

KAIROS

GLOBAL

PRIVATE
CIRCULATION
ONLY

*I Choose
Kindness*

■ DINOY DAVID

*Theology
of the Body*

■ MARITTA MARTIN

IF GOD IS
FOR US

■ IMMANUEL & DIVYA

**Ah!
To be
alive!**

■ RAIFIEL CYRIL

**With
Him**

ALPHONS JOSEPH



MARY MY BELOVED MOTHER



O Mother of the Word Incarnate, as you hastily proceeded to take care of your cousin Elizabeth, intercede for us, that filled with the virtue of kindness and mercy, we would always have compassion on all who are suffering around us. Virgin most merciful, pray for us.

EDITOR'S ROOM



DR. CHACKOCHAN J NJAVALLIL

 @readkairos

**KINDNESS
IS DOING
SOMETHING
AND NOT
EXPECTING
ANYTHING IN
RETURN.**

Pay It Forward! Based on the novel of the same name written in 1999 by author Catherine Ryan Hyde, the motion picture Pay it Forward, illustrates the power one person can have to impact a chain reaction of kind deeds. The philosophy of Pay It Forward is that through acts of kindness among strangers, we all foster a more caring society. In the book and film, Reuben St. Clair, a social studies teacher, challenges his students to "change the world". One of his students, Trevor, takes the challenge to heart. He starts by showing kindness to a stranger which ripples further than he could ever have imagined. The easiest and best way to make this world a better place to live, is by being kind and by multiplying that tribe.

Kindness is 'the quality of being friendly, generous, and considerate' – 'the quality of being gentle, caring, and helpful'. It is listed as one of the Christian Fruits of the Spirit by Paul in his letter to the Galatians, "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law" (5:22).

Kindness is doing something and not expecting anything in return. Kindness is respect and helping others, without waiting for someone to help you back, no matter what. I firmly believe that it would be such acts of genuine kindness that would have influenced our lives significantly. When we look back at our lives to those who have influenced us most, it is these 'kind people' who would stand out from the crowd. It might have been a teacher, or a leader or a priest or a religious or even a stranger, but the most important feature that makes him/her stand apart is kindness. In the lives of every person, I believe that there is that one teacher who was so kind that your reputation and goodwill was not damaged.

What would be the one aspect that distinguishes a genuine friendship from an ordinary one? I am convinced that it is kindness. One will be able to recollect numerous examples of forgiveness and kindness from their very good friends. Only such friendships will help us grow and become mature human beings.

What are some of the acts of kindness which we can practice, that will help us be more kind and make the lives of those around us more comfortable? Well, a decision not to retaliate or retort even when we are genuinely right, refraining from accusing when we have all the right to

sparing time for a person who is in distress, forgiving a person who has wronged you even when there is no need to forgive – the list can go on...

"Kind words can be short and easy to speak but their echoes are truly endless" – Mother Teresa

"Kindness is the language which the deaf can hear and the blind can see" – Mark Twain

I love the term unusual kindness in Acts 28.2. Other translations use the term no little kindness. What a great way to end this section with an encouragement that we would live lives showing no little kindness – which means we live lives of lavish kindness.


Practicing Kindness,

EDITOR-IN-CHIEF
chackochan.njavallil@kairos.global



**Also
LOOK
OUTFOR**

- 6** Ask Fr. Bitaju
- 14** Rules to Healthy competition
- 18** Youth Synod 2018

 *And be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you*
Eph 4:32

PATRON

Archbishop Abraham Viruthukulangara
(Ecclesiastical Advisor of the Jesus Youth Movement)

SPIRITUAL DIRECTOR

Fr. Cherian Nereveetil
(Jesus Youth International Chaplain)

PRINTER AND PUBLISHER

Dr. Edward Edezhath
(Jesus Youth International Animator)

EXECUTIVE DIRECTOR

C.C. Joseph
(Jesus Youth International Coordinator)

EDITOR-IN-CHIEF

Dr. Chackochan Njavallil

MANAGING EDITOR

Joshy Joseph, Houston, USA (info@kairos.global)

EXECUTIVE EDITOR

Sharrol Jose, Chennai, India
editor@kairos.global

EDITORIAL COUNCIL

Ammu Zachariah, Maryland, USA
Jilu Jacob, Boston, USA
Joseph Anthraper, Southampton, UK
Sonia Kurian, Houston, USA
Raiffel Cyril, Canberra, Australia

ASSOCIATE EXECUTIVE EDITORS

Divya Immanuel, Mumbai, India
Jiss Jose Thoppil, Kuwait
Jothesh Thomas, Dallas, USA
Ponny Sebastian, Dublin, Ireland

CIRCULATION MANAGERS

Bilas Joseph, Cochin, India. +91 96453 95997
Jitty Mary Jose, Houston, USA +1 (346) 754-2407
circulations@kairos.global

ASSOCIATE CIRCULATION MANAGERS

Australia: Raiffel Cyril, Canberra. +61 451313047
Bahrain: Roshan George, Manama. + 973 36906995
Canada: Anuraj Kallarackel, Toronto. +1 6476315901
India: Jestine J Thannickal, Cochin. +91 94462 48368
India: Fred Mathew, Pune. + 91 909681788
Ireland: Suresh V Joy, Dublin. +35 3879630904
Kuwait: Anish Thomas Kappil, Salmiya. +965 90063685
New Zealand: Derick Daniel, Auckland +64291270650
Oman: Jiju Paul, Muscat. +968 99467516
Singapore: Nobin Jose, Sengkang. +65 90922091
UAE: Sony Thomas, Dubai. +971 557902418
UK: Shinto Jose, Birmingham. +44 7828311588
USA: Jobin Daniel, Houston. +1 551 263 8580

DESIGN

Mustard Tree, Delhi, India

MAILING ADDRESS

📍 Kairos Trust, Jesus Youth,
Emmaus, HMT Colony P.O, Kochi, India. Pin. 683503

✉ info@kairos.global

☎ +91 484 255 8825

📍 Kairos International Inc. 3010 Mason grove Ln
Pearland, TX, USA. 77584

📧 infousa@kairos.global

☎ +1 832 592 3675

🌐 www.kairos.global

📱 @ReadKairosGlobal

📱 @readkairos

LOOK INSIDE

MAY 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 Freedom through forgiveness | ANTONY AJAY

SYNOD

- 18 Youth Synod 2018: Pre-Synodal Meeting (Part 1) | SONIA KURIAN

LIVING LIFE

- 21 Living Life in Kindness

IN FOCUS

- 22 Have courage and be kind | AMITHA THOMAS
- 24 Practicing Kindness | SHANE MASCARENHAS
- 26 I choose Kindness | DINOY DAVID

14 | RULES TO HEALTHY EVOLUTION | COMPETITION

DAVID JOY





16
BODY & SOUL

THEOLOGY OF THE BODY SERIES: (PART 4)

MARITTA MARTIN

CONTENTS

BLOOMING KIDS

44 Shuffled Stories From The Bible

45 Kindness | SONEY ABRAHAM

41 Newswatch

46 Quiztime

47 Lukas and Ray

UP CLOSE

28 With Him! | JOSEPH ANTHRAPER

FAMILY IN FOCUS

32 If God is for us... | SHARROL JOSE

CULTURE OF LIFE

38 Ah! To be alive! | RAIFIEL CYRIL

CHANDELIERS

40 Marcel Callo | BERNADETTE AVINASH

SOUNDREPLY

42 Lion (PG-13) | JOSEPH ANTHRAPER

FAMILIA

36

BRINGING UP SAINTS IN THE NEW MILLENNIUM

JOJO KURUVILLA



DISCLAIMER: Kairos Trust considers its sources reliable and verifies as much data as possible. However, reporting inaccuracies can occur. Consequently readers using this information do so at their own risk. While every effort has been made to ensure that information is correct at the time of print, Kairos Trust cannot be held responsible for the outcome of any action or decision based on the information contained in this publication/website. The publishers or authors do not give any warranty for the completeness or accuracy for this publications' content, explanation or opinion. Although persons and ministries mentioned herein are believed to be reputable, neither Kairos Trust nor any of its employees, sales agents or contributors accept any responsibility whatsoever for such persons and ministries' activities. No part of this publications and/or website may be reproduced, stored in a retrieval system or transmitted in any form prior written permission from Kairos Trust. Permission is only deemed valid if approval is in writing.

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: Is it important to have an elder to assist me in my spiritual journey?

By Mathew J Kurian, Chennai India.

It's quite normal to have a person journey with you concerning your healthcare – called a doctor, or when you design a house – called an architect. So, have you considered having a person journey with you, concerning your spiritual health? The presence of an experienced elder/mentor can be extremely useful for one who would want to take his/her spiritual journey seriously. They won't make decisions for you but can help and equip you to be responsible and make the right decisions regarding yourself and the work you do. They in fact, would accompany you in your spiritual journey with all its joys, challenges and struggles. The best image of accompaniment is that of Jesus journeying with the two disciples on the road to Emmaus (Lk 24: 13-35). As he first listened and later responded to them, their hearts which was downcast, caught on fire and the two returned to share the joy and hope of having encountered the Risen Lord. Just like in the Emmaus story, eldering is a sacred space, to share laughter and tears; to move onto the next stage of the spiritual journey, with the risen Christ.

Youth is a time of great inner turmoil and ups and downs in one's personal life, as well as in one's relationships. The availability of an elder/mentor to listen, encourage and guide can be the best support to weather these storms of life. Romantic relationships and wholesome sexual growth are areas where the helpful presence of an elder/mentor can make a big difference toward mature judgments.

How to go about it?

It is very easy in this process to become easily confused or misguided. Following the tips below

can be helpful in identifying an elder, and in maintaining a healthy and mutually enriching relationship in the journey with each other.

- ▶ Pray for the right person who can elder/mentor you. "Ask and you shall be given."
- ▶ Identify and begin speaking to couple of persons, whom you feel confident to confide in. A trusting relationship is the key element in personal guidance.
- ▶ Look for someone with some experience, learning, spiritual aptitude and common sense. St. Teresa of Avila says that, it would be better to have a learned director who is not very holy than, to have a holy director who is not learned.
- ▶ Eldering/mentoring should not be done on a need-based mode. It should be done at regular intervals, mutually agreed to by the elder/mentor and the mentee.
- ▶ It is always better to have an elder/mentor of the same sex. However, in special circumstances where it is not possible, prudence demands that the sessions are not held in a closed space.
- ▶ Excessive dependence on the elder/mentor need be avoided.
- ▶ The objective of eldering /mentoring is not for receiving tips for taking practical decisions. The purpose is to cooperate with the Spirit in making the character of Jesus, one's own. Hence an attitude of continuous willingness to change those areas that do not sync with Jesus, is a key requirement that will make this a very fruitful exercise.
- ▶ The one who receives eldering/mentoring commits themselves to: openness and teachable spirit, dependence upon the Holy Spirit, initiative, accountability, confidentiality, learning, prayer, etc.

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



YOU CAT 301

HOW DOES A PERSON BECOME PRUDENT?

A person becomes prudent by learning to distinguish what is essential from what is nonessential, to set the right goals and to choose the best means of attaining them. [1806, 1835]

The virtue of prudence directs all the other virtues. For prudence is the ability to recognize what is right. After all, someone who wants to lead a good life must know what the "good" is and recognize its worth. Like the merchant in the Gospel "who, on finding one pearl of great value, went and sold all that he had and bought it" [Mt 13:46]. Only a prudent person can apply the virtues of justice, fortitude, and moderation so as to do good.

POPE TALK...

Dr. Kochurani Joseph
Animator, National Professional Ministry, India



Mass makes us a living 'Eucharist'

Continuing his catechesis on the Mass, Pope Francis recalled Jesus' words in the Gospel of John (6:54-55): "Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink". The Holy Father said Jesus' gift of himself at the Last Supper is renewed during each Mass in the offering of his body and blood under the signs of bread and wine. This salvific action continues still today.

'He is not here... he is raised! And he awaits you in Galilee.'

Pope Francis, in his homily during Easter Vigil said that the Easter message sustains our hope, and turns it into concrete gestures of charity. How greatly we need to let our frailty be anointed by this experience. Christ is risen, and with Him, He makes our hope and creativity rise so that we can face our present problems in the knowledge that we are not alone. To celebrate Easter is to believe once more that God constantly breaks into our

personal histories, challenging our 'conventions', those fixed ways of thinking and acting that end up paralyzing us.

Don't trust report that Pope Francis denied reality of hell

The Holy See stated that a reported interview between Pope Francis and an Italian journalist, which claims the Pope denied the existence of hell, should not be considered an accurate depiction of Francis' words, but the author's own "reconstruction." No quotation must therefore be considered as a faithful transcription of the words of the Holy Father.

A good priest makes Christ present to his people

At his annual Chrism Mass Pope Francis said that a good priest is one who is close to his flock and who makes Jesus' presence felt in people's lives – as more than an abstract idea. A priest who is close to his people walks among them with the closeness and tenderness of a good shepherd; in shepherding them, he goes at times before them, at times remains in their

midst and at other times walks behind them.

Pope encourages young people to ask tough questions at pre-synod launch

Pope Francis opened the pre-synod meeting telling youth

to hold nothing back and to have the courage to ask the "raw" and direct questions about life, love, and vocation. "The strong questions of ours can have a process of being played down in tone" or asked in a "polite way". He urged the young attendees to "be courageous" and to "say the raw truth, to ask the raw questions."

Pope Francis says.....

- ▶ A person transformed by Christ cannot be corrupt
- ▶ Christ has overcome death and He helps us to accept sufferings as a privileged occasion of redemption and salvation
- ▶ It is so important in our time to rediscover fraternity, just as it was lived in the early Christian communities
- ▶ The crucifix is for prayer, not decoration to hang on the wall or wear, it is an important sign of our beliefs.
- ▶ Liturgy prepares us to receive Christ in Holy Communion "to dispose our souls to participate in the Eucharistic banquet."



PRAYER INTENTIONS FOR MAY EVANGELIZATION

The Mission of Laity

That the lay faithful may fulfill their specific mission, by responding with creativity to the challenges that face the world today

TALK

WITH SEENA KURUVILA



Seena Kuruvila shares her experience at the Haiti Healing mission and how she learned to glorify God even in adversities.

