

No. 251/2009

**In the blessed name of the Tri-une God, Self-existent,
Beginningless and Endless, Perfect in Being, (Glory be to Him)**

**Moran Mar Baselios Marthoma Didymus I Catholicos of the East and
Malankara Metropolitan enthroned on the apostolic throne of St. Thomas**



Blessings to our dearly beloved Vicars of all churches, priests of the locality, trustees of the church, and all the members of the parish!

Dearly beloved,

It is heartening to know that the consumption of liquor, drugs and tobacco products are ever on the increase. The reports of the World Health Organization reveal that about 8 lakhs people die every year on account of the diseases associated with tobacco consumption. The main reason for the enhanced rate of incidence of cancer, heart disease, blood pressure and paralysis is the unbridled use of tobacco.

Following the exhortation of the World Health Organization, 31st May will be observed as “Tobacco Free Day” all over the world. It is a scientifically proved fact that the consumption of tobacco adversely affect the health not only of the person concerned but the surrounding people also. Neither the legislation on the prohibition of tobacco nor the interventions of the governments can completely and efficaciously control the consumption of tobacco. For that we undoubtedly need the unwavering support, co-operation and above all the will power of the people.

As we observe 31st May 2009, as the “Tobacco Free Day”, we should ensure the reinforcement of the people’s fellowship against Tobacco. In the spirit of love we exhort you to make the observance of Tobacco Free Day a grand success by taking bold resolutions on the personal level to give up tobacco, participating in the struggle against the consumption of tobacco and actively responding against the gross violation of the Tobacco Act.

May the Grace and Blessings of the God Almighty abide with you forever. And may the prayers of the Mother of our God, the Holy Virgin Mary, St. Thomas the Apostle of India, our Holy Fathers Mar Gregorios, Mar Dionysius and all the Holy saints be a stronghold for us. Amen.

Our Father who art in Heaven.....

Baselios Marthoma Didymus I

From Catholicate Aramana
Devalokam, Kottayam, Kerala, India
On May 22, 2009