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*The
Spirituality
of waiting*

■ JOSEPH ANTHRAPER

THEOLOGY
OF THE
BODY

■ MARITTA
MARTIN

**TIME
MANAGEMENT**

KATIE HEITMANN

I met
Jesus

KATO ROBERT



MARY MY BELOVED MOTHER



O Mother, you endured patiently the many struggles of your life – even the death of your Son. Intercede for us that we may have the same trust in the Father's love, when the storms of life threaten to overwhelm us. Mary, Model of Patience, Pray for us.

EDITOR'S ROOM

DR. CHACKOCHAN J NJAVALLIL

 @readkairos



What is Your Patience Quotient?

The world is after faster cars, better and more powerful computers, super speed internet and so on. The pace of life today is mind-boggling. Life has come to such a state that in order for one to succeed or even survive in one's career and life, one has to be uber-quick in responding to the opportunities around. Although life is not very kind to the one who waits, yet scripture lists Patience as a fruit of the Holy Spirit after Love, Joy and Peace.

Searching for a detailed meaning of the term, I found that "Patience is the state of endurance under difficult circumstances and the ability to wait in the face of delay, especially when faced with longer term difficulties." Thus 'Patience' is the level of endurance one can have before negativity creeps in. It is not just the ability to wait, but the ability to keep a good attitude while waiting. As an old Finnish saying goes – "God did not create hurry".

While reflecting about Patience as a fruit of the Holy Spirit, the story of the Chinese Bamboo Tree came into my mind. Once the seed has been planted, the farmer nurtures it with no response and no reward for four long years. However finally in the fifth year, after such a long wait something amazing happens. The Chinese Bamboo shoots spring forth and grows to 80 feet tall in just six weeks. The patience, waiting and nurturing of the farmer bears fruits.

We have the faith that our loving God cares for us, and we firmly believe that everything that happens in our life is according to His will. Yet if we ask ourselves honestly, how far are we patient when things go wrong in our life and how much are we ready to wait without annoyance? When life becomes a litany of difficulties and problems arise, or tragedies strike us unexpectedly, is it possible to keep our cool and be patient? Or which is the one thing or things which will most impact us and affect our ability to trust and be patient in the Lord? Would it be financial struggles, family problems, sickness, business failure, job loss or something else? What is our Patience Quotient? Is it possible for us to discover a mechanism to practice patience in those areas?

The Bible is full of stories of people who waited patiently and faithfully for long and succeeded. Noah with his Ark, Abraham and Sarah – their long wait for a child, Jacob – taking care of the sheep of Laban for such long periods of time, Moses and his patient leading of the impatient Israelites through the desert, Job who lost everything, ... and finally Jesus. It seems as if all the Biblical figures had to go through a time of being tested in their patience. Could it be that learning to wait with patience for the Lord is something all of us have to experience in life? All these experiences tell us that it is worth waiting.

It is indeed refreshing to know that all our waiting with Patience, the fruit of the Holy Spirit, is an assurance of future joy. It is not a time wasted – but rather it is a time for us to learn and practice many of our faith skills.

Learning to be patient and lovingly yours,


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FUTURE JOY.*



Also LOOK OUTFOR

- 6 Ask Fr. Bitaju
- 12 Open up those closets
- 20 Youth Synod 2018: Yet another springtime for youth accompaniment

 *But if we hope for what we do not see, we wait for it with patience.*
Rom 8:25

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LOOK INSIDE

APRIL 2018

REGULARS

- 6 Ask Fr. Bitaju
7 Pope Talk | DR. KOCHURANI JOSEPH
8 Mission Talk | VINAY KUMAR
10 Jesus Youth | DR EDWARD EDEZHATH

ENGAGE

- 12 Open up those closets | DIVYA IMMANUEL

EVOLUTION

- 14 Time Management | KATIE HEITMANN

BODY & SOUL

- 16 Theology of the Body Series: Building the
Temple of God (Part 3) | MARITTA MARTIN



CONTENTS



22 | WALKING IN THE LIGHT OF THE LORD!
 UP CLOSE | FR DITTO DEVASSY

SYNOD

20 Youth Synod 2018: Yet another springtime for youth accompaniment | DR EDWARD EDEZHATH

IN FOCUS

26 A time to sow and a time to reap | ARUN PAUL
28 The Spirituality of Waiting | JOSEPH ANTHRAPER

LIVING LIFE

31 Living Life with Patience

FAMILY IN FOCUS

32 For better, for worse, for richer, for poorer..
 | DR JULIO AND DRANJU

FAMILIA

36 Patience in Family | VINITHA & JOBY MUNDACKAL

CULTURE OF LIFE

38 The little Angel - John | SHALINI GEORGE

CHANDELIERS

40 Carlo Acutis | MATHEW JOSE KURIAN

SOUNDREPLY

42 Silence (2016) | JOSEPH ANTHRAPER

BLOOMING KIDS

44 Patience | ROSEMARY JOSEPH
45 Quiztime
46 Lukas and Ray



30 | STILLING THE NOISES OF LIFE AND GAINING VICTORY
 IN FOCUS | JOSEPH ANTHRAPER

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ASK

FR. BITAJU



Fr. Bitaju Mathew, O.S.S.T. belongs to the Order of the Most Holy Trinity and of the Captives (Trinitarians). He serves as the Secretary Vice Provincial of the Order in India and is currently the Chaplain of the Jesus Youth International Formation Team.

Q. Many a time my views clash with my parents and this leads to many disagreements. I feel that I am entitled to have my views, and at the same time I know that I have to honour my parents. What does it mean to honour my parents during my late teens and youth?

Exodus 20:12 says that we must honour our parents and if we honour them, we will live long upon the earth. That promise tells us how important parents (or legal guardians) really are. But that is not all we are told to do, we are also commanded to obey our parents (Eph. 6:1-3), and that is slightly different from honouring them. Honouring someone is when you have an attitude of esteem for that person and you seriously consider their counsel, emulate their strengths, and treat them respectfully. Obedience means, "to follow orders". Obeying your parents is one of the most difficult things to do as a teenager. This is a time that you want to spread your wings and do things on your own. You want your independence, and you want to prove you can be a responsible adult. Yet there is still a level of needing your parents to guide you through this time, and there is still so much you can learn from them while you are still a teen.

Obeying your parents leads to wisdom:

We think we know enough to make our own decisions. But do we really? God reminds us that it is a foolish man that does not seek to become more disciplined and wise (Prov 1:7-9; Sirach 30:8). Parents, the most important people in our lives, can be the greatest guides we have in this life, and they can lead us in the path God has for us, if we let them.

Obedience brings you closer to God: God is the father of us all. There is a reason why we use a term like 'father' to describe our relationship

with Him, because just as we are to obey our parents, we are to obey God. If we cannot obey our earthly parents, how are we to obey our Heavenly one? As we learn to obey, we learn to be wise in making our decisions in life and open our eyes and ears to God's plan for us.

Yet no one says obeying our parents is easy:

Sometimes it feels like our parents are from a whole different world. Sure, they come from a different generation, and we may not always understand their reasoning. However, we don't always understand God either, but we know that what God does is for our own good. In the case of our parents, it's that way, too. We need to realize though that there will be pitfalls in obeying our parents, and there will be times when obedience becomes so difficult.

Tips for Obeying and Honouring Your Parents

- ▶ **Listen:** Listen to what they have to say. You would be amazed at what you will hear when you take the time to absorb what your parents are telling you.
- ▶ **Show respect:** Obeying your parents begins with showing respect. It is okay to ask questions and clarification on something you disagree with, but in a respectful manner.
- ▶ **Have patience:** Obeying your parents also means accepting that they are not perfect in everything they do. Have some patience for the times that they don't quite do things right, and know that you can learn just as much from their mistakes as your own.
- ▶ **Communicate:** Communicating on what's happening in your life with your parents will make them accept you as a responsible adult. Discuss about school, college and work. It is every teen's desire to be private, and some privacy is understandable, but when you don't communicate it breeds suspicion.

✉ Please send your questions to askfrbitaju@kairos.global and your questions will be answered here.



YOUCAT 367

TO WHOM DOES THE FOURTH COMMANDMENT REFER, AND WHAT DOES IT REQUIRE OF US?

The Fourth Commandment refers in the first place to one's physical parents, but also to the people to whom we owe our life, our well-being, our security, and our faith. [2196-2200, 2247- 2248]

What we owe in the first place to our parents - namely love, gratitude, and respect - should also govern our relations to people who guide us and are there for us. There are many people who represent for us a God-given, natural, and good authority: foster or step-parents, older relatives and ancestors, educators, teachers, employers, superiors. In the spirit of the Fourth Commandment we should do them justice. In the broadest sense, this commandment applies even to our duties as citizens to the State.

POPE TALK...

Dr. Kochurani Joseph
Animator, National Professional Ministry, India

Faithful have spiritual right to receive the treasure of the Word of God :

In his continuing catechism on Holy Mass, Pope spoke on the importance of homily during Mass. Hearing the Word of God, with the explanation in the homily that follows, is a right, “the spiritual right of the people of God to receive the treasure of the Word of God in abundance.” Everyone who goes to Mass, the Pope said, “has the right to receive abundantly the Word of God, read well, proclaimed well, and then explained well in the homily. It’s a right!”

Priesthood isn't an assignment – it's a mission:

While addressing the seminarians Pope told “The human, intellectual and spiritual enrichment you receive in these years is not a reward for you, much less a good to be earned for your career, but a treasure for the faithful who await you in your Eparchies and to whom your life looks forward to being donated. You will not be called to exercise, even well, an assignment – it is not enough! – but to live a

mission, without savings, without many calculations, without limits of availability.”

Jesus always prepares us for the trials we face:

Pope Francis said Jesus never leaves his followers alone, but always prepares them for the trials they will face, just as he did during his transfiguration which helped his disciples to understand and cope with his Passion and death.

“In the transfiguration, Jesus makes himself seen as he is in heaven, glorious, luminous, triumphant to prepare for the scandal of the cross, because the disciples couldn't understand that Jesus could die as a criminal.” At the time, Jesus' disciples thought of him as an earthly authority who always triumphs, however, for Jesus it is different: “He triumphs in the humiliation of the cross.”

The first Christian altar was the cross:

Pope Francis reminded the faithful faithful that the cross is the first Christian altar on which Christ offered the sacrifice of his life. During the Liturgy of the Eucharist, the Church uses various signs to “continually

makes present the sacrifice of the new covenant sealed by Jesus on the cross,” “this was the first Christian altar, and we must continually direct our mind and our heart to Him.”



PRAYER INTENTIONS FOR APRIL

Universal: For those who have Responsibility in Economic Matters

That economists may have the courage to reject any economy of exclusion and know how to open new paths.

The soul is God's temple, not your own:

Like Jesus cast out the merchants from the temple in Jerusalem, we should drive out the desire for personal gain and advantage from our hearts, replacing it with love. We are called to keep in mind those strong words of Jesus: ‘Do not make a market of my Father’s house.’ Reject the danger of making our soul, which is the abode of God, a marketplace, by living in continuous search of not our personal profit, rather than in generous and supportive love. This teaching of Jesus is always relevant, not only for ecclesial communities, but also for individuals, for civil communities and for societies.

Pope Francis says.....

- ▶ If the soul is joyful, it is a good day.
- ▶ Creed becomes a link between Liturgy of the Word and the Liturgy of the Eucharist.
- ▶ We are never sufficiently oriented toward God.
- ▶ God is always looking for a way to get to the heart of His people
- ▶ Mary is at once Mother of Christ, the Son of God, and now mother of the members of his Mystical Body, which is the Church.

TALK

WITH VINAY KUMAR

Vinay Kumar shares his month long mission experience in Mengio, Arunachal Pradesh, India

Q. Thanks a lot Vinay for taking the time to share about your mission experience. Please tell us a bit about yourself.

I am Vinay Kumar Manyala from Srikakulam in Andhra Pradesh, India. After my schooling, I moved to Vijayawada, where I did my graduation in Commerce and simultaneously pursued Chartered Accountancy. Currently, I am working as Article assistant in a Chartered accountancy firm at Chennai.

So Vinay, tell us about how it all started - how and why did you decide to go for the month long mission trip ?

The first thoughts of one-month mission started about 4 years ago. But I kept on postponing it and slowly it disappeared from my thoughts. However, after attending the Philip Course last October, the desire to go on the one-month mission trip rekindled in me again. And it got stronger when I later went

for the National Leaders Training. Finally, I took the decision to go for the mission trip in January. When I initially discussed with my parents about this, they asked me to postpone it due to our financial constraints and the health issues faced by my parents. I surrendered my desire and the family situation to God and asked for His divine providence. By His grace, later on my parents agreed and blessed my journey.

Q. Praise God, indeed!! Now that you look back on your month long mission, what are some of the most enduring images that has stayed with you..

This mission trip was a beautiful journey for me. Arunachal is a place of breath-taking beauty and all the way to Mengio, I was amazed by the awe-inspiring beauty that God has put in creation. The journey from Itanagar to Mengio was really difficult and it took us about 8 hours to travel around 120 kilometres. Now that I look back, I can honestly say that my time in Mengio taught me what is really important in life. I was a person who thought life is about earning name, fame, good education, good job, high earnings and so on. These 30 days brought about an inversion of priorities in my life as I realized that in life, the main thing is to be happy - irrespective of the situations around us.

I was awestruck when I saw life in Mengio

for the first time. There are no proper roads or communication facilities or any proper medical facilities and no help in emergencies - except their trust in God. Yet, in spite of all this, the people of Mengio are very happy, and I couldn't help be amazed by their smiling faces and simple trust. What I saw as hardships and troubles, they saw as blessings. The way they enjoy and cherish each and every moment of their life and their faith has definitely strengthened and energized my spirit.