Q. Seena, thanks for sharing your mission experience with us. Tell us a bit about yourself

A: I am Seena Kuruvila, wife of Kuruvila Oliapurath, currently living in Dallas, USA with our five blessings and parents. I am working as a nurse part time and homeschooling kids full time with the help of my husband. Both of us are active in Jesus Youth, Dallas. I realized my call towards Children's Ministry and Intercession ministry and got involved with them. I love to read, listen to music and spend time with my family.

Q. When did you decide to go for Mission and when did it finally happen?

A: When my husband decided to go for medical mission in 2014, I was thrilled. When he came back and shared his mission experience I was ready to go to Haiti. The desire to go and meet the Haitian people increased day by day but the dream didn't come true for several years. Finally, when I resigned my will to God regarding the mission, God opened up the way for me.

Q. How was your preparation for the Mission. Did everything go smoothly?

A: I thought, when you decide to go for a mission, everything will fall into place. But the minute you take the decision, trials come along. God allows them to mould us and enable us to proclaim His glory. The moment I booked the ticket, I was worried. Is it okay to leave my kids here and go to mission or should I stay with them? However, my personal prayer and my husband helped me to discern God's will. Finally when the day came, because of bad weather, the flight was delayed. We had to stay in the airport until morning and we reached Haiti the next day. There were delays on our return trip as well.



Q. Can you tell us something about Haiti -your mission place

A: Haiti is a Caribbean country which became extremely poor after an earthquake in 2010. There is a huge need for water, food, and clothes. The need for love and spiritual afflictions are on the other side. In this situation, Jesus Youth reached out by starting the Healing Mission in 2013. Many got an opportunity to be part of this mission and it touched their hearts.

Q. Please share some of your experiences in Haiti - some of your challenges and blessings

A: In spite of their poverty and unhealthy situations, they were very joyful. I was proud about going on a mission to help, to love and to serve others but when they prayed for us and our mission, tears streamed and my pride was broken. It was raining at that time and the roofs

of the houses were leaking. The place where they live couldn't be called a house. They don't have the basic necessities of life and yet they prayed joyfully. I could see how they trusted in divine providence, and when I looked at myself, I realized how much I struggle when I face difficulties. I don't know whether I can glorify God if I lose everything in an earthquake. I get easily upset if things don't happen in my way and get grumpy when I face struggles in my family life, prayer life or in my work place. I get confused when my faith gets tested. But these people challenged my faith. When I look back, I realize that I received much more than I gave.

I had been praying for the people in Haiti for the past four years. I got an opportunity to give health education. At the end of the class, when I shared that I was praying and waiting to see them, I experienced Christ's love and joy overflowing from my heart. When we prayed together, I felt being one among them.

Q. Did this mission help you to change in any way.

A: Yes, It did. It helped me realize my weaknesses and the need to strengthen those areas with divine help. To be docile to the Holy Spirit was another conviction I got.



I WAS PROUD ABOUT GOING ON A MISSION TO HELP, TO LOVE AND TO SERVE OTHERS, BUT WHEN THEY PRAYED FOR US AND OUR MISSION, TEARS STREAMED DOWN MY FACE AND MY PRIDE WAS BROKEN.

Q. What are some of the decisions you have taken.

A: Education is an investment and Jesus Youth opened up a way to educate children in Haiti through Lumen Vitae. We can sponsor a child for his/her education, clean water, daily breakfast and lunch, uniform, textbooks, bags, and shoes. After coming back, we took some initiatives though the JY group in Dallas and inspired our friends to get involved in the Haiti mission by adopting kids for their education. The Haiti mission was just like a one week retreat. The difference is, there you see the struggles and you get to taste their struggles". I ask my friends, 'Do you want to try a different mode of retreat? Try the Haiti mission. It is worth it.'

JESUS YOUTH



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

How do you begin your walk with Jesus Youth?

→ It was the early days of Jesus Youth Campus Ministry and I visited a Catholic College to address the teachers there. One sister approached me and asked, "Eddy, some of my students attended the weekend program you organised. What happens there? What do you do with them?" She was so eager for details and I became a little defensive, suspecting some mischief by the students. I tried to tell

campuses and we introduce them to a life in the Lord, etc. etc. She became a little impatient and started, "No Eddy, I am so surprised by the unbelievable change that came over my kids. A very timid girl returned after it with such enthusiasm and asked my permission to talk to the whole class about her experience. Soon she started a weekly group! And I wonder how you do it in a couple of days." Ohh, I was relieved. It was not a problem. It was only the usual radical change in the youth that surprised the onlookers.

Life in Jesus Youth is nothing else, but active Christian life, pure and simple and it has to begin with a U-turn in life. An adult decision to dedicate oneself to Jesus and an ensuing personal encounter with the loving God becomes a life changing experience. Of course, it is something

that happens very much in the heart, but it cannot be easily hidden. It will be 'proclaimed from the housetops,' in the form of a changed happy attitude and transformed behavior.

A new beginning

As Pope Benedict XVI remarks, "Being Christian is not the result of an ethical choice or a lofty idea, but the encounter with an event, a person, which gives

life a new horizon and a decisive direction" (Deus Caritas Est, 1). The life in the movement begins with such an encounter. People are so different from one another; what they consider beautiful or distasteful also vary. In the same way, or as a result of all this, the occasion, pace and nature of people's God-encounter also differs. When we go through the Bible, we note that the ways in which Peter, Nathaniel, Paul,



and the Ethiopian eunuch's experiences changed their life, were so very different.

Decades ago a seminar on the Renewal held in the city college gave an opportunity for me to take a big step in my life. May be what struck me most was the joy and warmth I experienced there, followed by a new presentation of the core of Good News. For Joseph, a young man I know very well, it was a work camp in a poverty stricken area that opened his eyes to what life really is. A girl I know quite well tells me how her friend invited her to a Jesus Youth prayer meeting and the way in which people there prayed, addressing God in a very personal way amazed her and set her on a new path. Some speak of the transforming moments while reading the Bible, others, of a time of adoration in Jesus Youth program or personal sharing session with a sympathetic elder. It is interesting to note how varied these paths to active Christian life are, but one fact remains unchanged, they come to an encounter and they are changed.



What is it all about?

What is this personal event that we are talking about? Of course, we call it by different names: an encounter, God experience, conversion experience, and personal transformation in Christ among others. But whatever the label, the outcome is very notable. With this event God becomes a reality. Many would say, with this the love of God becomes so tangible. Prayer deepens into something meaningful.

This 'encounter' is like a magical touch that opens a bud suddenly into a beautiful flower. One is filled with a special joy or what the Apostle refers to as "a peace that passes all understanding" (Phil 4:7) that pervades one's every dealing. The person's value system gets reordered. With an active awareness of the indwelling Holy Spirit, one's sense of what is right and wrong becomes quite sharp. People share that when Jesus Youth come together it is a very different experience. Surely the main reason is this, they are people in whose life the encounter experience is fresh and alive. Unless you tend this flame it may become weak and even die out. But if this flame is burning bright and people with this treasure gather together, it is an unparalleled experience of joy. And, more than all that, when one is touched in this way, one wants to go out and share it with others.



Jesus Youth

This God 'encounter' is like a magical touch that opens a bud suddenly into a beautiful flower

Prepare the way!

How do people come to an encounter that would change the very direction of their lives? The answer to this question is so important for all faith formators and spiritual guides. All good Christian parents would like to know how to lead their children to such a path.

In the Gospels Jesus speaks of how God the Father draws people to himself (Jn 6:44). One translation goes like this, "No one can come to me, unless the Father who sent me makes them want to come." This is a meeting, like 'a falling in love,' between the loving God and the person in question. The bystanders can only play a supportive role and do some encouragement.

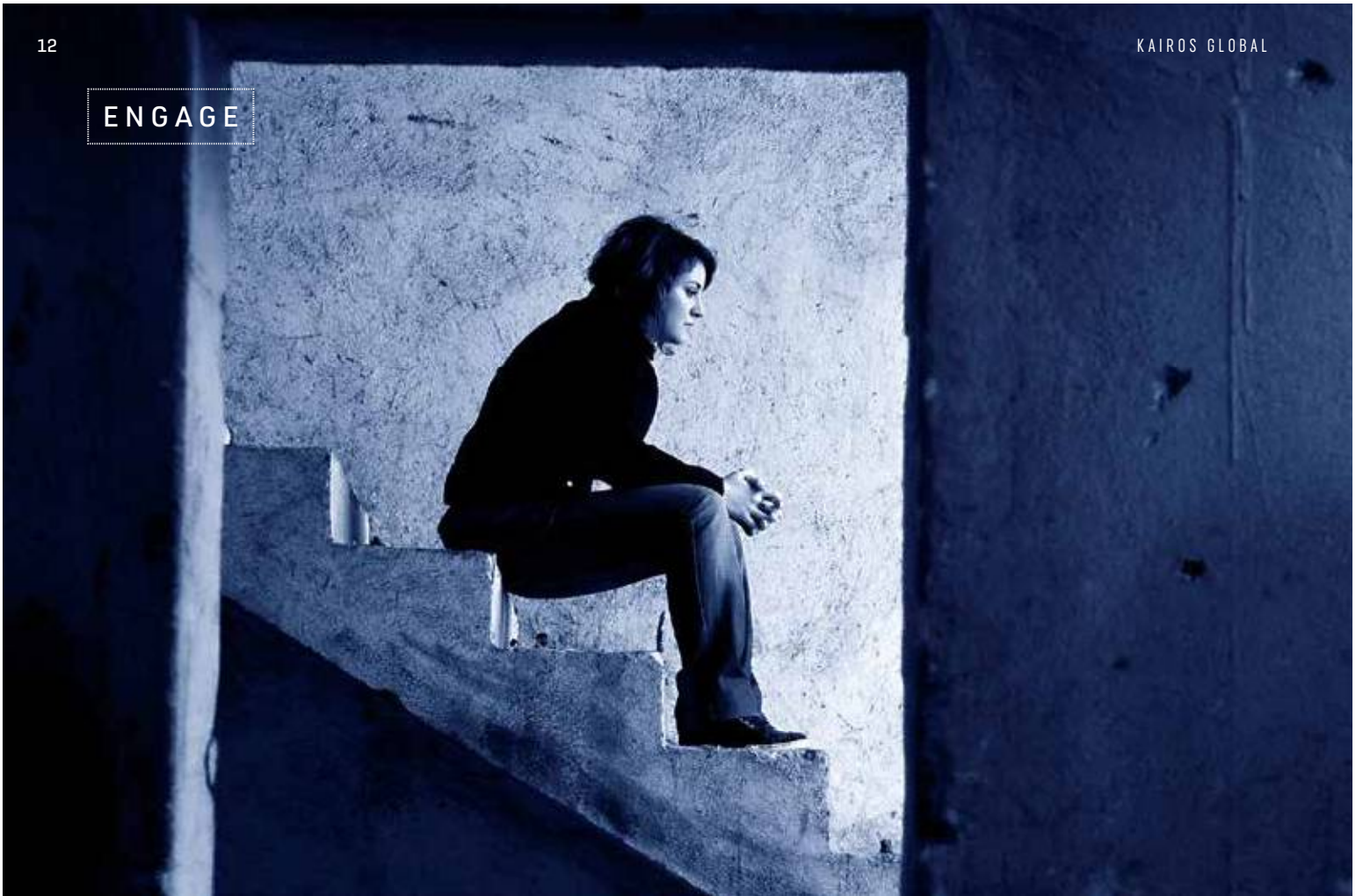
Christian love persuades us to reach out to people and encourage them to come to a deep relationship with God. St Paul explains this supportive role step by step: "How can people have faith in the Lord and ask him to save them, if they have never heard about him? And how can they hear, unless someone tells them?" (Ro 10:14). Perhaps the challenge today is that people have heard too much on 'prayer and religion' that they know it is the most boring business. The need of the hour is to have friendly and genuine people who show their peers how beautiful it is to come to a new life of friendship with Jesus.

I don't remember meeting this timid girl who gave a big surprise to her professor. But my joy is that in the Jesus Youth movement I have met many men and women who, at some point of time, had an encounter with the Lord which gave them attractive personalities and they became instruments of positive change in the lives of so many around them.

.....
 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



ENGAGE



FREEDOM THROUGH THROUGH FORGIVEN FORGIVEN

Antony Ajay reflects on the need to forgive unconditionally to receive Inner Healing and God's abundant Grace in our lives.

Rape is one of the most heinous crimes against women. So I was perplexed to hear this statement from the movie “The General’s Daughter” – “there is something more difficult than rape”. The movie deals with the story of an army Captain, who is the General’s daughter, who gets murdered in an unusual fashion. But the story turns out to be more than what meets the eye.

The investigator uncovers that the Captain had been brutally gang raped by fellow trainees while she was a cadet. Luckily, another trainee group rescued her. But she never knew who that was. When the news reached her father, instead of helping the daughter identify them he decided to cover it up, since it would cause a scandal and destroy the Academy, not to mention his own ambitions to become Vice President of the United States. This denial of justice by her own father severely traumatized her. This betrayal of her father was, more painful for the daughter than all the pain that she had experienced earlier!

This was an eye-opener for me and it helped me understand the depth of the pain that Jesus went through, to allow himself to be betrayed by his friend and loved one, Judas Iscariot – that too with a kiss. Judas who was one of the chosen twelve, being taught by Jesus and journeying with Him for three full years, betrayed him for a meager 30 pieces of silver; which was the price of a slave (Ex 21:32)! He places such little value on Jesus, and just as when he had consistently been stealing from the money bag (Jn 12:6), he showed his preference for his personal gain alone.

This is in stark contrast with the lavish gesture of the woman who anoints Jesus with ointment (Mt 26:6-13) worth 300 denarii – which was equal to a year’s wage at that time. How much of value do we place on Christ and his words? Do we take care to meditate on each word and obey all of them, or do we have selective amnesia? Do we choose to meditate only on the words that please us or give us emotional satisfaction? Have we forgiven those who have hurt us and do we pray for them, or are we carrying those hurts within our hearts, waiting to see their downfall? I agree, it isn’t easy! Next to loving our enemies, the most difficult thing seems to be forgiving them. Yet, God asks us to do both. He is so particular about the latter, that he says he will withhold his own forgiveness for our sins if we do not forgive others of their sins. It is a fact that some of us overlook, believing that we will have absolution simply by repenting, even though the most important prayer we pray makes it very clear that God’s forgiveness is dependent on our own forgiveness of others – “Forgive us our trespasses as we forgive those who trespass against us” (Matthew 6:12).

