



Building Strong Families  
One Home At A Time

### VISION

To help build strong families through teaching, counsel and practical help so that we can reach and serve every family, community and the world in Jesus' name for the glory of God.

Parivar International is a Christian ministry committed to serving the Asian Indian community regardless of caste, creed, color, nationality, or religion.

Parivar means family in many Indian languages.

### LEADERSHIP

- Sam George
- Mabel Koshy
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# Family News

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## From the Desk of the Executive Director

Warm greetings from Cold Chicago!

Parivar had an amazing year of ministry in 2009. There is so much need in the Indian American community. Sometimes we feel so overwhelmed by the brokenness we see every day. Behind the façade of educated, professional and successful 'model minority', there is so much unaddressed issues and pain.

Some of the cases included abortions abuse, addiction, adultery, affairs, cyberbullying, depression, divorce, pornography, psychological disorders, separation, violence behaviors and more.

Here are some highlights of the year 2009 – a) We did over 100 family events across the country. b) We received over 300 counseling cases. c) We did over 250 hospital patient visit and over 150 home visits. d) We began a regional operation in New York. Dr. Jacob Philip serves full time as the regional director there. e) New board members and regional council members

Over the year we had several interface with non-Christian South Asians in North America. I am looking forward to our annual Valentine's day outreach next week in Chicago and then

the follow up parenting event next month. During these events we invite several non Christian families and they are so appreciative of our service and teaching. We are not only able to show compassionate care, but also teach Bible based principles on relationships. I am more convinced than ever that family is such an amazing bridge to minister across faith lines. Please uphold these outreach events in your prayers.

Families are in desperate need. It is an opportunity to provide Christian care and truths about life and relationships. We have seen miraculous life change and so many marriages were saved from the brink of disaster. Invitations are pouring in from churches and community organizations to help them with family events. So Parivar is considering some bold initiative to expand **our care giving and teaching team**, and we need your help more than ever.

We also launched **Dollar-A-Day** campaign – One family giving One dollar in One day for One year (ie \$30 a month or \$365 a year). It would automatically deduct your donation once a month from your bank checking account or credit card.

Please go online to [www.ParivarInternational.org/Donate.aspx](http://www.ParivarInternational.org/Donate.aspx) to sign up. We seek your help in enrolling as many families and friends you know to stand with us.

We stretch every dollar we receive. Some of our leadership serves voluntarily. We maintain highest ethical standards with everything we receive. Your entire gift goes directly toward ministry or staff support. We sincerely appreciate your donations for building healthy strong families in our community.

Help us to help more families. Thanks for considering to joining our Dollar-A-Day campaign

Looking back, we are overwhelmed by what God has done through this vision of building strong families in the Asian Indian community in North America.

Blessings!



**Sam George**

**Executive Director**

**PARIVAR International**

## Ministry Updates

### Family Celebrations:

We had annual banquets in New York and Chicago. Every year we gather our donors, friends of the ministry, church and community leaders to celebrate what God has done through Parivar. We want to hold ourselves accountable to our supporters and leaders in community we serve. Thanks for come out and continuing to invest in this ministry

### Events:

Last quarter we conducted family seminars at Syro Malabar Catholic, Kanaya Telgu, CSI and Pentecostal churches. We organized a 10

week parenting class at a Mar Thoma Church. We equipped a Caucasian Baptist church on reaching Indians. We were part of a consultation on reaching Indians in Chicagoland (organized by Billy Graham Center). We also had some amazing Christmas outreach events in Des Moines, Iowa, Chicago, New York and Toronto. Parivar team was also invited to minister at several churches during this special season of the year. We praise God for the many open doors.

### Counseling:

Continue to uphold our caregivers. Increasingly people are contacting us through helpline.

### Resources:

Two books are on the anvil and should be out before coming summer. One is Before the Wedding Bells is off to press and we have started working on its sequel. A book on Counseling South Asian is shaping up as well. Please keep these projects in your prayers.

## Upcoming Events

- Couple Fellowship (New York) – Feb 6
- Valentine Outreach (Chicago) – Feb 13
- Valentine Program (New York) – Feb 13
- Family sermon (ICEFC Chicago) – Feb 14
- Valentine Outreach (Des Moines) – Feb 20
- Family seminar (New York) – Feb 20
- Parenting Outreach (Chicago) – Mar 13
- Family Seminar CSI Church (Toronto) – Mar 20-21
- Family Seminar (New Jersey) – Mar 20
- Family Seminar (Philly) – Apr 10
- Family Retreat (Toronto) – April
- Family seminar (Florida) – May 1-2
- Mother Day Seminar (New York) – May 8
- **Sam's Itinerary:**
  - Leadership Consultation (Dallas) – Feb 27
  - Class at Trinity seminary – March 1-5
  - Seminar at Mission @ your doorsteps – Mar 5-6
  - Seminar at Ethnic America Summit (Boston) – Apr 15-17
  - Visit to Asbury Seminary (Wilmore, KY) – May 22-23



A consultation of South Asian Christian Counselors

Date— July 30 to August 1 Place - New York

## STARTING WELL

How important is a good start? A good start is decisive in finishing well. Take for example, a competitive sport like running race. In a competitive event, the slightest delay in starting the race would put the contender in great disadvantage. Unless the person is well trained and resilient to beat the odds, the chances of winning the race are very remote. Dedication to rigorous training, physical, emotional and mental endurance, perseverance, patience, clearly defined goals and focus, are some of the essential qualities of a skilled runner.

