

● Malankara Mar Thoma Syrian Church
Diocese of North America

ALTAR BOYS & COVENANT GIRLS LEARNING PROGRAM



Course
Syllabus

Fall 2026
Schedule

**Learn
Grow
Equip**

Since 2013



LEARN CHRISTIAN LEADERSHIP & SERVICE

OBJECTIVES

Learn: *Deepen knowledge of church faith, heritage, and tradition.*

Grow: *Foster spiritual development.*

Equip: *Prepare participants to be well-equipped leaders in the church.*



Completion of this 3-Phase program is a requirement of service in your Parish ABCG Program

ABCG Enrollment



Eligibility: Communicant Member of a Mar Thoma Parish or Congregation, ages 12-18.

Fees: USD \$20 / CAD \$20.

Platform: Conducted online via Zoom and Google Classroom.

PHASE
01
02
03

Tuesday, 8:45 PM – 9:50 PM EST
(Sept 29 – Nov 17)

Thursday, 8:45 PM – 9:50 PM EST
(Oct 1 – Nov 19)

Monday, 8:45 PM – 9:50 PM EST
(Sept 28 – Nov 16)



ABCG Enrollment



Registration: Registration is complete only after Parish Vicar approval and fee payment.

Contact: marthoma.abcg@gmail.com



PHASE 1



This foundational phase focuses on the basics of Christian leadership and introduction to the sacraments, liturgical preparation, and personal prayer habits. It aims to equip participants with the essential disciplines and knowledge required for active ministry within the Church.

- 1. Introduction to Ministry of Altar Boys & Covenant Girls**
- 2. Introduction to Christian Leadership**
- 3. Sacraments I-A: Holy Baptism & Confirmation (Chrismation)**
- 4. Sacraments I-B: Holy Qurbana & Confession**
- 5. Introduction to the Thooyaba (Preparatory Service of Holy Qurbana)**
- 6. Prayer Habits & Discipline for Daily Meditation I**
- 7. Prayer Habits & Discipline for Daily Meditation II**
- 8. Introduction to the Holy Qurbana Liturgy**



PHASE 2



This phase explores the history and mission of the Mar Thoma Church from the 18th century reform period to the present, alongside scriptural surveys of the Old and New Testaments. Students also learn practical skills for assisting in worship and conducting Bible studies.

- 1. History & Mission of the Mar Thoma Church: Reformation (1836) to Present**
- 2. Ecclesiology, Church Polity & Loyalty**
- 3. Old Testament: People of God**
- 4. New Testament: Ministry of Jesus Christ & Apostle Paul**
- 5. Missionaries of the Mar Thoma Church: Their Life Portrait and Ministry**
- 6. Introduction to Assisting for Sacraments & Divine Services**
- 7. Introduction to Bible Study (Tools & Leading Bible Studies)**
- 8. Culture and Christianity - Promoting Christian Values in a Post-modern World**



PHASE 3



The final phase addresses advanced topics such as vocational formation, Christian ethics, and apologetics while preparing youth for leadership roles in various church ministries. It also provides guidance on navigating modern teenage challenges and understanding diverse Christian traditions.

- 1. Spirituality & Faith Practices in the Mar Thoma Church**
- 2. Introduction to Campus Ministry**
- 3. Vocational Formation**
- 4. Understanding our Neighbors: Diversity in Christian tradition**
- 5. Introduction to Apologetics**
- 6. Teenage Challenges and Role of Altar Boys and Covenant Girls**
- 7. Introduction to Christian Ethics**
- 8. Leading & Serving in MTC Ministries**

ABCG DIOCESE SUBCOMMITTEE

President: The Rt. Rev. Dr. Abraham Mar Paulos Episcopa

Diocesan Secretary: Rev. Joel Samuel Thomas

Convener: Rev. Dennis Abraham

Subcommittee Members: Rev. Jess M. George, Rev. Jeswin S. John, Mrs. Lalu Thomas, Mr. Shon Koruth, Ms. Sophy Alex

INSTRUCTORS

Rev. Abraham Kuruvilla: New Testament & Christian Ministry

Rev. Arun Samuel Varghese: History

Rev. Christopher P. Daniel: Theology & Christian Ministry

Rev. Dennis Abraham: Theology, Old Testament, & Christian Ministry

Rev. Jaisen A. Thomas: Theology & Christian Ministry

Rev. Jason Varghese: Christian Ministry

Rev. Jess M. George: Christian Ministry

Rev. Jeswin John: Theology & History

Mr. Tom Philip: Theology & Christian Ministry

TEACHING ASSISTANT

ABCG TA: Mrs. Sharon Mathew





Mar Thoma Church Diocese of North America

Altar Boys & Covenant Girls Learning Program Phase 1 Fall 2026



***Tuesdays, 8:45PM-9:50PM (EST)
September 29 to November 17, 2026
via Zoom & Google Classroom***

Classes are open for Full Communicant Mar Thoma members (Ages 12-18) of parishes & congregations in the Diocese. Seats are limited.