It is therefore essential that we forgive others, just as God has forgiven us. And if we say that we forgive someone but still choose to keep ourselves away from that person, then essentially, we are asking God to do the same with us! We need to watch how we forgive those who have hurt us. Let’s remember that we have been forgiven an incalculable debt by God, more than we can ever hope to forgive others for, as shown in the parable of the unmerciful servant (Mt 18:23-35).

Often, forgiveness does us more good than what we envision, because it brings the inner healing that we are in dire need of. Forgiveness is the key God gives each one of us to heal us from the inner wounds of our past and present, to give us a blessed future. This is something I say from a deep personal experience as well. Psychology says men tend to forget but not forgive and women tend to forgive but not forget. Once, during the inner healing session in a retreat, the Holy Spirit brought to my mind the incidents that led to wounds in my heart and the unforgiveness that I had against my own father. It was with great wrestling, lot of

**MOST OFTEN
FORGIVENESS
DOES US MORE
GOOD THAN
WHAT WE
ENVISION,
BECAUSE IT
BRINGS AN
INNER HEALING
THAT WE ARE IN
DIRE NEED OF.**

tears and with the help of the Spirit, that I was able to forgive with these Spirit inspired words. “I forgive Lord, I forgive. Help my unforgiveness”. The hurt, anger and unforgiveness melted away with tears as I allowed the Holy Spirit to intercede. At the end of the retreat I received a chit with these words “This is my Son, the Beloved, with whom I am well pleased” (Matthew 3:17). I was elated to know that God, my Father was pleased in me. It was worth the effort. Our God is eager to help us, as we struggle to forgive and bless us, as we become victorious in our spiritual battles.

If you are still struggling to forgive, then when the person or incident that hurt you comes to your mind, I have this word of God for you – “For the love of God is this, that we obey his commandments. And his commandments are not burdensome” (1 John 5:3). It is based on the depth of love that we have for God’s will, that we find it easier to forgive. It doesn’t seem like such a great price compared to what Jesus has already paid for us, even while we were still sinners. ■

ESS



Antony Ajay is a Jesus Youth from Chennai, India, married and blessed with three children. He is actively involved with the Family Ministry in Chennai.

EVOLUTION



RULES TO HEALTHY COMPETITION

David Joy shares a few best practices for a healthy competition

A teacher once told her students that they must work hard to earn good grades and be part of the top 10 in class. She told her class that it was okay to compete with each other to get good grades, as long as it was a “healthy competition”, that is no cheating, no foul play. Growing

up, the above idea of “healthy competition” was something embedded in our society by our education system. We learned it in our classes; we learned it on the field where we played and when playing music with our fellow bandmates. The idea was that there are a set of rules or certain boundaries that one must keep to when

participating was necessary – not just so that the outcomes are fair but also because these respective rules were fundamentally necessary for the collective good, of what we were trying to achieve. Imagine if each member of the band played on a different key or if each player on the football field played the ball in any direction

– it would be chaotic! However, if you missed out on learning this idea of being ‘Fair’ and being ‘Just’ in school, then you had the Church which would in the most basic sense, teach on being good, righteous and just.

The word of God says in Mathew 5:48, “Be ye therefore perfect, even as your Father, which is in heaven, is perfect”.



We as Christians are called to be perfect in everything we do. To give out our best in every possible situation in our life. However, we don't live in a perfect world nor do we work in a perfect environment. So, how do we maintain being perfect, being the best, being good, being fair and just, and at the very same time, be competitive in every sense, while still trying to work with others to build something successful?

Here are a few rules or best practices that I feel, would help us in exploring the above addressed question:

RULE 1

You are called to be perfect.

There is no doubt, that you are called to bring the best of you, to work with all your ability that you are gifted with, to succeed and achieve your goals at work. As Christians, you are not called to be lazy, you are called to achieve, to be active, lead & to set an example.

RULE 2

Everyone around you is also called to be perfect.

If you are called to lead and be perfect, know that God calls your competition out to be perfect too. Now, there may be occasions where fair play has gone for a toss at your work place and your colleagues and those around you are engaged in dirty work-politics. What do you do then? Remember rule 1. Just because everyone does it, doesn't mean you have to do it. May be a good additional role at your job would then be to remind everyone of Rule 2.

RULE 3

Check your motivations.

Now, this is important - to always know what you are working for. Are you working to make money? I agree it is essential. Are you working to get a promotion? That's essential too. Are you working to secure the future of your family? That's essential as well. Well, check if the worries of life and future are your motivation for work. Know why others work - they may also be working for the same reasons as you. Accept their motivations too.

RULE 4

Never Stop Working hard, Always learn and always improve.

One doesn't become the best just by doing the work that one gets. One gets to be the best by improving; by being proactive, by continuing to learn and never stopping from working hard. One must never shy away from taking the narrow way to succeed. I believe what makes people different is the choices that they make when they do something in life. Many people get the same choices that we get, however only few choose the narrow way. The leaders in the world today, the influencers, and the best are those who took the narrow way, who worked hard and never stopped at any of the hurdles along their path.

RULE 5

Never forget your team

Yes, each person in your team may be ranked against each other, but there is a bigger picture here - what you are really working towards. The winning and failing is not just yours, it also belongs to your team. You never fail alone. Also there is the wider idea that everyone who has helped you to become who you are today, is a part of your team. The school teacher from your first grade, your parents, the people who drove you back from school, your friends and many more. Your success is their success too. It's not your own. So remember your team. This helps you stay grounded in victory and helps you stand tall in defeat. Never forget your team.

RULE 6

Talk to your competition, talk about failures

I realise this may be humiliating for you. But you would soon also realize that others have failed too and you are not too different from them. This experience of humility will open up doors of friendships and acceptance, even among the "competition".

RULE 7

Always remember everyone has their own shoe and they walk their own path.

However, no matter what you do, remember people around you don't have the same destination as you. Remembering this rule will allow you to look and reflect at yourself and what actions you must take to be on your path.

But then again, what is your destination? Well, that is something you must figure out on your own. Never the less, "healthy competition" is important. However, what is more important is to not be drawn to "thoughtlessness" when you compete. A self-reflection and silent assessment of your day will help moving toward what you plan to achieve. The last thing you want to do is to go into battle with no strategy. So discern and reflect on your competition, you might be surprised by how well this simple exercise will help you in your work place. ■



David Joy is a student at The University of Texas at Dallas, pursuing his Masters in Business Analytics. He has been active with JY for the past 11 years and is married to Mable.

BODY AND SOUL



THEOLOGY OF THE BODY SERIES

THE CATHOLIC BASICS OF MARRIAGE (PART 4)

Maritta Martin continues to explain the concepts of Theology of the Body in this fourth article of the series

To Paraphrase, the most basic definition of marriage according to Vatican II and Code of Canon Law (Canon 1055) is: "Marriage is the intimate, exclusive, indissoluble, communion of life and love entered by man and woman at the design of the creator for the purpose of their own good and the procreation and education of children; this covenant between the baptised persons has been raised by Christ the Lord to the dignity of a sacrament". To understand the Catholic Basics of marriage, let's break down the key components of this definition.

First, marriage is intimate, exclusive, and indissoluble. This means that marriage is the most intimate of human friendships where two people share their love so abundantly that, they become one without losing their individual uniqueness. This intimacy calls for a mutual self-sacrifice and surrender that involves sharing the whole person with the other completely, without holding anything back. Next it is exclusive, which means that this intimacy is only between the spouses and there is no room for another human being to step into this relationship. This calls for chastity within marriage and the fidelity of the spouses to each other. The indissolubility of marriage means that this union sealed by the Holy Spirit and once consummated, becomes a firm and irrevocable act through the consent of the spouses. So essentially, in the Church, divorcing a marriage is impossible between two baptised Catholics, who marry without impediment of free will and consent, regardless of the legal status of the marriage.

Moving on, marriage is for the good of the persons involved, for the procreation and education of children and it's a covenant raised to the dignity of a sacrament. Marriage serves the good of the persons involved in that it is the most basic expression of vocation, to love God and each other, and is a means to salvation. Marriage when seen as a vocation to love and serve the other, can be a fulfilling way of life, in service to someone other than oneself. Next, children spring right from the core of marriage when the couple give to each other in mutual fidelity and love. While some marriages may not produce children even though they are open to children, these marriages can still be life giving when a couple opens their heart and home to others in their community and share their love in service to another. Finally, the Church is bold in saying that marriage is not a contract but a covenant. A contract can be broken at the leisure of one party involved, but a covenant made by the spouses and sealed before the eyes of God cannot be broken. This covenant reflects the free, faithful, total and fruitful love of God and urges the couples to imitate the same. Finally, the Church elevates marriage to a sacrament, in that it bears both invisible and visible graces and is a means to attain salvation. For the baptised Christian, marriage

reflects the union of Christ and the Church his bride, and hence is a means of grace. Sacraments are where heaven and earth kiss and the love between spouses in marriage makes visible the love of the invisible God. Through intercourse spouses enact their sacrament which means the sexual sign becomes the visible sign of the sacrament of marriage, and the words of the wedding vows become flesh.

Now, in order for a marriage to be valid, it must follow four components. First there must be no impediments to marriage. There are twelve impediments which are listed here briefly: validity of age, impotence, previous bond, disparity of cult, sacred orders, perpetual vows of chastity, abduction, crime, consanguinity, affinity, public propriety, and adoption. All twelve impediments can be read up on further under the Catechism of the Catholic Church or Canon Laws. Secondly, the spouses must follow the proper form of the sacrament. This requires the presence of two witnesses and the witness of a priest or deacon who receives the consent of the couple in the name of the Church. Thirdly, the spouses must have the capacity to exchange consent and do so freely and unconditionally. A couple cannot be married under force, duress or fear and psychological maladies can also invalidate a person's consent. This also means marriage cannot happen under certain conditions but must happen freely. Fourth and finally, the spouses must consent to what the Church intends by marriage, that is, fidelity, indissolubility and openness to children. This means practicing chastity within marriage, understanding the intimacy of marriage and being open to the fruits of marriage.

In conclusion, while the basics of marriage are perhaps difficult to understand and perhaps even more difficult to live out, the Church truly believes that the sacrament nevertheless gives the couple all graces to attain salvation and live out their marriage well. The Church never forces anything on its faithful, it always humbly proposes the uncompromising truth and ultimately it comes down to the faithful, to accept the truth or not. Finally, the beauty lies in the fact that although the sacrament of marriage may not be easy, the Mother Church understands that, and is always extending her arms of love and encouragement to the couple in every stage of their marriage, in help and support. ■■

*Marriage serves
the good of the
persons involved
in that it is
the most basic
expression of
vocation, to
love God and
each other, and
is a means to
salvation.*



Maritta Martin, a Jesus Youth from Florida, USA, is a keen reader of Pope John Paul II's works and Christopher West, both of whose works helped and contributed in writing this article.

SYNOD

YOUTH SYNOD 2018

PRE-SYNODAL MEETING (PART 1)

THE HOLY FATHER HAS CALLED FOR A SYNOD ON YOUNG PEOPLE, FAITH AND VOCATIONAL DISCERNMENT IN OCTOBER, AND SONIA KURIAN PROVIDES INSIGHTS ON THE KEY POINTS DISCUSSED DURING THE PRE-SYNODAL MEETING IN MARCH.

This year, Pope Francis has called together a Synod of Bishops to speak about Young People, The Faith and Vocational Discernment. The Synod is due to take place from October 3 – 28, 2018. In preparation for this Synod, the Holy Father invited young people from around the world, from all walks of life, to examine the prevalent culture and to share their own hearts and minds. There were around 300 delegates representing five continents out of which around 20-25 were from different Ecclesial Movements within the Church. He had also extended his invitation to youth from other religions like, Sikh, Islam, Hindu, Jewish etc. This Pre-Synodal Meeting of youth took place from 19th to 24th of March, 2018. Chris Colaco representing Jesus Youth and Daniel Bashir, Youth Coordinator of JY Pakistan (representing Pakistan), attended

▼ Chris Colaco with the delegates from India





◀ Pope Francis at the Pre-Synodal meeting

young church always takes risks. Pointing to the book of Joel, Chapter 3, he spoke, “Old people dream and young people are prophets; you cannot be a prophet if you cannot dream.” Finally, he asked all the youngsters to pray and joked- “pray especially for me and also for people who can’t pray (pointing to himself).”

The Holy Father also took the time to listen to several questions that were brought forward by the delegates and, spent time to advice and reply to them. Below are five questions that he answered, that could help us in placing our fingers on the pulse of the times and it’s needs.

In response to the testimony of a young girl who was trafficked from Africa to Rome, the Holy Father spoke seriously on the issue of human trafficking. He recounted stories he had heard from trafficked women, on the serious dangers they faced, trying to escape their captors. He denounced the evil of exploiting today” and “a crime against humanity.”

During the Pre-synodal meeting, the Holy Father specifically asked the young people to prepare a document so that it can be reviewed and used as part of the *Instrumentum Laboris* during the Synod. He stressed that the Church is willing to listen to all young people, excluding no one. He cited the example of Samuel and David pointing out how Samuel listened for and heard the voice of God, despite the fact that during those times, listening to the voice of God was not a common practice.

“What are you looking for?”, the Holy Father asked the delegates. He expanded on how the church is rediscovering the important role that adults play in accompanying youngsters. He asked delegates to “remember [that] through the Spirit, the Church is renewed.” The aim of the church is to be faithful to the call which is given by God and that call is, to spread the Good News.

The Holy Father also spoke on taking risks and not being afraid of failure. “If we don’t take risks, we don’t grow. Take risks with prudence”, he advised.” “What happens when a person doesn’t take a risk? They grow old,” he joked, pointing to a cardinal next to him. He stressed that the Church should always be young and, a

IF WE DON'T TAKE RISKS, WE DON'T GROW, TAKE RISKS WITH PRUDENCE," HE ADVISED. "WHAT HAPPENS WHEN A PERSON DOESN'T TAKE A RISK? THEY GROW OLD.

▼ Chris Colaco & Daniel Bashir at the Pre-Synodal meeting





He strongly reprimanded baptized Catholics who pay for prostitutes and, asked for forgiveness for all Catholics who participate in such “criminal acts.” He strongly encouraged and called on young people to fight for the dignity of women.