VinayKumar

Q. Vinay, it sounds challenging. Tell us a bit more about the people of Mengio?

It's amazing, when they are sick they come to the priest for prayers, and when they get medicines they bring it to the priest to pray over it. What I saw there were people of such simple faith, that even when they have bad dreams they do not think twice before coming to the church to be blessed and be rid of it. They make it a habit to pray always, even before drinking a glass of water. For them, it is all about their complete surrender to God their Father, in whom they trust with an unflinching faith. Their faith and their examples taught me not to be afraid of life and to keep my faith completely on God and God alone, and thereby enjoying the present moment to its fullest.

Personally, it was a great experience for me to walk with them along their hills, fields, jungle and slippery roads. Their lifestyle is simple and happy. Even though they are poor, they are rich in heart. Their love is amazing. When we went to the villages they would accompany us, providing us with the best food and facilities. They eagerly help out each other in their difficulties and needs. Their love has challenged me to love unconditionally, without expecting anything in return. Their smiling faces, their love, care and attention was a life-changing experience. I went with them to see their fields and their work places in the jungle. One day I carried wood with them from the jungle, walking up the hill. It was an extremely painful experience and my legs wouldn't move after walking a little while. Then I wondered how my loving Lord carried the heavy cross on his shoulders while climbing the mountain.

Q. Tell us a bit about your experience of living and working with MCBS priests?

I was great to see the work of MCBS fathers. They are really amazing. They are doing a lot of developments and bringing substantial changes in the lives of the people there. Their sense of mission and commitment towards it is commendable. All of them have left their



I WENT TO MENGIO WITH MY LUGGAGE, BUT WHEN I RETURNED, I CAME BACK WITH LOADS OF LESSONS AND EXPERIENCES.

comfort zones and have said "Yes" to their master's call to serve in places where there are even no basic facilities. They do everything for the love of Christ. It is extremely hard for priests to celebrate mass in the villages especially during the rainy days. They have to walk many hours through the mountains to get to the villages. By seeing their commitment, I learned to say Yes in all situations. I remember with gratitude the wonderful sharing's of Fr. Biju, which helped me immensely. I learned many things from him and his simplicity was greatly influential. I also thank Fr. Bony who made us aware of the Nissi people and their

culture, and initiated us into the beautiful community prayer. Bro. Peter is a simple and hard-working man, who accompanied us on the village tours. All the priests took a lot of care and showed us immense love. It was a great experience to meet such beautiful people.

Q. Vinay, it sounds like you had the time of your life at Mengio. What would you want to say to a person who might be thinking or discerning about a similar mission trip?

I learned a lot of things from all the people I met there, from the youngest to the oldest. Their life, traditions, customs, smiling faces, love, care, and their response to struggles and suffering, taught me something useful in my life. I went to Mengio with my luggage, but when I returned, I came back with loads of lessons and experiences. There are so many things which we can learn from them. As much as I feel blessed to have taken this mission trip, I feel sad about delaying it 4 years. This mission exposure has brought a lot of change in my life; surely I can say there will be no more complaints when I get back home. Yes, I had the time of my life – so what are you waiting for?

JESUS YOUTH



Dr Edward Edezhath, A pioneer of the Jesus Youth Movement gives us a glimpse of the growth of the Movement.

Two Timothy two twenty two



→ **Shun youthful passions; aim at righteousness, along with those who call on the Lord**

The year was 1983. We were already a few years into building an active network of youth leadership in Kerala, India. Every month a close-knit group called 'First-liners' from all over the state would meet to build friendship, review what we were doing and plan ahead. Though much was happening, there was nothing official about it and

or other paraphernalia. So when Ravi Thomas, the one in charge of communications and accounts proposed to print a letter-head I was not quite sure. Finally we agreed upon a simple format mainly with a Bible verse that will accurately represent us. There was some search for a suitable verse and finally the one I proposed was two Timothy two twenty two, a reference easy to remember and a message truly representing our core orientation: Shun youthful passions and aim at righteousness, faith, love, and peace,

along with those who call upon the Lord from a pure heart (2Ti 2:22)

The network was not yet christened and had to wait two more years to get its name. It was in 1985 that the name Jesus Youth was introduced as the name of the famous conference and it became the name of this network. Years have gone by and the movement has grown into an international reality, but the same Bible verse continues to represent some strong aspects of Jesus Youth movement.

What are the basic elements of Jesus Youth movement? May be there are four distinct steps or aspects in being Jesus Youth:

1. A radical giving up of selfishness and worldly ways
2. A positive choice of Jesus and the Gospel path
3. Getting rooted in a new friendship and culture, and
4. Going forth to build others in Christ's love and peace

How beautifully and forcefully these aspects are conveyed in this verse! St Paul's exhortation to his young apprentice charts out a clear path for any young person to follow Christ faithfully. And it is a true roadmap for forming a committed Christian. Even after two thousand years it continues to be relevant and forceful. So if someone asks how to be a true Jesus Youth the right answer is two Timothy two twenty two.



Jesus Youth

Those who call upon Him become my best friends

There is a strong conviction in the movement that the right kind of friendship is an integral part of your walk with Jesus. "I call you friends" (Jn 15:15) and Jesus stressed love and friendship as the nucleus of his Kingdom. In the movement one has to be fully immersed in an active fellowship which will help build and culture a lifestyle, with its basis on the 'Six Pillars'.

Jesus Youth can be called 'A lifestyle for a joy-filled abundance in the Lord'.

A new vision and mission drives my life

As they say, 'the proof of the pudding is in the eating'; if the above steps have been effective one should become a committed Catholic, a true witness of Jesus making a positive difference in the places where one lives and works. This missionary emphasis is at the core of the movement and has been making ripples wherever it grows. Jesus Youth can be called 'A lifestyle for a joy-filled abundance in the Lord'. Many people, even from outside the movement find Jesus Youth very special because some very attractive and committed people come out of it. Some even ask about the secret behind it. May be we can say it has to do with 4 C's: a Change, a Choice, a Culture and a Commitment. And that is what the Apostle's words in two Timothy two twenty two speaks about.

.....

Dr Edward Edezhath, One of the pioneering leaders and animators of the Jesus Youth movement, a senior lecturer in St. Albert's College, Ernakulam, India lives with his wife Audry in Cochin, India. They have three children, Ralph, Nicole and Aidan

1 Jesus Youth is all about a big giving up, and a continuous one

The world and society around are wonderful, because God has created it, but there are enough evil there. Each one of us is also groomed in these sinful ways. So giving up of these "youthful passions" is the very first step in any earnest journey towards a life of joy and fullness. For a young person this radical giving up is not easy. But the presence of other youngsters with their gentle and joyful encouragement and prayer imbued guidance makes possible, the big turning away.

2 Jesus and His plan become my main concern

The giving up is only a half step; it has to find completion in a definite welcoming of Jesus into one's inner-life and day-to-day living. In the movement one is helped, on the one hand, through the proclamation of the Word and also by the positive nudging of the peers. In short, this 'shunning of youthful passions' and a firm grasp of 'righteousness and faith' becomes the doorway to as well as the continuing foundation of active living of Jesus Youth spirituality.

ENGAGE



***OPEN UP
THOSE
CLOSE***

I was cleaning out my closet full of old clothes and, every one of them had a story, so each time I picked them up to discard I would have second thoughts on keeping it. I still wear many of them because, that is what I've been taught to do (to wear them till they last). Growing in inches makes me give them to younger relatives but, I still have some that I never want to give out and, it adds to the piled up clothes that I hardly look back at.

There is no point in keeping things inside the box forever. Open it, explore! And that is just what I did for one Easter Triduum. On all three days, I opened and explored the closet and, wore clothes that had been lying there for a long time.

It was Easter!

When I was a kid, I got new clothes almost every Easter but, as I grew up, I managed with clothes that I had used once or twice. This Easter, I chose something to wear from the old lot and, out of the many choices I had, my husband picked a particular 'Saree'. Like any other piece of clothing, that I stacked up for its memories, this one did the same. It was the 'saree' I wore for our engagement. It was quite heavy, with gold work on it. It was not my usual style- I liked things simpler. So I laid out some other choices for my husband to pick from but, after a lot of thinking and double checking with others at home, I finally decided to wear this particular one. It was uncomfortable but, while I wore

it, I remembered the special story attached to it.

It was Easter!

On Easter, Christ gave us new life so, everything we talk about has to do with this 'newness'.

But what was new this Easter? St. Paul says that 'if anyone is in Christ, he is a new creation, the old has passed away, behold, the new has come' [2 Cor 5:17] - and I had so many things that were old. No! not just the clothes and not just my habits but, even my experiences. What was new this Easter? What was the new experience that God was calling me to have, as I opened up my closet?

It was Easter!

Well, Jesus was piled up there somewhere among all the other things. Yes! He was there too.

On Easter, Christ gave us new life so, everything we talk about has to do with this 'newness'.

He used to be dear to me and, I once had a memorable experience with Him. But first, I had to pick Him up from the pile, bring Him back to the front. He was the best when I experienced Him first but, had since gone down to being just a story. Every time I saw Him, He looked majestic but, I could not adorn myself with Him because He didn't seem to fit my style at any given moment.

But He was still there and that was for a reason. I was the one who was keeping Him away. And I had to make

a choice, to bring Him back in my life. It might be uncomfortable, because my style was different, but Christ fits every style, because He made me the way I am. Just like I dug out my clothes, remembered the stories, decided to wear it again and created new moments with it; I needed to bring Jesus out from the things that I had piled on top of Him, get back to Him and be with Him to make new memories with Him. I know that whenever I am in Christ, I will have many new experiences with him- I will be a new creation. And that is the new life that we need to live, making new memories and experiences with Christ each and every day. Because Christ is not of the by-gone years and He is God eternal, He always brings newness in life.

Maybe it's time to dig deep. It's time to search thoroughly, 'where is Christ in me?' And you'll find Him right there, bringing back memories and when you start wearing (being with) Him again, you will make new memories to cherish.

I was cleaning out my closet full of old clothes and, every one of them had a story, so each time I picked them up to discard, I would have second thoughts on keeping it. I re-lived those memories. I still wear many of them, making many new memories with them because, that is what I've been taught to (to wear them till they last) (and Jesus always lasts) Growing in inches makes me give them to younger relatives, (growing in His love makes me share His love). But I still have some that, I never want to give out (I become selfish and want to keep Jesus with me) and it adds to the piled up clothes that I hardly look back to (and He becomes something so precious that I put him inside a box to be kept safe, hardly talking to Him).

So start adorning yourself with Christ and live "new" moments with Him! ■



Divya Immanuel has been actively involved in the Jesus Youth movement for more than 10 years and is currently a member of International Council. She lives with her husband in Mumbai, India and works as counsellor in a NGO.

TS

EVOLUTION

OVERTIME MANAGEMENT

Katie Heitmann gives us an insight on how to manage the gift of time

Picture this: A toddler is marching around your home with one shoe and no pants, you can't find the baby's pacifier, you missed a call from your mother, and Mass starts in ten minutes! Sound familiar? One of the greatest joys of the faith is the centrality of family life. With that, comes the great responsibility of learning how

to manage our time in a fast-paced world. We do not seek to match the pace of the world, but we do realize that some things require more planning and an ability to multitask and prioritize. However, I propose that the key to time management is not in "trying harder" or "planning better", but instead in a complete conversion of the mind toward the concept of time.

"The man can neither make, nor retain, one moment of time; it all comes to him by pure gift." In *The Screwtape Letters*, C.S. Lewis creatively captures truths and temptations of the Christian spiritual life through letters written by Screwtape,

a demon, to his inexperienced nephew, Wormwood. In Letter #21, Screwtape instructs his nephew to tempt the Christian into thinking "My time is my own." This assumption, he writes, will keep him from charity, since the unexpected visitor and the talkative wife will somehow rob him of his "own" time. Although Lewis himself admits that the letters should not be taken as truth, he does in fact highlight an important point about time: It is not our own. In seeking to deepen the understanding of how to manage time, it must be fundamentally remembered that every moment is a precious gift from our loving God.

Recognizing the Gift of Time

As Christians, we believe that our creation flows from the perfect love of God, as we were created in His image and likeness. Likewise, our sustained existence, from moment to moment, is a result of that same overflowing love. In his First Letter to the Corinthians, St. Paul writes, "What have you that you did not receive? And if you did receive it, why do you boast as though you did not?" Everything that we "have", especially our time, is from God. Every moment is immersed in the love of the Lord, as the psalmist writes in

Psalm 139:7, "Where can I go from Your Spirit? Or where can I flee from your presence?" At every moment, the Spirit of the Lord keeps us in existence and sustains us.

Therefore, we must also remember that this gift is temporary. For, "all flesh is like grass and all its glory like the flower of grass. The grass withers, and the flower falls" (1 Peter 1:24, Psalm 103:15). Just as the plants and flowers flourish and pass away, so too will our lives. St. James speaks to the Christians that say, "Today or tomorrow we will go to such and such a town and spend a year there, doing business and making money." He warns that they "do not even know what tomorrow will bring." He goes on to ask, "What is your life? For you are a mist that appears for a little while and then vanishes." He instructs the Christian instead to remember that their existence will only continue as long as the Lord wishes. This is, in fact, the most essential disposition when approaching the topic of time management. In having the humility to recognize that every moment of our time is a gift from the Lord, we will have the proper attitude towards managing that time.

Challenges to Managing the Gift of Time

"Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received" (1 Peter 4:10). After recognizing that all time comes from the Lord, we often find ourselves still in difficulty to manage that gift properly. It is perhaps due to the following human limitations and spiritual temptations, common to all of us.