A new year has dawned on us—the year 2010. How important is it to you that you start the year well? What are the indicators that you have started well? Well, the answer depends on what values steer your life, and what goals you set for yourself this year. Material success is often the driving force for many. The distressing cost of such lives are often broken relationships, breaking marriages, ever-increasing stress, and dwindling emotional and physical health.

I would propose a key indicator to help you determine if you have started

the year well. Have you made your family the first priority this year? Above all other ambitions and goals that drive your life, the wellbeing of your family ought to be your first concern. Within the family you have two distinct roles, one as a spouse, and the other as a parent. These are two different systems, but they are interrelated. The strength of a family is only as good as these two systems are. As a couple, your primary loyalty is to your spouse, and your commitment or lack of it to build up your spousal system is a test of your devotion to the family. Identify at least one area in your marriage, where you want to see some enhancement. Be willing to do your part and encourage your spouse to do his or her part. You know that good and healthy marriages do not happen as you would expect, but you have to work towards it. It takes both of you to work as a team to get things accomplished. Strengthening your marital system can prepare you to become better and competent parents. As a parent, your first obligation is to your children. Your children may be



by Thomas Kulanjil, PsyD, PhD

at a critical stage in their development and this may be the most effective phase that you can positively impact them on. Devote your time for them. Learn to communicate with them more effectively. Be a sympathetic and compassionate parent. Your children will appreciate this more than any other things you plan to provide them with this year. Take heed that the lost opportunities would never come back. The scriptures instruct us, “redeem the time.” A healthy family environment, with both the spousal and parental systems functioning efficiently, creates the right condition for personal growth and personal fulfillment.

The secret of finishing well is not having good intentions, but acting upon them. After establishing some achievable goals for the year, you must begin pursuing them insistently. Procrastination is an obstacle to overcome. Dwelling on the past mistakes and failures can only discourage and cripple you. Apostle Paul has a word of encouragement: stop thinking about what is behind, and look forward to what lies ahead (Philippians 3: 13), and you will finish the year well.

## Message on Discernment

The question most often asked is “how do we know we made the right choice”?

I read a nice piece on discernment and I would like to share it with our readers. It is taken from Adele Ahlberg Calhoun’s published book on “*Spiritual Disciplines Handbook: Practices That Transform Us*. (IVP Books ). It is an excellent book for your library. In this chapter on discernment the author also provides suggestions for; how to listen to God, reflection questions, and Spiritual exercises. I hope this will be a useful response to the query.

“To know God’s will we must be assured of God’s love. Discernment depends on deep trust in God’s good intentions towards us. Distrusting

God’s intentions and fearing that his will could be life thwarting rather than life giving can sabotage our ability to listen and wait for direction. Reveal the source of your distrust to God. Ask for help and healing. The Spirit does not beat us up for expressing our doubts and fears to God. He hears us out, assures us of God’s love and leads us into trust. To discern well, we also need the Spirit of Truth to open our eyes to our attachments to things that influence our decision making: things like prestige, personal agendas, comforts, productivity and so on. We need to confess our agendas and honestly ask the Lord, what must die in us for God’s will to come forth. One of my favorite prayers for guidance’s

by Mabel Koshy, MD, MDiv, (DMin.)



“Lord I am willing to receive what you give, release what you take, lack what you withhold, do what you require and be who you desire. Amen”

When our hearts are open to receiving what ever God says, we are in a place where we can wait and listen wait and listen for the nudge from God We rest in the confidence that we don’t have to figure things out on our own. We become alert to the presence of the Spirit revealed in love, joy, peace, patience, goodness, kindness, gentleness, patience and self control. The presence of this fruit reminds us that we can’t fall out of God’s care or move beyond his notice.

In the New Year consider what it means to be totally depended on God



**Send Your feedback or  
comments to:**

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## Donations

PARIVAR is a nonprofit initiative that depends on our friends and donors for its financial needs.

All donations to PARIVAR are tax deductible. Please write checks to: "PARIVAR International"

For online giving go to [www.parivarInternational.org/donate.aspx](http://www.parivarInternational.org/donate.aspx). You can also arrange to make recurring donations over the web. All your personal information are kept securely and will not be shared with anyone.

Call our office to set up automatic bank transfer or credit card donations. We also welcome any appreciated stocks or other giving options.

Thank you very much for your generous gifts for the sake of Indian families everywhere. Your continued trust and encouragement mean a



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