



ANNANAGAR METHODIST CHURCH

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Coming up...

15th August at 7am

**Independence Day
Celebration**

9th August at 9am

Elders Sunday

30th August 11.15am to 1.00pm

**Education & Christian
Nurture Seminar**

30th August at
6pm

**Singsong
Service**

INTOUCH

AUGUST 2026

Rev. Sam Sudalaiyandi

Senior Pastor

Ph: 8754986787

Rev. R.J. Christopher

Associate Pastor

Ph: 8608952359

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INTOUCH

AUGUST 2026

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From the Senior
PASTOR'S Desk

Dear People of God,

Greetings to you in the matchless name of our Lord and savior Jesus Christ.

'Guarding Hands' is the theme for August 2026. This is such an encouraging theme and the scripture for us to meditate on as we continue our faith walk with almighty God: **"Behold, I have engraved you on the palms of hands; your walls are continually before me"** (Isaiah 49:16).

This was an emphatic (**Behold**) response of God to the complaint of God's people when they said: "The LORD has forsaken me; my Lord has forgotten me" (Isaiah 49:14). Nevertheless the response of the Lord as in verse 16 is a clear rebuttal and the very powerful image preceding this verse is one of the strongest natural bonds – that of a mother to her child: "Can a woman forget her nursing child, that she should have no compassion on the son of her womb? Even these may

forget, yet I will not forget you" (Isaiah 49:15). **The Lord's care, love and protection** for His people is far greater than this human bond.

The intensity of the promise of God to His people that He would guard them and protect them is so very powerful in this verse.

The statement 'Behold, I have **engraved** you on the palms of hands' refers to a **permanent engraving / inscribing** done deliberately by a cut to make a **lasting and visible impression** as opposed to a mere writing on a piece of paper that can be erased at some point of time.

But the place of such an engraving / inscribing assumes greater significance. For it is in the very **palms of the hands** of our Lord which would convey the **unceasing remembrance and attention** of God, not intermittent. God is not saying merely that He thinks of Zion from time to time, but that Zion is set before Him in a way as constant as one's own hands. The point of such an imagery is not meant to reduce God to human form, but to communicate divine attentiveness in terms that meet human anxiety at its deepest level.

But this image of '**engraving in the palm of His hands**' point to a very wonderful meaning in the ancient near east. Back then servants and slaves would be tattooed or carved with their owner's name. That way you could never forget that you were not your own but were somebody else's property. So how stunningly amazing that in Isaiah 49 in the 'Servant Songs' God turns the tables and says, 'see, your name is tattooed onto *my*

hands! I cannot do anything without remembering you, seeing your name, and so **caring for your well-being.**"

Interestingly Vance Havner brings us another perspective when referring to verses in Isaiah 49:16 (**Palm of His hands**), Psalm 31:15 (**my times are in His hands**) and John 10:28-29 (**neither shall any man pluck us out of his hands**) as the Lord **having our situations well in His hands**. The palm of the hand is a **well-protected** place and that hand can fold into a fist if threatened! What a great consolation to know that not only ourselves but our times, all our circumstances, the day in which we live, the happenings of our lives—all these are **under His control**. Sometimes they are beyond our control, but **He's got the whole world in His hands**. He not only leads us by His hand, **He keeps us in His hand well-guarded and protected.**"

Yes, what an assurance to know that each of us is graven on the palms of His hands and that we are secure in and through Christ Jesus at all times. May we commit ourselves to continue remain in Christ in all our lives!

In Christ,

Pastor Sam Sudalaiyandi

Senior Pastor.

August - 2026

WORSHIP SCHEDULE

Annual Theme

“Is the Lord’s hand waxed short?”

(Numbers 11:23)

Monthly Theme

“Guarding Hands”

“....See, I have inscribed you on the palms of My hands.” (Isaiah 49:16)

2 Aug 2026

7.00 AM

Theme: Guarding Hands

Text: Genesis 49:22-26

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading:

Mr. Allen Jebaraj

9.00 AM

Theme: Guarding Hands

Text: Genesis 49:22-26

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading:

Mrs. Andrea Priya Stephen

6.00 PM

Theme: Guarding Hands

Text: Psalm 138:1-8

Preacher:

Rev. R.J. Christopher

Bible Reading:

Mr. Lawrence Michael

9 Aug 2026

7.00 AM

Theme: Who can be against us?

Text: Romans 8:31-39

Preacher:

Rev. R.J. Christopher

Bible Reading :

Mrs. Vijayarani Rathnaraj

9.00 AM

ELDERS Fellowship

SUNDAY

Preacher:

Rev. John R.A. Simeon

6.00 PM

Theme: Who can be against us?