Everything that we "have", especially our time, is from God. Every moment is immersed in the love of the Lord....

1 PRIDE As mentioned, the subtle arrogance that accompanies the assumption that time is our own can keep us from valuing every moment we receive. Instead, we can fall into the trap that we lengthen and number our own days, thus keeping us from acting responsibly with the time we receive.

2 SLOTH One of the seven deadly sins, sloth, coming from the Latin "acedia", means "without care". It is the reluctance to work or make an effort, and is one of the greatest temptations leading to the mismanagement of time. This sin of omission is characterized by a "sorrow about spiritual good" (St. Thomas Aquinas) and a refusal "of the joy that comes from God" (Catechism of the Catholic Church).

3 PROCRASTINATION Closely aligned to sloth is the idea that something can be done later. C.S. Lewis also writes about this temptation in Letter #12 on Pleasure and Distraction. He writes, "You

can make him do nothing at all for long periods. You can keep him up late at night, not roistering, but staring at a dead fire in a cold room." This temptation to procrastinate will clearly keep us from managing the gift of time we have received!

4 DISORGANIZATION One very practical concern for mismanaging the gift of time is having a disorganized nature. Absent-mindedness and being scattered will lead to many wasted minutes. Not remembering when an appointment may be or misplacing your keys will lead to wasted trips, extra phone calls, and time spent searching for your everyday items.

5 CULTURE It is imperative to note that most anthropologists agree that the concept of time has been acquired through cultural influences. The individual's approach to deadlines, meetings, events, and even maintaining relationships all reflect the cultural concept of time. If you are not aware of your cultural beliefs toward time, it would behoove you to investigate them more thoroughly, helping you to understand your specific pitfalls to the proper management of time.

Tips for Effectively Managing the Gift of Time

Although each individual must adapt these tips to their own daily practice, the following may be helpful in allowing you to effectively manage the gift of time from our generous and loving God.

- 1.** Begin the day with a prayer. Thank God for the gift of another day, and ask for His guidance through the Holy Spirit to lead you to effectively use your time
- 2.** Act quickly against any temptation to sloth, following St. Paul's advice to the Romans: "Never be lazy, but work hard and serve the Lord enthusiastically." (Romans 12:11)
- 3.** Do your best not to procrastinate! As St. Don Bosco said, "Do not put off till tomorrow the good you can do today. You may not have a tomorrow."
- 4.** Get a calendar or a planner and budget your time! A little organization can do a long way!
- 5.** In the evening, examine your day. Did you waste the precious gift of time at all? Can you try better tomorrow? Finish with a prayer asking the Lord to help you as you try again the next day!

We are all called to be good stewards of the gift of time that we received! Let us begin by reorienting ourselves to the truth that "The man can neither make, nor retain, one moment of time; it all comes to him by pure gift," and seek to use that gift to love and serve God and one another. ■



Katie Heitmann is a teacher of Health Sciences and Spanish in a Catholic school in New Orleans, USA. She also works as a nurse in the Emergency Department during some weekends and summer. She felt called to the spirituality of radical missionary discipleship, which led her to become a Fulltimer. She is currently part of the National Council of JY USA.

BODY AND SOUL

THEOLOGY OF THE BODY SERIES

BUILDING THE TEMPLE OF GOD (PART 3)

Maritta Martin continues to explain the concepts of Theology of the Body in a simple and practical way in this second article of the series.

In

the last issue we continued further in our quest to lay Christ as the corner stone to the 'Theology of the Body' and now, we enter into the "theology background" of our series. Lets do a quick review! We established that sin and death entered human history through the very heart of the unity of Adam and Eve. Similarly, redemption and new life entered human history through

the very heart of the unity of the new Adam and Eve, that is Christ and the Church.

Christ's redemptive marriage to the Church is foreshadowed at the wedding feast of Cana and consummated on the cross at Calvary. At the wedding feast at Cana, Mary comes to Jesus with a request, much like the first Eve, but Jesus instead of blindly succumbing like Adam – says, "Woman." In fact, that was the name Adam called Eve when their story began. Then, Jesus turns the water into wine – something good, lifegiving, so that someone might be saved from shame. But, when Adam listened to Eve and ate the apple, they both were ruined to shame. This water turned into wine also prefigures the blood and water that flowed from the side of Jesus at Calvary. The woman, Mary at the foot of the

cross represents all of humanity.

Moving on, Jesus by surrendering his body without complaints (while the first Adam complained) makes a total, faithful and fruitful gift of his body to his bride the Church on the cross. He breathes life on humanity just as his Father did when He breathed His life into His new creation. The blood and water, symbolizing the new baptism and Eucharist, represents the very life of God coming from the side of the new Adam and as well as the birth of the new Eve – the Church, the bride of Christ. Scripture says that man will leave his father and mother and cling to his wife. Christ left his Father in heaven and left the throne of his mother on earth to give up his BODY for his bride so that we, the Church, might become one flesh with him. Christ offered us his body as a marriage proposal.

To enter a perfect union of love with Him, He is proposing to us by laying down His body, blood, soul and divinity through the sacraments. Let us start with the Baptism. In the catechism, baptism is defined as a nuptial bath. In baptism, we unite ourselves with Christ's sacrifice and we are cleansed of our sin by washing with water through the word. Next, the Eucharist. Having already been united or married (remember baptism is called the nuptial bath) to him in baptism, when we receive Christ's body in the Eucharist, we consummate a mystical marriage. Let's repeat that again...by receiving Jesus in the Eucharist we consummate a mystical marriage. Woah. Jesus says in John 6:53 "unless you eat of the flesh of the son of man and drink of his blood, you have no life in you". So in receiving the Eucharist we consummate the nuptial bath

that we took in the Lord. Next, in Confirmation, we conceive a new life in us, a life in the spirit. Key words here – conceive new life. This sounds just like a man and a woman coming together in a nuptial ceremony, consummating their marriage in the marital embrace and conceiving a child.

Christ left his Father in heaven and left the throne of his mother on earth to give up his BODY for his bride so that we, the church, might become one flesh with him



Maritta Martin is a Jesus Youth from Miami, USA who enjoys trying out global cuisines and listening to pretty much any kind of music. A goal on her bucket list is to attend divine liturgy in all the eastern rites

To reiterate, Christ gave himself up to the Church and breathed into her new life. Christ is the new bridegroom and the Church is the new bride. God's FREE, TOTAL, FAITHFUL AND FRUITFUL LOVE has another name – marriage between man and woman. We imitate Christ in his love for the church in Marriage and Holy orders. Every marriage here on earth is meant to represent the marriage with the Lamb in heaven. That's why Jesus said that in heaven people neither marry nor are given in marriage – because there they the experience the perfect union with God. Priests and religious understand this truth and thereby consecrate their bodies to God here on earth and live more fully the bliss of union with God. The bride and groom commit themselves to each other, freely, totally and faithfully until death, making canonical promises of fidelity, indissolubility, and openness to children. Then, that night and throughout their marriage, they enact their commitment. They express with their bodies, what they expressed at the altar with their minds and hearts. Through the marital embrace, the words of the wedding vows become flesh. Hence, the marital embrace, yes sex, is meant to express wedding vows. In doing so they consummate their marriage, they complete it, perfect it, seal it and renew it.

So sexual intercourse between husband and wife participates in the very life and love of God. It makes visible the invisible mystery of God. It is a profound mystery, and God gave us sexual desire itself, to behold the power to love as He loves. This is so that we could participate in divine life and fulfill the very meaning of our being and existence – to love perfectly as he loves. This is God's intention for our sexuality from the very beginning, to participate in Him and His love.

With this said, I hope these past issues have established how highly the church holds the sacred and divine mystery of sex. It is far from just pleasure or something to repress or be ashamed of. I also hope in these past three issues, I was able to breakdown the basics of Theology of the Body to you. As we venture on, these foundational truths will allow us to delve into even deeper topics and life situations that surround us. Until then, yours truly is singing off to prepare another issue! God bless!



ENCOUNTER

I MET JESUS!!

Kato Robert Abooki shares with us his journey towards Christ and how he became a missionary.

I am Kato Robert Abooki. I was born 24 years ago in a small village called Mpunda in Kyenjojo district, Fort Portal diocese, Uganda. I come from a simple family of five sisters and three brothers. I was a Jesus Youth International Full-timer of the 24th batch. My commitment was from July 2015 to August 2016. I was placed in Kasana of Luwero diocese in Uganda.

I can say with a lot of joy that I love Christ and I want to serve Him my whole life. It is in Him that I find peace. My childhood was characterized with a lot of struggles. It was marred with pain, misery, loneliness, and lacked a good relationship with Christ – the list is endless. My first encounter with the Lord was at the age of 17. It all started when I had an argument with my father and it ended up in a big fight. After the fight, I remembered my catechism and the Lord's teachings and I knew that I had broken the fourth commandment ("respect your father and mother so that you might live longer"). This deep realization made me weep bitterly through that whole night. It was after this that I began my conscious journey with Christ.

I met Jesus youth in December 2011,



when I was invited to attend a three day exposure retreat in The Fort Portal Diocese. From then journeying in the movement, my life started going through a paradigm shift. I became more active in the Church. I took my Jesus Youth commitment in December 2012 and began taking up different responsibilities. As I was immersing myself more into the movement, a real challenge to my faith came in 2013. The results of my final high school examinations had just come and to my disappointment, the results were not up to my dreams and expectations. Not even close. All the pride and faith I had in my intelligence and power – shattered before my eyes in a matter of seconds. I was broken and deeply hurt, but even in this time of hopelessness, Jesus

Youth was there for me. The movement supported me – that is to say Mr. Rajesh Moses and his family did. They were the first JY African missionary family. They showed me the way to real grace in Christ, to Love God with all my heart and strength, even amidst challenges where I could see no hope. I started to believe that God could turn this mess into something beautiful, that he could make everything work for the best, according to His will. It was as though Christ was telling me; "My grace is sufficient for you, for my power is made perfect in weakness. I will all the more gladly boast of my weaknesses, that the power of Christ may rest upon me" 2 Cor 12:19.

By serving others I began finding joy, hope and faith, which I was convinced

only Christ could give. I realized that the hidden treasure of peace and joy I had found in serving the youth and the Church was more than I could ask for. The words of John 15:13 were true, “Greater love has no man than this, that a man lay down his life for his friends”. Most of all, my greatest strength and joy came from going for Mass daily, sitting and waiting for the Lord to talk to me in my personal prayer, being regular in my Bible study and fellowship groups. There were times however, when I felt that it had become so hard for me to continue in this mission. Many were putting me down – my own family, friends, and peers were calling me all sorts of painful names and treating me different, saying that I was spoiling my future, giving all my time and life to a mission that they saw no hope in. A number of situations



too were kinda hard for me to sustain and gave me great complicated challenges I had not encountered before. Sometimes such situations gave me deep spiritual sorrow. There was a time when almost everyone left JY Africa, leaving me and the mission family behind. Those were strange and painful days. I used to sit in the night vigil alone and pray for hours just giving out my heavy heart to the Lord. However, we kept pressing onwards.

Building the movement in Uganda needed us to make very painful sacrifices and tough decisions. We truly had to find peace in the Lord by selling all we had to make ourselves available for Him. And by selling, I mean sacrificing and giving up many things. We had to give up our families, sleep,

education, career, freedom, and instead find peace in the Lord. We travelled days and nights without sleep and sometimes food. We moved from one place to another building the mission. At times, I had to become everything; a teacher, a mother, a friend, a nurse, a cook, a coordinator – Oh! the list would go on and on. Being a youngster, I myself was struggling in many areas to grow in holiness – of pride, anger and lust to name a few. I had so many other areas to heal from a number of inner wounds. But Christ through JY in all the missions was patient with me. In Him, I found a home, a place where I could freely express my life in full and find inner peace amidst all the struggles. Today, the Lord has blessed us with a lot of youth, many prayer groups, 2 mission families, and full-timers in 5 dioceses throughout Uganda. Many



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youth are growing into good strong leaders, while others are ready to take up long term commitments and join different vocations. All these blessings we enjoy today have been the result of a lot of pain and tears.

I often feel that the most sought-after gift in the world is the gift of peace. And I was looking in all the wrong places for this special gift. Most youth look for it in money, sex, power or drugs and ultimately end up lonely. But through God’s grace and mercy, I was able to find it in Him. Just as my education and career was starting to take peak, the Lord called me to be a full-timer, with the strong aim of discerning my true vocation. As a fulltimer, the Lord used me and blessed me in so many ways, in my vocation, mission, family - the list is endless. May His name be glorified.

To all the youngsters out there, especially to those in the journey of discernment, I would say – give your life to the Lord, immerse yourself in meditative prayer and keep the Word of God close to your heart. We are all born special and the Lord has a special purpose for all of us. Just keep searching for this mission, be holy and perfect, accompanied with strong prayer. As the missionary apostle says, “the kingdom of God is not food and drink but righteousness and peace and joy in the Holy Spirit” (Romans 14:17). The Holy Spirit shall give you greater joy and fill all your empty vessels. God bless you all. ■

SYNOD

YOUTH SYNOD 2018

Jesus Youth movement is much indebted to the times and charism of Pope John Paul II. He was very much a friend of the young generation. While the second half of the last century was full of confusing signals for young people all over the world, this saintly Pope reached out to the youth with his beaming smile, telling them that their dreams and abundant energy are so very important for the Church and the world. The most memorable turn of his youth accompaniment was the celebration of the International Year of Youth in 1985, when the movement also got its name. Today another immensely charismatic Pope is at the helm of Peter's raft. This youth friendly Pope with his beaming smile has taken the historic step of announcing a Youth Synod.

