

KAIROS

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Chastity

WHAT'S IN IT FOR ME?

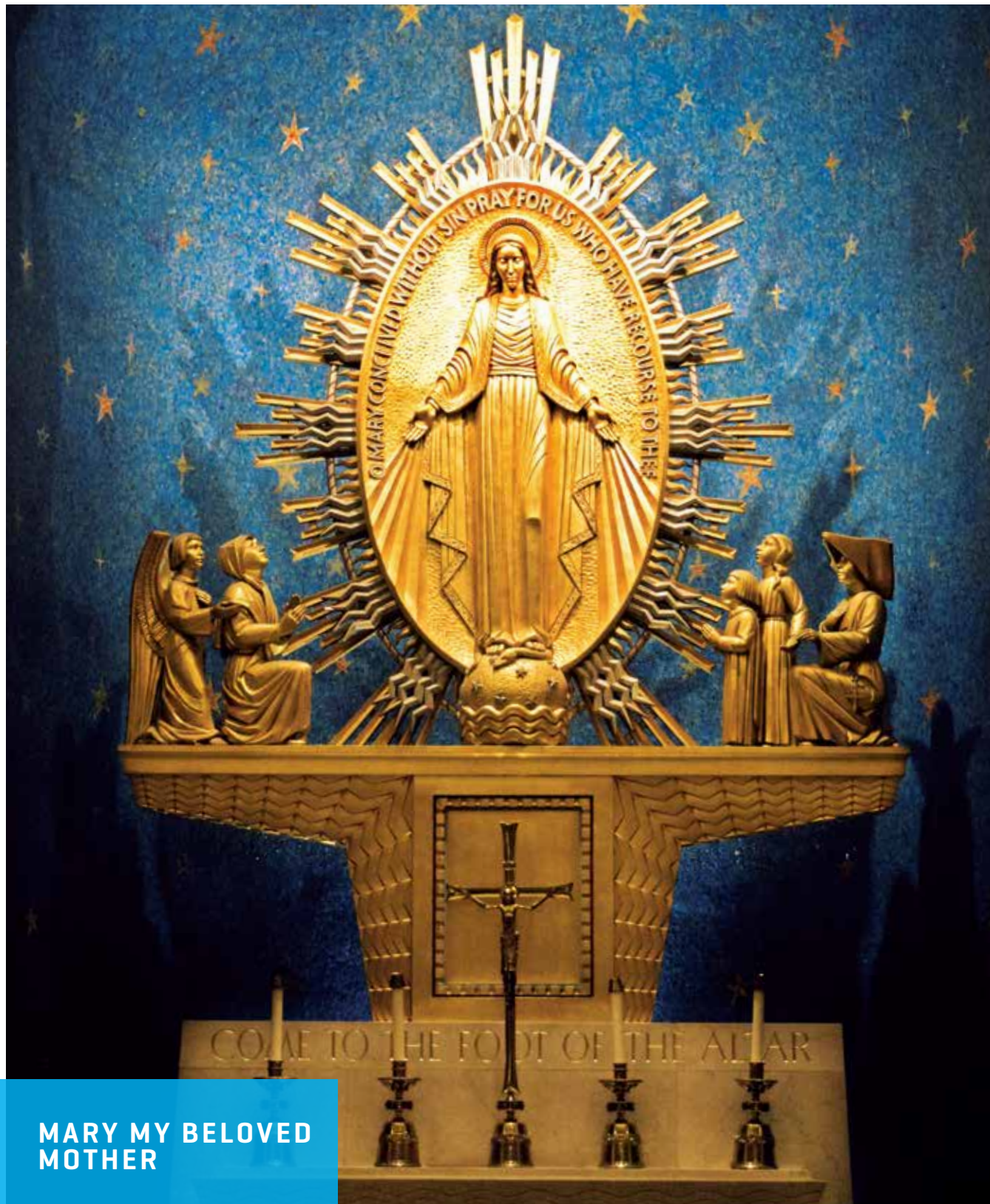
[DELLA CLARE JOHN]

