is present day Istanbul in Turkey and from there, to Greece. In fact, he traveled to Thrace and Macedonia, down through the Corinthian Gulf to Patros; it was in Patros that Andrew was martyred.

Saint Andrew was martyred by crucifixion at Patras in Achaea in Greece. Because St. Andrew deemed himself unworthy to be crucified on the same type of cross on which Christ had been crucified, he asked to be tied to a Crux decussata or an X shaped cross. The Apostle Andrew did not die right away but instead he was left to suffer for two days while he continued to preach the gospel of Jesus Christ until he finally died.

Although little is mentioned in the Book of Acts regarding the life of St. Andrew, much can be learned through St. Andrew's life. He and Saint Peter gave up their lifelong careers and lifestyles, leaving everything behind, to follow Jesus. Their undying faith in a difficult world is an inspiration to all Christians.

His relics consist of a small finger, the top of his cranium and pieces of the cross. These are kept in a shrine at the Church of St. Andrew in Patras.

Saint Andrew is the Patron Saint of Scotland, Russia and Greece. Scots celebrate Saint Andrew's Day around the world on the 30th of November. The flag of Scotland is the Cross of St. Andrew.

## BIRTH OF A SONG (Am I a Soldier of the Cross)

Isaac Watts, who wrote this hymn, was the father of hymn-writing in the English language. He was born in England. His father was not a member of the state church, and was twice thrown into jail for opposing it, so that when he was a baby his mother often carried him in her arms to visit his father in prison.

He became a minister in London. He was a little man, only about five feet tall. His health was very poor all his life, but his church took loving care of him, for he was greatly liked.

Early in life he became wearied with the versified Psalms which the churches used and set out to compose hymns of his own. This was a new departure and met with persistent opposition, but his hymns soon became widely popular in nearly all the churches.

This hymn was written by Dr. Watts in 1709, to follow a sermon on 1 Cor. 16:13, "Watch ye, stand fast in the faith, quit you like men, be strong."

## ARTICLES FOR THE MONTH **Need a man to fill the gap**

**- Mrs. Symirna Rathinamani**

Praise the Lord! My warm greetings to all of you in the blessed name of our lord Jesus Christ.

While I am praying to God about this article Holy Spirit revealed me about the burden for the dying people who are drinking alcohol. As brothers and sisters in Christ we may not drinking alcohol. Praise to Lord Jesus who saved us. But what we are doing for the dying souls. If we are not standing before the God to fill the gap, that is also a sin before god. We are having love of God. So we are in the safer side. Look at our brothers and sisters: they are drowning in the ditches.

I would like to highlight some heart breaking situation which is happening around us.

"An 11th standard student who is studying in well reputed school is lying in the street as a drunkard without any consciousness."

"Medical students, especially girls lying before tasmac shop itself as a drunkard."

"A drunkard man is having illegal relationship with a street dog."

These are all happening around us not far away. After reading this you might feel this as a pathetic situation.

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If the situation goes like this, soon India will be drowned in alcohol. So brothers and sisters please take a resolution with Holy Spirit to fill the gap. As Jeremiah said "let our head were spring of water and our eyes a fountain of tears. So, that we would weep day and night for the slain of our people."

There are lots of prayer points for us. But I am specially pointing out this because; while taking alcohol people are braves enough to do other crimes like murder, rape and many more. Our political

leaders are not ready to show any concern to stop this. Instead they are encouraging tasmac shops.

Our enemy devil prowls like a roaring lion looking for some to devour. " Jesus looked for a man among them who would build up the wall and stand before me in the gap on behalf of the land, So I would not have to destroy it, but I found none" .Ezekiel 22:30.

So my beloved in Christ, Please understand and fulfill the thirst of Jesus. May God bless you.

## The Anatomical and Physiological Details Of Death By Crucifixion

The Anatomical And Physiological Details Of Death By Crucifixion:

By Dr. C. Truman Davis

A Physician Analyzes the Crucifixion.

From New Wine Magazine, April 1982.

Originally published in Arizona Medicine,  
March 1965, Arizona Medical Association.

Crucifixion was invented by the Persians in 300 BC, and perfected by the Romans in 100 BC.

1,It is the most painful death ever invented by man and is where we get our term "excruciating."

2,It was reserved primarily for the most vicious of male criminals.

Jesus refused the anaesthetic wine which was offered to Him by the Roman soldiers because of His promise in Matthew 26: 29, "But I say to you, I will not drink of this fruit of the vine from now on until that day when I drink it new with you in My Father's kingdom."

3,Jesus was stripped naked and His clothing divided by the Roman guards. This was in fulfilment of Psalm 22:18, "They divide My garments among them, and for My clothing they cast lots."

4,The Crucifixion of Jesus guaranteed a horrific, slow, painful death.

Having been nailed the Cross, Jesus now had an impossible anatomical position to maintain.