"The Church has so much to talk about with youth, and youth have so much to share with the Church," wrote John Paul II in 1988. With this attitude he spent time listening to them and they in turn eagerly lent their ears to his words of challenge. Perhaps it is with the same spirit of learning from the younger generation that Pope Francis has convened this Synod. In the Preparatory Document this attitude is spelt out very clearly: "Young people know how to discern the signs of our times, indicated by the Spirit. Listening to their aspirations, the Church can glimpse the world which lies ahead and the paths the Church is called to follow."

The Synod of Bishops

The Synod of Bishops is a permanent institution of the Catholic Church. It was established by Pope Paul VI in 1965, shortly after the close of the Second Vatican Council, to continue the spirit of collegiality and communion that was present at the Council. The Synod is an assembly of bishops from around the world who assist the Holy Father by providing counsel on important questions facing the Church. It meets at the request of the Holy Father, when he considers it necessary or opportune to consult with the world's bishops.

The forthcoming Synod will be the 15th Ordinary General Assembly of Bishops and its theme is going to be "Young People, the Faith, and Vocational Discernment". Bishops' representatives from all over the world along with other specially invited delegates will gather at the Vatican from 3 to 28 October this year to reflect on issues relating to the young generation.

A Preparatory Document was released in January 2017. This booklet briefly examines the current global situation, the lives of young people in the modern world, and the process of walking with young people as they discern their personal "vocation of love". At the end of the Document there is a set of questions to help the church leaders to "express their understanding of the world of young people". The Pope also released his 'Letter to Young People' in which he tells the youth "Do not be afraid to listen to the Spirit who proposes bold choices; do not delay when your conscience asks you to take risks in following the Master".

The Vatican Synod Office also launched a survey website in June 2017. This was aimed to gather the feedback directly from the young people. There were options to respond in various languages. The survey will help the Synod



YET ANOTHER SPRINGTIME
FOR YOUTH ACCOMPANIMENT

Office better understand the realities of young people today and their pathways to vocation and the Catholic faith.

Reading the Road Signs

One who is on a journey should learn to read the road signs; if not, one may court serious trouble. Pope Francis, while he challenges the whole church to reflect on the youth and their world, seems to believe that this exercise should awaken everyone to the challenges of the

emerging new world. Being attentive to the young people is, perhaps, one of the best ways to open our eyes to the future as well as to the promptings of the Spirit. This reading of road signs has always been the style and strength of the Jesus Youth movement. As the Church around the world focuses on youth and in many countries they observe another 'Youth Year'; for the movement it is a wake up call, a call as Jesus said to "interpret the signs of the times" (Mt 16:3). What are some of the significant Road Signs that the Synod is raising?



The challenges of the contemporary world:

Today's youth live in a world very different from their parents and educators. This new set of affairs have radically changed this generation. Getting to know this new world is fundamental to connecting with young people.



The what and how of discernment:

The young people face abundant choices before them. Knowing how to make informed and responsible choices heeding to the prompting of the Spirit is very important. The Preparatory Document speaks at length about the process of discernment.



The right mode of announcing Good News today:

The Synod itself, for the Church, is a process of examining herself and the ways for proclaiming the Gospel in these changed times. It can best be done by listening to the aspirations of the younger generation.



Revisiting youth accompaniment:

The Document speaks of an unwholesome path in youth ministry, being "tempted to take control of their faith". The Church would like to see the accompaniment offered to youth as "her call to collaborate in the joy of young people". This revolutionary approach of seeing the beauty of the life of younger generation calls for an ever renewing sensitivity to the younger generation.



Need for persons of reference:

Having credible and mature people of reference is important for the development of a young person. The Church and the movements have a big role to train and make available such shepherds of souls in families, neighbourhoods and in the larger community.



The participatory mode:

Youth do not want to be "passive recipients of pastoral programs and policies". Lack of opportunities for participation will lead to resignation and fatigue. To develop a generation that is confident, energetic and enterprising, we need dynamics of active reflection, interaction, decision making and implementation in which youth play a key role.



Specific places to belong:

If the young should grow into mature Christians they need specific places for meeting, cultural formation, education, evangelization, celebration and service. There has to be a way of "going out", "seeing" and "calling" to these loving communities. These specific places of love and faith form the young people and sends them out as missionaries.

"You always have the poor with you" said Jesus in a discussion about anointing. Today a section of needy in whom we have to see Jesus, is the young generation. May be we have to say, "youth are always with us, and they always pose a big challenge". The Synod and its time of preparation and follow up are a God given opportunity to sensitize ourselves personally and in our communities to the challenges posed by the younger generation, and be renewed in our outlook and missionary zeal. ■



Dr Edward Edezhath, One of the pioneering leaders and animators of the Jesus Youth movement, a senior lecturer in St. Albert's College, Ernakulam, India lives with his wife Audry in Cochin, India. They have three children, Ralph, Nicole and Aidan

UP CLOSE

WALKING

IN THE LIGHT OF THE

LORD!



Fr. Ditto Devassy, one among the first two Jesus Youth priests ordained in December 2016, talks about his faith journey and God's faithfulness.

Fr. Ditto, for the sake of all our readers, could you please briefly tell us about yourself?

I am Fr. Ditto Devassy and I hail from Potta in Trichur District, Kerala. My family consists of my parents and two younger brothers. I belong to a middle-class family, where my parents had to struggle a lot to provide a good education for us. Yet through all the struggles, my home was my nursery of values and my parents were the best teachers who cultivated the spiritual and moral foundations of my life. Their complete reliance on God, simple and prayerful life, and hard work made me choose good and be good always in life.

You were one of the two Jesus youth priests ordained in December 2016. I am sure it would have been a momentous occasion for you. Now that you look back on that day and moment, can you please tell us what was going through your mind during that time?

It was always my dream to become a priest, which I had been nurturing from my fourth grade. It was to my class teacher that I shared this dream for the first time, when she asked a question about what I wanted to be in future. Whenever I participated in Holy Mass during that time, at the time of consecration I used to make a small prayer along with the priest, "O God, if it is your will, let me also be blessed to lift your body and blood and offer my life for you as a priest". This prayer came true on December 29, 2016. It was a much-awaited moment – one that was the culmination of almost 18 years of waiting. The emotions of joy and gratitude which filled my mind during those days is far too immeasurable to contain or articulate in words or on paper. I am indebted to many for this blessing in my life. I know how weak and fragile I am, but God prepared many Jesus Youth's to raise me as a Priest on His Altar. That's what I am today – a priest for Jesus. I was so overjoyed and was convinced even more of the fact that "No earthly force can change your

destiny if it is God's will"! If God had this plan about me – to mould me as His priest – then no one could change it. My life experience proves that. As Jeremiah 29:11 says, "For I know the plans for you, declares the Lord, "Plans to prosper you and not to harm you, plans to give you hope and a future". Whenever I went through tough times, or moments of deep isolation, this scripture promise always gave me the strength to face even the worst situations of life.

If I could ask you to think back a bit, can you please describe your first Jesus Youth experience and can you please tell us how has the movement been part of your life from then on?

My involvement with the movement began in the Middle East. After my graduation, I got a job in a resort in one of the Middle Eastern countries. However, my company was almost 120Kms away from the main city. I came to know about the Jesus Youth Prayer group in the nearest city. God arranged people to take me there for Mass and prayer meetings.



God, if it is your will, let me also be blessed to lift your body and blood and offer my life for you as a priest

Later on, I was invited to attend formation programs and other one-day programs organized by Jesus Youth. As days and months passed, I became a regular member for most programs. The love and care I experienced from JY families brought in me a "back-at-home" feeling and it inspired me to get more involved with JY ministries. The prayer, fellowship and mutual concern and support were key factors that attracted me in the movement. The prayer sessions were really spirit filled and touching. I started to experience changes in my personal life. The labour camp visits on each Friday brought me a fresh desire and conviction to reach out to people who have not yet experienced Jesus in their life.

Do you remember when it was that you began to seriously ponder whether God might be calling you to a vocation of priesthood? Can you also please tell us about how the movement has helped you in your process of discernment?

As I began getting involved with various Jesus Youth ministries, slowly I was entrusted with more and more responsibilities, both regionally as well as nationally. For me, this turned out to be an excellent opportunity to reach out to many people, to interact with them and above all, to share the Gospel with them and bring them to Christ. This was a beautiful phase of life, wherein both prayer and mission were progressing simultaneously. And I began to experience boundless joy every time I went for mission – a profound sense of satisfaction, which I had never experienced. Far more than my money or possessions had ever given me. The high salary and other facilities provided by my job paled to nothingness in comparison with the joy I experienced when I shared my Jesus with others. I felt so much content in life. The fire that I once had in my heart to become a missionary for Jesus, regained its strength and zeal. Once again, I started to think about spending my life for Jesus. While I was working, I hardly got a full day to spare and do Jesus' work. Yet, even within those constraints, God still made use of me for His greater glory. When I became available for His mission, He took me to places beyond my wildest imagination, and entrusted such tasks that I never thought I could accomplish! If God could use my limited availability to accomplish so

much within such a short time, I began to seriously wonder how much more he would do, if I were to give my entire life to His care. This question kept coming back to me again and again, which led me to consider once more the possibility of joining priesthood. The solid support from Jesus Youth in the Middle East as well as the senior leaders of the movement helped me to discern properly by spending sufficient time with the Lord in front of the Blessed Sacrament. It is with the able guidance of CC Joseph, Manoj Sunny and Fr. Bitaju that I eventually came to the decision to become a priest. After four years of life in the Middle East, I finally resigned my job and came back to India.

Very inspiring, Father. Once back in India, what was your motivation to choose to be a Jesus Youth priest?

It is through the movement of Jesus

There must be a deep love towards the Blessed Sacrament in the heart of the person who wishes to discern his call for a religious or priestly life.



Youth that I got a renewed life in Christ. Through JY, I began experiencing my Jesus in a profoundly personal way. Jesus Youth gave my Jesus back to me! And so, I decided to dedicate the rest of my life with my Jesus in the movement.

Praise God! Fr Ditto, We thank you for your decision and commitment. Now that you are a priest, what are some of the things that you are working on and what are some of your future dreams?

As Jesus told disciples to “Go and proclaim the Gospel to the entire world”, my dream is to reach out to the whole world and declare that Jesus is the one and only saviour. This is my dream and the one thing that I desire. Even if you get only a minute to talk about Jesus, do it for His greater glory. Because remember – you may not get a second chance with the same person to tell him about Jesus.

There are lot of young readers who presently might be going through a process of discernment or who might be having the first thoughts of a religious vocation in their heart while reading this. As someone who has taken this journey, what would be your advice for those young people?

Be with the Lord and listen to him each and every moment. Do not be in a hurry as He has His own plans. If you are humble enough to mould yourself according to His plan, then God will surely raise you up one day. Please, always be open to the promptings of the Holy Spirit. I remember how I used to spend hours in front of Blessed Sacrament to discern my call and to know the will of God. There must be a deep love towards the Blessed Sacrament in the heart of the person who wishes to discern his call for a religious or priestly life.

Well, that was indeed a journey of Faith, Fr Ditto. It was such an inspiration to listen to how God led you through thick and thin. We pray that God may use you for even greater things and that much more blessings may be showered on Jesus Youth through you. We assure you of all our love and even more prayers.



Fr. Ditto Devassy to our Editorial Team

LIVING LIFE

LIVING
LIFE IN

Patience

“Patience is adjusting your time to God’s time”

Mother Angelica, FOUNDER, EWTN

Interesting are God’s mysterious ways to make us more humble and patient like him. My husband lost his job sometime back and it plunged our seven-member family into chaos. For the next 3 months, job hunting became very crucial; we prayed, waited, got angry and felt weary in the presence of God. Of the 90 days given us to remain here and find a job, nothing happened until the 88th day! At that point God intervened in our lives and at that last moment, our family was blessed with a visa and a job. Looking back, we realize how patience always bears fruits – the fruit of happiness and peace. Let us practice to wait upon the Lord’s time. Have patience, have strength in your trials – for He is in control.”

Priya Joseph, DUBAI, UAE

Patience is a virtue”. We are well familiar with this cliché, and most of us know that patience is listed by St. Paul in Galatians 5 as a fruit of the Holy Spirit. However, in today’s fast moving world, where we are used to fast food, fast service and fast resolutions, we easily get impatient. I personally used to have great difficulty being patient – especially during times of trials and struggles. I always wanted a “quick fix” – sometimes not even sure whether it will truly solve my problems. As I began spending time in front of the Blessed Sacrament, slowly I felt an inner peace and a realization that My Lord will take care of everything in His time – a complete, total surrendering to His will. My Lord gave me the grace to pray without ceasing, with Hope and to constantly intercede for others. As I kept praying and working at my impatience with guidance from my mentor, after four long years my Lord delivered me in an amazing way, than I could ever see coming.

I learned patience when I started coming into a deep understanding that God is in control of everything, and nothing happens without His knowledge. I understood that He has placed me on this earth for a purpose, and he will fulfil his purpose for me. When things get out of hand and are beyond my control, the Word of God in Isaiah 40:31, “those who wait for the Lord shall renew their strength”, helps me to be patient in situations like joblessness, humiliations, loneliness, and so on. The image of Father God – patient with me throughout my life, waiting for me to be conformed to his image – challenges and motivates me to be more patient and be a better Husband, Father, Son, Brother and Friend.

Jerin Jacob, QATAR

I have struggled a lot with my impatience; it was a stumbling block that prevented me growing closer to my Master. During my personal prayer, I would constantly speak to the Lord about this weakness. Finally I came to the realization that rather than trying to conquer my impatience I must begin trusting in His mercy. When I started fully experiencing this mercy, it helped me to become more patient and merciful towards others. Most importantly, the Lord gave me a passion for His Word. Now each time I feel impatience getting the better of me, the Word liberates me to handle the situation in a more pleasing manner.