Registration will be complete upon Vicar approval &

Registration Fees: USD \$30 / CAD \$30

Deadline: September 21, 2026

(or when seat capacity is reached)

For more information: marthoma.abcg@gmail.com

-Altar Boys & Covenant Girls Subcommittee-



M A L A N K A R A M A R T H O M A S Y R I A N C H U R C H

Diocese of North America^P Altar Boys & Covenant Girls Subcommittee

Subcommittee Members

President

The Rt. Rev. Dr.

Abraham Mar Paulos Episcopa

marpaulos@marthoma.in

(516) 377- 3311

Diocesan Secretary

Rev. Joel Samuel Thomas

marthomadiocese@gmail.com

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Subcommittee Members:

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Mrs. Lalu Thomas

Mr. Shon Koruth

Ms. Sophy Alex

"For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them." Ephesians 2:10

Saturday, September 5, 2026

ABCG: Spring 2026 Phase 1 Notice

Respected Achens, and dearly beloved in Christ,

The Altar Boys and Covenant Girls ministry began in 2013 with the aim to encourage our children and youth to (a) learn more about our church, faith, heritage, and tradition, (b) grow spiritually, and (c) be well-equipped as leaders in the church. Participants in this ministry are to be 12 years of age and above, be full communicant members of the church, be committed to learning through training programs, be able to help with the various needs of the parish (in consultation with the parish Vicar), and serve for at least three years.

In order to facilitate learning, the Diocese's Altar Boys & Covenant Girls subcommittee is conducting a weekly class online over a period of 8 weeks, on **Tuesdays from September 29 to November 17, 2026, 8:45PM-9:50PM (EST) via Zoom & Google Classroom**, according to the new curriculum Phase 1. Classes are open for full Communicant Mar Thoma members (**Ages 12-18**) of parishes & congregations in the Diocese. Seats are limited. *Registration will be complete upon Vicar approval and subsequent payment of registration fees.* Registration fees (upon approval) are **USD \$30 / CAD \$30**. The deadline for registration is **September 21, 2026**, or when seat capacity is reached. After successful completion of Phases 1, 2, & 3, a certificate of completion will be given. For more information, please contact: marthoma.abcg@gmail.com

Your prayerful support and cooperation are appreciated.

On behalf of the Altar Boys & Covenant Girls subcommittee,

Rev. Dennis Abraham

Convener

Registration link: <https://forms.gle/LzAxF4FDYv6qFyJ76>

Registration QR Code:



**New Phase I Curriculum of the Altar Boys & Covenant Girls Program
(Approved by the ABCG Subcommittee & the Diocesan Council 2024)**

1. Introduction to Ministry of Altar Boys & Covenant Girls
2. Introduction to Christian Leadership
3. Sacraments I-A: Holy Baptism & Confirmation (Chrismation)
4. Sacraments I-B: Holy Qurbana & Confession
5. Introduction to the Thooyaba Prep service
6. Prayer habits & Discipline for daily meditation I
7. Prayer habits & Discipline for daily meditation II
8. Introduction to the Holy Qurbana Liturgy





Mar Thoma Church Diocese of North America

Altar Boys &
Covenant Girls
Learning Program
Phase 2 - Fall 2026

Classes are open for Full
Communicant Mar Thoma members
(Ages 12-18) of parishes &
congregations in the Diocese.
Students must have successfully
completed Phase 1.
Registration will be complete upon
Initial Registration &
Registration Fees payment :
USD \$30 / CAD \$30
Deadline: September 21, 2026

Thursdays, 8:45PM-9:50PM (EST)
October 1 to November 19, 2026
via Zoom & Google Classroom



For more information: marthoma.abcg@gmail.com

-Altar Boys & Covenant Girls Subcommittee-



M A L A N K A R A M A R T H O M A S Y R I A N C H U R C H

Diocese of North America^P Altar Boys & Covenant Girls Subcommittee

Subcommittee Members

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Mr. Shon Koruth

Ms. Sophy Alex

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Saturday, September 5, 2026

ABCG: Spring 2026 Phase 2 Notice

Respected Achens, and dearly beloved in Christ,

The Altar Boys and Covenant Girls ministry began in 2013 with the aim to encourage our children and youth to (a) learn more about our church, faith, heritage, and tradition, (b) grow spiritually, and (c) be well-equipped as leaders in the church. Participants in this ministry are to be 12 years of age and above, be full communicant members of the church, be committed to learning through training programs, be able to help with the various needs of the parish (in consultation with the parish Vicar), and serve for at least three years.