5,Jesus' knees were flexed at about 45 degrees, and He was forced to bear His weight with the muscles of His thigh, which is not an anatomical position which is possible to maintain for more than a few minutes without severe cramp in the muscles of the thigh and calf.

6,Jesus' weight was borne on His feet, with nails driven through them.

As the strength of the muscles of Jesus' lower limbs tired, the

weight of His body had to be transferred to His wrists, His arms, and His shoulders.

7,Within a few minutes of being placed on the Cross, Jesus' shoulders were dislocated.

Minutes later Jesus' elbows and wrists became dislocated.

8,The result of these upper limb dislocations is that His arms were 9 inches longer than normal, as clearly shown on the Shroud.

9,In addition prophecy was fulfilled in Psalm 22:14, "I am poured out like water, and all My bones are out of joint."

10,After Jesus' wrists, elbows, and shoulders were dislocated, the weight of His body on his upper limbs caused traction forces on the Pectoralis Major muscles of His chest wall.

11,These traction forces caused His rib cage to be pulled upwards and outwards, in a most unnatural state. His chest wall was permanently in a position of maximal respiratory inspiration. In order to exhale, Jesus was physiologically required to force His body.

12,In order to breathe out, Jesus had to push down on the nails in His feet to raise His body, and allow His rib cage to move downwards and inwards to expire air from His lungs.

13,His lungs were in a resting position of constant maximum inspiration.

Crucifixion is a medical catastrophe.

14,The problem was that Jesus could not easily push down on the nails in His feet because the muscles of His legs, bent at

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MAG\_ Apr'15

Welcome articles for Mag.,  
[contactus@csitamilchurchpune.org](mailto:contactus@csitamilchurchpune.org)  
1page/250words  
by 15<sup>th</sup> Apr'15



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45 degrees, were extremely fatigued, in severe cramp, and in an anatomically compromised position.

15, Unlike all Hollywood movies about the Crucifixion, the victim was extremely active.

The crucified victim was physiologically forced to move up and down the cross, a distance of about 12 inches, in order to breathe.

16, The process of respiration caused excruciating pain, mixed with the absolute terror of asphyxiation.

17, As the six hours of the Crucifixion wore on, Jesus was less and less able to bear His weight on His legs, as His thigh and calf muscles became increasingly exhausted.

There was increasing dislocation of His wrists, elbows and shoulders, and further elevation of His chest wall, making His breathing more and more difficult

Within minutes of crucifixion Jesus became severely dyspnoeic (short of breath).

18, His movements up and down the Cross to breathe caused excruciating pain in His wrist, His feet, and His dislocated elbows and shoulders.

19, The movements became less frequent as Jesus became increasingly exhausted, but the terror of imminent death by asphyxiation forced Him to continue in His efforts to breathe.

20, Jesus' lower limb muscles developed excruciating cramp from the effort of pushing down on His legs, to raise His body, so that He could breathe out, in their anatomically compromised position.

21, The pain from His two shattered median nerves in His wrists exploded with every movement.

22, Jesus was covered in blood and sweat.

23, The blood was a result of the Scourging that nearly killed Him, and the sweat as a result of His violent involuntary attempts to effort to expire air from His lungs.

Throughout all this He was completely naked, and the leaders of the Jews, the crowds, and the thieves on both sides of Him were jeering, swearing and laughing at Him.

In addition, Jesus' own mother was watching.

24, Physiologically, Jesus' body was undergoing a series of catastrophic and terminal events.

25, Because Jesus could not maintain adequate ventilation of His lungs, He was now in a state of hypoventilation (inadequate ventilation).

26, His blood oxygen level began to fall, and He developed Hypoxia (low blood oxygen).

In addition, because of His restricted respiratory movements, His blood carbon dioxide (CO<sub>2</sub>) level began to rise, a condition known as Hypercapnia.

27, This rising CO<sub>2</sub> level stimulated His heart to beat faster in order to increase the delivery of oxygen, and the removal of CO<sub>2</sub>

28, The Respiratory Centre in Jesus' brain sent urgent messages to his lungs to breathe faster, and Jesus began to pant.

29, Jesus' physiological reflexes demanded that He took deeper breaths, and He involuntarily moved up and down the Cross much faster, despite the excruciating pain.

The agonising movements spontaneously started several times a minute, to the delight of the crowd who jeered Him, the Roman soldiers, and the Sanhedrin.

30, However, due to the nailing of Jesus to the Cross and His increasing exhaustion, He was unable to provide more oxygen to His oxygen starved body.

31, The twin forces of Hypoxia (too little oxygen) and Hypercapnia (too much CO<sub>2</sub>) caused His heart to beat faster and faster, and Jesus developed Tachycardia.

32, Jesus' heart beat faster and faster, and His pulse rate was probably about 220 beats/ minute, the maximum normally sustainable.