Rani George,

Vinitha Cicily George, KUWAIT

IN FOCUS

A time to sow and a time to Reap

Patience Accompanying of Youth

Sharing the Gospel amongst young people is an amazing experience but it also comes with many challenges. The virtue of patience when accompanying young people in their faith journey is explored in the article.

Two

young people, one youth minister – yet turning out to be completely different life stories! John and Kenny (names changed) were both wonderful, goodhearted youngsters with a genuine curiosity in exploring their Catholic faith. During my youth ministry in UK, I was blessed to befriend them early on in their faith journey.



Kenny was vibrant and stood out in a crowd, but was often moody and didn't always get along with everyone. I encouraged him to attend the meetings regularly, while also inspiring him to be active in following the six pillars of Jesus Youth spirituality. In my zeal and eagerness to make the best of him, I set out a spiritual growth-plan for him as I knew that he had a lot of personal issues, and that it sometimes over-shadowed his desire to know God more.

John on the other hand, was shy and silent but, with resilient character. I remember him attending meetings very regularly but unwilling to socialize or to actively take part. Despite his reserved nature, we managed to become friends. He was always keen to listen and learn. I started to invite him to places he might be more comfortable at, like sports and on short trips. Through these adventures, we shared about the Church, our faith and snippets of the difficulties of having to "grow up".

Youth ministry in my experience, is one of the most unique and rewarding callings one can hope for. At the same time it can also be a heart breaking journey, where one has to depend on the guiding wisdom of the Holy Spirit in every single decision one makes. In the "Emmaus Walk", we read Jesus guiding the disciples from despair into joy, but this shepherding was met initially with doubt and mockery. However as their eyes were opened, a splendid transformation takes place deep in their soul, which must have warmed the heart of the transformer. Accompaniment is the "walk" that the youth of today require, to help them through all the struggles of accepting and committing to the faith they are so keenly searching for. Through journeying with young people, they receive a friend they can walk with – in contrast to the doctrines and teachings that sometimes overwhelm them.



Through journeying with young people, they receive a friend they can walk with – in contrast to the doctrines and teachings that sometimes overwhelm them.

Pope Francis says that youth ministers offer a precious service to the Church, as they provide young people with "adults and peers who are mature in faith and will accompany them on their journey, helping them find the path that leads to Christ." Christ is already ever present in their lives, and by walking with them we help them explore this gentle Spirit in a simple, yet powerful and life-transforming manner.

Through my ministry, I have come to realize that three things are important in this "walk" with young people – wisdom, joy and patience. Wisdom - in knowing 'what and when to say it', but more importantly, to know 'what not to say'. In my experience, a slight tap on their shoulder once in a while to acknowledge and affirm the wonder of their creation, rather than the faults in their character does miracles to keep them from straying. Joy gives life to the relationship we build with young people; a joyful countenance can warm their hearts and keep the fire of mission burning in our own hearts.

Though of utmost importance, patience is usually the most overlooked virtue in youth ministry.

Back to Kenny and John; with Kenny I was not able to sustain a good friendship after the initial befriending, because I could not see the changes I expected despite my constant advice and the "Spiritual growth plan". If anything, he seemed to be drifting further away as time progressed, till he no longer was in touch with me. The initial fervor had fizzled out and for a long time I let it pass. On the other hand John and I started having deeper conversations on faith and mission. Even though I did not force a plan upon him, his desire to know more about his role in the Church grew daily. And slowly his life transformed; he became more confident and started exploring his talents, even to being a role model amongst his peers.

Needless to say the fault was not with Kenny but in the way I approached ministry in his case. John flourished because he was given the time and space to find himself – allowing the Holy Spirit to gently do His work; just ensuring that he had someone to guide him, if required. It took a long time and the fruits were not always visible and at times doubts did creep in. Though it is often easier and comfortable for a youth minister to rely on a fixed plan with young people, in most cases they see right through our agenda. It is better to let it flow like the river settling into its course with time.

Ministry requires us to pray and depend completely on God alone. His plans are radical, pure, spontaneous and majestically powerful. It is this spontaneity and power which helps in the long, patient waiting of accompaniment, to see the blossoming in their 'Faith Story'. In the end, we are but active witnesses to His glory unfolding in the life of each person.

"I planted, Apollo watered, but God provided the growth." – 1 Cor 3:6



Arun Paul - Passionately Catholic, Happily married, with a Charism for ministering to young people lives in Manama, Bahrain

IN FOCUS

STILLING THE NOISES OF LIFE AND GAINING VICTORY

After a tiring day's work in a busy air-conditioned office, I long to step out and breathe in some warm air; and while driving back home, I try to keep my car windows down to let out the hot air of the car and also to let some fresh air in. However, this joy soon changes and soon I find myself pulling the windows up and switching the air conditioners on again – thanks to the noise of honks, the revving engines, vendors selling goods at my window and the ever-increasing pollution from cars and trucks. The moment I pull up the window, I suddenly feel a sense of silence and peace.

Life is similar. There are a lot of noises in our daily lives that we would like to escape from. These noises could be the simple noise on the streets around, or the noise inside of us that is serious enough to disturb even our





sleep. In the midst of all this, it brings us immense peace to read the verse 'Be still and know that I am God' (Psalm 46:10).

If we evaluate the various noises we are exposed to daily, we realize that some of them fall into an 'external bucket' while others into an 'internal bucket'. There are noises we can't avoid; yet others – we create ourselves. Whatever these noises, they often end up creating in us a sense of restlessness and destroy the peace that Jesus wants us to enjoy. He teaches us not to worry or be anxious, either about tomorrow, or our future or exams or finances or careers, but to be still, relax and allow Him to take control. However, human as we are, we try to think, worry and fight all by ourselves, not allowing the Lord to take control; thereby losing our peace and eventually losing our battles, which we were meant to succeed by the strength of the Lord. As the scripture says, 'the horse is made ready for the day of battle, but victory rests with the LORD'. (Proverbs 21:31)

Looking back into the noises in our lives that we classified as 'external' and 'internal', we would agree that though separate, they are also dependent on each other. Digging deeper into all the external noises that disturb us, we notice that it could vary from the noise on the street, children crying, people making fun of us, bosses not satisfied with our performance, to expectation thrown upon us by our teachers, parents, spouses, family, friends, ministry and so on. Research has shown that traffic noise exposure even at low levels increase the risk of annoyance, sleep disturbances and cardiovascular risk. This shows how external noise gets converted into internal noise, ending in sometimes disastrous consequences.

The horse is made ready for the day of battle, but victory rests with the lord

Internal noises could range anywhere from nervousness of an interview, financial worries, anxiety about future, stress about a meeting, fear of failure in an exam, to concern about children's future and the desire to climb up the corporate ladder. Though these may look simple and could be considered as part and parcel of daily life, they have the potential to destroy the one's inner peace, affect one's relationship with one's family and friends and even disturb sleep patterns.

If we look at the above noises, it is easy to notice that some of these noises are within our control, while some are a by-product of various external factors, which are beyond our control. So how do we prevent, and avoid them? If we look back at the above verse, the Lord is calling us to be still and acknowledge his presence.

Being still can happen in two ways – before the event and during the event. Before the event is like the life of a soldier before war. The soldier would need to train in preparation for war,

without knowing if and when a war would happen. What the Lord calls us to do is to 'practice His presence' everyday, by training ourselves to be still before Him and acknowledge Him as the Lord of each day and everything that happens in it; even before an anticipated or unanticipated problem hits us. During an event is like the soldier that puts on his whole armor on the day of war, and relies on his daily training to win the war. In the midst of our struggle – Jesus asks us to be still, focus on Him and allow Him to take control.

Therefore, to be still would mean to pull oneself out from all the noises, quieten the inner self, and enter into His presence. This could happen in adoration, Eucharistic celebration, reading and meditating the Word on a daily basis. In the struggles of life, we would do well to stop gaining control for ourselves and trusting in Jesus to give Him the authority and control of the situation we are in.

The Lord desires to lead each of us into a peaceful and successful life – like the Israelites whom he led into 'a land flowing of milk and honey' (Exodus 3:17); 'a land on which they did not toil and cities they did not build; and they lived in them and ate from vineyards and olive groves that they did not plant' (Joshua 24:13). All that the Lord is calling us to do, is to come into his presence, be still, trust and acknowledge Him as the Lord and Saviour of our lives and of any situation we are in. We have a God Who loves us immensely and desires to help us in every situation of our life. ■■



Dr. Nishan Mathias works and lives in Mumbai with his wife Hazel and two lovely children Damien and Caleb



IN FOCUS

A close-up photograph of a hand planting a seed into the soil. The hand is positioned at the top, with the index finger pointing down into a hole in the earth. A small, yellowish seed is visible at the tip of the finger. The soil is dark and textured. The background is a blurred, golden-brown field.

The Spirituality of
Waiting

THE PERIODS OF WAITING ARE OFTEN SEEMINGLY THE MOST UNPRODUCTIVE IN OUR LIFE. THE ARTICLE IS A FRESH ATTEMPT TO UNDERSTAND THESE PERIODS IN THE LIGHT OF CHRIST.

Wait' is hardly a word anyone likes to hear – whether for a toddler, child, teenager or an adult. It can be frustrating to wait – either at the railway station or stuck in traffic; or waiting for a job or a change in career; or for that long overdue prayer that is yet to be answered. We can feel helpless – if only we could 'do' something about it. And then there is the ever persistent advice from those around us, 'why don't you do something about it'? Most of us live in a society where doing is considered good and productive, while waiting is generally treated as a sign of laziness and lethargy. And in today's world where instant gratification is the de-facto standard, and where value of an individual is measured in terms of how much he/she can contribute, we are given the impression that waiting is for losers.

Not being in control

One of the primary difficulties with the whole concept of 'waiting' is the realization that we are not in control. From simple things like the bus being late, to much more profound situations where one is waiting for the right person to marry or for the gift of a child in marriage; our basic feeling is one of powerlessness – we can only stand by and wait. Such instances of passive waiting make us fearful – for we don't know how things will turn out. And fear makes us want to act – to do things, at times in a desperate

start of the New Testament waiting to see the 'Salvation the Lord has prepared for his people' and beyond. The Bible is also the story of the Father's patient waiting for his children – as exemplified by Jesus in the parable of the prodigal son. The history of God's chosen people is also the history of their waiting for the Messiah. And yet when the Messiah came, His people did not recognize Him. Jesus, having rejected the devil's temptation to grandeur and action right at the beginning of His public ministry, is prepared to wait – (a waiting that continues even now), to gather his children as a hen gathers her brood under her wings (Mt 23:37). Yet, Jesus' waiting throughout his public life is an active waiting, one built on the conviction that His Father is still working (Jn 5:17) through which something beautiful and holy is already taking shape, far beyond human perception and comprehension. The seed sown – like the "grain of mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth" (Mk 4:31).

THIS, THEN IS THE MEANING OF PASSION – BEING THE RECIPIENT OF OTHER PEOPLE'S INITIATIVES

manner, so that it doesn't get the better of us and we can control the situation. Fear and waiting just doesn't go together – especially as a period of suffering invariably accompanies the time of waiting.

Waiting in Scripture

The Bible is filled with stories of people who waited for God – from Abraham waiting in faith for God's promise to be fulfilled, to Moses waiting to see the 'land where milk and honey flows', all the way through to Simeon and Anna at the

Jesus and the waiting for his "accomplishment"

Like his public ministry, Jesus' Passion, in as much a time of suffering, is also a time of waiting – waiting for others to decide and control. As Henri Nouwen writes, "Immediately after Jesus is handed over, he becomes the one to whom things are being done. He's being arrested; he's being led to the High Priest; he's being taken before Pilate; he's being crowned with thorns; he's being nailed on a cross. Things are being done to him over which he has no control. That is the meaning of passion – being the recipient of other people's initiatives". And in the end Jesus forgives, prays for his tormentors and cries out, "It is consummated" – a fulfilment not of his miracles or teaching, but of patiently accepting upon himself all the hatred, anger, pain and suffering that the world had to offer.

Active waiting

God waits patiently – and it is this attitude that we need to incorporate into our daily life. We need to have faith that through our struggles and in our patient waiting, God is actively working and something hidden and beautiful is taking shape and will manifest itself in the fullness of time. The seed has been planted and it is growing beneath – and we stand on holy ground. And this fills us with hope – not the vain expectation that tomorrow things would be better and would go according to our plan, but the conviction that we are not alone in this struggle; deep inside He stands with us. God is slowly molding us, often not according to our wishes or prayers – but according to His love, far beyond our imaginations – "what no eye has seen, nor ear heard, nor the heart of man conceived" (1 Cor 2:9). Only in this love filled hope would we be able to let go of our fear and the desire to control our future, and allow God's will to take its course. For, God's love is a love that waits – a love that does not seek control.

PS: The author came across the concept of active waiting in an essay by Henri J Nouwen titled "The Spirituality of Waiting". Most of the ideas expressed in this article have been elaborated by Nouwen in his original essay.



Joseph Anthraper is a Jesus Youth living in Southampton with his wife Mahima and kids, Anna Claire and John-Paul.



FAMILY IN FOCUS

FOR

BETTER

WORSE

RICHER

POORER



A peek into the family life of Dr Anju and Dr Julio through the lens of Christ..

In a world of cut-throat competition and the mad pursuit of more money, more comfort and more power, the life of Dr Julio and Dr Anju is an anomaly. As a family, they are concerned more about seeking the “kingdom of God and his righteousness” than what the world has to offer. Over the past many years, their radical life has inspired many to know the love of God and be consumed by it.

The family is now settled in Kochi, Kerala where Julio works as a Consultant in Radiology at Lake Shore and the twin girls, Maria and Teresa.