**Finding
God in
Silence**

■ ELIZABETH PHILIP

**BLESSED
ARE THE
PURE IN
HEART**

■ ANIL ISRAEL



MARY MY BELOVED MOTHER



Mother Most Pure, O Immaculate Conception, pray for us your children who have recourse to thee, that we may always strive for holiness in body and mind; and in our times of trials and temptations, may your faith give us a renewed strength to walk along the narrow path. Amen

EDITOR'S ROOM



DR. CHACKOCHAN J NJAVALLIL

[@readkairos](https://twitter.com/readkairos)

LET'S PRAY THAT GOD'S GRACE IS SHOWERED ON THE PRESENT GENERATION, AND PEOPLE OF ALL AGES CAN LIVE A CHASTE LIFE FITTING TO THE CHILDREN OF GOD

It is difficult to talk about chastity in today's world. Where do you start? How do you differentiate? Every immoral act is portrayed normal; they have an attractive packing and is even depicted as a gift! The more unchaste you prove, the more cool, strong, and "humane" you seem to be. Here, caution is thrown to the winds. It is into this world of chaos, we try to talk about chastity.

Chastity comes from the Latin word "castus," meaning "morally pure," and preserving your chastity means you are keeping your body pure and free from sexual relations, at least for now.

In a world where there is too much of sexualisation, talking about Chastity may be regarded as something very obsolete. With every media and communication channel wooing their audience with overwhelming degrees of sexual content, being chaste becomes one of the most difficult challenges for today's teenagers, youth, and adults.

More often, we need to say the prayer of King David, after he realizes that he has sinned. "Create in me a pure heart, O God, and renew a steadfast spirit within me." Psalms 51:10. Giving into his own lustfulness, he sleeps with another man's wife, Bathsheba. His attitude, to repent and seeking God's mercy, can be a great example for all those who are struggling to follow the standards of Chastity.

"But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart." Matthew 5:28. The standards may seem very high and the only way out is to entirely trust and depend on the Lord. "My grace is sufficient for you, for my power is made perfect in weakness," 2 Cor 12:19 This is true for everybody including the teens, youth, married, elderly, and even those who have taken the vow of chastity.

Let's pray that God's grace is showered on the present generation, and people of all ages can live a chaste life fitting to the children of God.

Every Christmas is a reminder of the great love God our Father is having on the mankind. "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." John 3:16. May this Christmas help us in rediscovering the love of God personally, once again.

The New Year is the perfect time to reflect on the blessings and failings of the past year. It's also a time to start anew, to set greater goals. Can we set some goals to becoming better instruments in the hands of God? Can we decide to spend more time in supporting, building, and caring for others?

Kairos media Team wishes the readers of Kairos Global and all those who are associated with this initiative in various ways, a Merry Christmas and a fruitful New Year.

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† Blessed are the pure in heart: for they shall see God.
Matthew 5:8

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**CHANNELS
OF GRACE**

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ASK

FR. BITAJU



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

Q. As a Catholic and as a young person, what are some of the things to keep in mind in my choice of dress and style?

The Catholic Church does not have an official dress-code and it does not recommend a particular brand of clothes, music band or accessories, yet stresses that modesty be used regarding what we wear and use. According to the Catechism of the Catholic Church, modesty is decency. It inspires one's choice of clothing (CCC #2522). Moreover, modesty inspires a way of life which makes it possible to resist the allurements of fashion and the pressures of prevailing ideologies (CCC #2523). As a Catholic it is important to keep in mind that 'we are God's temple' (1 Cor. 3:16). And this means that 'what we wear' and 'what we use' in a way echo our personality, ideas, thinking and values. Furthermore, clothing is not just a matter of covering up – it is also an art form with its own statements to make which can be a source of beauty and dignity, making its own contribution to culture and history. Fostering a good sense of the right use of clothing, accessories, music band, etc., could be one of the best fruits of "New Evangelization". Ultimately, the human body is "God's masterpiece in the visible world". Jesus elevated the human body "to the rank of a temple and an instrument of the Holy Spirit, and as such must be respected" (Pope Pius XII).

Another important aspect to be

considered is that, there is such an amount of social pressure that teens and young people particularly face due to the use of popular brands and styles. Often the strong message given through such ads and media is that 'you are what you wear'. The danger of this is that people begin to ascribe their value or worth to what they wear and the accessories they use. When they are unable to cope with social pressures, they can easily give into frustration and depression, at times even leading to antisocial behaviour. This is where one needs to have clarity on the matter so as to stand firm in one's convictions and values. As a Jesus Youth, the Word of God and the teachings of the Church in this regard need to be given primacy.