Text: Romans 8:31-39

Preacher:

Rev. R.J. Christopher

Bible Reading:

Mr. Judah S.G. Vincent

16 Aug 2026

7.00 AM

Theme: Power of God's Might

Text: Ephesians 6:10-18

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading :

Mrs. Rupamathy Jebakumar

9.00 AM

Theme: Power of God's Might

Text: Ephesians 6:10-18

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading :

Ms. Rupal Grace

6.00 PM

Theme: God's everlasting arms

Text: Deuteronomy 33:24-29

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading :

Mrs. Beatrice Ravikumar

23 Aug 2026

7.00 AM

Theme: God shall keep you

Text: Psalm 91:9-16

Preacher:

Rev. R.J. Christopher

Bible Reading:

Dr. Mrs. Shiela Kuruvilla

9.00 AM

Theme: God shall keep you

Text: Psalm 91:9-16

Preacher:

Rev. R.J. Christopher

Bible Reading:

Mr. John Victor Arun Kumar

6.00 PM

Theme: God will be your rear guard

Text: Isaiah 52:9-12

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading :

Mr. Isaac Gnanaraj

30 Aug 2026

7.00 AM

Theme: The Lord is thy Keeper

Text: Psalm 121:1-8

Preacher:

Rev. Sam Sudalaiyandi

Bible Reading:

Mrs. Roselin Prabakar

9.00 AM

Preacher:

Mrs. Sujana Raja

Bible Reading:

Mr. Stanley Varghese

6.00 PM

SINGSONG SERVICE

Theme: The Lord keeps you from evil

Text: 2Thessalonians 4:1-3

Preacher: **Rev. R.J. Christopher**

Bible Reading :

Ms. Shruthi Samuel

30th August

11.15am-1.00pm

Theme:

Spiritual Living in a Secular,
Religious & Superstitious
Culture

Education
& Christian Nurture
Seminar

Speaker: **Mrs. Sujana Raja**



Anna Nagar
Methodist
Church

*Welcome to WSCS
on 1st August '26 (Saturday)*



Time: 4pm

*Venue:
Basement*

*Breastplate
of Righteousness*

Message by :

Mrs. Meghala Ratnaiya
(Legacy of Life)

✨ *Come and be blessed* ✨

Sunday Ministries

Worship Services

at 7.00 am, 9.00 am and 6.00 pm

Holy Communion

1st Sunday at 9:00 am

2nd Sunday at 7:00 am and 6:00 pm

Sunday School

at 9:30 am

Junior Choir

at 11:15 am

MYF

at 11:15 am

MYAF

1st & 3rd Sunday at 11:00 am

Outreach Evangelism

3rd Sunday at 3:30 pm

Weekly Ministries

1st of the Month

Holy Communion 6:30 am

Hour of Power

Mon to Fri 5:30 to 6:00 am

Prayer Station

Monday 6:00 to 7:00 pm

Prayer Walk

4th Monday 6:30 to 8:00 pm

Bible Study

Wednesday 7:00 pm on Zoom

Cottage Prayer Meeting

Thursday at 7:00 pm

Wesley Cell Groups

Mon, Tue and Fri

7:00 pm on Zoom

Time of Prayer

1st Friday 10:30 am to 1:30 pm

WSCS Fellowship:

1st Sat at 5:00 pm

Methodist Men Fellowship

2nd Sat at 7:30 am

Elder's Fellowship

3rd Sat at 5:00 pm

MEMORY VERSES

August

Aug 2nd

PROMISE

See, I have inscribed you on the palms of My hands; Your walls are continually before Me.
Isaiah 49:16

Aug 9th

COMMAND

[14] Stand therefore, having girded your waist with truth, having put on the breastplate of righteousness, [15] and having shod your feet with the preparation of the gospel of peace.
Ephesians 6:14 &15

Aug 16th

PROMISE

No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it. I Cor 10:13

Aug 23rd

COMMAND

Above all, taking the shield of faith with which you will be able to quench all the fiery darts of the wicked one. Ephesians 6:16

Aug 30th

PROMISE

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.
Romans 8:26

NKJV Version



Mrs. Dipti George

'Stand therefore, having fastened on the belt of truth...'
Ephesians 6:14a

The Roman soldier was one of the most disciplined and well-equipped fighting forces of the ancient world. Every piece of his armour was carefully designed to protect him, prepare him for battle, and enable him to stand firm against the enemy. The very first piece of armour that Paul describes in Ephesians 6, is the soldier's belt. More than just an accessory, the military belt was a vital part of the soldier's equipment because it held everything else in place. Made of thick leather and reinforced with metal fittings, it secured his tunic, supported his sword and dagger and also had dangling leather strips that served as a groin guard. The belt signified a soldier's military status and rank. The disciplinary action of taking away a soldier's belt brought humiliation and dishonour.