One delegate, a young French student, seeking direction in his life inquired who young people should look to, for guidance in making life choices. The Holy Father suggested one might confide in those who possess wisdom, regardless of their age. “The wise person is the one who is not scared of anything, but who knows how to listen and has the God-given gift of saying the right thing at the right time,” he said. He also warned that when young people fail to discern their path in life, it can become similar to carrying a “cancer” inside you. This can, in turn, weigh them down and take away their freedom, causing them to shut themselves off.

To the question on how young people could be taught to be open to their neighbors and to the transcendent, Pope responded by saying that education should teach the three basic languages- the head, the heart and the hands. The language of the head, includes thinking well and learning concrete things. The language of the heart indicates understanding sentiments and feelings. Finally, the language of the hands means, using our God-given gifts to create new

▲ Chris Colaco along with the English group at the Pre-Synodal Meeting

► Chris Colaco with Cardinal Lorenzo Baldisseri, Secretary General of the Synod of Bishops



things. While the Holy Father criticized the isolating nature of today’s digital and virtual world, he also pointed out it contained a richness that must be used with a “concreteness that brings freedom.”

The last two questions, had to do with religious life. In the first, a young Ukrainian seminarian asked how a young person preparing for priesthood in the present-day culture, should respond to the complexities of the culture- like on the topic of tattoos, for example. Pope Francis spoke on the priest’s role as a “witness to Christ.” In stark opposition to this stood, Clericalism, because it confused the “paternal role of the priest” with the “managerial role of the boss.” On the matter of tattoos, the Holy Father reminded how tattoos have been used by different cultures, to distinguish and identify themselves. Therefore, he remarked, there was no need to be afraid of tattoos, and neither was there reason to exaggerate them

either. Instead, it could be used to begin dialogue about what it signifies.

The last question came, regarding how women religious could balance society’s dominant culture and the spiritual life in completing their mission. The Holy Father responded by saying that adequate formation, during the religious life, should be built on four pillars: formation for an intellectual, communitarian, apostolic, and spiritual life. He said, having spiritual formation alone, could lead to psychological immaturity. Even though this may be often done to protect young religious from the world, he said it is not protection, it is “deformation.” Allowing people to mature effectively is perhaps the only way to protect them.

Let us pray that a breath of new life may fall upon the times, through the Church. ■



Sonia Kurian, is a writer & preacher and actively involved in Jesus Youth. She works as a Clinical Systems Analyst in Houston, USA and is part of the Kairos Global Editorial Council.

LIVING LIFE

LIVING
LIFE IN*Kindness*

Once, a few of us went to a Mexican restaurant. Our orders weren't turning up even after a good long wait and we could see the other tables being served. We learned that our order never got to the kitchen! It will be another 30 minutes wait. By now the patience had run out and some demanded the manager, some wanted free food, some wanted apology, and some wanted to get the staff disciplined. Amidst the chaos, one of our friends, who's aptly nicknamed, "The uncle" stood up and asked, "What if the staff who took our order was pre-occupied with stress or anxiety from their personal life? And that got reflected at work...?" The group agreed to calm down and give the staff a break. I saw a different kind of kindness - one that is practical and can be practiced. How often do we give the benefit of "what if" to our brothers and sisters? After the meal we all wrote a sorry note and appreciated the meal. I am sure this act would have touched the staff and helped heal a fraction of whatever burden he was being carried.

Nishan Mathew, BRISBANE

Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you (Ephesians 4:23). This Word of God is the reason for me to practice kindness in my life. God is kind to me not by my goodness or merit but by His grace and mercy. If God can be kind to me a sinner, why can't I try my best to be kind. Mother Teresa is a role model of kindness. She could see Jesus in the poor and sick and that is why she was able to be kind to them. Same way by being considerate it is easy for me to accept my family, relatives, domestic helper, colleagues, teachers, friends and people who don't like me. This leads me to true happiness.

**Teresa Melvin,
CHENNAI, INDIA**

I was on the train, on my way home. An old man stepped into my compartment and took his seat in front of me. He was itching and scratching both his hands. Suddenly I noticed the dry, fish scaled patches on his skin which he was trying to hide by rolling down his sleeves with embarrassment. He was suffering from psoriasis. When everyone stared at his condition, I felt upset about the shame he was trying to hide. The kindness and unconditional love Mother Teresa had for the lepers soon flashed through my mind. In that compassionate moment, I asked God to heal him. I could hear a strong whisper in my ears, "Jesus will heal him." When it was time to get down, I asked him if he believed in Jesus. He said though he was not a Christian, he had faith in Jesus. I told him about my conviction that Jesus is willing to heal him. He looked at me for some time and when I was about to get down, I suggested he attend a retreat, and he agreed to.

Suja Neelesh, MUSCAT, OMAN

While I was returning home after street evangelization, I saw a young girl sitting on the street. Something prompted me to ask her whether she had any food. I took some courage and asked her whether I can buy her some food. She just nodded and followed me to the next shop. While I was waiting for her food, she just ran to me and hugged me. I remembered the words of Mother Theresa, "the biggest disease in this life is being unwanted, uncared and deserted by everyone." The kindness that helps to understand the needs of another person is indeed the fruit of the spirit.

Roby Ray Joshua, CANBERRA

With my Christ encounter it dawned on me that God was kind to me all the time even when I did not know Him or love Him. Since then, I had a deep desire and commitment to be kind. He was kind first, then how could I not be? In my journey with the movement, I was accepted as I am. I was not judged on how I look or what I am. The people in the movement were kind enough to take me in and treat me as one of the family, which helped me to grow close with the movement and Christ. My attitude of being annoyed or judgmental by the weakness and short comings of my loved ones around me changed. I carry this experience to be kind to all, especially to my wife and kids and to my larger Jesus Youth family. God gave me the grace to be kind especially to the youth, when we meet them, which is a tool to open their hearts to Christ and the Jesus Youth movement.

Millon Jose, DALLAS, TEXAS, USA

IN FOCUS

Have courage and be kind

From her experiences
Amitha Thomas
discovers that
kindness is love itself.

One

of my weekly ordeals as a child was going for Catechism on Sunday mornings. What I dreaded most was the long walk to church which seemed longer when I was forced up early and the stories of stray dog attacks, bullocks charging after me seeing red and the additional news of kidnappers on the streets. However, one day I shared with a seminarian my fears and ever since, like a God sent angel, on most Sundays he silently walked with me from church till I reached home. I don't recollect ever asking his name nor any of our conversations but whenever I think of my Catechism classes in India, I fondly remember his thoughtfulness.

Being a strong Catholic contender of 'being in the world and not of the world,' don't laugh but let me introduce you to my favourite childhood fairy tale princess, Cinderella, the kindest girl I ever read about as a child. Her motto in life was 'have courage and be kind.' From an early age, I was very observant



and was influenced by the characters I read, people I met and in each small gesture of love and kindness, I felt God himself appearing to me. Random acts of kindness always inspire. It is seldom seen but when it happens, my heart feels warm and fuzzy on the inside and humanity seems alive. An inevitable fact is that the people around us, knowingly or unknowingly shed their influence on us. Good or bad, each of us pass on our influence on others too. The earlier we are aware of it the sooner we can make better choices of the traces we leave behind. Our kind words, actions or gestures might be the first Christ a person experiences.

One of those days, after running a whole day's errands for home, I told my mom we are not going back home until we go to the shop and choose my sari. Though she was tired, reluctantly she agreed. We finally found a parking space in the rush hour and started walking to the shop.

Just then, a lady stopped us and enquired the way to get to the nearest metro as she was new to the place. As I started explaining to her the route, my mom interrupted and offered to drop her to the metro as it was scorching hot and she did not find it a good idea that the lady should walk. Though I pretended to oblige and act good, I was thinking whether my mom was crazy to drop a stranger and I was mad at her for giving away that parking spot. But while we were driving to the metro, I felt she was silently teaching me something profound. What was the use of preaching and going to church everyday when I was not able to reach out to a lady who needed the slightest help?

As much as people impact our life, when we look back, what always remain are the glitter trails of kindness they leave behind in the heart. The listening ear, the comforting words, the friend in times of need, the much-needed smile, that push of encouragement, an uplifting hand when you fall, a shoulder to cry on, the vital compliment, the thank you note that made your day, that extra helping hand and in all those little moments, have

What was the use of preaching and going to church everyday when I was not able to reach out to a lady who needed the slightest help?

you been able to see God? He manifests Himself in our lives through different persons. If we make a conscious effort to do little acts of kindness to people we know and meet, I strongly believe the quality of our relationships will enhance and we would be getting closer to be the person we were created to be.

I would close by sharing something that has stayed close to my heart for a very long time. Few years back, when I first found my friend's profile on Facebook, my eyes

caught his 'Intro' section and it has continued to inspire me till date:

"1 Corinthians 13: 4-7, 'Love is patient, love is kind. Love does not envy, it does not boast, it is not proud. Love does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. Love always protects, always trusts, always hopes, always perseveres.' I want to grow to be one day to able to replace the word love with my name."

We tend to consign to oblivion that each of us are made in the image and likeness of God, signifying we are made in the image and likeness of love itself. Christianity is about being love - to love yourself, every person around you and to be loved. Love is powerful and contagious, and you have the power to make this world a better place. Maybe you have already started to, but together let's make a decision to start living true to our identity of love. ■



Amitha Thomas likes to call herself a patriotic Indian and a little princess of the Almighty. She has a heart for teens ministry and loves to read, write, and travel. She lives in Dubai.



PRACTICING KINDNESS

In this article, **Shane Mascarenhas** realizes that kindness cannot be practiced by force, or by incentive of a reward.



Remember that guy driving in front of you at half the speed limit when you were getting late for work? Ever thought about that cobbler on the corner of the sidewalk? Or the municipality folks who begin their day much earlier to make sure the roads are litter-free?

My question is simple: Do we spare any thoughts for these people? If we do, then what are these thoughts? Given our circumstances, the most probable reaction would be one of apathy, or indifference. Ideally, there shouldn't be any obstruction to the recognition of this apathy; only acknowledgement. Greater the ease with which this 'acknowledgement' sinks in, greater our maturity as emotional beings.

This acknowledgement is what would pave the way for corrective thinking. We could correct our thoughts and change our thinking process from a negative, judgmentally presumptive one to one that is constructive and encourages us to analyze what's best for the person and in turn take actions towards the betterment of his/her situation. When we realize that there is a better reaction, it is then that the portal to Kindness is opened. In doing this, we allow the sentient being within us to express itself. We are empathetic beings, made for kindness; to be good and perfect; to give our best to those around us. God doesn't make mistakes. It's our perception that makes us miss the mark.

The best that you could possibly give another person would be your presence, attention and time.

So, what is Kindness?

Alongside love, peace, goodness, faithfulness and others, St. Paul calls it a fruit of the Spirit. Considering how we are the temples of the Holy Spirit, it would be insightful to say that the tree of the Spirit of God is growing in us. Jesus did say that any tree can be known and recognized by its fruits. Upon connecting the dots, we are recognized by the fruits that we bear. We must ask ourselves: Whose fruit is

growing in me? Is it good fruit?

This is probably what St. Francis of Assisi meant when he said: "Preach Jesus, and if necessary use words." The fruits we bear become a lot more indispensable as compared to our words. The problem with the world today is disconnect. Quite often our parents, teachers or elders say things that are not convincing. Hence, we don't feel the need to follow what they say. This is where the correlation between action and deed is emphasized. It's better to DO what is preached; to lead by example. If we long for change, the solution is simple: BE that change yourself! Preaching without practice is meaningless, just as how faith without good works is dead.

Now, if kindness is a fruit of the Spirit, then certainly it is a Godly virtue, isn't it? St. Paul tells us to place our minds on the things of Heaven. A lot of Heaven and its goodness can be imbibed just by setting our hearts and minds to it, making it our ultimate goal. Oftentimes we lose the plot and pursue tangible things; things we can touch or keep an account of. We focus only on receiving, not realizing that the best is received by cheerfully giving your best away. God loves a cheerful giver. Christ puts it very simply: Seek first the Kingdom of God. If we focus on righteousness, then all those other things get added unto us. A virtuous lifestyle becomes part of our being along with the assurance that Grace will suffice for all our needs.

So how can we integrate the virtue of kindness into our character?

One way is to keep our eyes open and see what's happening around us, then act accordingly. Live your life for people around you; always ready to serve in any way possible. The best that you could possibly give another person would be your presence, attention and time. While having a conversation or spending time with another, the best that we could do is make ourselves physically available. Virtually presenting even a part of yourself elsewhere would severely disconnect you from the person across. We could definitely be a lot kinder in the way we use

our screened devices. St. Mother Teresa had penned down 'The Anyway Poem.' Regardless of what people may say, do, think or feel about you, she urges us to 'Love Them Anyway.' Very simplistic yet deep enough to reflect upon.

Sometimes it feels justified to complain about the situations we find ourselves in. But are the situations of the world a standard to evaluate ourselves by? St. Paul urges us not to conform to the standards of the world but to be transformed by a renewal of our minds. Let's not focus on our situations or let them influence our ability to love. Let's love 'Anyway.' Growing up, I would always find the prodigal son's parable unfair. Part of the reason being, I'm an elder brother. I identified with the son whose many efforts had been unrewarded for a long time. But then my mom told me something that melted me from the inside out. She said that many times, whether I realized it or not, I myself was the prodigal son!

I had to look back and count how many times I'd been granted grace, sometimes undeservedly. Not just from God, but from people I've encountered in my life. This makes me ponder as to how selfish I have been and continue to be, and how much I have to return to the world. Here manifests another way in which we can be more Catholic. How much can I do for the person in front of me? Is there any way I can contribute to a situation and make it better? What can I do to enrich the happiness in people's lives? Lastly, but most importantly, kindness cannot be practiced by force, or by incentive of a reward. Let's not fool ourselves into believing we can do good while expecting something in return. Papa Francis says that the mark of a Christian is JOY. We don't have an identity if not for a joyous identity. I believe this relates to what St. Mother Teresa was talking about when she said that Peace begins with a smile. A smile is a sign of joy. In the words of St. Paul, let's always strive to be imitators of Christ, thus reflecting His love and brotherhood everywhere we go. All in the name of love, let's strive to bring out the best in each one around us. ■



Shane Mascarenhas is an engineering student with a deep passion for all things NOT engineering. Shane has been with the Jesus Youth Movement since 2009. A Bombay born Goan, he currently resides in Sharjah, UAE with his parents and his brother.



I choose Kindness

Kindness can be the stepping stone for other virtues and values in life. **Dinoy David** shares how it can easily be adapted by following simple methods and building on them.