Finally, one needs to be watchful of causing scandal to another by way of the use of branded clothes, music band, accessories, etc. The Catechism says: "Scandal is an attitude or behaviour which leads another to do evil. The person who gives scandal becomes his neighbour's tempter. He damages virtue and integrity... Scandal is a grave offence, if by deed or omission another is deliberately led into grave offence" (CCC #2284). "Temptations to sin are sure to come; but woe to him by whom they come!" (Lk 17:1). It is good to keep in mind the admonition of Pope Pius XII in this context: "The good of our soul is more important than the good of our body; and we have to prefer the spiritual welfare of our neighbour to our bodily comforts".



YOUCAT 406

DOES EVERYBODY HAVE TO BE CHASTE, EVEN MARRIED PEOPLE?

Yes, every Christian should be loving and chaste, whether he is young or old, lives alone or is married. [2348-2349, 2394]

Not everyone is called to marriage, but everyone is called to love. We are destined to give our lives away; many do so in the form of marriage, others in the form of voluntary celibacy for the sake of the kingdom of heaven, others by living alone and yet being there for others. All human life finds its meaning in love. To be chaste means to love with an undivided heart. The unchaste person is torn and not free. Someone who loves authentically is free, strong, and good; he can devote himself in love. Thus Christ, who gave himself up completely for us and at the same time devoted himself completely to his Father in heaven, is a model of CHASTITY, because he is the original model of strong love.

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

POPE TALK...

Dr. Kochurani Joseph
Animator, National Professional Ministry, India



No other book has the same power

Truly the word of God has the power to transform lives, and quoting from the Letter to the Hebrews, the Pope said that it is "living and active, sharper than any two-edged sword." God's word is honey, offering His comforting sweetness, but also a sword bringing a salutary unrest to our hearts. For it penetrates to the depths and brings to light the dark recesses of the soul. As it penetrates, it purifies our lives.

Welcome life as God's gift

Pope Francis reaffirmed that the Fifth Commandment – you shall not kill – is concise and to the point. It is a defending wall for the foundational value in human relations: the value of life. When life is welcomed as a gift from God, the vision of interpreting life through the lens of eliminating problems can be corrected.

Indifference kills

To hurt a woman, a gesture of coldness is enough. To break a young person's heart, it is enough to deny them confidence. To annihilate someone, it is enough to ignore them. Indifference kills, not loving is the first step to killing, and not killing is the first step to loving.

Our Vocation to love is demanding

Our vocation to love demands that we grow in self-knowledge by mastering our impulses and relating to others with honesty and integrity. This is particularly true of the vocation to conjugal love, as a special participation in Christ's undying love for the Church. The promise of fidelity which spouses make to one another on the day of their marriage is the expression of their commitment to purify their hearts daily of all infidelity and untruth, and to grow in faithful and constant union with one another and with the Lord.

God does not ask us to do extraordinary things

The Christian life is the meeting of our weakness with the strength of God's grace, which allows us to live a full and joyful life every day, where charity means doing everything with joy and humility, for the glory of God and for the good of men. Christ's Gospel message does not ask us to do extraordinary things, but to let God act in our lives. He told us: "Without me, you can do nothing" (Jn 15:5)

All love is meant to be faithful, generous and fruitful

Every Christian vocation, including priesthood and consecrated virginity are deeply spousal – life-giving and self-sacrificing. The undying love of Christ, that is the basis of marital fidelity, is also reflected in the spousal love and spiritual parenthood that mark the



PRAYER INTENTIONS FOR DECEMBER

EVANGELIZATION In the Service of the Transmission of Faith

That people, who are involved in the service and transmission of faith, may find, in their dialogue with culture, a language suited to the conditions of the present time

vocations to priestly ministry and consecrated virginity. As men and women, body and spirit, we are called to love in ways that leave no room for lust or promiscuity. The command – "You shall not commit adultery" – is thus an invitation to live fully our original calling to that pure and faithful spousal love revealed in Jesus Christ.