Q. Thanks both of you for taking the time to speak to us. Could you please share your encounter with Jesus and how you became part of the Jesus Youth movement?

Dr Julio: Being part of a Catholic family I used to go for Mass and pray the Rosary daily. However, I never had a personal relationship with Jesus. During my teenage and young adulthood, my faith was challenged and lacking a firm foundation, my life drifted away from God. Though I never denied the existence of God, the God of my childhood had no place in my life. Yet deep down, I had a longing for something or someone. My friends and all my worldly activities could not satisfy my heart's yearning.

During my 4th year in medical school, a close friend Dr Mathew P Abraham (Fr Mathew is now a Redemptorist priest) invited me to attend a Charismatic retreat. The retreat was a life changing experience for me. During the baptism of the Holy Spirit, I had the experience of being washed clean. It was as if torrents of love and joy were flowing into and through me. I was changed from inside out and I felt like a new person. It was indeed my encounter with Jesus through the person of the Holy Spirit and the start of a personal relationship with Jesus.

Trials are bound to come. However, with Jesus we will be able to find a way out of those hard places.



My friends, Dr Mathew Abraham and Dr Abraham Mathew invited me for the Jesus Youth weekly prayer group where I shared my testimony. It seemed I had a new love for these people, which I never had before. This was the beginning of my life in Jesus Youth family,

God has given me the opportunity to be part of JY fellowships in Ahmedabad, UK and Singapore.

Dr. Anju: My encounter with Jesus was around the time I entered the Medical School at the age of 18. Reading the conversion story of Sadhu Sundhar Singh deeply touched me. I started praying with my whole heart for a living relationship with Jesus. God answered my prayers and a few months later He gave me the opportunity to attend a Charismatic retreat where I had a life changing God experience.

Soon after this, I started attending the Jesus Youth prayer group in the medical school where I was studying. My association with other Jesus Youth's, regular prayer meetings and the JY programs and outreach ministry helped me to live and serve the Lord. The formation received during those student years was the foundation of my Christian life. My elders drilled

and obedience to God in day-to-day life – principles which have guided me all these years.

Q. Praise God for His wonderful ways! And then you got married. It is said that "Sacramental marriage is a school where couples learn what it means to be followers of Christ". How has this mutual love in marriage helped your Christian journey?

Dr Julio: Archbishop Fulton J Sheen once said that

marriage – the husband, wife and Jesus. I have always felt that only this dynamic would guarantee success in the life of married couple. If both husband and wife



are committed Christians, then their married life is bound to work out for good. Anju has been a God given

issues has helped me take the right decision in several cross roads of life.

Dr Anju: My husband's love and encouragement has helped me tremendously in my Christian life. His deep faith in the face of trials and difficulties has motivated me to look up to God and His providence in

Q. One of the pressing concerns that most Jesus Youth families have is how to impart faith to their children. How do you try in your family life to impart faith and inspire a sense of mission in your children?

Dr Julio: Our children are the ones who see us day in and day out as we really are. In my opinion, the best way to impart faith is through the witness and life of their parents. Sooner or later, God will surely touch the children's lives.

Early in our married life, we had to take a crucial decision. Anju felt that God was calling her to take a break from her career so that she could be a Christian homemaker and help form our children. Now looking

to God has been a turning point in our family life.

Dr Anju: A parent's Christ centred life is a very important factor in the transmission of faith. Though our children see our weaknesses, they also see our efforts and striving to lead a life pleasing to God. Going for Mass and praying the daily rosary has been an integral part of our life.

Q. Pope Francis says that The Christian ideal, especially in families, is of "a love that never gives up". Yet, we all know

illness, trials and suffering. As a family, how do you support each other in such times of suffering?

Dr Julio: Trials are bound to come. However, with Jesus we will be able to find a way out of those hard places. When Anju was pregnant with our third child, Daniel, we were in North England. During the first trimester Ultra Sound scan, she was found to have a tumour in her abdomen. It was a major crisis in our life. The tumour was growing with the child and Anju was having difficulty in breathing and carrying out her routine activities. During this time, we attended a retreat by Brother Fritz in Birmingham. He prayed over Anju and asked her to pray this prayer. 'Jesus by your stripes I am healed. And I say to this growth – dry up; May I receive a normal pregnancy and full-term delivery and a healthy baby'. By God's miraculous intervention the tumour stopped growing after the prayer. Praise God! Anju went on to term and had a normal delivery. She was subsequently operated on when it was discovered that the tumour was infiltrating into the small bowel. The major part of the tumour was removed during the surgery, but two pieces could not be removed where the tumour was infiltrating the blood vessels. One of the pieces disappeared while Anju was praying during Holy Mass and the second piece gradually got smaller and smaller and was no more seen on the last scan. We thank God for His mercy and faithfulness!





If both husband and wife are committed Christians, then their married life is bound to work out for good. Anju has been a God given blessing in my life.

Many people including doctors advised Anju to undergo sterilization because having another baby was a potential risk factor for the tumour coming back. We decided to opt for natural family planning instead, in conformity to the Church teaching. Years went by, we subsequently moved to Singapore. We used to have thoughts about ‘whether to have another baby’, but would always think of the potential risk to Anju and decide against it. Yet, the inner longing persisted and grew stronger as time progressed. Finally trusting in the Lord, we decided to go ahead and God blessed us with twin girls Maria and Teresa. The tumour never came back. We just want to say, “God is good, all the time!”

Q. Wow!! Praise God!! Thanks for that sharing. As you mentioned earlier, both of you have been very active in ministry. Could you please share about how you incorporate “missionary discipleship” into your family life?

Dr Julio: Through the years, God has given us lots of opportunities to minister to youth in the role of Animator, elder and so on. Our home has often been the venue of JY meetings. All this has helped to build the missionary identity into our family life.

Raising Godly children is a main part of our mission in life as parents. I feel this is something God would ask of each one of us as parents. Using my profession for the Kingdom of God is also something I feel God is asking of me. Deep down in my heart there is a desire to serve God through my profession more fully, the dream of something like a JY hospital.

Q. Finally, what would you want to say to a young person contemplating the vocation of marriage?

Dr Julio: Follow Jesus whole-heartedly. Make daily personal prayer an important priority in your life. Pray

God is faithful and will never let you down!

Dr Anju: Trust and obey God. Receiving the grace of

parent God wants you to be. **■**

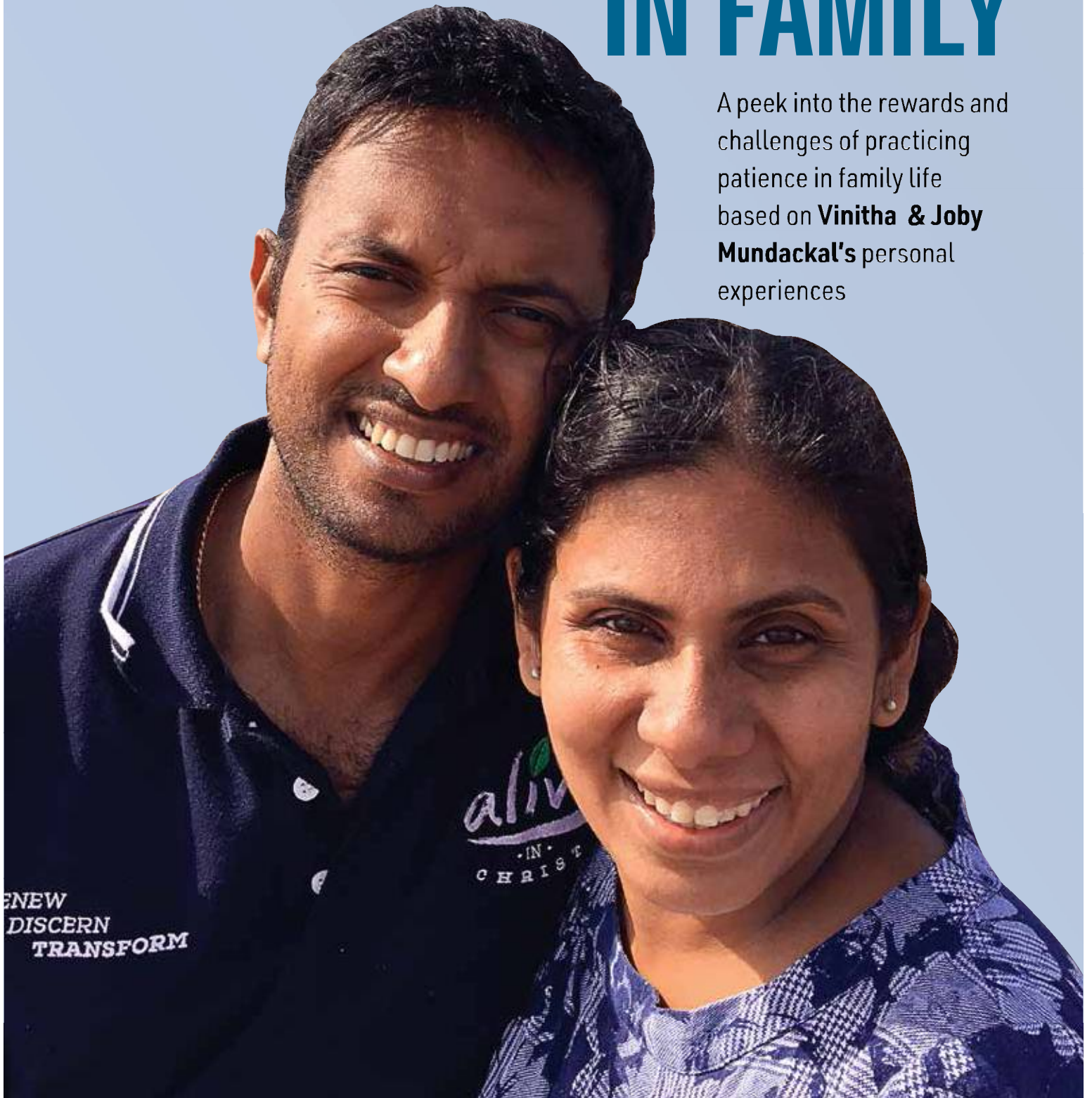


Dr Julio & Dr Anju to our editorial team.

FAMILIA

Patience IN FAMILY

A peek into the rewards and challenges of practicing patience in family life based on **Vinitha & Joby Mundackal's** personal experiences



RENEW
DISCERN
TRANSFORM

A couple of years back while participating at a children's Eucharistic celebration, I saw my eight year old son quite distracted, and chatting with his friends standing next to him. As the person animating and leading the programme, I felt extremely irritated and I could feel anger welling up inside me. After a while my son realised his mistake, glanced at me with an apologetic look, and continued the Mass with much attention and piety. But as for me, I kept thinking about my son and his misdemeanour. The anger was still bubbling up in me so much so that I was not concentrating in the Mass. However sometime later, I looked at the Lord and, I could see Him laughing at me. I could hear the Lord asking me why I felt so disturbed and found it difficult to forgive the little mistake of an eight year old child. I could also feel Jesus firmly telling me not to ask anything about that incident to my son and thus practice the virtue of patience. Yes, it is difficult! Difficult to let a child be a child – as we always expect them to behave like a mature adult.

Patience is one of the basic ingredients needed for family life. The virtue of patience cultivates tolerance and avoids unnecessary anger. Patience helps to correct each other in a loving manner rather than retaliate. In fact, that's why Jesus taught "You have heard that it was said, 'An eye for an eye and a tooth for a tooth.' But I say to you, Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also" (Mt 5:38-39). This ought to be a golden rule in family life as often, couples try to get back at each other for seemingly improper words/actions and, parents lose patience and shout at kids for trivial issues. The only difference is that children usually don't pay back in kind to their parents for their wrong doings and, perhaps this is the reason why Jesus told us to be like little children (Mt 18:3).

Jesus portrays the true nature of God the Father through his parable of the Prodigal Son. How the Father deals with those two sons is a guide to each parent in dealing with conflicts in family. We need



It is difficult to let a child be a child – as we always expect them to behave like a mature adult.

the attitude of the Father who waited patiently in hope that one day his son will surely return.

We got married on 6th May 2004. We can truly say that God is walking with us in our marriage like He once led the Israelites to greater glory. Even though we came from similar backgrounds and have been part of Jesus Youth, we grew up in two very different family situations. We hail from Kerala in India, where culturally there is a tendency for the wife to follow her husband's desires – more so during the initial years of marriage. This sometimes leads to a gradual ignoring of the emotional needs of the woman. In fact, this could be one reason why many couples from similar cultural backgrounds

face communication problems in the early days of their marriage. We were also the same, but the Grace of God allowed us to understand this situation and act accordingly before it got worse. Conjugal life has become for us more of understanding each other's needs, and giving up some of one's own personal interest for the sake of the other.

When we became parents, we started to understand better the patience of God the Father. In the initial years of parenthood, handling children's tantrums, with calmness, required pure grace. As a home educating family, we are keenly aware of our extra need for grace in leading our children by example. Letting children be children is indeed difficult. Often, as parents we want our children to be calm, quiet and polite – especially during programs aimed towards adults. This becomes even more difficult for migrant families, who don't have much extended family support in bringing up children. On a positive note, many young parents these days willingly spend time with their children, including playing with them. This too can require patience; yet it's fruit is joy in the family. I recently heard from a teenager's parent about how his children help him daily to live as a better Christian.

