

KAIROS

GLOBAL

PRIVATE
CIRCULATION
ONLY



MORE THAN A GAME

■ JOSEPH GEORGE

Young People in
Today's World

■ SHELTON PINHEIRO

Church, Her Mission and Sports

■ FR PATRICK KELLY

GIVING THE BEST OF YOUR SELF

MANOJ SUNNY



MARY MY BELOVED MOTHER



O Mary conceived without sin, you who would have seen and encouraged child Jesus in his games and as he was growing up, we pray thee that through your prayers, we may walk steadfast in faith through the struggles and disappointments of life.

EDITOR'S ROOM



DR. CHACKOCHAN J NJAVALLIL



SPORTS HAS A
UNIVERSAL APPEAL
TO PEOPLE OF ALL
GENERATIONS AND
GEOGRAPHIES

Giving the Best of Yourself

Does the Bible say anything about sports? Although it would seem there is no direct mention, St Paul uses several imageries from sports in his writings. In his letter to Timothy he speaks about perseverance in faith and his own testimony, "I have fought to the end the good fight, finished my course, I have kept the faith." (2 Tim 4:7). In 1 Corinthians 9:25 he writes "Everyone who competes in the games goes into strict training".

The Vatican Dicastery for the Laity, the Family and Life have published a new document entitled "Giving the Best of Yourself – A document about the Christian perspective on sport and the human person". The Church explains the reason for coming out with such a document as follows, "This document attempts to help the reader understand the relationship between giving our very best in sports and in living the Christian faith in every aspect of our lives. Indeed, "nothing genuinely human fails to raise an echo" in the hearts of the followers of Christ. Sport is a human universal and has taken on a new level of importance in our time and so it too finds an echo in the heart of the people of God".

It is no wonder that the Vatican has come out with such a document when Pope Francis is at the helm, who is known to be a great football fan. Also if we look back, John Bosco, popularly known as Don Bosco, the Father and Teacher of youth is a person known for using sports to reach out to the youth of his time. Salesians, the order started by Don Bosco, which focuses on young people continues to give importance to sports ministry.

Sports has a universal appeal to people of all generations and geographies. It is one medium which has the possibility of connecting with a large number of people and especially the youth. The bringing out of this document is a reflection of His Holiness, the Pope and Vatican's interest in connecting with the young people of this generation.

During my childhood in a remote rural parish, I used to be a frequent church goer for Mass on holidays, not because I was so pious and fervent, but because of the possibility to play with friends after Mass. The large church compound and the adjoining school stadium with its basketball, volleyball and badminton courts were a very good place for a large number of youth from that locality to gather, play, build friendships and fellowship. I also remember with fondness the bicycle expedition organized by the college students to a forest, some 25 miles away.

In the words of Pope Francis, 'the Church is like a field hospital after battle, healing the wounds of the seriously injured'. Sports, like music, is an authentically human endeavour which has the supernatural ability to soothe one's feelings, heal his/her wounds and bridge the divide between people and cultures. As such in her mission to bring the healing of Christ to the world around, the Church might have a natural ally in sports.

Is there anything special for Jesus Youth to take from this document? Pope Francis realises that sports could be an important instrument and tool to reach out to the youth of today. It may be time that Jesus Youth too takes steps so that the message of Christ Jesus may reach the hungry and thirsty in the fields and stadiums around the world.

EDITOR-IN-CHIEF

chackochan.njavallil@kairos.global



Also LOOK OUTFOR

- 6 Ask Fr. Bitaju
- 12 Add life to your years
- 30 More than a Game



*I have fought the good fight, I have finished the race, I have kept the faith.
2 Tim 4:7*

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
+1 8325923675

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
Raifiel Cyril, Canberra, Australia

ASSOCIATE EXECUTIVE EDITORS

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

CIRCULATION MANAGERS

Bilas Joseph, Cochin, India. +91 96453 95997
circulations@kairos.global

ASSOCIATE CIRCULATION MANAGERS

Australia: Mintu Vijoy, Melbourne. +61 452538785
Bahrain: Roshan George, Manama. + 973 36906995
Canada: Anuraj Kallarackel, Toronto. +1 6476315901
Germany: Anna Paul, Berlin. +49 176 83495451
India: Jistine J Thannickal, Cochin. +91 94462 48368
India: Jackulin Sheela, Mumbai. +91 9967329244
Ireland: Suresh V Joy, Dublin. +35 3879630904
Kuwait: Anish Thomas Kappil, Salmiya. +965 90063685
Netherlands: Jojo Varghese, Utrecht. +31 684974552
New Zealand: Derick Daniel, Auckland +64 291270650
Malaysia: Deepu James, KL Sentral. +60 12649 4628
Oman: Jiju Paul, Muscat. +968 99467516
Qatar: Jomichan P George, Doha. + 974 33688437
Singapore: Jilu Nobin, Sengkang. +65 93294529
Switzerland: Joseph C Robert, Zurich. +41 762499295
Thailand: Mary Harris, Bangkok. +66 843138626
UAE: Thomas Komban, Dubai. + 971 553009006
UK: Shinto Jose, Birmingham. +44 7828311588
USA: Denny Joseph, Houston +1 8326403106

FINANCE MANAGER

Roncy George, Houston, USA

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 ISSUE 8 INSIDE

REGULARS

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

EVOLUTION

- 12 Add life to your years | SHARROL JOSE

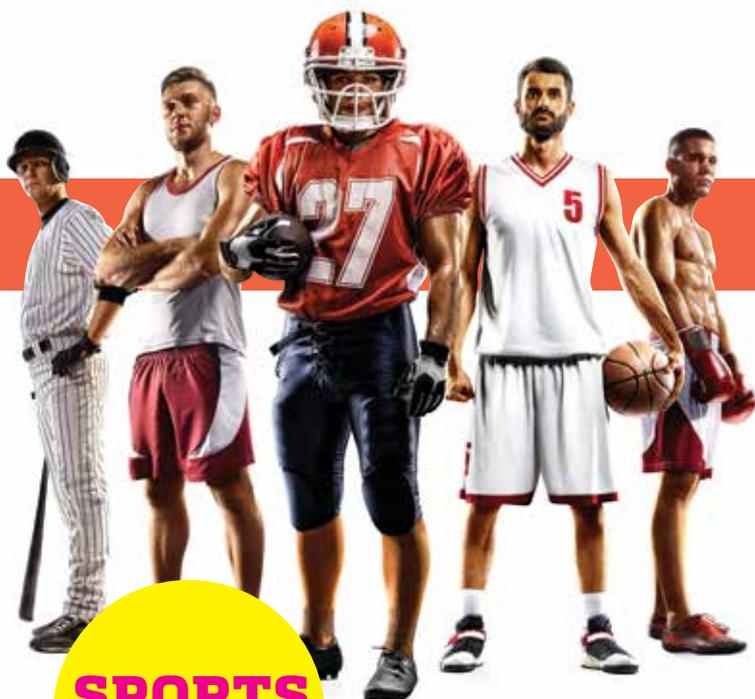
UP CLOSE

14

WITH CHRIST IN CRICKET

RAIFIEL CYRIL





CONTENTS

CHANDELIERS

42 Patron Saints of Sports

SOUNDREPLY

44 Invictus

45 The Blind Side | JOSEPH ANTHRAPER

46 QuizTime

47 Lukas and Ray | STEFFI ANDRAT FARIA

SPORTS
SPECIAL24 CHURCH,
HER
MISSION
AND
SPORTS

FR. PATRICK KELLY

SPORTS SPECIAL

18 Giving the Best of Yourself - A Christian perspective on sport and the human person | MANOJ SUNNY

23 Sports cast

28 For the Love of God and sports! | ABRAHAM JACOB

30 More than a Game | JOSEPH GEORGE

32 Sports cast

FAMILIA

38 Homeschooling A package deal | DR ANNILYN SEBASTIAN

CULTURE OF LIFE

40 A simple mission called Life | STEFFI JOSE



SYNOD

35

Young People In
Today's World

SHELTON PINHEIRO

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. As a Christian is it good to have an interest in politics and science?

Both politics and science are very much a part of everyone's life. From the beginning of Christianity, Christians have engaged in politics and science, both contributing to and learning from them. Often there has been the wrong notion that Christianity is against politics and science. Let us explore this further, learning from the history and the teaching of the Church, which would bring clarity to your relevant question.

Historically, Catholics are numbered among important scientists of all time like Rene Descartes, who discovered analytic geometry and the laws of refraction; Blaise Pascal, inventor of the adding machine and hydraulic press; Gregor Mendel (priest), who founded modern genetics; Louis Pasteur, founder of microbiology and creator of the first vaccine for rabies; and Nicolaus Copernicus who first developed scientifically the view that the earth rotated around the sun. Moreover, Catholics constitute a big number of Nobel Laureates in Physics, Medicine and Physiology like Erwin Schrodinger, John Eccles, and Alexis Carrel. Furthermore, the Catholic Church as an institution funds, sponsors and supports scientific research at the Pontifical Academy of Science, and at the departments of science to be found in every Catholic University across the world. This financial support of science by the Church began at the very birth of science in seventeenth-century Europe and continues today. The Catholic Church has long taught a harmony between faith and reason, evidenced by the pursuit of learning by monks and the founding of the original European universities

by religious orders. Christian involvement in political life from the early centuries has been one of the many expressions of Christian commitment in the world. Christians, as one early Church writer stated, "play their full role as citizens" (CCC 2240). Moreover, Christians were exhorted to offer prayers and thanksgiving for kings and all those who exercise authority (1 Tim 2:1-2). The Church venerates many men and women who served God through their generous commitment to politics and government. Among these St. Thomas More – venerated as the patron of statesmen and politicians, taught by his life and martyrdom that "man cannot be separated from God, nor politics from morality". The Catechism of the Catholic Church clearly teaches that "citizens should take an active part in public life" (CCC 1915). Furthermore, it states that "By reason of their special vocation it belongs to the laity to seek the kingdom of God by engaging in temporal affairs and directing them according to God's will" (CCC 898).

In a Q&A with Student Missionary League on May 1 2015, Pope Francis said that 'Catholics must get involved in politics even if it may be "dirty, frustrating and fraught with failure". He continued that "individual Catholics must get involved and embroiled" in politics, because it is one of the "highest forms of charity" since it seeks the common good. Yet it isn't easy, especially when there is so much corruption, he said. "It's a kind of martyrdom" where one carries the cross of the ideal of the common good every day "without letting oneself be corrupted" or discouraged in the midst of failure.

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



YOUCAT 23

IS THERE A CONTRADICTION BETWEEN FAITH AND SCIENCE?

There is no insoluble contradiction between faith and science, because there cannot be two kinds of truth. [159]

There is not one truth of faith that is in competition with another truth of science. There is only one truth, to which both faith and scientific reason refer. God intended reason, with which we can recognize the rational structures of the world, just as he intended faith. That is why the Christian faith demands and promotes the [natural] sciences. Faith exists so that we might know things that are not apparent to reason yet are real above and beyond reason. Faith reminds science that it is supposed to serve creation and not set itself up in place of God. Science must respect human dignity instead of violating it.

POPE TALK...

Dr. Kochurani Joseph
Animator, National Professional Ministry, India



Idols blind us to love

When a person puts an object or a philosophy above God, it not only destroys happiness, it hinders the ability to experience real love. The temptation to turn things into false gods is something all people can fall prey to, whether religious or not. Often, idolatry can take the form of wanting to know the future, instead of relying on prayer and trust in the providence of God. The true God teaches us to live in the reality of every day, concretely, not with illusions about the future.

Faith is measured by one's treatment of the poor

The love with which individuals and communities treat the poor, the weak, and the hungry, is the best measure of faith. Faced with the cry of hunger – all sorts of ‘hunger’ – of so many brothers and sisters in every part of the world, we cannot remain detached and calm spectators. The proclamation of Christ, bread of eternal life, requires a generous commitment of solidarity for the poor, the weak, the least important, the defenseless. This action of proximity and charity is the

best verification of the quality of our faith, both on a personal level and on a community level.

Do you want to grow in love? Keep Jesus close

A Christian can stay on the right path to heaven, and grow in love for God and his neighbor, only by keeping close to Christ and his love. With Jesus at our side we can proceed with security, we can overcome trials, we progress in love for God and for our neighbor. To find the right orientation of life, everyone needs the truth – which is Christ – to guide and enlighten their path. Sometimes we fail to realize our projects, because an unexpected emergency occurs that messes up our programs and requires flexibility and availability to the needs of others.

Love is the heart of doctrine on family

The core of Amoris Laetitia is chapter four - How to live love in the family. The youth should read and talk about the chapter with each other, because there is a lot of strength to continue going forward and to transform family life. Love never ends and helps to learn how to love

as God taught, you will be transforming something that is for all of eternity.

A good Catholic proclaims the Gospel

By virtue of their Baptism, every Catholic is called to proclaim the Gospel of Jesus Christ – a mission



PRAYER INTENTIONS FOR SEPTEMBER

Universal -
Young People in Africa

That young people in
Africa may have access
to education and work in
their own countries.

which cannot be separated from the Catholic Church. It is truly our Baptism that makes us missionaries. The first necessary element of all authentic missionary discipleship is the “changeless center, which is Jesus”.

God sets us free

With the words “I am the Lord your God”, the Lord first identifies himself as our God, the God whose love sets us free from all that enslaves us. These words show that God’s “commands” are really an invitation to respond with gratitude to his saving love, a love disclosed fully in the coming of Jesus his Son.

Pope Francis says.....