CCC 1832 lists kindness as one of the 12 virtues as per the tradition of the Church along with charity, joy, peace, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

The virtue which can be adapted by everyone regardless of age, gender, gene or any other factor is kindness. Not only practiced by human beings but by all living beings. Since human beings are superior to all other creatures, we need to understand the importance of this virtue in our life to live in accordance with God's plan. In simple terms it means a pleasant concern towards others, by being kind, by doing good acts, being tender or being affectionate.

Col 3:12 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

The above Word of God entrust us with a greater responsibility to be kind. Kindness can be the stepping stone for other virtues and values in life. It can easily be adapted by following the simple methods below and building on them.

1 TO ALWAYS KEEP THE SMILE



Irrespective of whatever situation we come across, however tough our journey may be, the trust that God is going to lead us through all the dark patches will help us go forward. It helps us not to panic and reminds us to always keep the smile. I remember a scene from a movie where the protagonist tells his friend that a smile is a God given gift, and it needs to be shared in small portion to all. The only way to do it is by smiling at everyone we come across.. During the occasion of World Youth Day in Krakow, Poland, I met a group of youngsters who were offering free smile and hugs. Small, yet a thoughtful and generous deed.

2 BY APPRECIATING OTHERS FOR THEIR GOOD DEEDS AND THOUGHTS

We all love to be appreciated. When somebody appreciates our small deed, it motivates us to do that very same deed in a much better way. These kinds of situation are seen in every walk of life. At workplace, it motivates the employee to do much better. In families such appreciation gives great satisfaction to our spouses or mothers. When we appreciate the children in their studies, it inspires them to do much better.



3 BY OFFERING HELP TO OTHERS

When we are able to understand the need of others and offer help, it becomes our first step in building on the virtue of kindness. The best example coming to mind is the way Mary volunteers to take care of Elizabeth in her pregnancy while she herself was carrying.



4 BY FORGIVING AND FORGETTING

The greatest strength one possesses is to forgive. However bad the incident or the person who hurt you, forgiving and forgetting the past helps us to refocus and overcome many more difficult situations in future. It gives us enormous courage to face similar instances.



5 ALWAYS WALKING AN EXTRA MILE TO HELP OTHERS.

Sometimes the help requests that comes our way may not be a comfortable one. But the virtue of kindness helps us move out from our comfort zone to territories which we are not very keen on. However, for the sake of our brethren we are ready to walk that extra mile. Here's an example. After working for six hectic days, you deserve that one day rest. It's a day we get to spend some quality time with family. But it could be when one of your ministries need your help. A small sacrifice from our side can bring a smile and lots of gratitude.



This article was written on a very short notice, during my vacation. I had two options when the request was made: I could either say I was not in a correct frame of mind to write an article or attempt to write an article. I decided to choose the latter, thereby taking one step to build on my virtue of kindness. ■



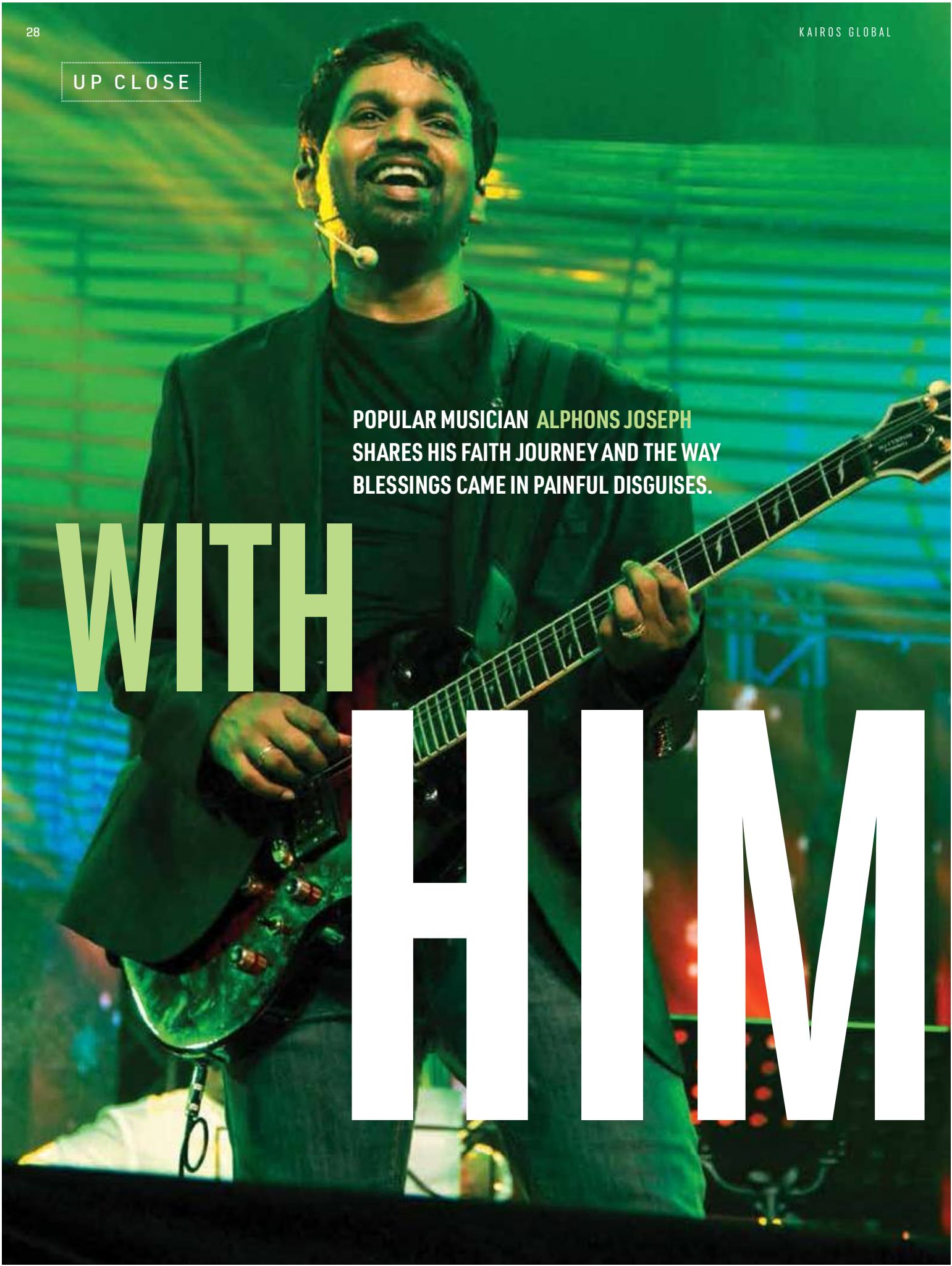
Dinoy Muringathery David has been actively involved in the Jesus Youth movement since his teenage days in Bangalore. Currently, he lives in Kuwait with his wife and two kids.

UP CLOSE

POPULAR MUSICIAN **ALPHONS JOSEPH**
SHARES HIS FAITH JOURNEY AND THE WAY
BLESSINGS CAME IN PAINFUL DISGUISES.

WITH

ALPHONS



Thanks a lot Alphons for taking the time off from your extremely busy schedule to speak to Kairos readers. Could you please briefly introduce yourself and family?

Alphons: Hello everyone. I am Alphons Joseph, married to Rajni Aravindan and we have two children – Joseph Alphons, a sixth grader and Maria Alphons, a fourth grader. My journey with Jesus Youth started in 1989 at the ‘Campus Meet’ in Thrissur, Kerala, where I was part of the music team. I was actively part of the campus ministry for a long time after that and presently, I help with the activities of Rexband, doing many training programmes in addition to music shows.

Professionally, I work as a music director and a playback singer in the Malayalam film industry. I also run a music academy called Crossroads school

long-time dream to provide systematic music education different from what the normal schools were offering.

What came first, your God experience or the discovery of your musical talent?

Alphons: In a way, I was blessed to be born into a musical family. My father is an immensely talented musician, who used to lead and compose songs for our parish Church choir. My dad’s brother was also a music composer. Though from a very young age I used to be part of the Church choir, I don’t think I ever had a personal relationship with God during that time.

happened while attending a youth retreat in Thrissur. Until then I had a lot of questions about faith and God. Though the retreat didn’t answer all of my questions, I got enough conviction to render my earlier doubts irrelevant. I felt an attraction to the Holy Mass and the Word of God, and was sustained and built up through Jesus Youth fellowships and formation.

It is He who gave me everything – my talents, fame, my position in the movie industry, and the Lord was asking whether I loved Him more than all of that. This question kept coming back to me, yet I couldn’t bring myself to reply affirmatively with a full and sincere heart.

Was there any point in your life that you had a desert experience? Or can you recall a time when as a successful musician, you felt you had to make difficult choices that would affect your career?

Alphons: Many times! One major experience was after the World Youth Day in Australia, in 2008. It was a hectic schedule with Rexband touring New Zealand and Australia. While in New Zealand, I felt a nagging pain behind my neck, which soon got worse and all through the month’s stay, I experienced extreme pain of the cervical. Once back in India, the doctor advised

complete rest as there was a risk of paralysis if adequate care was not taken.

I had to cancel all my existing and

started creeping in as there was nothing to do – I couldn’t work, I couldn’t sit and pray, not even read the Bible as I was mostly bedridden. The thought of ‘why



did this happen to me' started growing in my mind. This was the time when some of my friends suggested a retreat at Divine Retreat Centre and this turned out to be an extremely enlightening experience. I felt all the sessions were speaking about my situations and apprehensions, and I got a lot of convictions from there. After the retreat, I went for an Ayurvedic treatment, where I could spend long hours in prayer and reading the Bible.

One of the elders brought me many books and one of them was on St Francis of Assisi and one on 'life and death.' This book gave me a fresh perspective on eternity and how to live life focused on eternity. Reading them, I began to slowly realise why God had allowed this period in

my life. Even though I was 'active' in the ministry, I never had time for anything. "If for this life only we have hoped in Christ, we are of all people most to be pitied" (1 Corinthians 15:19). As I reflected on this Word of God, I wondered how much of my daily 24 hours was lived with an "eternity perspective." I sensed that although I was doing the work of God, deep inside, my heart was in the world.

I began to earnestly pray for God to reveal his will. I sensed Jesus asking me the same question that He once asked Peter, "Peter, do you love me more than these?" It is He who gave me everything – my talents, gifts, fame, my position in the movie industry, and the Lord was asking whether I loved Him more than

all of that. This question kept coming back to me, yet I couldn't bring myself to reply affirmatively with a full and sincere heart. I began praying for the strength to say 'Yes' to Jesus. Reading the books of St Francis of Assisi encouraged me to let go of all that I had for God. I started praying for the strength to love Him more than everything in life, and shortly afterwards took the decision to dedicate my life for full-time mission. Immediately after this, my health started improving and soon, I was healed completely.

To get more clarity, I attended a retreat by Fr Dheeraj on mission. He prayed with me for a long time and confirmed that God was indeed calling me for a life of mission. But for the moment, He





Most of my decisions are made during Eucharistic Adoration. Life gets a whole new perspective when we spend time with the Lord. And we are able to listen to the whisper of the Holy Spirit in whatever situation we are in.

wanted to me go back and be His witness in the movie industry. Though not too happy, I decided to get back to my job. My illness had kept me almost five months away from the industry. With not much work coming my way, I decided to join for an MA in Carnatic Music at Calicut University. But before the end of the first semester, I received a call from AR Rahman's office to sing a song for Gautham Menon's "Vinnaihaandi Varuvaayaa." It was a huge surprise for me as I had never sung in a movie before. From the moment I arrived at Rahman's studio, I could feel the providence of God at work. This was a song that was not there in the movie, but at the insistence of Rahman Sir, the producers agreed for a promo song. When the song was done, the director liked it so much that he asked me to go with them for the audio launch, provided I had a valid UK visa. Providentially, the previous time we went for a Rexband show in the UK, contrary to norm, they had given us a six month visa, which was to expire the week after the promo event. I went for the event, which was a success and the song itself became a huge hit.

For me, it was more of a testament to God's faithfulness. I had the illness and during that difficult time I decided to surrender my life, my career and everything to God and he repaid it a hundred times over. Earlier I was known only in Malayalam industry, but through this song, I became popular in Tamil, Telugu, Kannada and even in Hindi. However, I am all the more convinced that the greater the heights God takes me to, it is to give Him ever greater glory through my life and testimony.

How do you make your choices and decisions in life?

Alphons: Most of my decisions are made during Eucharistic Adoration. Life gets a whole new perspective when we spend time with the Lord. And we are able to listen to the whisper of the Holy Spirit in whatever situation we are in. I have

felt that my decisions flow from the Holy Spirit, through a true living of the sacramental life and by spending time with the Lord in Eucharistic Adoration. I also pray for the intercession of Mother Mary and there have been umpteen instances where I have felt the tangible intervention and mediation of Mother Mary. Also, I have experienced God speaking to me through the Word of God as well as through elders.

How do you balance your faith and your career?

Alphons: I am convinced about my priorities. They are my family and my faith life. I'm equally aware that I have to pay the price for this conviction. I had to say 'No' to many lucrative dream projects that had come my way. Many of my friends in the movie industry feel that I am a fool to let go of such opportunities. They feel I am not serious enough for my career. But, I never had any qualms about letting go of those projects, however big and lucrative they were, which would potentially have wanted me to compromise on my faith life. My goal in life is to spend eternity with Christ and everything in my work is oriented towards it.

Can you mention a few people who have inspired you?

Alphons: There are many within the movement. Manoj Sunny, Edward Edezhath, Elvis, and many others through their choices have challenged my faith journey. The life of saints, especially St Francis of Assisi made a remarkable change in my life. Also, my dad has been a great inspiration. Even at this old age, his dedication to daily Mass and his unwavering faith has been the strength of my life. Also, AR Rahman has been a strong inspiration.