For us the best words to describe a sound marriage is as Jesus taught, 'Unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit.' (John 12:24). This verse has given enormous strength in our married life and we have seen its fruits, which continue even today. It may sometimes seem easier to live as a single person, where you don't need to adjust your priorities, interests or character to another person's needs or desires. But love is being patient and kind (1Cor 13:4) and, in marriage we receive that superabundant grace from Christ to live this love – in Him who lives with every married couple to strengthen them in any weakness they face (2 Cori 12:9). ■



Joby Mundackal and Vinitha are active Jesus Youth living in Manchester, UK with their four children. They home educate their children and have a special interest in ministering to kids and teens.

CULTURE OF LIFE



The little Angel John

Shalini George shares the real life story of God's reverence for life as tiny as an anencephalic foetus in the womb and how He persuaded Liji and Lindo to love and nurture His gift however short-lived and heart breaking it was.

There was once a little angel who persuaded Jesus to send her down to earth. Finally, giving in to her persuasions, Jesus searched all of the earth and found her a perfect home....

Liji and Lindo were expecting their third baby. Agna and Andrew, their older two children were excited about the baby too. The household was in a cheerful ruckus even though the new blessing came at a time when Liji had just joined a new job. She was anxious about her maternity

leave and about telling the management about her pregnancy so soon after joining. Nonetheless it was celebratory mood at the house. Liji missed her fifth week scan as both of them were helping out at the parish retreat. By the 19th week they went for the routine scan, not in the least expecting anything untoward. However after the scan the doctor broke the news that their unborn baby's skull was under developed, and such babies were not likely to survive the trauma of childbirth, or even if they do they were not likely to survive for more than a week after birth. The doctor suggested that they abort the foetus soon as it wasn't viable and as an abortion later than 20 weeks would be risky for the mother.

There are few things more heart breaking than losing a child. And for a mother to carry her baby to term, fully knowing that her child will be born with a terrible deformity and die shortly afterwards is even worse. Having said that, it is also sad that majority of the doctors coax the parents to have an abortion which they portray as a more immediate and compassionate solution. And most often parents succumb as they are almost always ill informed. Unfortunately, it tends to be the presumption of doctors that parents with disabled babies will choose to have them aborted. This places a huge amount of subtle or direct coercive pressure on parents who have a much-wanted pregnancy and are unsure which path would be the more bearable and humane choice.

Likewise, Lindo and Lijo were made to believe that abortion was the only way. At that time that they had an opportunity to attend a retreat by Fr. Xavier Khan. During the retreat, while praying for Lindo and Lijo and taking a Word of God for them, Fr Xavier got the passage of the birth of John the Baptist. This was a sign and a confirmation to the couple that their unborn child was destined to bring the light of Christ into the world. They were also advised to talk to a Catholic doctor about the pregnancy. They met Dr Finto from Thrissur, who allayed their fears and assured them that there would be no extra complications to carry their baby to full term. The baby may not survive after delivery, but it was God who placed that life in the womb, and as such the baby deserves all the love and care that God wants for this child.

With this new hope filling their hearts, Lindo and Liji decided to carry their baby to full term. They knew that their baby may not survive for long. But they continued to nurse the hope of a miracle and fully trusted in God's plan whatever it would be. They decided to name their baby 'John'.

IT WAS GOD WHO PLACED THAT LIFE IN THE WOMB, AND AS SUCH THE BABY DESERVES ALL THE LOVE AND CARE THAT GOD WANTS.

Their parish priest who was fully aware of their predicament agreed to baptise and administer the necessary sacraments. Everything was in place.

By the ninth month Liji had trouble sleeping and difficulty breathing. Not happy with the care given at the hospital, they decided to see a different doctor. With the new doctor they experienced the hand of God as he was very supportive in spite of their complicated situation. On a Thursday afternoon Liji felt unusually tired and the night before she hadn't been able to sleep a wink. Feeling uneasy she took refuge in her church. It so happened that there was Holy Mass there that afternoon. Surrendering her situation to God, Liji received the Holy Eucharist. The next day Liji experienced pain and she went to see the doctor. They found that the foetus was in distress and that there was no heartbeat. Liji was immediately taken to the labour room and without much delay she peacefully delivered her baby girl, John.

For Liji, her little John was the angel who wanted so badly come down to earth. Jesus found her a perfect home on condition she would come back to heaven the moment He called her. And just as God planned, Liji was one of the few mothers who was fortunate enough to deliver an angel who experienced all the care, nurturing and special prayers of the parents and the prayerful community around them. And on the 14th of September, on the feast of the Holy Cross, Jesus called little John, the angel back to heaven.

It is true indeed that a diagnosis of anencephaly means that the parents' normal wish and dream for their child's long life are already shattered. But choosing to continue the pregnancy is a parental decision that honours the baby as well as the parents. This allowed Liji and Lindo to give their baby - and themselves - the full measure of the baby's life and the gift of a peaceful, natural goodbye. Continuing the pregnancy is not just about passively waiting for death. It is about actively embracing the brief, shining moment of this short life. Deciding to have the baby as far as they were concerned was also honouring God's reverence for human life however short lived. Like John the Baptist who came briefly to prepare the path for Christ's coming, little John too very briefly visited us to show how much respect God our Father has for every life. Aborting a baby or ending a life is never a compassionate response for either the baby, the mother or the entire humankind.



Shalini George, A Jesus Youth, a freelance commercial writer who writes under the banner of iOW! (In Other Words) lives in Kannur, India with her husband George and two children.

Chandeliers

MODERN SAINTS

☀ *Servant of God, Carlo Acutis*

By Mathew Jose Kurian, Chennai, India



Born: 3 May 1991

Died: 12 October 2006

Imagine this - the restless teenager sitting next to you in the metro is to be a saint. The rebellious classmate who was sent to the Principal's room is to be a saint. The shy computer geek sitting in the corner of the library furiously smashing codes into his laptop is to be a saint.

One brilliant example of this will be Carlo Acutis, the 15-year-old computer prodigy who used his coding skills to make known to the world some of the famous Eucharistic miracles. Born in London to humble middle class, working parents, the family returned to Italy and settled in Milan where Carlo began his spiritual journey. After receiving the Lord in Holy Communion at the age of 7, he made it a point never to miss an opportunity to partake in the most sacred mystery on Earth - The Holy Eucharist. He used to spend time in front of the Blessed Sacrament to worship the Lord regularly. He was very fond of the Virgin of Pompeii, where he went dozens of times accompanied by his parents, and where each time he renewed his act of consecration to Mary. He used to say: "The Madonna is the only woman of my life!", and he never missed 'the most loving appointment of the day' - for him the prayer of the Holy Rosary.

Carlo was dedicated for the welfare of all the people he encountered - more so for immigrants, beggars, disabled persons, elderly people, and children. He was worried for friends whose parents were divorced or in the process of divorcing, and he tried to ease their pain by inviting them home. He helped the weak and

disabled boys who had no one to take care of. He was always ready in the defense of Christian morals and values, and once in a classroom discussion he was the only one who opposed abortion. He had a great appreciation of the innate goodness in people and was saddened to see how most were wasting their God-given talents; so much so that he once remarked "All people are born as originals but many die as photocopies."

At the age of 11, he used his computing skills to catalogue all the Eucharistic miracles of the world. He requested his parents to take him to all the places of the Eucharistic miracles and completed the project in two and half years. He researched over "136 Eucharistic miracles that occurred over the centuries in different countries around the world, and have been acknowledged by the Church" and collected them into a virtual museum by creating a website for it. He wrote, "The more Eucharist we receive, the more we will become like Jesus, so that on this earth we will have a foretaste of Heaven."

Although he led a devout prayer life, he was a normal teenager of his times and his hobbies were computer programming, film editing, website creation, editing and layout of comics.

He died at the age of 15, on October 11, 2006, within a few days of being diagnosed of leukemia, and the Archdiocese of Milan has already started the journey for the opening of the Cause of Beatification.

Servant of God, Carlo Acutis used his ability and gift of coding to spread the little knowledge that he had accumulated for the greater glory of God. Let us also, like him, take a decision with the Lord, to use all means possible to bring glory to His name. ■

Quick Facts:

1991
Born: 3 May 1991,
London, United Kingdom

2006
Died: 12 October 2006,
Monza, Italy

2013
Titled *Servant of God* :
13 May 2013

FEEDBACK



FEBRUARY 2018

Kairos has been a blessing in the short time that it has been a part of my home. It has helped my Mom to understand the movement I am connected to in a deeper way. Some articles have spoken to me in a personal way relevant to my life situation. Those words have encouraged me and been a source of sound guidance. Heartfelt thanks to the dreamers who made this happen.

Nikhil George- JY Coordinator, Delhi India

I thank almighty God for such an inspirational magazine which is truly the work of Holy Spirit through many people. Every single article was helping me to find and experience the God who is always with me and who loves me as I am. Through the various testimonies of youngsters and family it is clear that God wants us to be as we are, have the willingness to accept his graces and understand and use the charisms given to us. 'TOB' by Maritta Martin seems very helpful for youngsters to understand God's way is divine and holy. How great it is to have a Joyful spirituality not only when everything is fine but also at the time of trials and struggles. Testimony of Fr. Thekkemury was extremely

powerful and inspiring. May God bless everyone who is working hard to make Kairos a true blessing.

Vivish Varghese- Derbyshire, UK

What I really liked when I read articles in Kairos is that, they not only offer spiritual guidance but also illustrate subtle practical advices from real life experiences. Most of the articles are relevant. Their simplicity often inspires you to imbibe and share the good values/ habits mentioned. And when these are shared by known JY family members, you simply can't afford to be indifferent. It moves you and helps you grow, spiritually and socially. Kudos to the writers and editors for making it so engaging!

Sherry John- Pune, India

It was very nice to read about Jesus Youth seminarian Thomas Pulickal [a.k.a Timmy]. This interview helped to understand Timmy's teenage life, college years, his discernment process and challenges. Excellent interview and hope this discussion helps young people to go through the discernment process to find their real call and vocation. I am waiting to read next edition of Kairos Global. Kudos to the whole team!

Towino Paramby,- Conway, Arkansas, USA

We absolutely love Kairos Global. We were avid readers of Kairos (Malayalam) when we were in India, but I personally always preferred an English version. I love the movie and book review. But the most interesting part for me is that each article takes less than 10 minutes to finish, which is absolutely excellent to engage users. We also use this as a tool to engage the newcomers to the prayer group to read and grow in their spirituality.

Jinto Jose & Annu- Delft, Netherlands

Kairos is a very relevant magazine in today's world. It speaks into the culture and life of young people and families from all backgrounds. It has given many inspiring Catholics the opportunity to write about topics that have been of importance in their faith journey. We particularly found the articles on Theology of the Body and home schooling to be useful for us. Additionally, I found the article by Joby Thomas and family really inspiring as they talked about both the positive aspects and struggles of the sacrament of marriage and family life. It is motivating to read how a family united in Christ overcomes these daily struggles. Overall I enjoyed reading Kairos and I look forward to the future editions.

Christy and Arsha- Birmingham, UK

The Kairos Global magazine March issue became an oasis for my spiritual dryness. Shelina's mission talk inspired me on how even in difficult situations she had discovered herself and her talents and used it to do God's work. Ajay explaining and comparing his wine making process as he relates it with our spiritual transformation. Cyril Abraham's inputs on 'tithing' gave a different understanding and clarity on WHY and WHAT'S IN IT FOR ME? I enjoyed reading Maritta Martin's TOB, where some lines were poetry for God. Finally, our brave heart my heroine in this book and forward, Sapna Tracy, simply left me in tears. Her teaching to her children, on collecting roses for decorating their eternal house showed me how to prepare for my final exams for heaven. This edition of KAIROS has touched and changed one more life. MINE.

Janish Mathew- Chennai, India

SOUNDREPLY



MOVIE

SILENCE (2016) (REVIEW MAY CONTAIN SPOILERS)

Love, says Solomon in the Song of Songs, is stronger than death (8:6). "First Love the Lord your God with all your heart, and with all your soul, and with all your

mind", Jesus said on being asked about the greatest commandment, and then, "love your neighbour as yourself." Though the exhortation to love God first and foremost is quite simple and straightforward, it is anything but easy. Faith, as Mokichi confesses to Fr Rodrigues at their parting in the movie, often comes down to the ability to love God and to experience His Fatherly love, even in the midst of suffering, pain and death. Martin Scorsese's movie Silence traces the path of Jesuit priest Fr Rodrigues' struggle between love of God and love of his neighbour.

Silence is an intensely Catholic movie based on the novel of the same name by Shusaku Endo, and as in the case of all Scorsese movies, it is a multi-faceted movie which can be talked about from varied perspectives. The film opens and ends in the darkness of night, drowned by the shrieking sound of beetles – in a way symbolizing the darkness of faith that every believer in Jesus – the light of the world, has to pass through. And between this darkness plays out the great drama of Fr Rodrigues' choices (or lack of it) and his struggles with faith, hope and love.

Two young Jesuit priests – Fr Rodrigues and Fr Garupe have come to know that their Jesuit mentor Fr Ferrero, who was

on mission in Japan may have apostatized. The film is set in 17th century Japan that has banned Christianity, where deep and intense persecution of Christians is going on all around. Rodrigues and Garupe ask their superior Fr Valignano to let them go to Japan to find Ferrero – hoping to prove that the slanderous rumour of his apostatizing proves wrong or if not, to save his soul. On their journey they seek the help of a drunken fisherman, Kichichiro who takes them to a secret Christian community in the village of Tomogi. There they meet Mokichi and Ichizo, pillars of faith for the underground Christian community. As Rodrigues and Garupe start administering the sacraments to the hapless Christians in the village, word spreads around of the presence of priests in Tomogi and clandestine Christians from the surrounding villages, come to seek the services of the two Jesuit priests. The life-giving ministry of the priestly vocation is vividly portrayed on screen by Scorsese, as Rodrigues and Garupe travel across the villages – baptizing, celebrating mass and hearing confessions in a language they hardly understand. In one of the most touching scenes, we see Rodrigues giving a bead each of his precious rosary to the villagers who are eager to have something to hold on to, in such a time of grave persecution and suffering. The faith of these poor peasant Christians living underground and constantly under threat of execution, deeply touches the faith of Fr Rodrigues.