- ▶ The Gospel invites Catholics to be available and industrious
- ▶ God’s commandments are part of his ongoing covenantal dialogue with his people
- ▶ We are called to pass from the letter of the Law to the freedom of the Spirit.
- ▶ Young people should not be “settled” in life, because being “settled” means one is at a standstill and “things don’t go forward.”
- ▶ Idolatry consists in divinizing what is not God’

MISSION

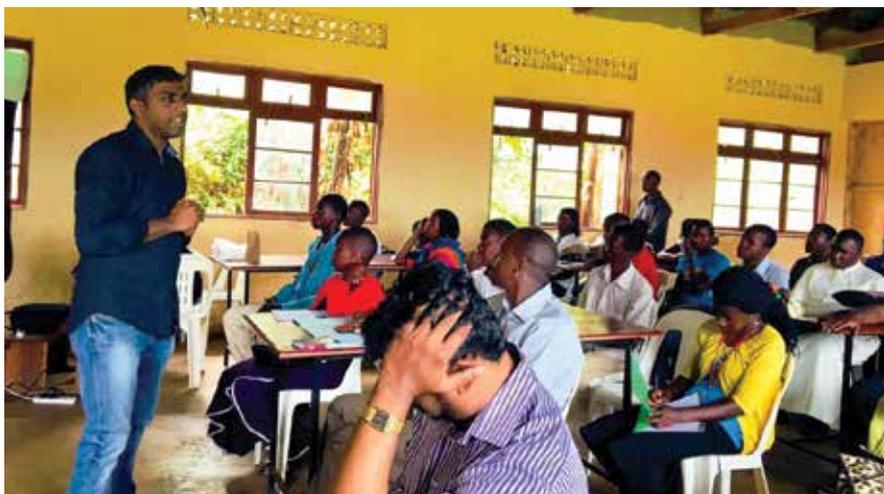
TALK

MARIA SONIA WILMA

Maria Sonia Wilma shares her experience during the African Mission training in Uganda.

In 2010, the Jesus Youth Middle East Team prayerfully decided to reach out to Africa. After some initial exploratory visits to Uganda, providentially, contacts were developed with Bishop Robert Muhirwa of Kampala Diocese which led to a step by step growth in setting up a base for Jesus Youth in Uganda. In 2012, Rajesh Moses and his family moved to Uganda for a long-term mission commitment and was instrumental in organising many initiatives and trainings in various dioceses at regular intervals. This subsequently led to other families and youth taking full time commitment for the mission in Uganda from 2015 onwards. As a result, JY has an active presence in 5 dioceses in Uganda with an ad-hoc National Team consisting of young leaders from Uganda to coordinate all JY activities.

The Jesus Youth GCC team, realising the need to spread greater awareness of this beautiful mission among the leaders in the Middle East countries, decided to organize a training for selected leaders from the region. We had 23 leaders from various Middle East countries and around 15 leaders from Uganda to attend this training from April 28th to May 3rd at the Daniel Comboni center in Kampala, Uganda. I was blessed with the opportunity to attend this training with my family.



► On April 28th, Santosh Mathew and Subin Jacob along with the ad-hoc team for JY Uganda provided a detailed overview on how the African Mission was initiated and has matured till its present stage today. It was really inspiring to hear how we decided to not take the easy route in gathering people by offering material goods like many other groups, but instead, focused on identifying a few young people and accompanying them unconditionally as they encountered Christ and began to follow Him. It has taken several years for this mission to reach thus far, but from the sharing's we heard, it was evident that we have a bunch of strong and committed JY's who identify with Jesus Youth for the right reasons - their love for Jesus and the movement! This is undoubtedly the Lord's work and is marvelous in our eyes!

► For the next 2 days, on April 29th and 30th, we had Kibii Maiyo from Kenya providing us with very effective and practical keys on how we can witness to our faith among people from other religions. Kibii is an excellent teacher and led us effortlessly through each of the sessions addressing all our questions with clarity and charity.

► A pilgrimage was organized during these days to the Martyr's Shrine with a special mass celebrated by Bishop Robert Muhirwa, who was also attending the training. Bishop Robert was one of the first shepherds to support our mission in Uganda and has played a significant role in developing it to what it is today. His presence was also an unwavering sign from God on the role our movement has in the formation of Youth in Uganda. Bishop Robert, in taking time out of his busy schedule to be with us for each of the sessions and actively participating in all the activities, clearly demonstrated to us how much he values the movement's contributions in Uganda.



► The participants then had the opportunity to go on some outreaches to a few villages in the adjacent dioceses over the next 2 days on May 1st and 2nd. We all had heart-warming experiences as we met with parishioners at a parish, engaged with children at a primary school and prayed with a few families below the poverty line at their homes. We had brought some used clothes, books and toys and distributed those at these villages as well. We found the people very receptive to the gospel and vast is the need for laborers in this vineyard!

► We also had the opportunity to animate a diocesan gathering of approximately 40 youth leaders at Lugazi Diocese and introduce the movement to them. We met with Bishop Paul Ssemogerere and the Youth Chaplain of the

diocese of Kasana-Luwero as well. We had a very positive interaction with them and heard their feedback and expectations of the movement for the youth in the diocese. Bishop Paul gave us a brief overview of the challenges the people of Uganda face like polygamy, live-in relationships, victim mentality leading them to think that they always need help and hence getting stuck in poverty. We all agreed that the best solution to all these challenges is Jesus and stressed on the need for an ongoing faith formation in young people.

► We also found time to experience the beauty of the country. We visited the source of the river Nile at Jinja by taking a boat ride. We had split into 4 boats and one of the boats got stranded close to the source due to failure of the motor. Thankfully, they did not have to wait too long and were rescued by one of the other boats and made it back to the shore safe and sound. The bus journey was long partly due to the unpredictable traffic, and hence gave us ample time to pray, share and sing songs along the way.

I was obsessed of using iron to straighten my natural curly hair. This reached to an extent that it had a negative impact on my confidence especially when meeting people with straight hair. The heat on my hair caused severe migraines yet I was not ready to compromise with straightening my hair. During my stay in Africa I saw the ladies with minimal hair on their head which had this rough texture and they admired my hair. This opened my eyes and made me realize how blessed I was with what God had given me. As soon as we returned from Africa I went to the salon and cut the 2-year-old permanent strengthened hair which had gone half curly and half straight and decided to keep what I am created with.

As a family we have decided to give most of our time in the missionary activities specially on our holidays and weekends. We have also learnt to be content with what we have and not to seek unnecessary worldly possessions.

**WE HAVE ALSO
LEARNT TO BE
CONTENT WITH
WHAT WE HAVE
AND NOT TO SEEK
UNNECESSARY
WORLDLY
POSSESSIONS**

.....

Maria Sonia Wilma is a 13th batch fulltimer, currently residing in Qatar with her husband Antony Dino and son Eloi Antony. She is actively involved in Jesus Youth and is part of the present GCC (Middle East continental) team.

JESUS YOUTH



Dr Edward Edezhath, one of the pioneers of Jesus Youth, gives us a glimpse of the growth of the movement.

The formative path of Six Pillars in Jesus Youth



What I like about Jesus Youth movement is its insistence of the six pillars in the life of all its members. I am eager that everyone in my diocese have this lifestyle." Bishop Robert Muhirwa of Uganda heard about the movement at a conference in Rome and he was specially attracted to it by its emphasis on a lifestyle of active life and mission. Jesus Youth is called a lifestyle for a committed Christian and at the heart of this proposed daily plan for life is its six elements, namely, prayer, word of God, sacraments, fellowship, evangelization and option for the poor.

Why this focus on a lifestyle? To talk a little bit about the background, the Charismatic Renewal came with an emphasis on an encounter experience as well as on the use of certain gifts of the Holy Spirit called Charisms. People who attended a retreat or renewal seminar very often had a life changing experience. One very positive result of the renewal wave was that a large number of people came to experience such a radical change and more and more people were getting attracted to such seminars and retreats. But there is a not so desirable side to it. People get focused on flashy gifts, answered prayers and healings and as result, sometimes, spirituality is seen as a magical affair and a quick fix to get material benefits.

A mature Christian attitude should not be focused on receiving all that I want, but on taking my cross and following Jesus. Of course many people begin their walk with Jesus experiencing a 'real' God who answers my prayers. But that is only the beginning. A person who wants to grow as a disciple of Jesus has to learn after the example of the Lord to lay down one's life and be committed to the path of the Lord. In other words growing as a Christian is learning to walk a path. With this in mind the early Christians called it 'the way' (Acts 9:2). Of course

A mature Christian attitude should not be focused on receiving all that I want, but on taking my cross and following Jesus

Jesus himself is the Way (Jn 14:6) and He wanted his followers to embrace his 'narrow way' (Mt 7:14). Hence in Jesus Youth we challenge people to live the narrow way and follow the path of Christian perfection.

WAS IT ALWAYS SIX PILLARS?

People often ask, "When and how was Six Pillars formed?", "Was the number always six?" It has evolved over time and early on, we didn't have this list of six.

In the Catholic Charismatic Renewal (CCR) we have what is called the Life in the Spirit Seminar (LSS) to enter into a new life of personal renewal. The 7-week seminar usually has a day of presentation each week followed by days of personal reflection and assimilation. On the fifth week the participants are prayed over for infilling and on the 6th week the presentation is on "growing in Spirit". Based on the pattern of life of the early Christians that we see in Acts of the Apostles (2:42) the 6th seminar puts forward four essential elements of Christian living – prayer, study, service and community. It is often represented as a Wheel Diagram (to know more, google for "Life in the Spirit Seminar Wheel Diagram"). Early in our journey in renewal, we all learned about a path for Christian growth with the above mentioned 4 elements.



The early 1980s brought in another wave of deepening in the renewal and we started talking of a set of ingredients of daily living called the 'Constants'. Fr Gino Henriques became the Chairman of the Charismatic Renewal Services in India and he brought in a youth friendly approach and a series of teachings well suited for them. These constants included, 1. Ongoing repentance, 2. Daily personal prayer, 3. Regular Sacramental life, 4. Daily time for word, 5. Prayer meeting, 6. Personal pastoring, 7. Regular Inner-healing, 8. Ongoing infilling, and 9. Commitment to Evangelization. This longer list helped people to have a detailed plan for developing well founded Christian habits in life.

A few years went by and we were then talking about 5 essential elements in our Christian walk. Taking the cue again from Acts 4:42 the list included Prayer, Word and Fellowship, but under

breaking of bread started mentioning Sacraments and sharing the word or evangelization. Thus by 1990s in Jesus Youth we had these 5 ingredients for regular Christian life.

In early 2000 we were asking how we missed the emphasis on 'service'. Finally it was in 2004 that Jesus Youth leaders decided that a sixth element has to be added and Option for the Poor was included in the list. There were a few significant thoughts that led to this step. For Jesus, the poor and suffering were very close to his heart and His heart moved with compassion when he saw them. He taught that when we do something for the poor truly we are doing that to the Lord (Mt 25:40). The Church also challenges us continually to be closer to the poor. Through all these reflections, a sixth part was added to the essential elements of Jesus Youth living.



Jesus Youth

This set of six pillars form an essential plan to build a life of holiness in every Jesus Youth

FAITHFULNESS TO THE PILLARS

If in the late 1970's we were using the image of wheel and talking of the need for 4 spokes for a balanced Spirit filled life, now in Jesus Youth we talk of strong 6 pillars that should hold up this building of our life with the Lord. Then we used to speak of 4 spokes, but now we talk about 6 pillars. And these simple images are beautiful ways of committing to our memory and daily living the essential elements of walking with Jesus and growing into the Lord's image and stature.

Fundamentally, we are talking about forming essential habits in life. 'Habits maketh the man'. With many unhealthy habits people become weak and sickly; by cultivating Gospel based habits we grow in holiness and maturity. This set of six pillars form an essential plan to build a life of holiness in every Jesus Youth. An encouraging community, supportive friends and some system of guidance are the foolproof methods to ensure faithfulness to these habits in one's life.

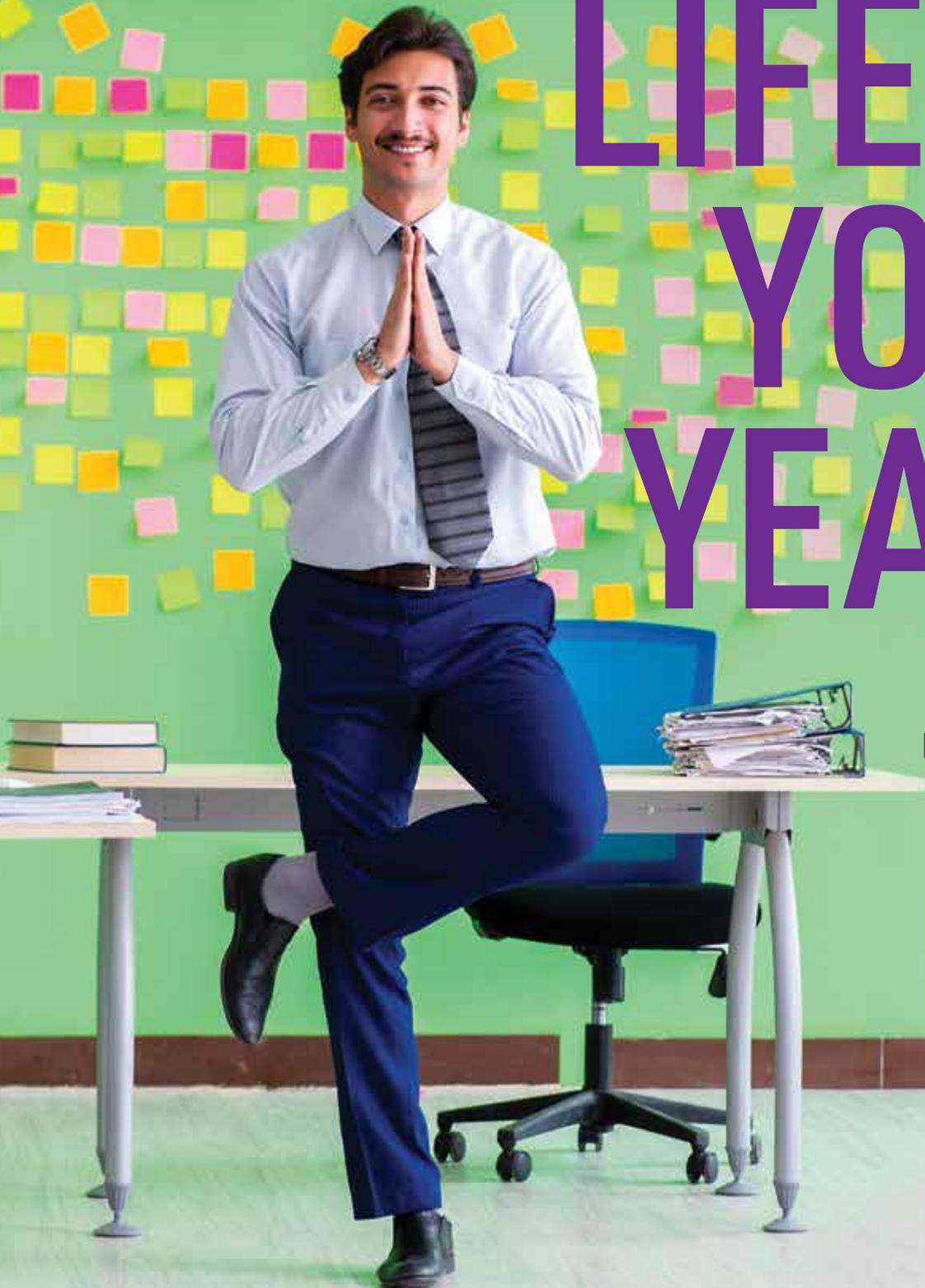
Then again, there is a danger of focusing on a couple of these and forgetting the rest. As broken pillars threaten the stability of a building, forgetting some of these elements may give a life without sufficient balance. And finally, our personal growth is linked to a deepening in relation to these pillars. The movement offers a number of support systems not only to be committed to the six pillars, but also to grow deeper in them. Of course each of these is mutually supportive and the faithful exercise of one pillar will help deepen the other.