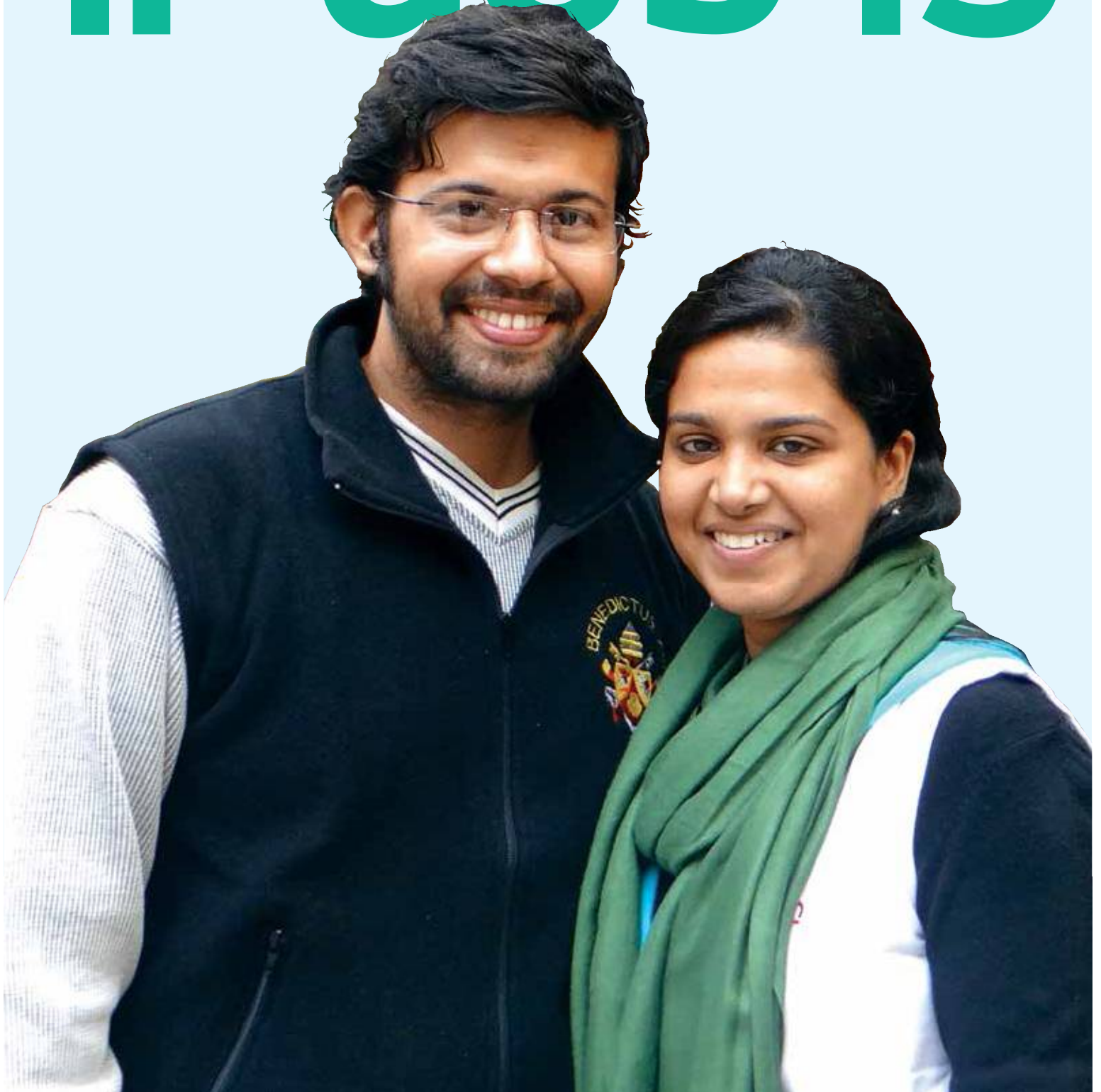
Thank you, Alphons, for taking the time to speak with us. We and all the readers of Kairos wish you all blessings and prayers as you continue to be a beacon of light for many people in the entertainment industry.



Joseph Anthraper is a Jesus Youth living in Southampton, UK, with his wife Mahima and kids, Anna Claire and John-Paul. He is part of the Kairos Global Editorial Council.

FAMILY IN FOCUS

IF GOD IS



FOR US...

Immanuel & Divya shares with Sharrol Jose, the challenges in their life and their commitment for our Lords mission

Immanuel Joseph and Divya Immanuel started their journey with the Jesus Youth movement more than a decade ago. Their desire to continue steadfastly in ministry no matter where life takes them was one of the reasons why they decided to find a partner from within the movement. Today, they have been married for six years and had a fair share of life's adventures. Immanuel and Divya talk about the ups and down of this journey which has brought them closer to God and each other.

Q. Can you share some of the challenges you faced during the initial phase of your marriage.

Divya: We got married while Immanuel was the Assistant Coordinator for Jesus Youth India. I tried very hard to get a job in Mumbai but couldn't. With no work, no steady income and a travelling husband, it did seem a little difficult for me. Just before our first anniversary we were expecting a baby! I was overjoyed. But that joy did not last a week. Complications arose, and I had a miscarriage. Three weeks later, I was again rushed to the hospital. I was in the ICU and had to undergo a surgery. A series of tests followed, and it was diagnosed that a cancerous tumour was growing inside my uterus. For a couple, the world might seem to crash down, but for me the Lord was my strength. He kept me at peace when I heard the test results.

Chemotherapy began, and the treatment had me bedridden. With restricted body movement, my mind now started thinking more and I had many sleepless nights. However, the regular side effects of chemo were very less. "We know that in everything God works for the good of those who love him, whom he has called according to his plan" Romans 8:28. This

was one verse that gave me hope. God gave me a conviction that He is there beside me and uses us in whatever situation we are in.

Immanuel: Almost 19 years ago, when I gave my life to Jesus, my only prayer was, "Lord use me to the fullest." So far, He has kept the promise. From the time I committed my life to Jesus, the journey as a Jesus Youth was not as easy as I thought. And then, when he gave me the opportunity, as Asst. coordinator, I was tied up at home with sickness of my family members. First mom was seriously ill, and then Divya. It was hard for an active person to be at home, feeling helpless. But Lord taught me patience and tolerance. In both the situation, when mom and Divya were in critical condition and doctors gave up, I had complete hope in Jesus that as God leads the people out of slavery, I too will be free from these situations.

Though Divya's cancer was a big blow, there was **great confidence that God's hand is upon me and my family.** In my distress I called upon the Lord; to my God I cried for help. From His temple He heard my voice, and my cry to Him reached His ears. (Ps 18:6). The love

I was very clear that the priority in my life was to follow Jesus and to spread His love to all, especially in the youth ministry

for the Lord helped me to sustain in these dry periods of my life. The journey as an Asst. Coordinator taught me how to live and understand life and especially people. All these experiences have indeed helped me to live a Spirit filled life and has especially helped me as a married man.

Q. How do you give priority to the Lord's work in your life.

Immanuel: The moment I received Jesus in my life, I was very clear that the priority in my life was to follow Jesus and to spread His love to all, especially in the youth ministry. I always had a desire that after marriage, both of us should do the ministry together, and most often it is possible. Sometimes health issues prevent us from doing so, and one of us has to stay back home. In such situations, sitting at home we pray for each other. We do all our spiritual activities together as a couple. With all

our limitations, we still try to be a role model in our home, our Church and our society.

Divya: Deekshit, my brother has helped me to understand what my priority should be as a person. I shifted from a passive journey to a more experiential journey, asking God to work in my life. All that I am today is because of His blessings; my faith is His gift, my life is His gift and therefore whatever I do in my life should bring glory to God. Be it spending time with my family, friends, studies, ministry work or job, whether it be writing, singing, cleaning or cooking, I try to do it in a way I can inspire others. I particularly became conscious of what I do and how I do after I came to experience Christ because if Christ dwells in me, others should experience Him. If I have experienced Him, others should experience Him too and know that what Christ wants us to do is, to love. Romans 12:21 says, "do not let evil defeat you, instead conquer evil with goodness." My priority for the Lord's work should



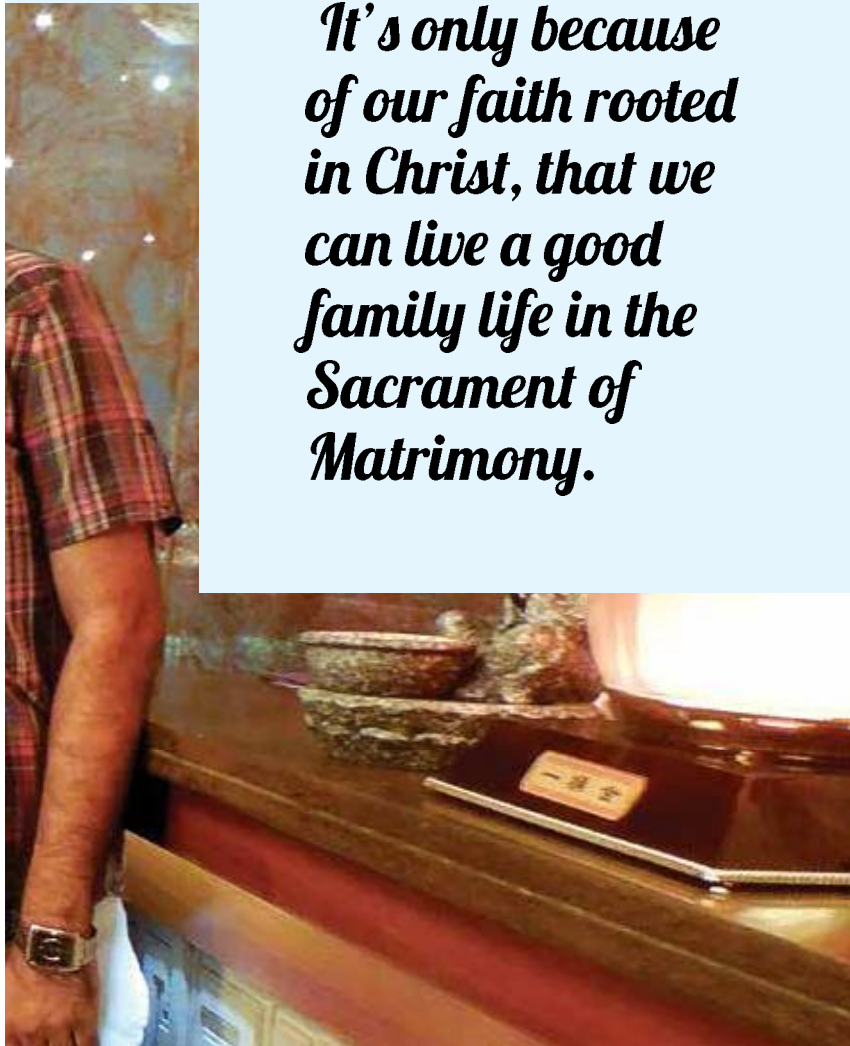
translate into love because God is love and if I am able to do things in love, I have given priority to God's work.

Q. How do you manage ministry, with the job, travel, mom, etc.

Immanuel: My job, my family, my travel and everything I do in my life is integral part of my ministry and is inter-related and I cannot separate these things in my life. I was convinced that it was God who asked to take up His work as full time ministry for the Kingdom. But seek first His Kingdom and his righteousness, and all these things shall be yours as well (Mat 6:33). So, when I am giving priority to God's Kingdom, by God's grace, it is easy to manage everything in my life.

Q. Through the fellowship of the Jesus Youth movement, and its spirituality, how have you been impacted, and your family blessed?

It's only because of our faith rooted in Christ, that we can live a good family life in the Sacrament of Matrimony.



Immanuel: Growing up was a real struggle for me. My dad was too old and my mom too young. So from the early childhood, I lived my life waiting on the Lord. These experiences have given me tremendous faith in Jesus to believe that He provides everything that I need in my life. The best part is He has never given me what I want. I had strong support from Jesus Youth fellowships. I was supported by prayer warriors, including priests, sisters, elders and my colleagues. Once my dad was seriously ill and was almost breathing his last. I went home to get some documents. Some of the Jesus Youth friends including a priest came over to see me. When they knew that dad was seriously ill, they started praying. Together, we stormed the heavens. I got some peace and believed that everything works for good. When I reached hospital I saw my dad sitting up and having milk, which was impossible in medical terms. He survived only because of the prayers. When Divya was sick and everything was dull in my eyes, I prayed and asked all the Jesus Youth around the world to pray for her. She was miraculously healed and was up on her feet in six months. This was only because of the prayers of my brethren who understood the needs. And my God will supply every need of yours according to his riches in glory in Christ Jesus (Phil 4:19).

Q How has faith and family life been working together in your life?

Immanuel: We have different opinions with certain thoughts and styles because we come from different culture, environment, people, experience and situations. It's only because of our faith rooted in Christ, that we can live a good family life in the Sacrament of Matrimony.

Q How do you see yourself, both of you in near future and in ministry.

Immanuel: I am convinced that I was called for full time mission. At the end of term as an Asst. Coordinator, I was convinced that I should continue as full time missionary. Many people objected, was not happy with my decision, but I was convinced. And Divya supports me in this journey. I am sure there is nothing to lose but only gain.

Divya: God showed me through my sickness that he was using me to reach out to people, and I believe that God will use me through various ways as I continue to give my life to Him daily. ■



Sharrol Jose has been actively involved with Jesus Youth movement since her college days and is currently the formation coordinator in Chennai. She lives with her husband and three children in Chennai, India and is part of the Kairos Global Editorial Council

FAMILIA



BRINGING UP **SAINTS** IN THE NEW MILLENNIUM

Father of four, **Jojo Kuruvilla**, shares his thoughts on Christian parenting and emphasizes that it is possible with love, which derives from a heart that has experienced the love of God.

A CHRISTIAN HOME is the "backbone of a nation and salt of a civilization." Reading through these lines I realized that in this contemporary world, family is the most complicated unit.

I have learned a thousand minuscule matters from my own Christian home. Being a family, we enjoy a sense of security, rest, and privacy. Children learn to play, work, pray, and plan together. We grew up witnessing our parents' great love towards God. For them, Christ was the head of the family. Within our limitations, we also try to imbibe in our kids the values our parents taught us.

Many consider it 'old fashioned' to live a life filled with Christian values. However, there are many others who are comfortable living a Christ centered life. These families, who radiate Christ, are loyal, honest, assist other family members, and are extremely responsible towards society and nature.

It is a wonderful thought to have "our homes being transformed into a saints' factory." To raise saints we must start by being one ourselves. The story of St. Augustine, who lived a life of debauchery and worldliness while his mother prayed for him ceaselessly for many years, is one of the best examples. St. Maximilian Kolbe's parents instilled in him a devotion to our blessed Lady, and he went on to become the founder of 'Militia Immaculata' inspiring thousands to deeper devotion of her through his use of media. Mother Teresa learned the way of charity and piety from her mother. Her mother once said to her, "My child, never eat a single mouthful unless you are sharing it with others." I could go on. There are many more stories of parents who inspired generosity, faithfulness, and forgiveness in their families. But the million-dollar question is, "how can we live our life like these parents?"