Pope Francis says...

- ▶ Doing no harm is a good thing. But not doing good is not good
 - ▶ Fidelity is the sign of a free, mature and responsible relationship which rejects selfishness and is marked by the generous gift of self.
 - ▶ Every heart longs for love, and all authentic love is a reflection of God's eternal love.
 - ▶ The Spirit teaches all things and reminds us of all that Jesus said.
 - ▶ Human life needs love. None of us can survive without mercy, we all need forgiveness.
 - ▶ The witness of faith of those who have gone before us, should strengthen in us the certainty that God accompanies us on the path of life, never abandoning anyone to himself, and wants all of us to be holy, as He is holy.
- For ref. www.zenit.org

MISSION TALK

EMELIN MATHEW

Emelin Mathew is a teenager from Canada, who along with two other teens went for a mission exposure trip to India in 2015.

Missionary zeal was one of the many things that attracted me to the Jesus Youth movement. I think about those original 12 disciples who were sent out to the ends of the earth to share what they had seen. They voyaged to foreign lands with different languages and beliefs and told people about Jesus of Nazareth. I think of Mother Teresa and her ferocious love for the poor and neglected. I think of the Canadian Martyrs and their experiences with the First Nations people. These and so many others were not afraid to leave their comfort zones, their homes and families and meet people who were in need, giving themselves wholly. It seemed so fulfilling and brave. I wanted to do it too.

After hearing about the experiences of some other JYs who took one-month missions and came home with a changed outlook about their faith and life, I started praying about giving a month for mission as well. And in August 2015, I travelled to Tamil Nadu with two other JY Canadians for one month. I was still in school at the time, having just completed my first year of an undergraduate degree in Biology.

During this one month, I met Jesus through the sacraments and people. A recurring verse that kept presenting itself to me in that month was, "You didn't choose me; it is I that chose you." I believe God chose me with my imperfections and blessed me with the opportunity to travel to the other side of the world to meet the Jesus Youth there. I was inspired by their fire for the Lord and all the sacrifices they make on a daily basis.

Meeting the children at Shishu Bhavan and spending time with them brought immense joy to my heart. It was amazing to go



to Velankanni, a place where Mother Mary had appeared so many times. Offering up intentions, we walked on our knees towards the chapel where Mary appeared to the milk boy. When I started to pray for one of my own personal intentions, I felt Mary walking beside me and telling, "Let's pray together for others." She told me not to pray for my own intentions. I felt very close with my Mother in Velankanni, and it is an experience I will keep close to my heart.

Being able to spend time with JY families was in itself a beautiful experience where I observed missionaries at work. I was inspired by all the families we met and was able to learn a lot from them about how they live the JY lifestyle and a life for Christ. We travelled to Pondicherry and spent time at Snehaleyam orphanage for boys and at Arul Ashram where we spoke with the kids, taught them some praise and worship songs and prayed with them. We were also able to spend time with the JYs in Cuddalore where we participated in a prayer meeting.

But the most memorable experience I had was in Erode. We stayed with a JY family and for the next two nights we stayed in a village called Ekatur. The people in the village were full of God's love. They welcomed us into their homes with open arms and taught us more than we could have ever taught them. I was touched by their caring, selfless nature. On one of the nights they performed some dances for us and I even surprised myself by doing a dance for them! I am usually a shy person, but they brought out of me a boldness and joy that was hidden deep within. We visited some of the families that were being supported by the OCS (Outreach Child Support) initiative. We went around visiting families and prayed with them, asking them for prayer requests. The people of Erode have something special and it is the love of Christ above all else.

I have grown in my personal relationship with Christ, especially through the Word of God. I have a yearning which I didn't have before, to read the Word. My love for adoration

THERE ARE SO MANY EXPERIENCES TO SHARE BUT ULTIMATELY THROUGH EVERY EXPERIENCE, JESUS WAS WITH ME, PROTECTING ME AND GIVING ME THE BOLDNESS I NEEDED TO PROFESS MY FAITH

has also grown. Every day in that month, the schedule was busy and we would be travelling from place to place. When we visited Jesus in the Eucharistic adoration, I felt a wave of peace wash over me and it felt like I was at home. There are so many experiences to share but ultimately through every experience, Jesus was with me, protecting me and giving me the boldness I needed to profess my faith. We even evangelized to some women in the local bus which was initially challenging, but I felt a rush of joy as I was talking about my God experiences.