.....
Dr. Edward Edezhath, one of the pioneers of Jesus Youth movement, is a retired professor from St. Albert's College, Ernakulam. He is one of the Animators of the International Council. He lives with his wife Audrey in Kochi, India.

EVOLUTION

ADD LIFE TO YOUR YEARS

Sharrol Jose talks to Dr. Jacqueline Michael, a lifestyle consultant about enjoying a vibrant and healthy lifestyle



Dr. Jacqueline Michael is a doctor and lifestyle medicine consultant, a Diplomat of the International Board of Lifestyle Medicine (IBLM) and Member of the American College of Lifestyle Medicine. We discuss with Dr Jacqueline on how to live a vibrant and healthy life. As God's children each one of us are called to live an abundant life. A life full of vitality, a life which is giving and that has the capacity to give, a life which is nurturing and that has the capacity to nurture.

Are we living vibrant and healthy lives in today's world?

Most of us aren't. We are able to add years to life as witnessed by longer lifespans thanks to the advancement of science and disease modifying drugs. But we haven't been able to add life to years. What I mean is, though many of us are living longer, these added years are neither healthy nor vibrant and often plagued with disease and disability. On the other hand, we also have the phenomenon of younger and younger people, yes, those in their 20s even, suffer from lifestyle diseases such as diabetes, high blood pressure, heart disease etc. A large proportion of these diseases are preventable, and it is a shame that not much is being done toward that end.

Does sport or physical activity have a role to play in preventing disease and in leading a vibrant life?

Most definitely yes and very

important too. You see, the human body in its minutely crafted awesomeness was adapted over hundreds and thousands of years for a life lived in the wild, one with nature. Movement of the body came in all shapes and forms – crouching, leaping, squatting, running, hopping, swimming, climbing, heaving, reaching, lifting, pulling and pushing. And every possible movement that the human body can make was designed to enable and enhance our existence.

It is just over the last 100 years or so, especially with the advent of formalised classroom-based education, that young humans were forced to adapt to a new normal where sitting became the foremost 'activity.' Recent studies show that excessive sitting can be as dangerous as smoking as a risk factor for disease. So, to answer your question once again, physical activity in all its forms, including sports is essential for health and longevity.

Are you saying that we are doomed by our desk based jobs as most of our 'jobs' are desk based jobs?

Doomed would be too strong a word to use. There are several things which we can do to mitigate the risks posed by too much sitting. The most important thing is to understand that sitting for too long is indeed quite detrimental to health. Especially in the same position for more than an hour. Every one hour of sitting we need to stand up, stretch a bit



Dr Jacqueline Michael

and perhaps take a short walk. It could even be just to the coffee room, or the restroom or the water cooler. Break up that sitting with movement. Another effective method is to stand at your desk instead of sitting all the time. In some companies people do use stand-up desks. Even standing for blocks of five minutes helps. Also, try and incorporate some exercise during lunch break. Add a 10 minute power walk during your lunch break along with friends. That way you can get the office gossip done as well!

Now, if your desk job also involves using a screen then you might also want to incorporate some eye care. Just remember the 20-20-20 rule. Every 20 minutes take your eyes off the screen and look at something 20 feet away for 20 seconds. This will help relax your eyes. Setting a pop up reminder will help you remember to do this.

How else can we incorporate physical activity into our lives?

Our home is a great place to start. Instead of getting a gym subscription, fire the cleaner. Jokes aside, sweeping,

swabbing and dusting can be a great work out too. If you don't trust me try getting the soap scum off bathroom tiles and glass! Do it as a family and get young ones to help as well. Plant a vegetable garden. It will give you regular physical activity as well as fresh food. Sit on the floor as often as you can and pull yourself up, squat every once in a while, jump and even skip!

Most girls stop sport once they finish high school. Boys and girls alike should be encouraged to pursue some kind of sport throughout life. Sports, dance, theatre, are great enjoyable forms of physical activity. Walking, cycling etc are again great and easy ways for fitness. Our modern life is full of conveniences and machines to make life easier. Try doing things the harder way. Use public transport. Taking the bus or the train greatly increases the number of steps we take each day.

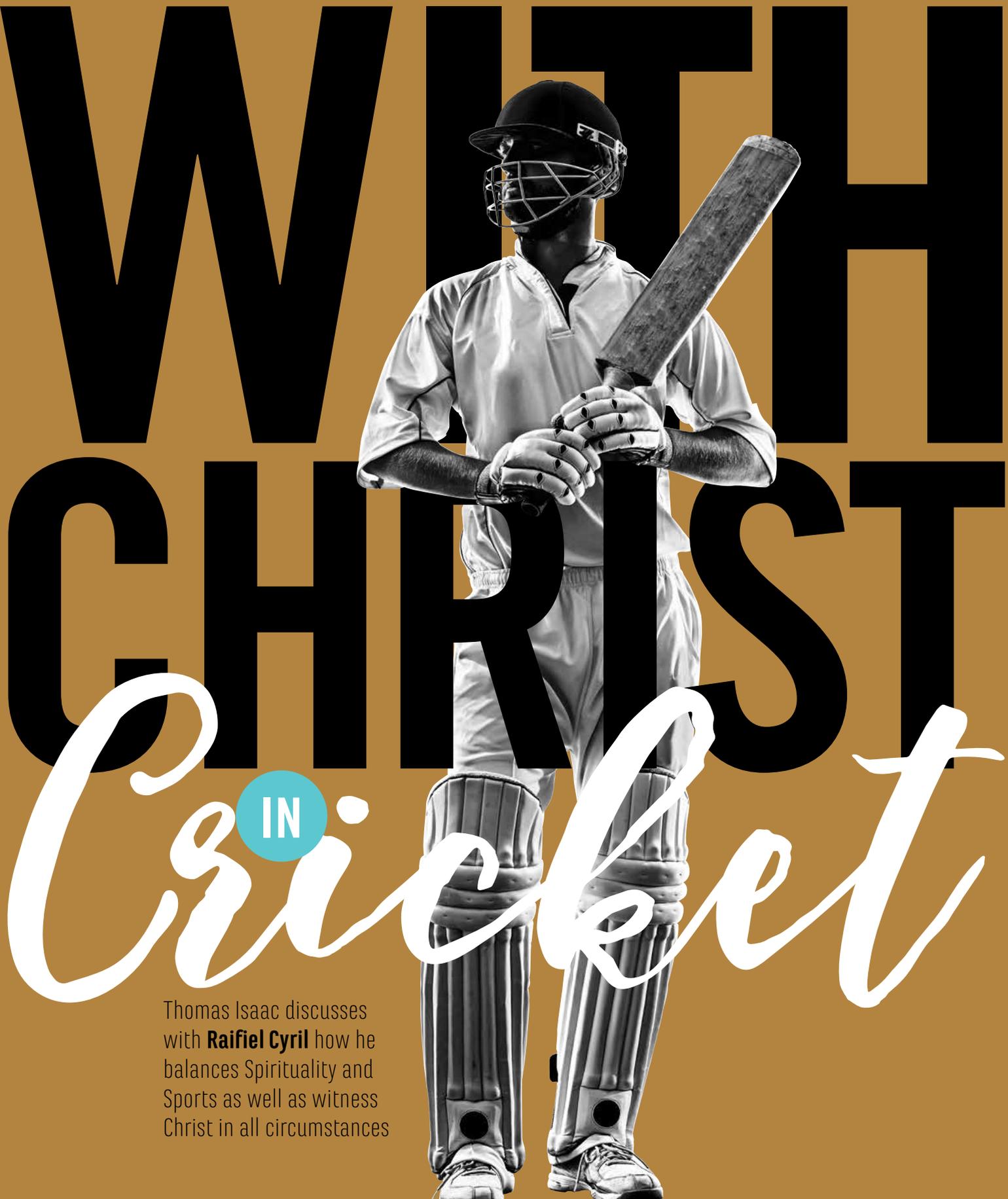
So there is hope?

Yes, there is hope. If we want it enough we can make big changes to our lives by adding small amounts of activity throughout our day and all these small amounts do add up. Going to the gym or doing a prescribed workout is good, but moving well throughout the day is even better because you are more likely to make it a habit. Every little thing we do adds up for a life brimming with vitality and health. Above all keep your outlook positive. ■



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

UP CLOSE



WITNESS

CHRIST

IN
Cricketer

Thomas Isaac discusses
with **Raifiel Cyril** how he
balances Spirituality and
Sports as well as witness
Christ in all circumstances

Thomas Isaac Thekkumury a.k.a Tomy grew up in Trivandrum, Kerala as the 7th of 9 children. He was brought up in a sport loving family that grew to be a family rooted in prayer through the Charismatic Renewal that happened in Kerala in the 1980s. The previous Animator of Jesus Youth Australia and a father of three children, Tomy now lives with his wife Dr Priya in Ballarat, Victoria. Come let us gather in the stands of the stadium where he replays his game of life for us.

Tomy, tell us about your interest in cricket

My family loved sports and I represented the Junior state cricket team for two years. When I was a teenager, along with a few other players I started a club cricket team comprising of talented junior players to play in the Senior league, and I was the captain of the team. I thoroughly enjoyed organising and keeping the talented bunch of players together as a team.

And then something changed

Indeed it did. During the time that I was passionately following my dream of playing cricket and breaking into the senior level, I had a deep personal encounter with Jesus Christ through a Charismatic Retreat. This experience had a profound impact on my life and I felt a deep sense of mission to share this amazing experience with other young people and especially with my friends. For some time I did my best to balance my passion for cricket and my mission to share Jesus through Youth ministry. However as I was on the verge of breaking into the senior team, I felt it was time to move on from cricket, and announced the decision to my teammates – much to their shock and dismay. Sadly, the team disintegrated not long after that. The guys insisted on a farewell match and I was lucky to score many runs in that match and finish on a good note.



I used to give the team fielding drills, practice sessions for batting and bowling and also ensured we made a small silent prayer by huddling together as a team



Wow, that is a pretty huge sacrifice. You gave up what you loved the most?

Yes, I stayed away from cricket for some time until I began my engineering studies. There I started playing and batting again, just for the fun of it, but quickly I started attracting the attention of people around. I was invited to play floodlit cricket for clubs near my college. By God's grace I was able to do justice to the talent that he had blessed me with, and the boys in the college would wait to see me bat and often felt disappointed when I get out. I was also actively participating in prayer meetings during this time.

Ah! So you agree with St Francis of Assisi: Preach always and if necessary use words?

Absolutely. It is sometimes easier to speak aloud about Christ but more challenging to preach through our life. When I was captaining a team during my engineering days I used to give the team fielding drills, practice sessions for batting and bowling and also ensured we made a small silent prayer by huddling together as a team.

When I rushed off for prayer meetings after my match it was a loud witness to some of the boys who were following my cricket. I believe God blessed me with this gift so that after being drawn to my skill, people may be drawn to Him. I used to play guitar for our music ministry during those prayer meetings, thereby actively participating in worship and using every opportunity to mentor young people by listening to their stories and walking with them in their spiritual journey. I also used every opportunity to witness Christ by being a peace maker, helping resolve fights among students.

Tell us about your life until you moved to Australia

After my studies I took charge of my family business and was out of touch with cricket for a long time due to my hectic business schedule and youth ministry commitments. When we started thinking about moving to Australia I started learning Tennis as I believed there was a great opportunity to pursue sport in Australia. In 2010 we made the big move and

initially settled in Adelaide, Australia. While my wife was settling into her work as a Doctor in Australia, I was looking for part time opportunities to balance our family work life balance. To my surprise I realised sports offered some wonderful opportunities for part time work as a sports official. Soon I started attending training sessions in both cricket and Tennis. By 2011, I was working as a Grade Cricket Umpire in South Australia with Level 2 National Accreditation. Simultaneously I also became a Nationally Accredited Tennis Umpire and had the great privilege of being selected as a Line Umpire for the prestigious Australian Open Grand Slam Tennis Tournament for two years.

The Australian Open experience opened my eyes to see the great scope for evangelisation in sports, a great venture for human excellence.

That's amazing. Tell us how your spirituality has shaped your attitude towards sports.

From my personal experience I see sports as a great opportunity to witness to Christ. In Ballarat, Victoria I was privileged to be a vital part of the Ballarat Indian Cricket Team that plays an Annual Charity match against the Ballarat Australian Team. Even though I picked up a cricket bat after a long gap of 20 years, I am still able to contribute and be a significant part of the team – and above all, be a witness to Jesus. Even though I do not preach Christ to my team I try my best to share Christ through my non-verbal interactions, ensuring a spirit of unity, fun, inspiration, encouragement and team work, all the while keeping peace and resolving conflicts.

Tomy with his wife Priya and three children



While I was umpiring at the Australian Open there were opportunities to interact with Umpires from all over the world. For me every such interaction is about encouraging the co-umpire and telling them that they are doing a great job as an umpire. There were lots of opportunities to listen to personal stories of struggles and family issues as well. I believe I was able to encourage many of them and give an assurance that things will eventually work out well and to not worry. I believe Jesus was using those moments to minister to some of them. There was also an occasion when one of my roommates, an Australian Umpire came up to me and asked if I was a Christian. The moment I acknowledged, he asked me to pray for a family who was desperately in need of prayers. Overall, without mentioning Christ even once there was a lot of ministering going on at the Australian Open. I also used my free evening time to meet up with a Jesus Youth City prayer group in Melbourne, and later catching up with a few young people one on one, to spend time in prayer.

Both Spirituality and Sports can take us to extremes. How do you balance both?