Today, our children are faced with a lot of challenges. The most significant one is the influence of media and technology,

which is followed by peer pressure, over ambitious parents, high living standards, moral issues, competitive society and the list goes on. There is no one solution for these challenges. But remember, "However strong the wind is when the roots are deep, there is no reason to fear the wind."

We all know about Jairus and his journey between faith and fear. "So he turned them all out and, taking with him the child's father and mother and his own companions, he went into the place where the child lay." Mark 5: 21-45

To keep the root deep, to build up a strong family, a few points are worth mentioning.

Pray over your children daily. Give your child to Jesus and He will give them back in the right way. Moreover, be godly parents: children might listen to what you say, but when it comes to action, they will imitate you. Also, make sure you are good listeners. Educate them and

convince them of it: tell them "I am doing this because I want you to be a person God wants you to be." Be humble: don't hesitate to admit your failures. Pray, read the Bible, attend mass, have fun, plan things together. Doing activities together cement the bond between you and your kids. Stay physically and emotionally close to them.

Above all, ask yourself, "what is the goal of parenting?" I believe it is Holiness. We should desire that our children be holy. However, we cannot force holiness. To make them holy is God's job. But we can teach them the virtues and show them the way through our examples. The bravest thing you can do as a parent is to entrust God with your children.

Parenting isn't about discipline at all, but about example. The word "discipline" comes from the word "disciple," which means that we should set an example for our children. Introduce your children to a relationship with God by having one yourself and teaching your children the basic tenets of the faith. Whenever I read about the lives of saints, I see in their parents an incredible devotion to holiness. We can look to the method of St. John Bosco who is known for his work teaching unruly boys. He famously said, "Get them to love you and they'll follow you anywhere!" His approach started when he saw a beautiful lady in a dream saying to him, "Softly, softly if you wish to tame them! Take your shepherd's staff and lead them to pasture." We must model the behavior we want our children to emulate and do it in love.

Lastly, none of this parenting is possible without love. As St. Mother Theresa said, "what can you do to promote world peace?" "Go home and love your family." ■

Teach them virtue – show them the way by our own lives. This isn't about discipline at all, but about example.



Jojo Kuruvilla, a Jesus Youth Formation team member, lives with his wife, Smitha and four kids, in Salalah, Oman.

CULTURE OF LIFE

Ah! To be

IN THIS ARTICLE, RAIFIEL CYRIL SHARES HER INCREDIBLE JOURNEY OF GROWING UP IN A LARGE FAMILY IN INDIA AND LEARNING TO BE THE ARCHITECT OF THEIR LIVES.

I grew up in Delhi, India in an unusual family. My father retired when I was five-years-old and spent the largest portion of his time poring over scriptures and evangelising. He stood out like a sore thumb in the Catholic world of the 80's as he held up the Word and declared it wasn't the Bible, but Jesus. Most people including me, thought he was crazy.

My mother was an extremely talented and cheerful person. She worked hard cooking endless meals, sewing our clothes, knitting our sweaters, maintaining a garden, shopping for all our needs, establishing routine, leading family prayer and caring for the sick. Now you may say that every mother does this. Except my mother conceived and gave birth to 11 children in a city and time promoting family planning almost as a law. This meant 99 months of pregnancy,

11 visits to a labour room and 43 years of caring for children.

As the 11th child of the family I came into a full house. In the late 1950's after learning some typing and shorthand my father had secured a government job as a clerk in Delhi. My mother had worked as a teacher for a couple of years before settling down to homemaking. Mummy had grown up in a fairly well to do family and had never done an inch of housework before marriage. After marriage she learnt to cook, clean and create. Papa had a hot temper and she strove hard to balance our lives with her cheerfulness. She sung beautifully while my father composed songs. Papa handed his salary to her every month and she proactively made ends meet. We had just enough food and clothes. Sharing was paramount. I don't claim that we were the healthiest kids or the richest or even the most popular,

however we were content. We shared books, used hand me down clothes, stationery and text books. Mummy made all of our clothes. We went to extremely good catholic schools (with concession) which was attended by the richest kids in town and I remember standing out. I stood out because my stationery, accessories or uniform came from cheaper options than where my class mates bought them from.

At home we had a routine which I realize now is so important. Breakfast 9am, Lunch 1pm, Dinner 9pm, Family prayer 8.30pm. Mummy made liver on Thursday nights, egg curry on Fridays, fish curry on Saturdays and beef curry for Sundays. We never wasted food and ate whatever was prepared whether we liked it or not. On Saturdays Papa did all the washing till lunch time. After lunch he got us to read the Bible aloud to him

alive!

as he rested. I can assure you I did not enjoy that then, and it was only once I encountered Christ that I appreciated it. All our names were given to us by Papa through visions God showed him.

All of us siblings loved to read, play all sorts of games, sing and have fun. We were always active and since we had no cable TV we knew how to entertain ourselves and others. Papa also ensured that we stayed connected to all our relatives. We changed several buses across the city and walked many miles to spend time with them. Every year in the summer we went to Kerala and spent two months with our grandparents. Papa used to be with us for most of the time having taken a half pay option despite our financial situation because of the value he placed on family and recreation. He always told us to have fun, be the architect of our own lives, not take anything too seriously and



I don't claim that we were the healthiest kids or the richest or even the most popular, however we were content.

that God would take care of all our needs. Mummy taught us to be content with what we had and never look at what we didn't. Papa and Mummy were made fun of everywhere, Among extended family, workplaces, church, doctors. All sorts of jokes were cracked about how they didn't stop but they stood up for their decision never alluding to any of us adding anything but joy. No, it wasn't all perfect. Mummy told me how tired she became of people's comments and that she stopped going outside the house after getting pregnant with me. Having 11 children must have been incredibly hard. But I am only grateful to have an opportunity not only at life, but to be a part of this incredible family. ■



Raifiel Cyril is a writer, counsellor, national council member of JY Australia and part of the Kairos Global Editorial Council. She lives with her husband, Cyril Abraham in Canberra, Australia.

Chandeliers

MODERN SAINTS

✪ Blessed Marcel Callo

By Bernadette Avinash



Born: 6th December 1921

Died: 19th March 1945

The era of World War II, saw a great number of men and women with a deep zeal for the Lord, even during periods of intense pain and suffering. Blessed Marcel

Callo was one such, who endured several forms of martyrdom even before he died.

Born 6th December 1921 at Rennes, France, Blessed Marcel Callo was the second of nine children born to Marcel Callo and Felicita Maria Guiseppina. Even as a child, his leadership qualities were truly commendable. He had a very

good sense of humor and, loved playing ping pong and cards. He loved being near the altar from the age of 7. His mother imbibed in him a true love for Christ even from a young age.

At a very tender age of 13, he took up a job as an apprentice, in a printing store in Rennes to support his family financially. He wouldn't associate himself with his coworkers who would indulge in improper stories. In the midst of loose talks and lewd jokes, he would consecrate himself to the Immaculate heart of Mary, and would find his consolation there. He was also part of The Young Christian Workers' Movement, where he grew deeper in his Catholic faith and found his mission, in his work place. At age 20, he fell in love with Marguerite Derniaux. Both sought to deepen their relationship with Christ more than with each other, through daily reception of the Eucharist and frequent visits to the Blessed Sacrament.

In 1943, World War II had gripped Rennes, France, robbing the city of its peace. That's when Marcel Callo was drafted to Zella-Mehlis, Germany to serve in STO (Service of Obligatory Work). If he did not comply, he was told his family would be arrested. So he went, leaving behind his family and the girl he loved so much. In Zella-Mehlis, he worked in a factory that produced bombs, which were in turn used to destroy his own countrymen. In this new town, there was no Catholic Church. For about three months, he was unable to

attend mass, driving him into depression. Later he was able to find a place where mass was celebrated and fought his despair, by receiving Jesus in the Holy Eucharist. He said, "Finally Christ reacted. He made me understand that depression was not good. I had to keep busy with my friends and then joy and relief would come back to me."

In the midst of the dangerous and inhumane conditions of his forced labor, Marcel would find joy in gathering his fellow Christian workers for some sports or theatrical play. He used to arrange a mass in French for his fellow French workers. The sparse diet and repressive labor, slowly resulted in Marcel's physical breakdown. He began to suffer from bronchitis, malnutrition, dysentery, fever, swelling and general weakness. But he would never complain and continued to be a present leader.

In 1944, at the age of 23, he was arrested for no reason but for being "too Catholic". He was then sent to the Mauthausen concentration camp, called "the hell of hells" by the few who survived the horrendous place. Even during his time at Mauthausen, he prayed and encouraged his fellow prisoners to pray. He often said to them, "It is in prayer that we find our strength."

At the dawn of March 19th, 1945, Marcel finally breathed his last, after a long fight against acute dysentery and finally, tuberculosis. He was buried in a mass grave, outside the walls of the camp and, his remains were never recovered. Colonel Tibodo – who saw thousands die in the camps, witnessed the death of Callo, and said of it with great emotion, "Marcel had the look of a saint". Tibodo also testified during the beatification proceedings and said, "I have never seen in a dying man a look like his". While his earthly life was taken away for being too Catholic, his heavenly state was exalted for the very same reasons and on 4 October 1987 the Church endowed on him the title of Blessed Marcel Callo.

Quick Facts:

1921

*Born: 6th December 1921
at Rennes, France*

1945

*Died: 19th March 1945,
Mauthausen, Austria*

1987

Beatified: 4th October 1987

NewsWatch

CRUCIS SINGAPURA A Barefoot Way of The Cross

DEEPAK THOMAS



For the past eight years, Jesus Youth Singapore has organised Crucis Singapura, a unique way of praying the Stations of the Cross by walking barefoot along the length and breadth of the island nation, paths forming a Cross on the map.

This year 2018, two separate walks were organised on March 4 and 17, with a total of about 200 participants walking along eight pre-destined routes ranging from 3 km which took about two-hours to 20 km which took about seven-hours. The guided walk focused on Apostle Peter and his transformation from an illiterate fisherman to Jesus' disciple. Each station had activities which helped relate ourselves to the character of Peter

and learn virtues of faith in a practical way. Some of the activities that stood out included contemplating on the face of Jesus imprinted on a handkerchief, and also washing of each other's feet. The last two stations were prayed at the common venue, where everybody was lead into a time of worship. Fr Frederick Quek, the Spiritual Director of Jesus Youth Singapore, closed the event with a sharing and priestly blessing. Many participants testified their moving experience of the walk which helped them have a deeper understanding of the Lord's passion and prepare them for a meaningful Holy Week.

Spring Gathering 2018

JOSEPH ANTHRAPER

Jesus Youths across the UK came together for a weekend of prayer, fellowship, consultation, and discernment at Cefn Lea Park in Wales from March 16-18. The gathering was inaugurated by Bishop Mar Joseph Srampickal, the head of the Syro-Malabar Eparchy of Great Britain, with CC Joseph, the International Coordinator of Jesus Youth. The primary focus of the gathering was on encouraging and equipping Jesus Youths, both young and old, for a life centered on Christ and focused on mission. Sessions on the Spirituality and Identity of Jesus Youth was taken by Jose Mathew and Abhy Thomas. Bejoy Mathew, the coordinator of JY UK introduced the initiatives and focus areas. Even the seasonally unusual blizzard of heavy snow couldn't dampen the spirits of people at the gathering and we returned home in the snow with budding dreams and hopes for the future.



SOUNDREPLY



MOVIE

LION (PG-13)

A place called home – though for some it is just the place to relax or worse a bad memory, but for many more home is the place where love is

nurtured, where they learn what it means to belong, and learn to be truly human. *Lion* is a 2016 biographical movie, directed by Garth Davis based on the true story of Saroo Brierley, as narrated in his book *A Long Way Home*. With a brilliant first half and an above average second half, the movie is a wonderful portrayal of Saroo's journey from 'lost to found' – a journey that took him without his consent from Ganesh Talai to Calcutta to Tasmania and returning to Ganesh Talai.

The film begins with a five-year-old Saroo (masterfully played by Sunny Pawar) and his older brother Guddu, doing odd scavenging jobs on trains to bring some food back home to their mother, who picks stones in a nearby quarry for a living. Saroo adores Guddu and though plagued by poverty, Guddu is rich in love, care, and protection. Once while Guddu leaves home to find a job in a far-away train station, Saroo insists on going with him. However, once they reach there, Saroo falls asleep and Guddu lays him on a station bench asking him to wait for his return. When Saroo wakes up and finds that Guddu hasn't returned, he boards the train on the platform and waits inside one of the coaches. After a while,

he dozes off. When he wakes up, he realizes that he is away from home, and although the train stops in between at small stations, he is unable to open the door and is trapped inside the coach for more than two days until the train reaches Calcutta.

Saroo finds himself in a new world, unable to speak the local language – one among the hundreds of thousands living on Calcutta's streets. The sea of humanity that passes him by every minute barely notices him, yet as the sun goes down and the city slumbers into its sleep, evil in its various camouflages, raises its ugly head to suck the life out of whatever kindness is left in humanity. It can only be with a lump in one's throat that one can watch how as the child traffickers and the abusers roam the streets, the law and authority which is meant to protect the vulnerable, stands by idly, most times even aiding the rule of evil. The trauma of a forgotten, abused childhood is subtly but poignantly portrayed in the form of the street children who are abducted by child traffickers in the middle of the night from the railway station, or the institutional abuse that happens at the state-run orphanage.

Eventually Saroo is taken to the state-run orphanage and from there a Tasmanian couple, Sue and John Brierley (played by David Wenham and Nicole Kidman) adopts him. Later, they adopt another child Mantosh, who has deep psychological problems. The past weighs heavily on both Saroo and Mantosh, yet the way each reacts

to it is diametrically opposite. As we watch the movie, we sense how much Saroo's sensitivity to life and the people around him is influenced by his brother Guddu's love that he experienced in his early life.