One day, I was able to talk 45 minutes with some grade school students about the importance of the Holy Mass and the sacrament of Confession. I remember being nervous about talking to such a large group of students but before entering the school, I stood by the door, pressed my palm on the white wall of the building and sincerely prayed for those kids, that they may be touched by Jesus.

At the end of that month, I travelled back to Toronto and prepared for my new semester as a second-year student at Western University. It was true that the one-month mission was over, but I realized it was time to ask Jesus for strength, and for my lifelong mission to begin. I felt a call to be a missionary in my own home. To share Jesus in my lecture halls, laboratories, and with my friends. That September I called a few of my friends together at my apartment on campus and we talked, and prayed together. It happened again the following week and the week after that with a few more people joining. This is the fourth year of Jesus Youth Campus ministry at Western University and I praise God for planting seeds in our hearts and for continually giving us graces to be bold and share our faith with all those we encounter- to be missionaries wherever we go.

JESUS YOUTH



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

The Story of the Name 'Jesus Youth'

→ This movement 'Jesus Youth' has now grown and spread around the world. It is present in almost three dozen countries and in all continents. The movement has given rise to a number of fascinating and youth friendly initiatives. For numerous people 'Jesus Youth' is a label that they proudly apply to themselves, saying 'I am a Jesus Youth!' So naturally people ask, 'How did this name come about?' or 'Who gave the movement this name?'

I tell them, initially the name was that of a conference and we never thought of it as the name of a movement. But after this conference in 1985 those who participated in that gathering started identifying themselves as Jesus Youth and gradually other people associated with the network also called themselves by that name.

To talk a little bit about its background - steps to bring together the youth in the Charismatic Renewal in Kerala started in earnest in 1978.

For this purpose a team was formed, and after a few gatherings and trainings, a conference was held at the end of that year. Later the state was divided into many zones with a leadership structure. From 1982 a community of leaders with the name 'First Line Group' started meeting regularly to envision the building of a growing youth network. When Pope John Paul II announced 1985 as the International Year of Youth, the First Line wanted to celebrate it with all colour and enthusiasm and end it with a memorable gathering.

The '85 conference was planned to mark the conclusion of the Youth Year and the First Line planned many initiatives in connection with it. But of course, we wanted a good name. Our monthly meetings, in those days, used to be at a fascinating place called Snehanilayam, just outside the city of Ernakulam and there we spent many rounds discussing, among many other details of the conference, a suitable name for the conference.

In our youthful enthusiasm and eagerness to do something beautiful and unique, all of us used to dream wild about how the conference should be, and every aspect of that conference. We didn't want it to be like the other usual boring 'churchy and preachy' gatherings. So among other aspects,



we discussed much about how the name should be. So we agreed upon some of the aspects of the name:

1. It should mention 'Jesus' as we were talking much about the significance of the person and message of Jesus in our lives.
2. As reaching out to young people was our central mission, a mention of 'Youth', we thought, should find place in the name.
3. 'Interpreting the signs of the times' was a constant refrain in our general discussions and so the name has to do with 'today' or the 'present time', and finally,
4. Focused on the inspirations of the Holy Spirit we used to talk of the importance of 'dynamism' or creativity of the Spirit and, so, the name should represent that dynamism.

In those days, one of our key members, Ms Alicekutty returned from the USA after attending some of the conferences there. As we listed options for the names her contribution was significant. Though we had a sense of

direction about the name, we were not satisfied with any of the suggestions. And finally the most acceptable proposal came not in the First Line meetings, but in a small gathering of the Program Committee at Trichur.

Six of us gathered at Vimala College, Trichur to finalize the program details of the much awaited Youth Year Conference. Sr Cleopatra and Sr Chrisologa were professors in that College and that was the reason we chose to gather there for an over-night planning meeting. Fr Jose Palatty, Ms Alicekutty, Mr Jose Jacob and myself were the rest of the team. We presented the various suggestions from the First Line group about the conference and then further discussions continued.