I play social competition Tennis every Thursday night as it helps keep me fit all through the year. I am also actively involved in my parish and diocese, being part of Pastoral Council, and I am actively involved with a few weekly prayer meetings. I have been fortunate enough to be able to balance my sports and my mission. Once when I was discussing a weekly prayer commitment with my Vicar general, I mentioned (though reluctantly) about my inability to do so as it clashed with the Tennis schedule. He was quick to acknowledge the importance of keeping fit and encouraged me to keep doing it.

However, like I said even in sports I have a strong sense of mission. The cricket field and tennis court are my mission field.



Tomy, you remind me of the Bible verse, Jn 15:8: This is to my Father's glory, that you bear much fruit. What advice do you have for Jesus Youth about their gifts?

We all are gifted in many ways. The Lord reveals to each one of us at the right time our gifts and talents. Our role is to hone it, use it and impart that gift so that others may profit and be blessed. When I observe young people play I watch them closely, impart my knowledge to help them improve their skills and also work with them using my knowledge to upskill them. When you genuinely impart that skill young people listen attentively. Sometimes this is the beginning of a deeper relationship of mentoring a young person not just in sports but in life skills too, which might eventually lead to a deeper relationship with Jesus.

Do you see God at work in the arena of sports?

I see great potential in the arena of sports as it involves people striving for excellence. Sport is also a great opportunity for people to engage with each other at different levels. I have been involved in sports for a major portion of my life in different capacities and I believe there is a lot happening in sports that enhances the beauty of building a healthy wholesome human person. Sports enhances and builds up truly human qualities like joy, sharing, teamwork, unity, supporting each other, encouraging, inspiring one another, enjoying each other's company and community building. An active sports person is full of life and energy and it usually rubs on others in a positive way.

I believe God is at work. An active physical life also helps us to have a deeper and meaningful spiritual life. ■

When I rushed off for prayer meetings after my match it was a loud witness to some of the boys who were following my cricket



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.



GIVING THE BEST OF YOUR

Manoj Sunny highlights the major points of the Vatican document on sports “Giving the Best of Yourself” and lays out its significance and possibilities for Jesus Youth

A CHRISTIAN PERSPECTIVE ON



“Challenge yourself in the game of life like you are in the game of sports. Challenge yourself in the quest for good, in both Church and society, without fear, with courage and enthusiasm. Get involved with others and with God; don’t settle for a mediocre ‘tie’, give it your best, spend your life on what really matters and lasts forever.” - Pope Francis

Attention to sport is not new to the Church, and it has had a fruitful relationship with modern sport, deciding from early in the twentieth century to live in this environment, involving itself in an active and proactive way which has always shown particular attention to all the activities that have the person at the centre. The ‘Dicastery for the Laity, the Family and Life’ recently published a document, the title of which reveals the essence and reason of the Church’s interest and commitment to sport and also the reason why this document is so close to my heart.

At the centre there is in fact the human being, in his uniqueness made of body and spirit; there is the need that every activity, including sports, is supported by a set of virtues and good qualities, which allow it to rise and never fall into the dangers that can undermine every human activity.

SELF

SPORT AND THE HUMAN PERSON

The first concept recalled – “doing your best” – is something Pope Francis has repeatedly cited in many of his speeches, inviting especially young people to “not be content with a draw” in life. Sport rests on this value of commitment, of sacrifice, on the idea of overcoming one’s limits by working hard, without cheating, chasing victory – though not at all costs – at the same time learning to manage defeat without getting beaten.

The five sections that make up the document do not dwell on every aspect of the variegated sports activity, but they offer a Christian perspective of sport, addressing a wide spectrum of persons, from those who practice it, to those who assist as spectators, to those who live it as technicians, arbiters, coaches, to families, priests and parishes.

The first chapter explains the reasons for the Church’s interest in sport and the need for sports pastoral care, recalling that this relationship rests on three pillars: the physical effort necessary for the athlete to express himself, the moral qualities that must support his commitment and the desire for peace, brotherhood and solidarity that sport must help to spread.

In the second chapter the document traces the salient lines of the sporting phenomenon and its contextualization in the current society: sport as a sort of anthropological constant and as a universal phenomenon compatible with almost all cultures.

In the third chapter the theme of the meaning of sport for the person is deepened. We start from considerations on themes already known to the Catholic discussion on sport (body-soul-spirit), to widen the perspective of analysis to some qualities inherent in sport: the spirit of sacrifice, the sense of responsibility, respect for the rules, the ability to work in a team, joy, courage, solidarity and harmony.

The fourth chapter is dedicated to open challenges, to the desire to contribute through sport to the promotion of authentic values, which can provide each sportsman with a heritage to overcome the many dangers that modern

sport often faces, such as doping and corruption. The fifth and last chapter is dedicated to the role of the Church as a protagonist in this path of humanization through sport. At home, in the family, at school, in the gym, in the parish: there are many places where there is a pastoral sport that could be used to develop in each subject, practitioner or spectator, that set of good qualities and virtues that characterise a good sportsman, a good citizen and a good Christian.

THE SIGN OF AN OUTGOING CHURCH

Sport is a context in which to concretely experience the invitation to be an outgoing Church, not to build walls and borders. More than many other platforms, sport brings together the downtrodden, the marginalised, the immigrant, the native, the rich, the powerful and the poor around a shared interest and at times, in a common space. As Pope Francis says, “the



POPE FRANCIS POINTS OUT THREE FACTORS THAT GIVE SPORT A SIGNIFICANT PLACE IN THE LIFE OF THE CHURCH:

1

SPORTS AS A MEETING PLACE *where people of all levels and social conditions come together to reach a common aim. In a culture dominated by individualism and the gap between the younger generations and the elderly, sports is a privileged area around which people meet without any distinction of race, sex, religion, or ideology, and where we can “experience the joy of competing to reach a goal together, participating in a team, where success or defeat is shared and overcome...”*

2

SPORTS AS A FORMATIVE VEHICLE *Today, perhaps more than ever we must fix our gaze on the young, because the earlier the process of formation begins, the easier the person’s integral development through sports will be. Young people today look at sportsmen and are inspired by them! Those in the sports world exemplify virtues such as generosity, humility, sacrifice, constancy, and cheerfulness.*

3

SPORTS AS A MEANS FOR MISSION AND SANCTIFICATION *Every occasion is good for announcing Christ’s message and Sports can open the way to Christ in those places or environments where for different reasons, it is not possible to announce Him directly; and people with their witness of joy, practicing a sport as a community, can be messengers of the Good News. As Pope Francis points out, to give the best of oneself in sports is also a call to aspire to holiness, to “bring out the very best” of oneself – “the most personal gifts that God has placed” in one’s heart.*



**TO GIVE
THE BEST
OF ONESELF
IN SPORTS IS
ALSO A CALL
TO ASPIRE TO
HOLINESS**

way of the Church, is precisely to leave her four walls behind and to go out in search of those who are distant, those on the 'outskirts' of life ... freely sharing what we ourselves freely received."

A modern Courtyard of the Gentiles:

In several parts of the world there already exists a tradition of opening up the physical premises of Churches themselves for youth – who often come together in the context of sports and games. In today's culturally diverse environment, such a space becomes one of the conduits that facilitate harmonious interactions across communities, cultures and religions. The Church sees great value in such interactions that can foster a sense of the unity of the human family. Such a space or 'Courtyard of the Gentiles' as Pope Benedict XVI calls it, can also make possible a dialogue with those "to whom God is unknown and who nevertheless do not want to be left merely Godless, but rather to draw near to him, albeit as the Unknown."

Sports as a means of Catholic Education:

As Pope Francis says, "sport transcends the level of pure physicality and takes us into the arena of the spirit and even of mystery." To educate in a Christian way is to form people in human values in the whole of reality, which includes transcendence. The profound meaning of sport is that it can educate to the fullness of life and an openness to the experience of transcendence.

Sport as a work of mercy: Sport can also become a powerful medium by making itself present to persons who are marginalised and underprivileged. There are many international sport governing bodies, private institutions and non-profit organisations that promote and use sports as a positive tool of engagement among youth and teens who live in environments susceptible to gang violence, drug abuse and trafficking. Christian communities around the world are already involved in initiatives that use sport practices, training and events as relevant tools to draw youth away from drugs and violence.



THERE IS THE NEED THAT EVERY ACTIVITY, INCLUDING SPORTS, IS SUPPORTED BY A SET OF VIRTUES AND GOOD QUALITIES, WHICH ALLOW IT TO RISE AND NEVER FALL INTO THE DANGERS THAT CAN UNDERMINE EVERY HUMAN ACTIVITY

Manoj Sunny, Fr Patrick Kelly & other experts during the release of the document



POSSIBILITIES OF SPORT PASTORAL MINISTRY IN JESUS YOUTH

Families: Where do we begin to give the first lessons of Sports? From Families, for parents are the first teachers of sports – teaching and playing with kids. We should encourage our families to be the first protagonists of Sport.

Parishes: As Pope Francis has said, “It’s beautiful when a parish has a sports club and something is missing without one.” However, a sports club in a parish needs to be consistent with the faith commitments of the parish and anchored in an educational and pastoral project.

Schools and universities: Schools and universities are ideal places to promote an understanding of sport aimed at education, inclusion and human promotion. Parents and families play an important role, in dialogue with teachers and school management, in shaping school sports activities in such a way that they will lead to the integral development of students. Also, these platforms can serve as the ideal opportunities for inviting young people to have a fresh encounter with their faith.

Pastoral accompaniment and spiritual care: This must extend beyond the active sporting life of an individual. The world has seen many top players and athletes, who at the end of their careers experience emptiness and depression, at times spiralling down to a life dependent

on alcohol or drugs. A consistent accompaniment plan can help such people explore their identity, perhaps for the first time, outside of sports.

Network of Sport Pastoral workers: When it comes to sports, coaches, referees, teachers and managers play a significant role in the attitudes of players or athletes. A relevant spiritual/pastoral training plan for them will thus play a key role in humanising sports. We need to open a dialogue with sports training agencies, collaborating with them or promoting complementary training paths on pastoral aspects of sport.

Let me conclude on a personal note. I began by saying that this document is very close to my heart. My father introduced me to the world of Shooting when I was a teenager. I started off well, going on to become a National Champion and record holder. But circumstances led me to quit the field abruptly, and I wondered why the Lord had allowed me to go through such an experience in my life. Then 32 years later, the Lord gave me an answer when I received an invitation from the Vatican to be part of the team reworking and preparing this document. In His perfect plan, nothing goes waste! Way back in 1996, when I took up the responsibility as the coordinator of Jesus Youth in Kerala (Jesus Youth was only in Kerala at that time), I spent a few days praying for a prophetic word from the Lord to help me to carry this God given mission “without lacking in zeal and keeping the spiritual fervour” throughout the term. And He gave me these words, “Give Him The Best”, which then became the motto of my whole life. Isn’t it beautiful how after 22 years, He has called me to be a part of this document published by the Holy See titled “Giving the Best of Yourself”?



Manoj Sunny, the first National and International Coordinator of Jesus Youth is presently serving as the International Director of Formation in

Jesus Youth. He was one of the experts who contributed to the revision of the new Vatican document about sport “Giving the Best of Yourself”.

SPORTS CAST

HOW DO YOU KEEP YOURSELF PHYSICALLY FIT?

 **GYM**
1 HOUR 30 MINUTES

 **FOOTBALL**
WEDNESDAYS

SIJO EMMANUEL

HASTINGS, UK

I am a software engineer by profession so it's quite hard during my working hours to do any sort of physical activity. However, I try to move away from my desk every 30 minutes to 1 hour to get water and have a walk for at least 5 minutes. After work I go gym to do some weight training and HIIT cardio, which roughly lasts for about 1 hour 30 minutes. I usually do this 3-4 times a week. Other days whenever I am not going to gym I play football with my work colleagues every Wednesdays, and sometimes play badminton if I am not too busy. During weekends if the weather is good I tend to go for trekking or hiking somewhere in the country. I love doing outdoor activities. Some weekends I play 5-a-side or 7-a-side football with friends if we manage to get enough people. It is not just sports and exercises I do to keep physically fit. Sometimes I do intermittent fasting and I do cook food rather than eating out most of the time.

AJAY ANTONY,

CHENNAI, INDIA

I like to keep myself fit by hitting the gym for a minimum of 40 minutes starting with ensuring that I get 7 to 8 hours of sleep. At the gym the first 5 to 10 minutes I spend in warming up with slow jogging on the treadmill. After this I spend 30 to 40 minutes doing some strength training exercises which I usually conclude with some HIIT running for 10 minutes if time permits. Every two months I switch the workouts for better results. Most importantly I eat a balanced diet which is what truly keeps me healthy.

 **HIIT RUNNING**
10 MINUTES

 **GYM**
40 MINUTES

MOST IMPORTANTLY I EAT A BALANCED DIET WHICH IS WHAT TRULY KEEPS ME HEALTHY



EATING RIGHT AND BEING PHYSICALLY ACTIVE HELPED ME GO TO BED EARLY

When a teenager, I was naturally fit due to the activities I was involved in. As I grew older my drive to be involved in physical activities went down significantly. Being a JY, we are being transformed as well as trained to have inner discipline, but scripture also talks about the outer self. "Do you not know that your body is a temple of the Holy Spirit, ...therefore glorify God in your body." (1 Cor 6:19-20). The realisation transformed me. Just as disciplined with our inner self, we should be with our outer self. I started concentrating on eating right, physical activity and sleeping right. All three have to be seamlessly blended in to our daily life. Even though I knew about them, diligently following them was humanly difficult, since I relied on myself. Once I started praying about it and seeking Jesus's help, I was able to make some simple changes that helped me.

As I started eating right, the famous quote "Breakfast like a king, lunch like a prince and dine like a pauper" became a reality in my life. Finding time for physical activity was challenging but with focused prayer and seeking God's help, I was able to integrate my physical activity at work and at home. I stopped using elevators and used stairs, I started playing soccer and tag along with Joseph (our 5 year old son). Eating right and being physically active helped me go to bed early. In bed I started reading bible and spiritual books which helped me detach from daily worries and fall asleep quickly. I learned to look at God in my weakness. I gained strength and understating by diligently following ACE, Adoration and Confession once a week and Eucharist daily.