In describing the armour of God, Paul begins with the 'belt of truth' possibly making the point that truth is the foundation which holds everything in place. In other words, truth needs to be the basis upon which our understanding of everything else is built, even in regard to the other pieces of armour that he goes on to list out.

So how do we equip ourselves to be battle ready with the Truth?

Know Truth:

The scripture teaches us that God is the source of all truth; the unchanging absolute Truth. Knowing the one true God is key to making sense of what truth is in a world which encourages the idea of truth being relative: customisable according to one's convenience.

For a Christian however, truth is not just a concept or a principle, Truth is a person! 'Jesus said to him, "I am the way, and the truth, and the life..." John 14:6a

The Holy Spirit guides us in the path of truth: 'When the Spirit of truth comes, he will guide you into all the truth...' John 16:13a

The Father sanctifies us by the truth: 'Sanctify them by the truth; your word is truth.' John 17:17. God's truth must be the lens by which we view the world.

Speak Truth:

'speak the truth in love...' Ephesians 4:15

Knowing the truth needs to translate into how we relate to people. Sharing God's truth with others is an act of love that comes from a life that has experienced His redeeming grace. Truth may be uncomfortable to the receiver, but it is necessary.

'The truth will set you free, but not until it is finished with you' (quote)

As we speak the truth to others, may we remember to do so in love.

Be Truthful:

'Surely You desire truth in the inmost being; You teach me wisdom in the inmost place.' Psalm 51:6

The Lord desires us to be people who are truthful at the very core of our being. There is no place for hypocrisy when it comes to our relationship with God. We need to ask ourselves whether we're being honest about the things that God is teaching us through His word and responding accordingly. Are we living with integrity of character in our daily lives? Are we truthful in our relationships?, truthful at our places of work, etc.?

'Integrity is doing the right thing even when no one is watching' (quote)

Test for Truth:

'but test everything; hold fast what is good.'

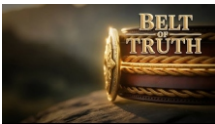
1 Thessalonians 5:21

'a worker...who correctly handles the word of truth.' 2

Timothy 2:15b

As stewards of God's truth, we are called to test all things. Knowing that the world lies in the power of the evil one (1 John 5:19), we have a responsibility to guard our hearts and minds against Satan's deception. So often we see how Satan deceives Christians with a twisted understanding of scripture itself. The more time we invest in the truth of God's word and the right understanding of it, the better prepared we will be to counter the false teachings of this world.

Above all, we need to rely on the Spirit of God to open our eyes to the truth and to strengthen us with His power. 'Finally, be strong in the Lord and in the strength of his might.' Ephesians 6:10



A soldier's belt did quiet work, it held his armor on.
Loosen it, and everything he trusted came undone.

That's what truth is meant to be:

the thing that holds your day,
the center that keeps love and faith and courage
all in place.

We're told now, "live your truth," as if you get to
choose your own.

But a measuring tape that bends to fit
will never show your true size.

If truth is just whatever feels right in the moment,
then you're the judge, the rule, the god—and that's a
weight too great to own.

So here's the belt worth buckling on:
not what you feel, but Who is true.

Know Him. Then say the honest thing,
but say it gently too.

Be real when no one's watching,
that's the test that no one sees.

Weigh what you're told; keep what is good;
don't swallow lies with ease.

And when your plan and God's collide,
and yours is what you'd choose,
let's remember to try "not my will, but Yours,"
the bravest truth to use.

For truth was never a belt you fasten,
it's the One who holds you together.

- Melissa -

Prayer Pointers



- ❖ The Episcopal Leaders -
Bishop C.G. Dayanand and
Madam Sukhalatha Dayanand
- ❖ The Pastors and Office Staff.
- ❖ Ministries of Christ Methodist Church,
Vaitheeswaran Koil
- ❖ The Church Construction at Chidambaram -
For speedy approval from Government
authorities.
- ❖ Those who are sick and in pain, especially
Mrs Priya David and Mrs. Janette Michael
- ❖ Those seeking job and life partner.
- ❖ The Sunday School, MYF, Young Adults,
WSCS, Methodist Men, Elders Fellowship,
Cell groups, Bible Study, AMC choirs, Prayer
walk, Prayer station, Seekers Care Group
and Aspire Group.
- ❖ The Union and State Governments.
- ❖ The Global affairs - economy, ecology,
peaceful atmosphere.