I told the others about the proposals for the name and then we had a reflective pause. After a little while Fr Jose Palatty spoke up: "Why don't we call it 'Jesus Youth '85'? Youth will surely like to chant it like a slogan". And then raising his right-hand he chanted the name in a sing-song manner. "Je-Sus-Youth-Ei-Ty-Five". All of us laughed out loud watching him do that in a funny manner. But, of course, everyone of us liked the name he proposed.

All of us agreed that it was quite a suitable name for the conference. I quickly scanned the papers with the other proposals for the program and



Jesus Youth

"...this shouldn't just be the name of the conference, but 'Jesus Youth' should be your name"

suggested: May be we should have three themes for the three days of the conference. The first day, 'Youth '85', highlighting contemporary issues; the second day, 'Jesus '85', the Lord's plans for our times; and on the last day 'Jesus Youth '85' talking on what we are called to do. With the name of the conference finalized Jose Jacob and his team started working on various merchandize. First he prepared a logo, the very one we still use. That was the age of letter writing, and we printed and gave letter papers for everyone with that name and logo at the bottom. That year all of us used Jesus Youth Christmas cards that one of our active members designed. And the enthusiasm spread.

At the beginning of the conference our big mentor Fr Gino Henriques was the one who gave the keynote speech. "You have chosen a very special name for this historic conference and it is beautiful and so meaningful" he began. "But this shouldn't just be the name of the conference, but 'Jesus Youth' should be your name". Then he made everyone place their right hand on the chest and made them repeat, "I am a Jesus Youth". The thousand-strong crowd shouted out, "I am a Jesus Youth". He continued, "Turn to your neighbour and say, 'You are a Jesus Youth'". They did so. Finally he said, "Let us all hold hands and say, 'We are Jesus Youth'". It was such an overwhelming sight to see the whole community holding hands aloft and chanting enthusiastically, "We are Jesus Youth".

That sealed it! Our network was christened then and there. From then on people started using 'Jesus Youth' to refer to persons and also to groups. Gradually the whole movement came to be known by that beautiful name.

.....

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.



ENGAGE

A LAMP UNTO MY FEET

ANN CHRISTY
REMINISCES
ON HER
JOURNEY OF
VOCATION
DISCERNMENT
AND HOW
IT HELPED
DEEPEN HER
FAITH.



On the last day of World Youth Day 2016 in Poland, I remember participating in the final Holy Mass with the Jesus Youth family and deciding to take my vocation discernment more seriously. This was the culmination of a whirlwind of emotions that I experienced in Poland. The theme of the WYD on mercy and Pope Francis' call to serve deepened my conviction that God was calling me to understand His plan for my life.

Up until that point, I had used 'vocation discernment' as an excuse, to buy myself more time and to not make any decision about what my state of life would be, because not knowing what God was calling me to seemed less scary than knowing (this I'm sure a lot of

people can relate to!) Looking back now, I realise that this is simply because I did not understand the depth of God's love and trust Him fully.

My period of discernment was filled with doubts and uncertainties and at some points I remember getting tired of waiting for God to reveal His plan, but it was only in this way that I could learn to fully let go and fall into the arms of God in complete faith. This is precisely what it means to journey in faith.

In a journey we move from one point to another and in the journey of faith, we are called to move from the comfort zone of reliance on 'my knowledge' and 'my will', to following God's will in everything. The longer we continue on our faith journey allowing ourselves to be guided, the more our will becomes attuned to His. The lives of the saints are a testament to this. They sought to understand what God wanted them to do at every moment of their lives and in this way lived their lives to the fullest.

I remember reading somewhere that humans are the only creatures with the capability to be less than what they have been created to be. How true! How many of us actually live our lives to the fullest? St. Catherine of Siena said that "if we lived our lives to be who God has created us to be, we will set the world on fire". I realised by responding to His call and discerning His will, I would be living my life to the fullest and in this way give glory to God.

Providentially, the month I started taking my vocation discernment seriously is also when I started working for the Vocations Office of my archdiocese in Birmingham, UK (God clearly knew that the only way to get me to discern my vocation was to drop me right into it!). With this intense focus on vocations as part of my work and with my own search, I learnt a few things which greatly informed my faith journey. These I will share with you below.