I play sports to keep my body fit. I hit gym once or twice a week or may be less, and play cricket thrice a week. Sleep and healthy food are other important factors to be considered while keeping oneself fit. Of course, I am a junk food fan. KFC being on the top of the list. However, I am really trying hard to keep it off my diet. Processed foods are tasty but at the same time it is unpleasant for our health. And this is exactly what I am trying to tell myself every day.



DIET
HEALTHY FOOD



GYM
ONCE / TWICE
A WEEK

CRICKET
THRICE
A WEEK



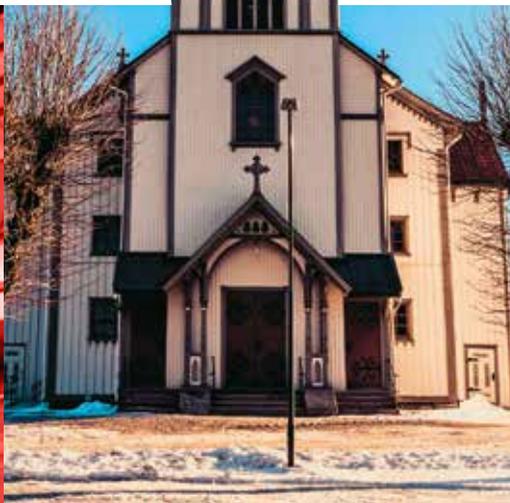
L JOJO JOHN

UAE



CHURCH, HER MISSION AND SPORTS

Fr. Patrick Kelly **reflects on how the new**



Vatican document about sport “Giving the best of yourself” can help the Church

Jesuit Fr. Patrick Kelly was one of the experts who contributed to the revision of the new Vatican document about sport “Giving the best of yourself: A document about the Christian perspective on sport and the human person.” He spoke at the press conference for the release of the document at the Holy See Press Office about the question, “How can this document help the Church?” What follows is his reflection on this question.

1 First of all, the new document “Giving the best of yourself” can help remind the Church of its identity and mission. Many people probably remember that, in his words to his fellow cardinals in the general congregation to elect a new pope, Pope Francis recalled the passage from Revelation where Jesus says: “Behold I stand at the door and knock.” He didn’t interpret the passage in the usual way, however.

Rather, he imagined Jesus standing inside the church and knocking at the door wanting to get outside into the world to be with people where they were living their lives. In this document the Church is attempting to do just that by paying attention to and taking seriously the experiences people are having in sport and asking questions about their impact on human beings, the common good and the unity of the human family.

2 The document also helps the Church to become aware of another dimension of its cultural and theological heritage, which we might say has been overlooked in recent history.

It is important to note that with respect to participation in play and sport it is lay people who are the principal actors. They played medieval games and sports on feast days, were the



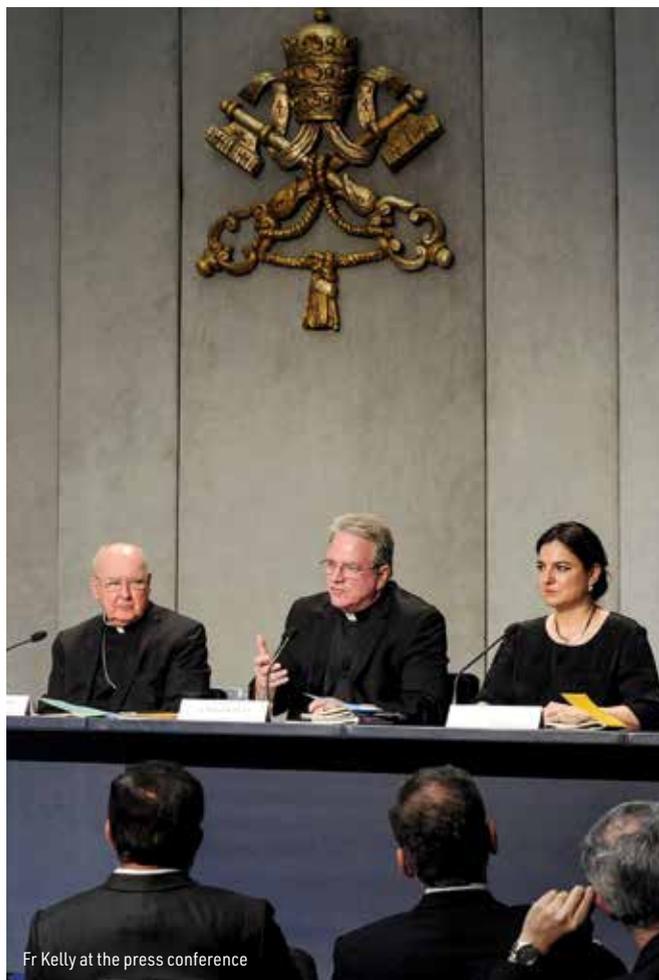
students who played sports in the schools of the Renaissance and later Catholic schools, and are the players and coaches in contemporary contexts. For these reasons, it is appropriate that this document comes from the Dicastery for Laity, Family and Life, which focuses on the laity living out their vocation in the Church and the world.

As the document points out, in contrast to the way history of sport is often written, Christians traditionally have emphasised the goodness of the material world and that the person is a unity of body, soul and spirit. Indeed, according to St. John Paul II, the Church regards sport with such esteem because she values “everything that contributes to the harmonious and complete development of the person, body and soul.”

The document also points out that Thomas Aquinas asked the question in his *Summa Theologica*, “Can there be a virtue about games?” His answer – “Yes”. This is because, for Thomas, virtue was associated with moderation. Working or studying all the time would be excessive. From this perspective, a fully human life also needed time for play and recreation. This “play ethic” was the main influence on late medieval

Church regards sport with such esteem because she values “everything that contributes to the harmonious and complete development of the person, body and soul”





Fr Kelly at the press conference

The document also helps the Church to become aware of another dimension of its cultural and theological heritage

3

By reminding us of play and sport as a dimension of

the Catholic cultural and theological heritage, the document provides an orientation and guidelines for bishops' conferences, dioceses, parishes, Catholic schools and youth organisations.

For example, the document points out that education in Catholic schools and parishes can't be narrowly about the head, but must engage the body and have a playful, creative dimension. Young people play sports because they enjoy them, but they can also be a part of what draws out the fullness of who they are. The word education, from the Latin e-ducere, "to draw out," refers to this deeper dimension of what students should be experiencing in schools.

Of course, we come to the fullness of who we are as persons in community, a reality that many young people are introduced to by playing in a team. With the help of skilled coaches, while playing on a team young people can also learn about the common good, which attends especially to persons who are poor or marginalised. Both on their own teams and in peaceful competitions, young people can encounter and learn to dialogue with youth from different cultures, races, and religious traditions than their own. In this way, sport can become a part of building a "culture of encounter" which fosters a new awareness of the unity of the human family. ■

preaching about this topic and provided the rationale for incorporating time and space for play and sport in the schools of the humanists in the Renaissance, the early Jesuits and Catholics in the modern world.

For Thomas play was not engaged in to refresh ourselves so we can be more productive at work, however. That would put its meaning and significance in relation to work. Rather, he insists that play is done for its own sake. In response to the objection that every virtuous act needs to be directed toward an end, he says that the enjoyment in play is directed toward the end of the recreation or restoration of the person.

This document continues the Thomistic heritage with the recognition of the ludic or playful character of sport and the emphasis on sport serving the human person in his or her integral development. The document is characterised by a kind of humanism, then, which is also expressed in its focus on sport serving the common good and strengthening of the unity of the human family.

Because sport is enjoyable and is associated with these human goods, it is important that all who wish to participate are able to do so. The document mentions that this is not the reality in some parts of the world for girls and women. The document also mentions the importance of play and sport for children living in poverty, displaced persons or persons with disabilities. The document highlights the importance of the Special Olympics, Paralympics, the Refugee Team at the 2016 Olympics, and the Homeless World Cup in this regard.



Fr. Patrick Kelly is a Jesuit priest who is associate professor

of Theology and Religious Studies at Seattle University. Fr. Kelly played several sports during his youth and was the captain of his college football (American) team and an all-Conference free safety. He is the author of *Catholic Perspectives on Sports: From Medieval to Modern Times* (2012) and editor of *Youth Sport and Spirituality: Catholic Perspectives* (2015). He has lectured nationally and internationally about sport and Catholicism and sport and the religious/spiritual traditions of the world.



For the Love Sports!

of
God...
and

Looking through the prism of his personal experiences, Abraham Jacob muses on how Sports aids in the development of an authentic human personality

Yet another Football World Cup with its share of triumphs and laments

is over – France having been crowned as the deserved winners. As the players bask in the limelight of success, do we ever wonder why athletes and sportsmen (women) push themselves to an elite level – what could be their motivation and purpose? Fulfilling dreams or money or status or incentives or the sense of achievement? And after the achievement may come the bigger question of “Now what?”.

However, Sport often opens a deeper sense of purpose for us human beings, whether we play at an elite level or not. The World Health Organization suggests a positive correlation between time spent playing sports and human development. This could be physical, emotional, social and intellectual development. For example, physically, sports could help control weight and combat health conditions/diseases. Emotionally, exercise improves mood by relieving stress and depression as it usually improves self-esteem. Socially, it could create friendships amongst team members or coaching staff. Intellectually, it could aid cognitive development. However, the question still arises – whether sports can truly fulfil the purpose of one’s life. Are we wasting this amazing gift of life which has been given to us by either playing too much sports or by living a sedentary lifestyle.

Ultimately, Jesus gave us the greatest commandment – to “love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength” (Mk 12:30). Further on he

added, “Love your neighbour as yourself” (Mk 12:31). Fundamentally, as a Christian we should be asking ourselves if we are doing this every single day of our lives? When we are playing sports, we need to ask ourselves whether we are still loving the Lord with all our heart, soul, mind and strength? Or are we putting sports first in our lives where it becomes more important than everything else. Furthermore, are we loving our neighbour as we engage in sports, or are we doing it only for selfish reasons?

SPORTS THEN BECOMES AN AVENUE TO PRACTICE LOVE, WHICH ENHANCES AND POSITIVELY INFLUENCES ONE’S PHYSICAL, INTELLECTUAL, EMOTIONAL, SOCIAL AND SPIRITUAL LIFE

As Christians, every one of our deeds and actions must incorporate love – as St Paul exhorts Corinthians to “do everything in love” (1 Cor 16:14). And as God himself is love, we are called to integrate God in the sports we play. Sports can also be a journey to refine our character and help us become more like Jesus. A good sportsman/woman is one

- ▶ who always plays fair;
- ▶ who is a team player supporting others in their

weaknesses;

- ▶ who stays positive and can accept loss gracefully;
- ▶ who respects and abides by the rules of the game and the officials;
- ▶ and who has genuine respect for his opponents.

These are all values and qualities which can be applied in our daily lives, in our striving to become a better Christian. Sports then becomes an avenue to practice love, which enhances and positively influences one’s physical, intellectual, emotional, social and spiritual life.

Before ascending to heaven, Jesus gave us the great commission to “Go into all the world and proclaim the good news to the whole creation” (Mk 16:15). Entering the world of sports with God and His love can bring a deeper and greater purpose into ours as well as others lives. The biggest example of this is how my father brought me up to understand the importance of God, while playing football. Whilst growing up, football was a big part of my life in which I excelled. Migrating to a different country and not having many friends, football was a catalyst for me to make quick friends. Every week I looked forward to training and match days. However, if the match days fell during Mass time, my parents always said no and encouraged me to go after or before Mass. Giving my coach a reason of ‘faith’ for missing the match was hard for me though. Surprisingly however, he was impressed by my parent’s commitment to their faith and took extra efforts to make sure I could join the games during the second half, or make sure the home games always started after Mass. Through this, my football

team were very aware of the centrality of faith for my family. Growing up, I always questioned why my parents did that. And exploring this question led me to truly encounter Christ in my life. Now I understand why my parents, while very supportive of my football, prioritised God. And this understanding has increased my love for sports also, as I better grasp now the reason why God wanted me to play. And this enables me to give more to my team and the people I meet playing sports. Whether winning or losing, being able to give Christ to others whilst playing brings the ultimate joy to my life.

My favourite Saint is Pier Giorgio – a saint who loved sports. Even though he had different interests than mine, hiking, horse riding, skiing and mountain climbing, he is a constant reminder of the link between sports and the meaning and purpose of life. I have also been inspired by Roberto Mancini, who has won numerous trophies, and is said to go for Holy Mass every day. There are many sports personalities, both in the limelight and out of it, who have found a deeper purpose to playing sports, regardless of winning or losing.

Even though Sport gives us great reward physically, intellectually, emotionally and socially, it can all end in an instant - with an unexpected injury. However, the one thing we can carry on is Love – “Love is eternal” (1 Cor 13:8). “And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him” (1 Cor 3:17). ■



Abraham Jacob, a nurse by profession, is a member of the Youth Team in UK and enjoys football as well as meeting new people.



MORE THAN A GAME

Joseph George reminisces about how playgrounds became a crucial part in his journey as a sports professional



Brazil's beautiful game during 1998 FIFA World Cup attracted me to the world of Football. Even though that Brazilian line-up consisted of world class footballers like Roberto Carlos, Ronaldo and Rivaldo, they failed at the final hurdle. On a day when they were expected to win, this defeat hurt the fan as much as the idols. That setback was hard to digest, but eventually football became an important factor in my life.

In my childhood, I used to play cricket more, but the samba magic was unbelievable and soon it took over as my favourite sport. In the evenings it became a routine to play cricket and/or football after finishing my studies. So studies and sports went hand in hand. If I couldn't find time to play one day, then it felt like something was missing in my life. Generally this was just a recreational activity for kids but for me it wasn't a filler, it was the main course, my preference was to play till I got tired. I have played various sports in my developing years which include Football, Cricket, Badminton, Basketball, Volleyball, Kabaddi, Kho Kho, Athletics etc. In all the above mentioned sports and games, I have represented either my School or College team in various competitions.

People usually say 'Sport is just a game'. Throughout my life I have learned that it is more than a game. When I got admission into Engineering, the reason behind taking Computer Science ahead of Mechanical was only one. There would be more free time to play sports. Nowadays when I turn back, it seems like God's plan. Software Engineering and the job in Infosys, helped me to become a good analyst. There was another divine intervention when I resigned from that job in 2013. There were different options ahead, we prayed, and with the help of my elder took the 'Sports Management' option which was given to us. Not many would have heard about Sports Management at that time. People used to ask what happened, 'Are you crazy to resign from such a good job? As it was a prayerful decision, my family accepted that decision despite the unconventional choice and the questions raised by the society.