The second half of the movie has Saroo (played by Dev Patel) moving to Melbourne to study hotel management. He meets a group of students from India and his would be girlfriend, Lucy, an American girl. These friendships give him a deep desire to find his home – his brother and mother. He begins to spend hours scouring through Google Earth, trying to narrow down on his home town by tracking the train routes to Calcutta from the various places in India. This eventually becomes an obsession, consuming himself and affecting his relationship with Lucy and also with his mother. One of the memorable scenes has Sue's response to Saroo. He



REVIEW BY
Joseph Anthraper
is a Jesus Youth living in Southampton, UK, with his wife Mahima and kids, Anna Claire and John-Paul. He is part of the Kairos Global Editorial Council.



tells her how sorry he was that she couldn't have children of her own, as both Saroo and Mantosh were not clean slates, but had a past to deal with. He is surprised when Sue tells him how precisely because of their adopted children's brokenness, she felt called to love them so much. Saroo eventually finds his home town on Google Earth and takes the journey back to Ganesh Talai (which he had been mispronouncing as Ganesteley) to find his Ammi and sister. He also learns that Guddu was killed by a train on the day he went missing.

The movie ends with Saroo envisioning Guddu on the rail tracks beckoning him to follow him as he had often done during their childhood. For Saroo, his

life was always about following the love and care that Guddu had shown him and provided him. The guiding light of Guddu is still leading Saroo, but in a different way now.

Real life is hard; real love is even harder. Neither follows the romantic script that fairy tales are made of. Lion raises unsettling, yet important questions for us, who pride ourselves on being pro-life. What about the children on the streets across the world, who are being abused physically, mentally and sexually day in and day out? Lion is not an easy movie – yet, it is a brilliant movie for those who wouldn't shy away from life's important questions.

The sea of humanity that passes him by every minute barely notices him, yet as the sun goes down and the city slumbers into its sleep, evil in its various camouflages, raises its ugly head to suck the life out of whatever kindness is left in humanity.

Your Few Minutes.... Makes MIRACLES!!! **KAIROS POWER HOUSE**

The whatsapp group for intercession invites you to participate in the prayer campaign. Are you ready to join us??? Lets pray together for Kairos

Just send a Whatsapp message from your mobile: **+91 999 598 8690**



Jesus Youth

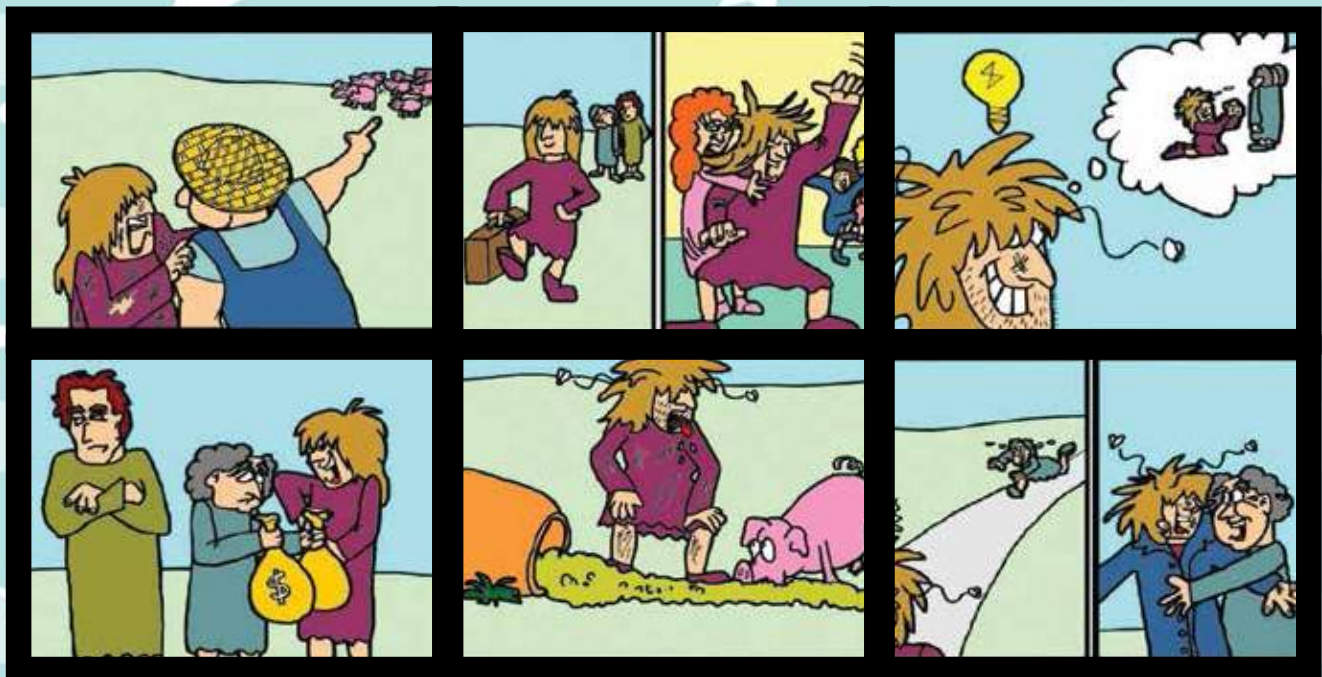
www.kairos.global

Blooming KIDS

SHUFFLED STORIES FROM **THE BIBLE**

EACH SLIDE CONTAINS PICTURES RELATED TO A BIBLE STORY

- ▶ Identify the bible story
- ▶ put the pictures in correct sequence
- ▶ give the bible portion



Kindness

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience" (Colossians 3:12)

Do you like a special friend or teacher, relative or anyone that you encounter more than others? Why do you like them more? You like them because they were kind to you, they smiled at you, were kind enough to spend time with you, listen to you and be there for you in your need.

What is kindness? Kindness is one of the fruits of Holy Spirit. It is the virtue that lifts our spirits and touches the hearts of people we mingle with. It is a gift bestowed on us in our baptism. You all like superheroes. What makes you like the superheroes? It is not their power; the villain also has power. It is the way they use their power to help others; the kindness they show to the poor and needy. My superhero is Jesus. There is no one in this world more kind and powerful than Jesus. He touched, healed, uplifted people during his earthly life and He still continues to do all these. He touched the untouchables, became the friend of tax collectors, sinners and other marginalized people. His loving kindness touched the soul of each person he encountered, changing them into good people. He cried with them when they were sad, he fed the hungry, he healed the sick and remained as a family member for the needy. Kindness made saints. St. John Bosco had a dream in which he was called to change the bad kids to good, through goodness and kindness. When St. Francis Assisi (my favorite saint) hugged a leper, the leper said 'I see and smell Jesus in you'. When St John of the Cross was washing the feet of a beggar he saw the stigmata of Jesus on them. When we are kind, we also can see Jesus in others. Do you want to be nice to Jesus? Do you want to see Jesus and be like Jesus? Then start being kind to others.

How can we become kind? Fr. Lovasik in his book *Hidden Power of Holy Spirit* suggests some methods. One should speak kindly of someone at least once a day; think kindly about someone at least once a day, and do an act of kindness to someone at least once a day. One should also make a short act of contrition, to resolve the unkind gestures. You need also pray to be filled with kindness, the gift of Holy Spirit.

Prayer for kindness: Our loving God, fill us with the holy spirit, let our hearts be filled with kindness so that we be kind and merciful to others and be able to see Christ in others.

Each of you can make your home, school, community or where ever you go, into hell or heaven – the choice is yours. As a Christian, you are called to make the earth like heaven and show Christ to others. So next time before you are rude to your friend, parents or siblings, think whom you want to be; the friend of Jesus or Satan? Who do you want others to see in you: Jesus or Satan?



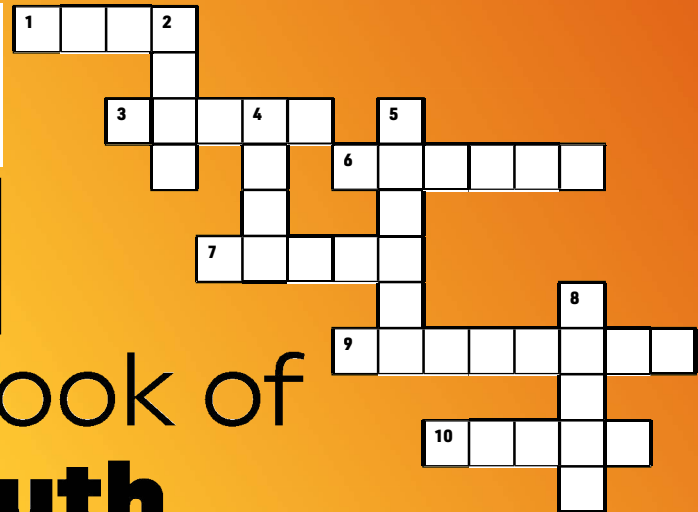
Sony Abraham married for 18 years with three kids living in Dallas, TX and working as a Nurse practitioner. Enjoys activities with kids, reading, listening to music, traveling, cooking. God is my all and all.



QUIZTIME

CROSS word

Book of Ruth



ACROSS

1. Native place of Ruth
3. Ruth's mother in law
6. Ruth and her mother in law returned to Bethlehem at the beginning of ___ harvest
7. Great grandson of Ruth
9. Ruth's Father in law
10. Ruth's sister in law

DOWN

2. Man who owned the field where Ruth worked
4. Call me ___ because the Almighty has made my life very bitter (Ruth 1:20)
5. Method of legalizing transactions in Israel (Ruth 4:7)
8. Pick up the left over grain



Bible has been called the greatest book, and rightly so. Let us see how many of these questions regarding people found in the Bible will you get right?

► I am a prophet from Gath-Hepher, a few miles north of Nazareth. God asked me to do something I did not want to do. Instead, of obey, I ran away in hopes that I would become lost. Thankfully, He showed me the error of my ways. My heart was changed, and I was found again.

► A famine caused my family to move from Judea to Moab where I lost my husband and sons. When the famine was over, I returned to Bethlehem with my daughter-in-law. I was back in Bethlehem as a "returned empty," but my daughter-in-law helped and supported me. However, God turned my bitterness into joy when I gained a son-in-law who would provide for both me and my daughter-in-law.

► I am a Jewish prophet who preached the imminence of God's final judgment. I was born through the intercession of God to my parents, who was otherwise too old to bear children. My dad was skeptical when Angel Gabriel visited him to tell that he would have a son. For this, he was rendered mute until the time I was born and named, in fulfillment of God's will.

► I was rescued from certain death by the daughter of Pharaoh and raised as an Egyptian prince. I committed a crime and fled to a foreign land. Even with the stain of sin, I was later chosen by God to lead his people out of bondage.

March edition
Quiztime winner

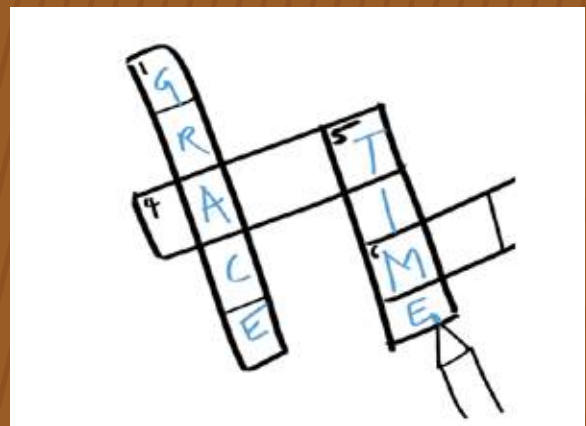
Sneha Merin Philip,
Hyderabad, India



Mail your answers to quiztime@kairos.global before 31st May. The winner will be rewarded with 1 year subscription of **Kairos Global**.

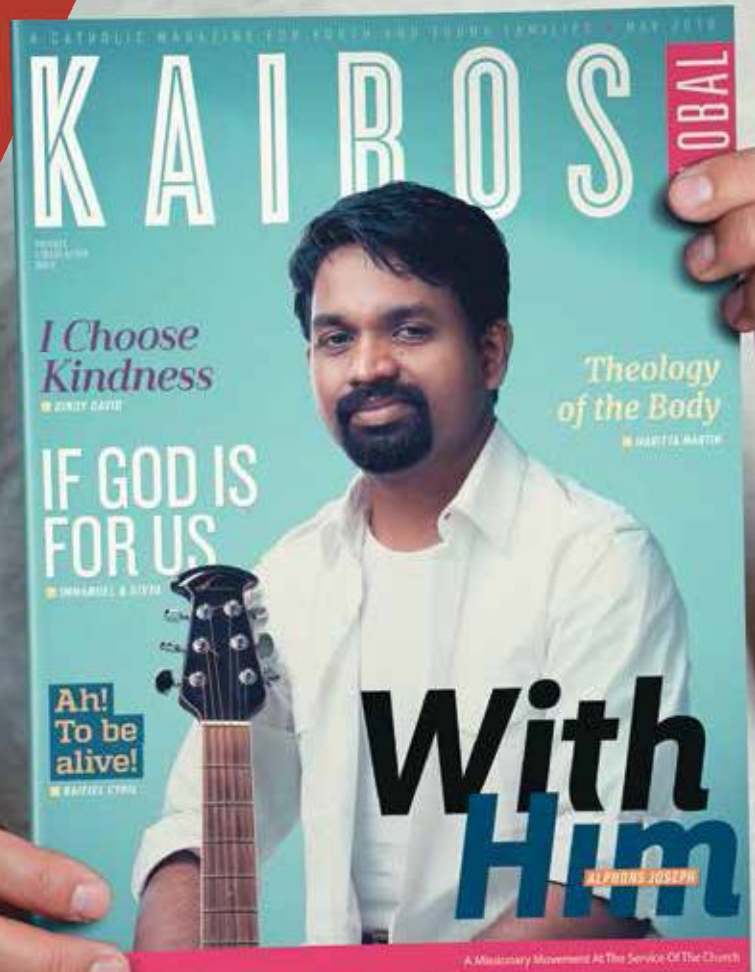
Lukas *and* Ray

By Steffi Andrat



...IT IS THE
TIME TO
PREACH IT
FROM THE
ROOFTOPS!

SAINT JOHN PAUL II



HOW CAN YOU SHARE CHRIST?

- Subscribe for Kairos Global, read it and share it with others
- Subscribe & distribute Kairos Global in your prayer groups
- Gift a subscription of Kairos Global for your near & dear ones

Subscribe online at

www.kairos.global and get the magazine delivered to your address

KAIROS GLOBAL

For more details please contact circulations@kairos.global
Circulation Managers: Bilas Joseph, Cochin, India. +91 96453 95997
Jitty Mary Jose, Houston, USA +1 (346) 754-2407