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Urha 2025 - Eparchial Family Quiz on Spirituality

“Blessed is the man who has acquired a luminous eye with which he will see how much the angels stand in awe of Thee, O Lord, and how audacious is man” Mar Aprem.

My dear Brothers and Sisters in *Maran Isho M'shiha*,

Greetings of Peace and Joy during this Holy Season of *Sawma Ramba*.

I sincerely congratulate each of you for your enthusiastic involvement in the Family Quiz on Liturgy and that on Theology, held during the first and second years of our Eparchy's Five-Year Pastoral Plan- **The Holy to the Holy Ones**. Your dedication to deepening your understanding of the Liturgy and Theology of the Syro-Malabar Catholic Church as a *sui iuris* Church is truly admirable.

As we enter the third year of our Five-Year Plan, dedicated as the Year of Spirituality, we are excited to announce ‘*Urha 2025 – Eparchial Family Quiz on Spirituality*’. This quiz will follow the same format as the previous two years. You can find the rules and guidelines on the Eparchial website (<https://eparchyofgreatbritain.org/eparchial-family-quiz-on-spirituality/>), along with the 20 questions each week, published in the *Denha*, our Eparchy's e-bulletin. The Eparchial Family Quiz on Spirituality aims to enhance our understanding of the East Syriac Spirituality of our Syro-Malabar Church, while strengthening the faith handed down through generations. This rich heritage, the *Mar Thoma Margam*, entrusted to us by our ancestors, is vital for the faithful of the Eparchy, as it serves as the gateway to the Kingdom of God. The Eparchial Family Quiz on Spirituality will also be held at three levels: Unit (Parish/Mission/Proposed Mission), Regional and Eparchial.

I am pleased to announce that a question bank to be used for the Unit competitions has been published in the *Denha* e-bulletin this week (30th March 2025) and have attached it along with this circular. Your Priest in charge will announce the date of your Unit Level competition, before 01/06/2025. Every team that secures 80% or above marks in the Unit Level competition will be eligible to compete at the Regional Level competition held online.

The three rounds of the Regional Level Quiz will be held online at 8.00 pm on 12/10/2025, 19/10/2025 & 26/10/2025. There will be an optional Online Practice Quiz at 8.00 pm on Sunday 5/10/2025. The top three Units with the largest number of teams qualified for competing at the Regional Level will also be presented with a trophy.

In addition to all teams at the top three positions from each region, all teams that have achieved 95% marks or above in the Regional Level Quiz will also be eligible to compete at the Eparchial Level. The Eparchial Level Quiz will be conducted on Saturday, 29/11/2025. The winning teams at the Eparchial Level Quiz will be awarded a trophy and the cash award below: First Prize – £3000, Second Prize – £2000, Third Prize – £1000, Fourth Prize – £250, Fifth Prize – £150, Sixth Prize - £100. In addition to this, all teams participating in the Eparchial Level Quiz, will be awarded with a 'Finalist Certificate and a Trophy' and every team that scores 80% or above marks in the Regional Level Quiz will also be awarded with a 'Merit Certificate'.

It is advisable that Practice Quizzes be organised during the Family Unit gatherings, prior to the Unit Level competition. This will ensure all the faithful of our Eparchy have an active participation in the Year of Spirituality. It is envisaged that activities relating to the Family Quiz on Spirituality should be conducted by all the commissions and forums at the Unit, Regional and Eparchial Levels of the CSMEGB throughout the Year of Spirituality, before and beyond the date of the Unit Level competition.

The Eparchial Family Quiz on Spirituality is just one of the nine action plans for the Year of Spirituality. I would like to remind you of the five goals and nine action plans that shape the Year of Spirituality, which is the third year of our Eparchy's Five-Year Pastoral Plan- **The Holy to the Holy Ones.**

Five Goals:

1. To create *Mar Thoma Nazrani* spiritual atmosphere in the Eparchy.
2. To revive ascetic practices of *Mar Thoma Nazrani* tradition.
3. To encourage and promote celebration of the major Feasts of *Mar Thoma Nazrani* Tradition.
4. To prompt children to maintain prayer life.
5. To create an awareness of the importance of Liturgy of Hours to have a genuine Christ Experience.

Nine Action Plans:

1. Make aware the importance of daily family prayers and Holy Scripture reading and persuade children to byheart certain verses from Holy Scripture.
2. Introduce 'Liturgy of Hours' as family prayers at least in certain occasions. Initiate the children and the youth to pray *Sapra* and *Ramsha*.
3. Promote the ascetic practices like fasting, abstinence from meat on Fridays etc. in all age groups.
4. Conduct a retreat based on liturgical spirituality in each parish / mission / proposed mission; organise Eparchial Quiz on Spirituality.
5. Encourage the practice of charity box at home and the lent savings must be used for alms giving.

6. Teach and encourage the children and the youth to recite small prayers (aspirations / suhruthujapam) regularly and commence prayer groups for them in each parish / mission / proposed mission.
7. Make available Eparchial liturgical calendar in every family and exhort to read and reflect on the daily Bible readings of the Holy *Qurbana* together as a family and remember the important feast days of our tradition.
8. Teach the people on frequent confession and provide opportunities for that. Encourage all, especially youth, for pilgrimages
9. Encourage the spiritual reading and make available spiritual books in each parish / mission / proposed mission.

If you have any questions regarding the ‘*Urha* 2025 - Eparchial Family Quiz on Spirituality’, please contact your Unit Coordinator or your Priest in charge or send an email to the address yearofspirituality@csmegb.net.

I entrust our Eparchy to *Marth Mariam, Emme D’ M’shiha* and of the Church. Let us all pray for the success of the Year of Spirituality and actively participate in the ‘*Urha* 2025 - Eparchial Family Quiz on Spirituality’ and strengthen our understanding on the spirituality of our Church.

Yours in our Lord and our God,

+ *Joseph Srampickal*

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NB: This circular must be read in all the Parishes/Missions/Proposed Missions of the Eparchy during the celebration of the Holy *Qurbana* on Sunday the 30th of March 2025 (or the nearest Sunday when Holy *Qurbana* is celebrated, if there is no Holy *Qurbana* celebrated on the 30th of March 2025).