Within a week after the completion of the course, I got a job in a sports company at Mumbai. Over the course of the next 3 years, the data analytics team under my leadership handled the projects of Indian Super League (ISL), Pro Kabaddi League (PKL), Indian Premier League (IPL), Kabaddi World Cup 2016 etc. These projects gave me the platform to establish myself as the lead analyst and helped me to establish good rapport with former players, experts, commentators, league and team owners. When I moved on from that job, the only regret was that I couldn't become a Malayalam commentator for ISL 2017/18 season.

DISCIPLINE AND PUNCTUALITY BECOME A KEY FACTOR IN CHILDHOOD ITSELF

God had a different plan. In 2018 I was present in the English/Hindi commentary box for India's tour of South Africa, Commonwealth Games, UEFA Champions League etc as a statistician. While observing the lead commentators in various sporting disciplines, I made a mental note of the preparations and the various styles.

For 2018 FIFA World Cup, I got the offer to produce the Malayalam commentary, and shared my eagerness to become a commentator as well. By God's grace, I got the double role to Produce and Commentate at the same time. As there were two other commentators, I could handle the producer's tasks in key moments without any difficulty. God chose me as the only producer-commentator in India for the biggest sporting event in the world. There were 14 language commentators in total and separate producers for all other languages except Malayalam. 110.5 million viewers watched the FIFA World Cup in India and Kerala had

the 2nd best reach with 17.8 Million.

Throughout my life there was a connect with sports and especially the playing grounds. Even if I am busy with work or with family matters, I try to play football once in a week. In today's world, it's very difficult to spot children in the grounds. Even if they find some time after classes and tuition, children now prefer to watch TV or play computer/mobile games. When we look back we know that play grounds also played a crucial role in our development as did education.

After finishing a chapter, I could go and play. This made me target-driven and helped me to manage studies as well as sports at the same time. Discipline and punctuality become a key factor in childhood itself. Combining individual brilliance with team work made it easier to achieve success. The focus with which one takes a penalty in football, helped us to focus on the various tasks in life. Victory and defeats become part and parcel of life, and that enabled us to face any situation.

Due to our parent's job transfers, we had to shift bases in my childhood. Sports helped us to gain entry into a new community easily, and acclimatisation was much easier. Sports taught us to become part of an organisation and to lead from the front when required. The opportunity to play against seniors made me brave and helped me to realise that one needs to grab the opportunities which come our way. Tactical planning based on team's strengths and weakness in childhood, helps me to analyze and plan things today. Sports and specially playgrounds have readied me to face any situation and to take necessary risks when required.

God has been showering his gifts throughout my life. The Almighty had prepared another gift when I reached home after doing the commentary for the first time in my life. My wife showed me a video of our 10-month old baby girl playing football while listening to our commentary. There is nothing impossible for our God, and I am thankful to Him for placing me in this field. ■



Joseph George is actively involved in Jesus Youth in Mumbai. He lives with his wife Grace Joseph and daughter Caroline Joseph in Mumbai, India



SPORTS CAST

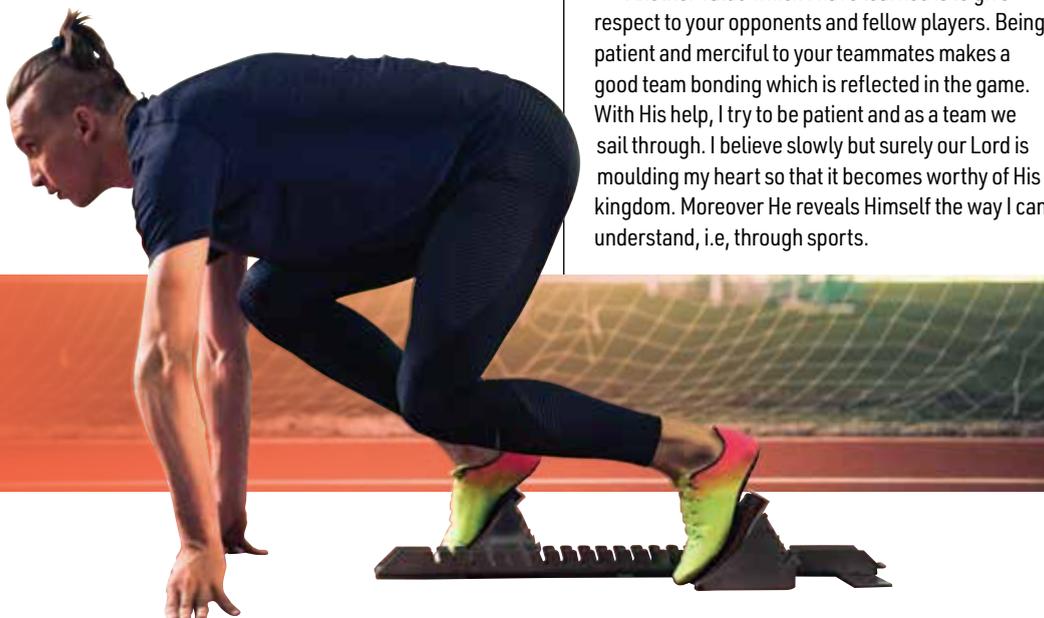
WHAT IS THE IMPORTANCE OF SPORTS IN YOUR LIFE?

DIVINE MANJALI

UAE

As the saying goes, an idle mind is a devil's workshop. So for me sports has always played an important part in my life. It has helped me to keep my mind occupied and fresh. Being part of sports teams in school always brought a sense of discipline in life, and I have been to carry it forward in life. I remember the year I had to do a 3000 meter race, something I was not prepared for and was asked to do at the last moment. I thought I would pass out half way through, though funnily I finished the race in second place. That for me was a great learning, to believe in myself and the people around and to know that I can break the barriers I set for myself. Stepping out of my comfort zone has always been a struggle for me and it still is, however pushing myself to learn new games or techniques rather easily give up has definitely brought in a vast improvement. There have been times when I wanted to leave everything - all that hurt, the sweat, and the struggle. Today when I look back I am happy I never made that decision because playing sports has positively impacted my life in one way or another.

**IT HAS
HELPED ME
TO KEEP
MY MIND
OCCUPIED
AND FRESH**



NAVEEN JOSE

COCHIN, INDIA

Sports has always had a special place in my heart, something which is etched in my soul. Sports took the lion's share of my childhood. As time passed by, when I started experiencing Jesus in my life, sports became my second priority. Whenever I pushed myself more into sporting activities, Jesus has ensured that 'He' becomes my first priority in His own mysterious ways.

There are numerous values which I have learned through sports. First and foremost, to achieve targets, something which every athlete aspires for. I have developed a habit of keeping a note on the to-do list activities for the next day. It is through sports I learned to push myself to complete my tasks. But I am sure without His grace I can't even move an inch.



Secondly, sports has made me humble and patient. Sometimes we rely too much on our talent, but fall flat in life or in a tournament. When we go through such a situation and when our pride is hurt by our opponents, we learn to be humble and wait patiently until next time. I am a part of the cricket team at my office project. Every day before match, I used to pray a Rosary and surrendered our team totally in Her blue mantle. Though we were underdogs, through Mother Mary's intercession we reached the finals for the first time. Though we lost in the finals, the ray of hope remains to win the cup next time and to be patient until then.

Another value which I have learned is to give respect to your opponents and fellow players. Being patient and merciful to your teammates makes a good team bonding which is reflected in the game. With His help, I try to be patient and as a team we sail through. I believe slowly but surely our Lord is moulding my heart so that it becomes worthy of His kingdom. Moreover He reveals Himself the way I can understand, i.e, through sports.

HAVING played for my University volleyball team, representing my University at the national games was a dream come true. Preparing day and night for the national games, keeping the body agile and maintaining a diet was on our charts. Tailing under the sun till we were out of juice, and later laying down on the grass was the best post game leisure time for us. Before the practices I used to bring Colossians 3:17 to mind, "And whatever you do, whether in word or deed, do it all in the name of the lord Jesus, giving thanks to god the father through him". This word of God encouraged me to give my best for Christ, by performing to the best of my abilities. Praying for the entire team and our coach was a habit I inculcated over time and this has helped me remain calm on the field. Not swearing on and off the field, respecting my team mates, helping the younger players to develop the game and loving the game, in such small ways I try to give my best for Christ. I hope and pray you give your 100% to Jesus, and through sports, continue to discover and rediscover yourself. PS : If you haven't been out in a while playing the game you love, as Nike's tag line says, **JUST DO IT** ✓

RAHUL GEORGE

GUJARAT, INDIA



ALLEN ABRAHAM

MCALLEN, TEXAS



Sports is a way for me to relieve my stress and clear my mind. After playing sports, I feel very stress-free and focused. It also helps me

stay healthy which I think is very important. For me, life is a balance of many things including health, family, faith, work and education. Also, my goal has been to connect my faith with sports. I have a longing to bring Christ into everything I do by supporting the people I'm playing with. Recently, the Syro-Malabar churches within the Texas-Oklahoma region were participating

in an Inter Parish Sports Festival, where we have the opportunity to play games like Basketball, Dodgeball, and Throwball against other parishes. Much of my time this summer has been dedicated to training for this event and coaching other teams. All in all, I know that sports is just another way I can glorify God through my life much like St. Sebastian.

*I KNOW THAT SPORTS IS JUST ANOTHER WAY I CAN **GLORIFY GOD** THROUGH MY LIFE MUCH LIKE ST. SEBASTIAN*



MAJO JOY

UAE

Sports play a major role in my life. It keeps me Happy, Healthy & Handsome. I strongly believe that with a good healthy body comes an active mind and a great soul. Sports as a lifestyle teaches us some important aspects useful for our day-to-day life like punctuality, discipline, patience, team work, building up self-confidence and so on. Well, my favourite sport is Cricket, from childhood I was into cricket but during my initial schooling days I was very weak and slow, because of which I found it difficult to get into the team, still my passion towards the game made me show up every day for the practices. Gradually I started developing speed, strength and skills. Finally, when I was in year 9 I got selected in the class team. It has been quite an interesting journey, polishing myself in each practice session from gully cricket to school, college, then in Kenya for Kerala Tuskers [2011-12] – South Indian Premier League and currently playing for Jesus Youth Cricket Team [2015-18]. Other than cricket, I like swimming, trekking, snooker, table tennis, football and basketball.



RHEA JOSE
DELHI, INDIA

Well, sports is something like a daily routine in my life. Since Growing up, my dad always encouraged me in picking up a sport. Right from when I was in grade 3, I was put into swimming and skating classes. Even though I did not appreciate it much initially, sports became a huge part of my life right from Primary school all the way up to University. At different points in my life I picked up different sports in which I tried to give my best. I was a State Level Archer for 2 years in Under 14 Category, and won several medals in both Archery and Athletics. In high school I picked up basketball, which I continue playing even today. For a person like me who is not a big fan of working out at gym, sports is the best way to keep me fit. It's a wonderful way to refresh both my mind and body and of course have a good time of fellowship with my fellow players. As a missionary, when I invite youth for a prayer meeting, it's a 50% chance that they will come, but if I invite them to play, it's always a 99.99% yes! Well, who knows sometimes God is calling us to evangelize in a basketball court!

IT'S A
WONDERFUL
WAY TO
REFRESH
BOTH MY
MIND AND
BODY



**I FOUND
SPORTS
TO BE THE
BEST WAY
TO SHARE
JESUS**

CHAITANYA CVK

UAE

Right from my childhood, I have been so passionate about sports and games and I never knew this passion would lead me to Jesus. Roughly 7 years ago, being a non-Christian I had come to the church, sad and depressed due to some personal issues and was sitting in the church. After a beautiful time of adoration, as I came out I saw few people playing volleyball at the sports-fest. I hung around to see the game and volunteered to be a ball boy. Slowly I got to join them and got to teach them the techniques I knew. Even though I was moody and sad, there was joy in my heart since I was playing the sport I loved. And one day after the practice on my way back I met a non-Christian girl who was so fond of Jesus and she invited me to a prayer group, sharing with me the joy she continuously receives as a part of this youth group. Her persistence and the repeated number of invites motivated me to give it a go and see if I would find the peace and joy I was looking for. I came

to the group and things changed for me, and the group I went to was Jesus Youth. Gradually being part of an active group, I fell in love with my Jesus, and got involved in various ministries of the youth group. I also got to be a part of the Samaritan Ministry of the Church that gave me a chance to be part of some beautiful events which the Church was organizing – like the Entertainment Day-Outs for a group of blue-collared workers, conducting games like Cricket, Football, Volley ball, Bowling and so on. The joy and smiles we shared with them in those events gave me a lot of inner peace.

Also, I found sports to be the best way to share Jesus with many I encounter in my teams. I have started a JY Women's volleyball team, where I got to share my testimony and my love for Jesus to my team mates who in turn started coming to the youth group, thereby becoming a part of it. For me, It's so beautiful to play the game for the glory of my God rather than the prize I get for winning.

For me volleyball is just not a goal, but a lifelong journey fueling my quest for constant growth, powered by passion. Sports has touched my soul in a positive way and has taught me many lessons for life. If you are part of any team sports like me, you will know that it is a perfect platform for one to learn teamwork, learn to play under stress, assess your competition and plan strategies. As a Marketer, this has helped me in my career too. Any sport that you take up also has the potential to bring the best of you in terms of health. Volleyball in particular has been a constant reminder for me to keep up fitness, healthy eating and a good night's sleep.

SUSAN GEORGE

UAE



YOUTH SYNOD 2018

YOUNG PEOPLE IN TODAY'S WORLD

Shelton Pinheiro evaluates the topic **Young People In Today's World** based on the preparatory document on the Synod for Youth, Faith and Vocational discernment

appropriate a pie of the burgeoning circle of affluence that youth represents. Thus most researches are centred around buying habits, likes, dislikes and market indicators - untiringly exploring profitable opportunities that can be availed in the areas of youth culture, music and clothing among others. The youth are another prospective demographic and in most cases, just that.

So, the moment we look at a youth document from the Church, the first refreshing thing that strikes us is the intent of the research, which is there, bright and clear at the beginning of the document. "These things I have spoken to you, that my joy may be in you, and that your joy may be full" (Jn 15:11). This is God's plan for all men and women in every age, including all the young men and women of the Third Millennium, without exception. Again, at the beginning of the section 'Young People in Today's World', there is a clear indication of this intent: "so that [by] "letting them touch us deeply [they can] provide a concrete foundation for

the ethical and spiritual journey" (Laudato sì, 15)."