In order to facilitate learning, the Diocese's Altar Boys & Covenant Girls subcommittee is conducting a weekly class online over a period of 8 weeks, on **Thursdays from October 1 to November 19, 2026, 8:45PM-9:50PM (EST) via Zoom & Google Classroom**, according to the new curriculum **Phase 2**. Classes are open for those who have **successfully completed Phase 1** and are full Communicant Mar Thoma members (**Ages 12-18**) of parishes & congregations in the Diocese. Seats are limited. *Initial registration with the link below and subsequent payment of registration fees are required for enrollment.* Registration fees are **USD \$30 / CAD \$30**. The deadline for registration is **September 21, 2026**, or when seat capacity is reached. After successful completion of Phases 1, 2, & 3, a certificate of completion will be given. For more information, please contact: marthoma.abcg@gmail.com

Your prayerful support and cooperation are appreciated.

On behalf of the Altar Boys & Covenant Girls subcommittee,

Rev. Dennis Abraham

Convener

Registration link: <https://forms.gle/DYUe7oXJf5vBbWPd8>

Registration QR Code:



**New Phase 2 Curriculum of the Altar Boys & Covenant Girls Program
(Approved by the ABCG Subcommittee & the Diocesan Council 2024)**

1. History & Mission of the Mar Thoma Church: Reformation (1836) to present,
2. Ecclesiology, Church polity & loyalty
3. Old Testament: People of God
4. New Testament: Ministry of Jesus Christ & Apostle Paul
5. Missionaries of the Mar Thoma Church: their life portrait and ministry
6. Introduction to Assisting for Sacraments & Divine Services
7. Introduction to Bible Study (tools & leading bible studies)
8. Culture and Christianity - Promoting Christian values in Post-modern world





MAR THOMA CHURCH DIOCESE OF NORTH AMERICA

ALTAR BOYS & COVENANT GIRLS LEARNING PROGRAM PHASE 3, FALL 2026

Classes are open for Full Communicant Mar Thoma members (Ages 12-18) of parishes & congregations in the Diocese. Students must have successfully completed Phases 1 & 2.



Registration will be complete upon Initial Registration & Registration Fees Payment.

Registration Fees:
USD \$30 / CAD \$30

Deadline: September 21, 2026

Mondays, 8:45PM-9:50PM (EST)
September 28 to November 16, 2026
Via Zoom & Google Classroom

For more information:

marthoma.abcg@gmail.com

-ABCG SUBCOMMITTEE-



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In order to facilitate learning, the Diocese's Altar Boys & Covenant Girls subcommittee is conducting a weekly class online over a period of 8 weeks, on **Mondays from September 28 to November 16, 2026, 8:45PM-9:50PM (EST) via Zoom & Google Classroom**, according to the new curriculum **Phase 3**. Classes are open for those who have **successfully completed Phases 1 & 2** and are full Communicant Mar Thoma members (**Ages 12-18**) of parishes & congregations in the Diocese. Seats are limited. *Initial registration with the link below and subsequent payment of registration fees are required for enrollment.* Registration fees are **USD \$30 / CAD \$30**. The deadline for registration is **September 21, 2026**, or when seat capacity is reached. After successful completion of Phases 1, 2, & 3, a certificate of completion will be given. For more information, please contact: marthoma.abcg@gmail.com

Your prayerful support and cooperation are appreciated.

On behalf of the Altar Boys & Covenant Girls subcommittee,

Rev. Dennis Abraham

Convener

Registration link: <https://forms.gle/s9DbawfghExcisKv6>

Registration QR Code:



**New Phase 3 Curriculum of the Altar Boys & Covenant Girls Program
(Approved by the ABCG Subcommittee & the Diocesan Council 2024)**

1. Spirituality & Faith Practices in the Mar Thoma Church
2. Introduction to Campus Ministry
3. Vocational Formation
4. Understanding our Neighbors: Diversity in Christian tradition
5. Introduction to Apologetics
6. Teenage Challenges and role of Altar Boys & Covenant Girls
7. Introduction to Christian Ethics
8. Leading & Serving in MTC Ministries