33, Jesus had drunk nothing for 15 hours, since 6 pm the previous evening.

Jesus had endured a scourging which nearly killed Him.

34, He was bleeding from all over His body following the Scourging, the crown of thorns, the nails in His wrists and feet, and the lacerations following His beatings and falls.

35, Jesus was already very dehydrated, and His blood pressure fell alarmingly.

36, His blood pressure was probably about 80/50.

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37, He was in First Degree Shock, with Hypovolaemia (low blood volume), Tachycardia (excessively fast Heart Rate), Tachypnoea (excessively fast Respiratory Rate), and Hyperhidrosis (excessive sweating).

38, By about noon Jesus' heart probably began to fail.

39, Jesus' lungs probably began to fill up with Pulmonary Oedema.

40, This only served to exacerbate His breathing, which was already severely compromised.

41, Jesus was in Heart Failure and Respiratory Failure.

42, Jesus said, "I thirst" because His body was crying out for fluids.

43, Jesus was in desperate need of an intravenous infusion of blood and plasma to save His life

44, Jesus could not breathe properly and was slowly suffocating to death.

45, At this stage Jesus probably developed a Haemopericardium.

46, Plasma and blood gathered in the space around His heart, called the Pericardium.

47, This fluid around His heart caused Cardiac Tamponade (fluid around His heart, which prevented Jesus' heart from beating properly).

48, Because of the increasing physiological demands on Jesus' heart, and the advanced state of Haemopericardium, Jesus probably eventually sustained Cardiac Rupture. His heart

literally burst. This was probably the cause of His death.

49, To slow the process of death the soldiers put a small wooden seat on the Cross, which would allow Jesus the "privilege" of bearing His weight on his sacrum.

50, The effect of this was that it could take up to nine days to die on a Cross.

51, When the Romans wanted to expedite death they would simply break the legs of the victim, causing the victim to suffocate in a matter of minutes. This was called Crucifragum.

52, At three o'clock in the afternoon Jesus said, "Tetelastai," meaning, "It is finished."

At that moment, He gave up His Spirit, and He died.

53, When the soldiers came to Jesus to break His legs, He was already dead. Not a bone of His body was broken, in fulfilment of prophecy (above).

54, Jesus died after six hours of the most excruciating and terrifying torture ever invented.

55, Jesus died so that ordinary people like you and me could go to Heaven.

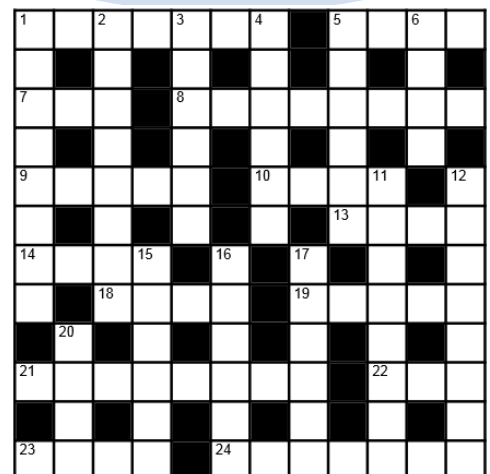
All He Asks You is to Love Him, Your Lord, Your God with all your heart and with all your soul and with all your strength and with all your mind!!

Can't you even do this for Him?

*Send the Answers to  
[contactus@csitamilchurchpune.org](mailto:contactus@csitamilchurchpune.org)  
And win fabulous prizes  
by 15<sup>th</sup> Apr'15*

## BIBLE QUIZ FOR THE MONTH

- |   |  |
|---|--|
| <p><b>Across</b></p> <p>1 Announce (7)</p> <p>5 Attire (4)</p> <p>7 Shared at the last supper (3)</p> <p>8 Moral virtue (8)</p> <p>9 Abimelech's was crushed by a millstone (5)</p> <p>10 False god (4)</p> <p>13 Bridegroom, for one (4)</p> <p>14 Dry measure (4)</p> <p>18 Judas and Jesus dipped here together (4)</p> <p>19 Swift flying bird (5)</p> <p>21 More powerful (8)</p> <p>22 Number of chapters in Haggai (3)</p> <p>23 Name given to Barnabas (4)</p> <p>24 Frustrates (7)</p> | <p><b>Down</b></p> <p>1 Ruling (8)</p> <p>2 Caught (8)</p> <p>3 Heavenly beings (6)</p> <p>4 Hebrew name for God (6)</p> <p>5 Price of redemption (6)</p> <p>6 What Moses saw burning (4)</p> <p>11 Expression of gladness (8)</p> <p>12 Unselfish (8)</p> <p>15 Treasures (6)</p> <p>16 The Anointed One (6)</p> <p>17 Language of Israel (6)</p> <p>20 Number of books in the Pentateuch (4)</p> |
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