In a blatantly manipulative, PR driven world, the very idea of looking at young people with a desire that their "joy may be full" is in itself radical. Naturally, only the Church can sincerely reflect this desire of Jesus for the entire world. Thus the relevance of such a document seems intensely significant in the context of today's youth world. An empathetic, rather than an opportunistic gaze makes a big difference.

The introduction to this section speaks about the 'Multiplicity of Worlds' that young people inhabit today. The Church recognizes the presence of these worlds, whether they be geographical, cultural or individual.

The document mentions the differences of worlds involving countries with youth heavy populations, others marked by a Christian minority culture and the differences arising according to gender, masculine and feminine. The key questions about youth that the document highlights are centred around:

Having been active in the areas of advertising and marketing, I have come across several youth research findings and documents over the years. Brands, organizations and corporations all over the world are constantly seeking out the key drivers of youth behaviour, using cutting edge technology and expertise. Young people and their worlds are being combed for any insight or trend that can add to the repertoire of knowledge on this demographic. Brands like MTV are known for their youth studies that cover an entire gamut of experiences in several geographies around the world.

Just a cursory look at some of these research projects reveal that their need to understand young people arise, not exactly from a need to add value to the life of youth, but often from a need to



1. THE RAPID CHANGE.

Beyond the buzz and the glitz of the contemporary world, the Church compassionately looks at the vulnerability and the insecurities that the young person faces, the constant shifts that create migrations, and the frustration experienced by seeing the rise of a privileged few.

The modern world, “marked by a culture based on science” and technology, the Church feels, also holds within it “sadness and loneliness” that “appear to be on the rise, not least among young people”. The “throwaway culture” and the indifference of the world shown in the exclusion of many, add to the deep dissatisfaction and sadness. Perhaps the constant emergence and dominance of trends in fashion, technology, music and sports among others have consistently suppressed the genuine need of young people to seek a deeper purpose in life – thus aggravating the disconnect deep within.

The Church also understands the multi-religious, multi-cultural milieu that the young people of today have to straddle – requiring greater listening, respect and dialogue.

2. NEW GENERATIONS

Though much has been written on the complexities of this generation, the Church sees the frustration of young people who are exposed to a homogenous global culture and yet have to contend with a local reality that could be painfully different from the ‘cool’ lifestyle that they see happening far away.

The mainstream narrative of ‘youth’ which is mostly associated with fashion, music, technology, achievement and fun often obscures the hardships that young people endure around the world in making choices – like lack of freedom, unemployment, displacement, migration, exploitation, slavery, abuse and war. In fact, many of the children are forced to pass directly into adulthood, their youth lost on the way.

The contradiction of young people who want to be actively in charge of their lives on one hand, and the “fatigue in their will to desire, to dream and to plan” on the other, could arise from the feeling that they lack opportunities to engage or contribute. Besides, these attitudes can also arise from the families that young people emerge, or even from excessive concern for self-image.

Importantly, the need for consistent, credible, relatable persons of reference seem to be on the rise. Here, the Church feels that parents are still struggling to be these references. Not knowing how to help, parents are either absent or overprotective, both leading to complexities. Besides, young people seek references among their peers too – seeking opportunities to interact freely.

When it comes to religion, the document sees that perhaps like some in the earlier generations, young people are not in open opposition, but “they learn to live “without” the God presented by the Gospel and “without” the Church”. Besides, in a secularised world, the visible presence of the Church is progressively difficult to encounter – and the dominant culture is often “at odds with Gospel values”. Moreover, in this time of hyper-connected youth, the Church feels that it is called to “evaluate her pastoral activity, which needs to develop an appropriate culture.”

3. CHOICES

At one point in time, young people journeyed towards one pivotal choice in life to which the person would commit himself. But today, the environment of “fluidity and insecurity” have made these choices uneventful and reversible – almost obliterating the idea of a life journey. As the document says “Today I choose this, tomorrow we’ll see.” Suddenly the past and the experience of generations become ineffective and decisions are stalled rather than made. Pope Francis’ call to reawaken the



In a blatantly manipulative, PR driven world, the very idea of looking at young people with a desire that their “joy may be full” is in itself radical

comprehensive choices of life thus becomes more relevant than ever. “How can we reawaken the greatness and the courage of comprehensive choices, of the impulses of the heart in order to face academic and emotional challenges? The

phrase I use very often is: take a risk! Take a risk. Whoever does not risk does not walk. ‘But what if I make a mistake?’. Blessed be the Lord! You will make more mistakes if you remain still” (Discourse at Villa Nazareth, 18 June 2016).

Added to this, the economic hardship of families, the difficulties in education, inequalities between countries and cultural factors like discrimination against ethnic and religious minorities compound the difficulty of making choices.

The document sees the need to put together the skills of young people for the benefit of common good, as young people appreciate the choice of working together and gather a set of interpersonal and technical skills in the process. The Church also sees how young people in their creativity, “propose and practise alternatives which show how the world or the Church could be.” The recognition of several international youth movements including the Jesus Youth movement could perhaps be seen in this context. The document points to an undeniable fact – “If society or the Christian community want to make something new happen again, they have to leave room for new people to take action.”

Thus, the call is to open up and make room for new, young people – to create more open spaces within our movement and the Church – spaces that can be platforms for young people to connect with each other, the larger community, and God.



Shelton Pinheiro, a Jesus Youth and Co-ordinator of the Rexband, works as the creative head of an advertising agency. He lives in Cochin, India with his wife and two children.

SUBSCRIBE ONLINE AT
www.kairos.global

AND GET THE
MAGAZINE DELIVERED
TO YOUR HOME

In India:

- 1 Month: Rs. 50
- 1 Year : Rs. 550
- 2 Year : Rs. 1000
- 3 year : Rs: 1500

Outside India:

- 1 Month: US\$ 5
- 1 Year : US\$ 50
- 2 Year : US\$ 100
- 3 year : US\$ 150



Download **Kairos Global** mobile app from **playstore** to your tablet or **android** mobile and subscribe to read Kairos Global anywhere, anytime!

FAMILIA

HOMESCHOOLING

A PACKAGE DEAL

It's not just books and numbers. Dr Annilyn Sebastian shares how this is a "wholistic approach" to education

Though we lived close to a large homeschooling family from our Jesus Youth Community, it (homeschooling) never crossed my mind. But towards the end of my residency / fellowship, my husband, Anup, who had already finished his residency and was partly homeschooling the kids in the meantime, had a prayerful conviction that the Lord was calling us to this unique path. The question was 'Who is going to throw out the medical qualifications hardly earned by our decade plus years of medical school and residency?' It was a tough decision.



Right after fellowship, I was offered the position of an Assistant Medical Director of an institution, but soon we realized God's plans were different and I got thrown into homeschooling

Though I tried to convince myself that it is just a 'temporary adjustment', I immediately fell in love with homeschooling. I am extremely grateful that God has given me the opportunity and freedom to do this. Today, I can't even think of an alternate lifestyle that would have suited us. It is definitely a sacrifice and if given an opportunity, I would still take this route. Initially, we thought about it as a means to impart faith and moral values. However, we have seen many other added benefits.

Homeschooling has given me the joy that I wouldn't have been able to experience, had I sent my kids to school and went to work. It offers me the

opportunity to be present with all of my eight kids, without wondering whether they are being bullied, or under peer pressure to live upto the standards of the culture, that is sadly deteriorating. It gives us peace of mind to know that the children are under our guidance and trying to live the standards we set, and not what the community sets. Here, I have the opportunity to instil faith, moral values and focus on virtues. I am available to deal with character issues then and there. I have the flexibility to put away a day or two of academics and focus on what needs to be addressed - character.

Homeschooling definitely has an academic privilege, but it is not just about academics. It's the whole 'package deal' that makes homeschooling beautiful. It is actually a lifestyle combining real life with academics.

On an academic level, the one on one attention as well as the ability to move on at your own pace is something that homeschooling is certainly noteworthy for. As a homeschool teacher, I get to choose my kids curriculum and tailor it according to their needs as well as passion. I get to decide what books they read, and what things they are exposed to a certain degree. They are trained to be independent learners, and this has greatly helped them to teach themselves and move on, also bringing along self-motivation, diligence, perseverance and critical thinking.

On a spiritual level, it has not only helped the kids but my own spiritual life, to be more dependent on the Lord for being able to 'do it all'. As a mom who homeschools, I wear several hats- including (and not limited to) wife, mom, daughter, teacher, cook, chauffeur, homemaker, just to mention a few at the tip of the iceberg.

We have kids involved in routine housework as well as taking care of siblings. This exposes them to life skills that are highly necessary and equip them to be prepared for an independent life after school. This work ethic is probably something we would not have been able to provide had we sent them to school. Kids are also with each other throughout the day, which promotes sibling bonding and ability to help each other where needed.

One question most people have about homeschooling is about socialisation.

In reality, most homeschooled kids are exposed to a wide age range on a daily basis, as opposed to others who are mostly confined to kids of their same age. This exposure gives them the ability to cope with different circumstances. We also take advantage of the fellowship that our beautiful JY community offers, as well as socialisation

within local homeschool groups and our parish.

With homeschooling, it is not possible to segregate real life from school. Life happens when it happens and the kids become part of real life than an artificial life created within the walls of a classroom.

Another real benefit we have noticed is the ability to be able to nurture the passions of the kids in a positive environment; passions that we would have probably overlooked, or wouldn't have had an opportunity to pursue, had we sent them to school. All these added benefits create a wholesome child, not only strong in academics but in different aspects of life. And that's what the world needs!

I understand that homeschooling is definitely not everyone's calling, and that in some situations may not be the best option. But if you are on the edge, and waiting for that push, remember that there is no-one who loves your child more than you and whom God has given greater qualifications to teach. Also, you do not need to have everything perfectly figured out or have an educational qualification. If you love your children, and are willing to accept the grace that God provides, that's all you need. I am very happy we chose this path that God called us to!



Dr Annilyn Sebastian, an MD Pathologist by profession, is currently a stay-at-home-mom. She lives in Houston, Texas, with her husband Dr Anup Skaria and eight children.

A SIMPLE MISSION CALLED

Life

Steffi Jose
shares about the complications she
experienced in her maternal journey and
how she realised she's
merely an instrument of God's plan

Sing, o barren one who did not bear; burst into song and shout, you who have not been in labour! ... Enlarge the site of your tent, and let the curtains of your habitations be stretched out; do not hold back; lengthen your cords and strengthen your stakes. For you will spread out to the right and to the left, and your descendants will possess the nations and will settle the desolate towns.” Isaiah Chapter 54.

A few months into our marriage, I got pregnant. My husband, Sherry and I, prayed and prepared to welcome the new member. It was a time of celebration and happiness. In both our families, our child was going to be the first grandchild; young footsteps were soon to set in! We were excited and anxious as any other couple would be. Sherry would read from the Bible and whisper ‘Hi Baby’ near my huge stomach and the baby would respond

immediately with a kick! That was a very special bonding! I used to recite the Rosary during my every day walks and receive the Holy Eucharist whenever possible. I had a normal delivery. We were blessed with a lovely daughter, Maria.

Days passed by. We were happy that the baby was healthy, but something seemed to be wrong. I developed complications. Our visits to the gynaecologist multiplied. We tried different treatments and

various home remedies, but with little success. We had to seek a second opinion only to realize I needed not one but two corrective surgeries. What ensued were days of hospitalization, heavy medication, disturbing pain, and separation from Maria who was just one-and-a-half-months old. Since she was at a higher risk of infections, she had to be taken care by others. Sometimes, the pain was unbearable and the only solace was taking painkillers and going to sleep. I needed assistance for rudimentary things like bathing and using the washroom. Every time, I had to use the washroom, I would feel a burning and embarrassing pain! Sherry would repeatedly tell me 'I can do all things through Christ who strengthens me,' (Philippians 4:13) to build my hope. It helped me sail through a really tough time of uncertainty and anguish. Uncertainty because I didn't know how long this would continue and anguish because I prayed for a smooth delivery yet the current situation was not at all pleasant.

For over a month, I couldn't even shift sides on the bed. It made me realize how precious are the little things that we take for granted! Our agony ended after almost four months but heavy medications continued and so did our visits to different doctors. I had food restrictions and had to start wearing full length leg stockings because I developed Deep vein thrombosis (DVT), a condition where there were five blood clots in my left leg. Though the medical expenses were way beyond our budget, God took care of it through Sherry's company who covered all the expenses.

When Maria was more than a year old, I became pregnant again. Everybody was concerned. We received admonitions from doctors and neighbours alike. Some doctors even refused to entertain us as their patients. We received looks from them accusing us of being in a hurry. We received a similar vibe

from near ones as well. Some people were surprised I could conceive again! We, however, welcomed God's plan because we knew only He could work wonders! We were delighted as a new member was to come, a companion for Maria, our family was to become larger! As someone who was fully conscious while enduring immense pain during the earlier delivery, life had become really valuable for me. 'For one moment I left you, with deep love I will take you back, I turned away angry for only a moment, but I will show you My love forever.' Isaiah 54:7. I was reminded of this verse throughout the pregnancy. I had to take injections daily on my stomach to ensure I didn't develop any more clots. Though I was quite apprehensive about the delivery, I offered it wholly in prayer. I used to read from the Old Testament to the baby during the day and Sherry would read from the New Testament during the night; we wanted to finish reading the Bible to our baby. Meanwhile, we attended a residential retreat. During the retreat, the priest mentioned specifically that Jesus was laying hands and blessing a baby in the womb of a couple who already had one child. We were touched and happy.

I intuitively knew this baby would be a girl. I prayed for the godparents and the baptism even

before delivery. My gynaecologist had specifically mentioned that I should not go into labour and that we need to prepare for a planned C section. My due date was September 22, 2017. Our JY friends offered sacrifices and prayers till the baby came. It was a thoughtful gesture as well as a moral support for us. As we got closer to the due date, one day I experienced an intense pain. I was worried about my baby. Crying, I recited the Rosary. Mother Mary quickly enveloped her mantle of peace over me. After a few days, I went into labour one month prior to the due date. It was an emergency C section and I was rushed to the operation theatre. I could only chant a few 'Our fathers' and 'Hail Marys' before losing consciousness to anaesthesia.