I HAVE LEARNT THAT NO MATTER HOW GREAT I THINK MY PLANS ARE, GOD'S PLANS WILL BE A MILLION TIMES GREATER.



1. God always provides answers. He speaks to us in moments of silence during personal prayer and Holy Mass, through the Word of God and through others. What we need is the openness and humility to listen.



2. Seeking God's will means that we choose to say 'yes' to God in every moment - involve him in every single decision, every thought, every conversation and every action.



3. Sacrificing and putting ourselves second to others will NEVER leave us destitute, on the contrary, it enriches us. Our vocation is not about ourselves but about serving others through self-giving love.



4. There is no need to worry about myself or what will happen to me because God cares more about me than I ever could and He fulfills my every need.



5. Our ultimate vocation is to be holy and all the states of life (marriage, priesthood, religious life or single life) are paths to get there.



6. God invites us to live in His life of love and faith is our response to that love (CCC 143). God has the most amazing plan for each one of our lives and in faith, we hold his hand and walk along. I have learnt that no matter how great I think my plans are, God's plans will be a million times greater.



Ann-Christy lives in London, England and is the previous youth coordinator of Jesus Youth UK.

In discerning my vocation, I found out the importance of allowing God to permeate every area of my life. It was teaching me to relinquish control of areas that I was so busy holding on to. I had to open my heart to trust God with everything. Ultimately, our vocation is to love immensely and us growing in faith is the result of saying 'yes' to God at every single moment of our lives. Our faith truly deepens when we realise our purpose and what God has planned for our lives. Finally we must remember, "in all things God works for the good of those who love Him, who have been called according to His purpose" (Rom 8:28). ■

EVOLUTION

THERAPY OR SPIRITUAL DIRECTION

WHAT DO I NEED?

Sonia Kurian helps us to understand why spiritual direction is an important aspect of our Christian journey

Spiritual

Direction has been in the church from its very beginning. We see in the Bible, Timothy, who looks to St Paul for guidance and St. Phillip who guides the Ethiopian. Even among the saints, we see a rich tradition of spiritual directors and directees, who journeyed along the path of holiness. From St. Augustine who looked to St Ambrose, St Peter Alcantara who guided St Teresa of Avila and, St. Jane Frances de Chantal who was guided by St. Francis de Sales. In fact, saints like Teresa of Avila, wrote extensively on the subject of spiritual directors and how one can pick them.

To an outsider who has never heard of Spiritual direction, it may be a strange concept to grasp in modern times, where all forms of counseling, therapy, and coaching are widely prevalent. It may even prompt people to ask why one might find a need for spiritual direction, if one is already availing therapy

or other forms of counseling. Now, while there is a definite role and space for coaches and therapists, it is important to distinguish that spiritual direction has a completely different aim in mind than therapy or counseling. The goal of spiritual direction is to unite the person, with the will of God and to help them grow in communion with those that surround them.

Of course, there is a place for therapy and counseling apart from spiritual direction. For those who experience a genuine need in their lives for advice and help from an experienced counseling professional, psychologist or psychiatric help, this is the apt venue to go through. Psychology, counseling, and psychiatry can help you process through problem areas, and allows you to build a better quality of life.

Counseling focuses on specific issues, is short-term and is designed to help a person address a particular problem; for example an addiction or stress management. The focus may

be on problem solving or on learning specific techniques for coping with or avoiding problem areas. Psychotherapy is more long-term than counseling and focuses on a broader range of issues. The underlying principle is that an individual's pattern of thinking and behavior affect the way that person interacts with the world. Depending on the specific type of psychotherapy that is being used, the goal is to help people feel better equipped to manage stress, understand patterns in their behavior that may interfere with reaching personal goals, have more satisfying relationships, and better regulate their thinking

and emotional responses to stressful situations.