The young priests also come face to face with the brutality

of persecution, where they see Christians being tortured and murdered slowly to maximise their pain. The poignant image of Mokichi singing *Tantum Ergo* after 4 days of being crucified on a wooden cross along the shore for the rising tide to drown him slowly, is one that will stay long in memory. As the inquisitor gets close on their heels, the priests decide to split in the hope of extending their ministry, but Fr Rodrigues is soon caught when Kichichiro betrays him. The rest of the story follows Fr Rodrigues's intense struggle with faith amidst the bitter pain and suffering he witnesses, the Japanese manoeuvres to get him to apostatize, his meeting with Ferrero who has now become a Buddhist monk, and Rodrigues' own rejection of faith.

Silence is a movie that raises many questions for us, Christians. On many occasions, Fr Rodrigues proudly repeats Tertullian's oft-used quote, "the blood of martyrs is the seed for the church" and yet, real pain, fear, bloodshed and torture is anything but romantic. Even more brutal for Fr Rodrigues is the knowledge that the torture of his fellow Christians can only be relieved by him rejecting his faith. In his anguish he seeks answers from God, but there is no reply forthcoming sans silence. And as Rodrigues steps on the fumi-e (image of Christ) as a sign of his apostatizing, he hears the voice of Jesus acknowledging that He understood Rodrigues' situation. Yet, as in the novel, we also listen to the cock crowing just after Rodrigues apostatizes.

Silence brings before the



REVIEW BY

Joseph Anthraper

is a Jesus

Youth living in

Southampton with

his wife Mahima and

kids, Anna Claire

and John-Paul.

viewer a kaleidoscopic view of Catholicism, both in terms of its saints and sinners, and in terms of one's own journey of faith. The story of Catholicism is the story of people of simple faith like Mokichi and Ichizo and other martyrs for whom faith in Jesus is life-giving even in death. It is also full of people like Kichichiro, who, though he wants to achieve the summit of faith culminating in martyrdom, lacks courage, betrays and fails over and over again, yet shamelessly



coming back in repentance every time; and like Garupe, who Rodrigues playfully chides as a bad Jesuit at the beginning of movie, finding the true calling of his vocation in the suffering of his brethren. Towards the end of the movie, God responds to Rodrigues' complaint of his silence by saying that He – God, was with him in his suffering and Rodrigues responds, "I knew it". Catholicism is also the story of those like Rodrigues, who though knowing what is right, lack the courage or the circumstances to do it.

Silence is a well-made movie, beautifully interwoven with the Catholic motifs of Sacraments, sacramentals, icons, sin, repentance, redemption and above all the virtues of faith, hope and love.

Silence brings before the viewer a kaleidoscopic view of Catholicism, both in terms of its saints and sinners, and in terms of one's own journey of faith

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Jesus Youth

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Patience

"Mumyyyyyyy", yelled Judy, "Anthony is disturbing me". And suddenly, SLAP! There was a huge red mark on Anthony's face. Mom came running, inspected it carefully and asked Judy, "Why did you hit him? You should have been a bit more patient."

The above scene is one with no patience. Often it could be one among the "many" situations in our life where we are quick to lose patience. However, what is this 'patience' that, our parents keep on nagging us about? Patience is a virtue that triggers other virtues and, also helps us practice sister virtues such as humility, generosity and self-control. Who doesn't prefer to hit back at someone who hit him/her? Who hasn't struggled with the desire to yell at his/her annoying younger sibling? Well, we all love that guilty pleasure which temporarily comes when, we do these acts of sins, right? Yet, if we want to be good Christians, we should always be patient and, not let small problems bug us into getting irritated.

Now comes the most confusing question, how can we actually be patient? It is very hard to be patient in this world. It certainly cannot be learned overnight. We have to constantly ask God to fill us with the spiritual virtue of patience.

We have to thank God for everything and, also have faith in him and do our best to be patient.

Dear readers, I have a task for you, at the end of the day count how many times you have been patient to others. I dare you to try and reach 70.

For, Jesus answered, "I tell you, not seven times, but seventy times seven"
(Mt 18:22)



Rosemary Joseph is 13 years old and studies in 8th grade in Dubai, UAE. Her hobbies are reading, watching movies and researching on aircrafts, investigations and crime.

QUIZTIME

CROSSWORD

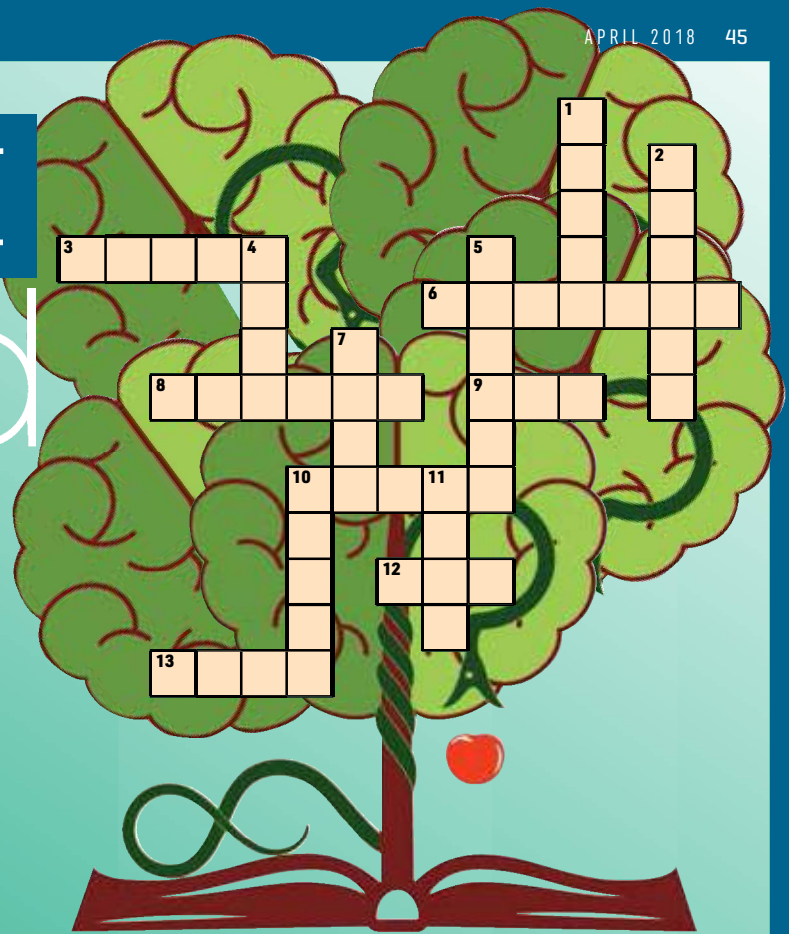
Genesis

ACROSS

3. Food for all wild animals and birds
6. "Man will leave his parents and become united with his wife" in New testament.
8. A great hunter
9. Mother of all
10. Built a city and called it his son's name
12. The first tree to be mentioned
13. The first vineyard

DOWN

1. The first creation God saw as "good"
2. God found it "not good"
4. Give praise to God, the God of __
5. Polygamy
7. The only book other than Genesis which starts with 'in the beginning'
10. People started using the __ Lord's name in worship
11. "It wants to rule you"



Miracles

in the

Bible



1. "The sun stopped in mid heaven, and did not hurry to set for about a whole day". Name the book of the Bible which records this incident
2. How was Naaman healed of leprosy?
3. Name the Philistine whom David defeated with a sling and a stone
4. In the book of Numbers, we read about a donkey that talked to its master "What have I done to you, that you have struck me these three times?" Name the master.
5. The place where the Lord confused the language of the people who wanted to build a tower with its top in the heavens
6. How old was Abraham when the Lord appeared to him and said , "Your wife

Sarah shall bear you a son, and you shall name him Issac."

7. The first miracle of Jesus
8. When Jesus fed the five thousand with five loaves and two fish, how many baskets were filled with the left over of broken pieces?
9. Jesus told the Canaanite woman , "Woman, great is your faith. Let it be done for you as you wish". What was her wish?
10. How did the waters of the Red sea get divided so that the Israelites walked on dry ground and crossed the sea?
11. Whose mother-in-law was healed of fever by Jesus?

Mail your correct answers to quiztime@kairos.global before 30th April. The winner will be rewarded with 1 year subscription of Kairos Global.

Lukas and Ray

By Steffi Andrat

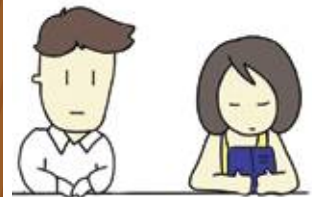
LORD, I NEED A JOB, SOON. I NEED THAT CAR, BUT I NEED CASH, SO. AMEN



THE IPHONE -NEWEST MODEL- PLEASE. AMEN



OH AND HELP ME MEET MY FUTURE WIFE SOON, I THINK I'M READY FOR MARRIAGE! AMEN



DOES GOD HAVE A SPAM FOLDER?

UWAA, I GUESS NOT?



COZ....



IF HE ANYWAY IS GOING TO GRANT MY DESIRES, WHY THE DELAY

PSALM 37:7 SAYS "BE STILL BEFORE THE LORD, AND WAIT PATIENTLY FOR HIM;"



THE HEAVENS ARE PARTING, RAY!



IT LOOK LIKE MY IPHONE!

U CAN'T BE SERIOUS



THE LIFE OF ST. MONICA-A BOOK?

ST MONICA!! WHO PATIENTLY PRAYED FOR HER SON'S CONVERSION FOR MORE THAN 15 YEARS!!

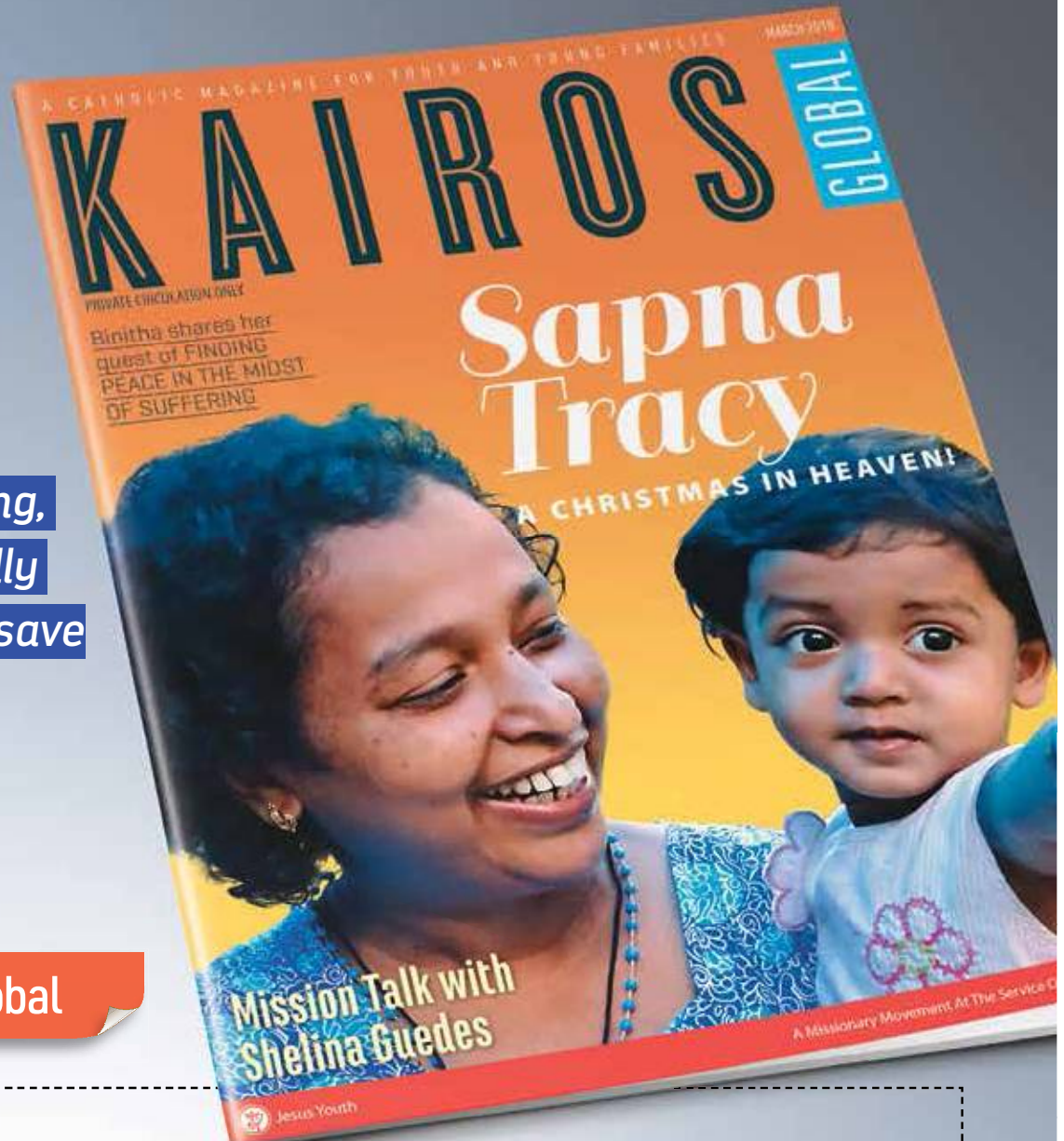


Without good books and spiritual reading, it will be morally impossible to save our souls.

St. Alphonsus Liguori

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