Though I had braced myself mentally for some unexpected pain and discomfort, yet when God took over, childbirth was a very rewarding experience. He held me in His arms all throughout the operation. We were blessed with a baby girl on August 27, 2017. Today, Isabel is one year old and I need no medications and I am absolutely healthy, Praise God!

When we take reins into our hands, we may be able to deliver the best as per our expectations. But when we surrender to God, we perform beyond measure as we become instruments of God's plan! When the world questioned us about the smaller time gap between the two children or why we went ahead with another child when it had been so difficult before, we were reminded of a response given by a close relative, "If God has counted the hair on your head, he definitely has greater plans for each life on this earth and as parents we only assist in the execution!" ■

If God has counted the hair on your head, he definitely has greater plans for each life on this earth and as parents we only assist in the execution



Steffi Jose Chiriyankandath, is an HR professional working with an IT firm.

She lives with her husband, Sherry John, and two daughters in Mumbai, India.

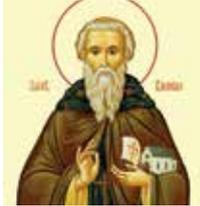
Chandeliers

☼ Patron Saints of Sports

So now, for those who enjoy sports, here's a special person to whom you can intercede to while you go for playing or competing. Even saints loved playing and enjoying as it filled them with the joy of the Holy Spirit.



St. Anne is patron of horse women and riding.



St. Brendan is the patron of sailing and boating.



St. Bernard of Menthon is the patron of hiking, back packing, and skiing.



St. Barbara is the patron of gunners, riflers.



St. Hyacinth is the patron of weightlifting



St. Sebastian who is considered to be one of the holy martyrs and an athleta Christi ("champion of Christ and guardian of the heavens"), is known as the patron saint of sports.



St. Nadia is the patron of gymnastics



St. Adjutor is the patron of swimmers, boaters



St. Andrew, is the patron of fishermen and fishing.



St. Luigi Scrosoppi is the patron of all soccer players/footballers.

Born:
4 August 1804

Died:
3 April 1884

Feast:
3 April



St. Rita is the patron of baseball



St. Lidwina is the patron of ice skaters, disease and suffering.

Friends of KAIROS



KAIROS MEDIA, the mass media initiative of Jesus Youth, reaches out to young people around the world using modern means of communication.

It is the love and support of so many "Friends of Kairos" that financially sustain the mission of Kairos Media. With a grateful heart, we lovingly remember and offer continuous prayers for our many friends who support Kairos every month through regular monetary contributions. If the Holy Spirit inspires you, dear Kairos reader, we invite you to join and support this evangelisation initiative by becoming a Friend of Kairos with your prayers and support. May God bless you!

You can make your contributions online through www.kairos.global

KAIROS KERALA TEAM PRESENTS

YOUTH RETREAT

LED BY FR. KURIAN MATTOM

SEPTEMBER
6th - 9th

OCTOBER
11th - 14th

NOVEMBER
8th - 11th

DECEMBER
6th - 9th

FROM THURSDAY 5PM TO SUNDAY 4PM

My soul thirsts for
God, for the living God.
When shall I come and
behold the face of God?

PSALMS 42:2



SVD Prarthana Nikethan,
Kaduthuruthy, Kerala
686604

FOR DETAILS CONTACT RAJAN PETER +91 8086685404, RAJESH JAMES +91 9847837474

SOUNDREPLY



MOVIE

INVICTUS

Precious little has the power to unite hearts, minds, people and nations like sports – whether it be football, cricket or rugby. United under a flag, every World Cup tells the

story of how nations grind to a standstill to follow the fortunes of their team – of the twenty odd players who would become household names and the topic of every conversation. The story of how the highs and lows of the few on the field is absorbed with bated breath by millions off it, through many tears and much more prayers. The height of exaltation and the depth of despair – often experienced more by the men and women in the stadiums and homes, than the players themselves.

'Invictus' (2009) tells the remarkable story of Nelson Mandela and how he inspired the rainbow nation, still reeling under post-apartheid divisions to rise beyond the racial and economic fault lines to achieve greatness on the rugby field. Masterfully directed by Clint Eastwood and brilliantly portrayed by Morgan Freeman and Matt Damon, 'Invictus' is a fitting tribute to a true legend, Nelson Mandela – Madiba as South African's lovingly called him, his true greatness, and the power of forgiveness, reconciliation and healing he inspired.

The film opens with the series of events leading from the release of Nelson Mandela from prison in 1990 to his inauguration as President of the new Rainbow

Republic in 1994. There he was, at the helm of a nation where racial divisions were running deeper than ever, with the rich white minority deeply suspicious and fearful of political retaliation for the many years of apartheid and oppression, and the poor black majority, for whom the pain of long years of torture, oppression and injustice was still very raw and fresh in their minds. Though mutual trust was short in supply, Mandela begins the painstaking process of forgiveness and reconciliation, proclaiming with his life and actions that, "forgiveness [has to] starts here. Forgiveness liberates the soul. It removes fear. That is why it is such a powerful weapon. The past is the past, we look to the future" – though for many close to him, it was easier said than done.

As President, while attending a Rugby test match between Springboks (South Africa's national rugby team) and England, Mandela notices how the few black South Africans in the crowd were cheering for England, while the white South Africans cheered for Springboks. Realising that the nascent 'Rainbow Republic' needed inspiration to get over its teething problems and with South Africa scheduled to host the Rugby World Cup in a year's time, Mandela dares to dream the impossible and takes it upon himself to achieve the audacious dream of uniting the whole nation behind the Springboks, once a symbol of white supremacy. And for this Mandela forges an unlikely friendship with François Pienaar, the captain of Springboks.

Forgiveness liberates the soul. It removes fear. That is why it is such a powerful weapon

How Mandela inspires Pienaar and how his relationship with Mandela changes Pienaar's outlook of life and sport is depicted in a most beautiful way during the rest of the movie.

The film deals with a lot of important issues – none more important than of reconciliation and forgiveness. Mandela dares to forgive those who didn't deserve to be forgiven, they who thought that privilege was their birth right. It isn't anyone's fault that he/she is born into privilege, but the injustice of our world becomes deeply entrenched when he/she, either through ignorance or intentionally, chooses not to notice the privilege he/she enjoys.

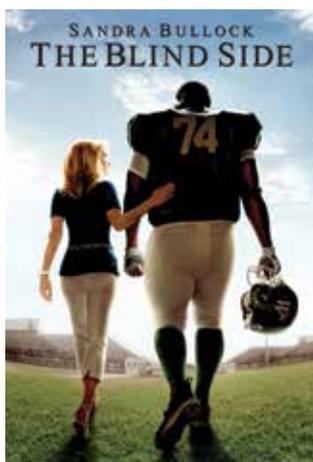
Freedom from the 'tyranny without' is just the start of any authentic human story. True greatness begins when one chooses to enter within, into the freedom of forgiveness. And when one begins this journey, behold, hear the murmur that gently says, "It is no longer I who live, but Christ who lives in me"! Based on the true story of Madiba, Invictus is a wonderfully rewarding cinematic experience, which beautifully portrays the power of sports in bridging the man-made chasms of race, money, culture and colour.



REVIEW BY

Joseph Anthraper

lives in Southampton with his wife Mahima and kids, Anna-Claire and John-Paul and loves reading, movies and apologetics. He is part of the Kairos Global Editorial Council



MOVIE

THE BLIND SIDE

“The great drama of any life is the struggle to surrender the ‘person-I-am’ to the ‘person-I-ought-to-be’” (George Weigel). We live in an enormously big

world – a world of more than 7 billion people. And more often than not, the Christian way of transformation to become the ‘person-I-am-created-to-be’ winds inexplicably among the lives of many around us – the unwanted, the unloved, the poor, the ungrateful, the irritable – to name a few.

The Blind Side is a 2009 biographical sports drama directed by John Lee Hancock, based on the true story of Michael Oher – an impoverished black homeless young boy, who would later go on to become an offensive lineman at Baltimore Ravens in the American NFL (National Football League). Far from the typical rags to riches story, the film is a potent portrayal of the power of love, faith and hope in an increasingly narcissistic world where it is far from uncommon for people to take their differences to grave. It is as much the story of Leigh Ann, a rich white Christian lady, who despite her initial apprehensions and misgivings, conjures the courage to transcend the racial divide to experience humanity as it really is – beyond race, culture and colour.

Big Mike (Quinton Aaron) is a seventeen year old homeless young boy, whose mother is a drug addict and whose father has

been in and out of jail for a long time. One of his father’s friends gets him admitted into Wingate Christian School, where he is as much out of place because of the colour of his skin as because of his intellect. In contrast, Leigh Ann (Sandra Bullock) is a strong willed interior designer, and the wife of a wealthy businessman Sean Tuohy, whose two children study at the same school. On a cold autumn evening, Leigh Ann sees Big Mike walking along the street with apparently nowhere to go and impulsively invites him home to spend the night. With nowhere else to go, Michael begins to stay at the Touhy’s, becoming as much a part of their home as their lives. Over time as his grades improve, Michael begins football coaching and with much practice

The Blind Side is an extremely inspirational movie about familial love and how when one woman chooses to truly live her Christian calling, miracles abound.



becomes extremely good as an offensive lineman, bringing in offers of college admission from Universities across the country. The movie deals with how both Michael and Leigh Ann, courageously confront their inner selves as well as the voices around to achieve joy in becoming a ‘family’.

Inspirational as it is, this movie is not just about how the love and care of Leigh Ann and the Touhy family transforms the life of Michael. Of course, that is an extremely important aspect of the movie, which raises the all important question of how, many of us Christians, choose to ignore those uncomfortable people around us – whether it be those drug or alcohol addicts, or that man/woman who lives a promiscuous lifestyle. How many of us would have the courage to invite one home? For many of us Christians, this is our ‘blind side’.

But the movie is much more than that. In a very subtle way, it portrays the innate goodness of Michael Oher and how it permeates to those around; how from each of his foster homes he would come searching for his drug-addict mother, to take care of her. How, even after all the injustice that life had meted out even at such a young age, he chooses to be gentle and tender with life and the people around. How he forgives, meeting people as they are – without prejudgments or prejudice. Through it all, as Leigh Ann rightly acknowledges, Michael transforms Leigh Ann as much as her love and trust transforms him.

The Blind Side has Sandra Bullock at her phenomenal best, while Quinton Aaron plays Big Mike to perfection. This is an extremely inspirational movie about familial love and how when one woman chooses to truly live her Christian calling, miracles abound.

QUIZ TIME

I IDENTIFY THE BIBLE CHARACTER FROM THE GIVEN CLUES

1

I was one of the twelve spies of Israel sent by Moses to explore the land of Canaan. I am the son of Nun, of the tribe of Ephraim. I died at the age of 110

2

I began my life in glory but later got punished by God because I neglected the God-given responsibility. But, then I blamed my wife and made excuses for my sins.

3

I was a spokesperson for and assistant to my younger brother. My sister's name is Mariam. The last of the Old Testament prophets, John the Baptist is my descendant.

4

I am the only biblical patriarch whose name was not changed, and the only one who did not move out of Canaan. My father once tried to kill me, but God prevented him. I had two sons.

5

I have a mixed racial background, in which my mother was Jewish and my father was Greek. My name means "honouring God" or "precious to God". I was one of St Paul's trusted partners. I had two sons.

6

My name is mentioned in five books of New Testament. My father was Lamech and the father of the Canaanites is my grandson. I lived for 950 years and I was a drunkard.

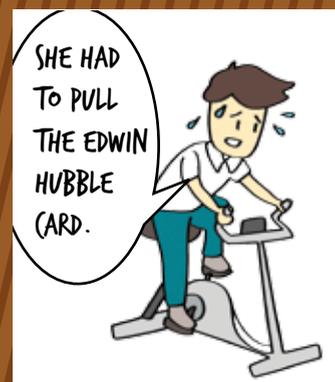
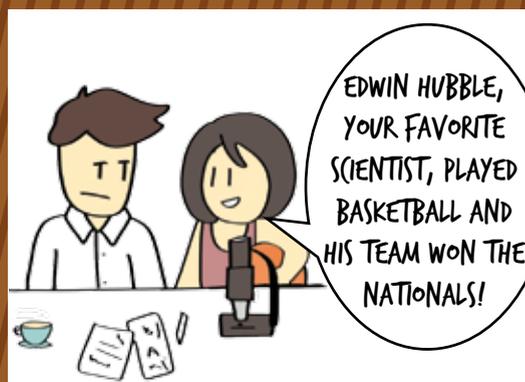
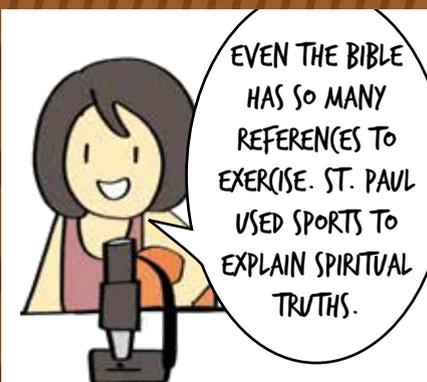
II ANSWER THE FOLLOWING

1. How did Tobit lose his eyesight?
2. Which demon killed seven of Sarah's husbands?
3. For how many days did the wedding celebration of Tobit and Sarah last?
4. Father of Tobit
5. The angel told Tobias to keep which parts of the fish he caught?
6. How was Tobit's eyesight restored?
7. Fill in the blanks : I am Raphael, one of the ___ angels who stand and serve before the glory of God.
8. Which act of Tobit prompted the king to order that he be killed, and later to confiscate his property?
9. Who was sent by God to heal Tobit and save Sarah?
10. For what did Tobit send his son to Rages in Media?
11. Where did Tobit live in exile?
12. Who accompanied Tobias and the angel, when they started the journey to Ragus?

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

Lukas and Ray

By Steffi Andrat Faria



Jesus teaches us that the Good News, which he brings, is not reserved to one part of humanity, it is to be communicated to everyone

POPE FRANCIS

DO YOU WANT TO SHARE
CHRIST WITH YOUTH WHO
CANNOT AFFORD
A MAGAZINE?



WITH
\$50

EVERY MONTH

YOU CAN GIVE A COPY

OF KAIROS GLOBAL TO

60 YOUTH IN INDIA

WHO CANNOT AFFORD A MAGAZINE.

For more details please contact **Bilas Joseph** at
circulations@kairos.global, +91 9645395997