A psychiatrist is a medical doctor (M.D. or D.O.) who specializes in preventing, diagnosing, and treating mental illness. They are trained to differentiate

WHILE GOOD MENTAL AND PHYSICAL HEALTH ENABLES YOU TO LIVE LIFE WELL, IT WOULD BE A MOOT POINT, IF THAT LIFE WERE ALSO NOT DIRECTED TOWARDS WHERE WE ARE ALL HEADING - TO ETERNITY

mental health problems from other underlying medical conditions that could present with psychiatric symptoms. If you are working with a psychiatrist, a lot of the treatment may be focused on medication management. Licensed psychologists are qualified to do counseling and psychotherapy, perform psychological testing, and provide treatment for mental disorders. A mental health counselor is qualified to evaluate and treat mental problems by providing counseling or psychotherapy.

Physical and mental health are just two parts of a person as a whole. As Christians, we recognize that we are made for a life beyond matter and life itself- a life made for the eternal reality of spiritual union with God. Of course, as beings made for communion, our mental and spiritual health are vital to not just living our own lives to the best of our abilities. We also need to be physically and mentally healthy, to be fully able to live for and love the neighbor, whom we have been commended to love by Christ himself. While good mental and physical health enables you to live life well, it would be a moot point, if that life were also not directed towards where we are all heading - to eternity. This is precisely what spiritual direction focuses on achieving well. This is also why spiritual direction is not replaced by mere mental health counseling alone.

We live in a culture obsessed with exercise, therapy, and self-improvement. It may be valuable to contemplate the

ultimate point to all this self-improvement though, since it may not matter much to be the Christian bionic man/ woman, if she in turn fails to enter into heaven. Spiritual Direction is the perfect way to focus in on how to get to heaven, in the most effective way and be coached along the process. This is what the saints were attempting to do, through being guided and leading others through the pitfalls and highs of the spiritual journey.

We should clarify that in the spiritual life, none of us are masters or students, we're all on a level playing field. Because each of our calls are so unique, it is difficult to directly map someone else's spiritual path, onto your own journey exactly. This is why it takes some on the outside, who sees the things we cannot see and patterns we don't recognize, and also someone who knows us and our story personally, to show us where our own unique strengths and weaknesses lie.

The point of spiritual direction is not to cheerlead alone or, to punish with criticism either, it is allowing the directee to become self-aware and thus better armored to enter the arena of spiritual battle. So that in the moments where we are all alone and face a temptation, we can recognize the pattern of our responses and thoughts, and be better prepared with the answers to fight our concupiscence and act virtuously. We all need an objective eye and a brother/sister who can lovingly walk the path with us and, help us grow in our sainthoods. And if it was good enough for the saints, it's good enough for me. ■



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

ENCOUNTER

FINDING GOD IN SILENCE

Elizabeth Philip shares the freedom and the peace she experienced when she let herself into the love of her loving Father in heaven

In my personal journey with the Jesus Youth movement, I have noticed a big change this year. It used to be that during our prayer meetings it was commonplace to say, “we need to improve our personal prayer life.” Just a few months ago I heard this same question again, but this time when I thought about it, my answer had changed. It was a “Yes.” Since that moment, I found

myself set on a journey that is ongoing, where I finally have a personal prayer life, and my prayer life in general is doing great! It was through this journey that I realised once again that Christ really had touched my life in a personal, loving and humble way.

In March of this year, I went on a silent retreat conducted by the priests of Miles Christi. It’s an order of priests from Argentina whose goal is the sanctification of the laity, particularly of young men and women. This specific retreat was to walk us briefly

though the Ignatian Spiritual Exercises and to help us to connect with God through silence. Initially when I was introduced to it I had no interest in it, thinking that it would be just another retreat. I had my reasons – for the past year or so, I was trying to keep myself together relying solely on my own strength and with the help of a few close people. So I didn’t feel the need of a retreat to keep me going. I was on a “running away from God” phase, trying to find meaning in life. I also thought that as I am already socially awkward and quiet, being more silent might make me depressed in a way. Then suddenly things took a turn for worse at work. A coworker I depended on so much announced that she was leaving! I realized about a few weeks later that something needed to change in my life. I had not made any decisions about the retreat but I thought it would be a good time to run away from it all now and go

spend time with one of my elders from my prayer group. My life was being broken apart. I was stuck and I had nowhere to run. At work I had a meeting with my manager. I expressed my frustrations with my current situation and I confessed that I wanted to leave my current team and join a new team. My manager was onboard and ready to switch me. I asked her to give me a little more time to think about it and she was happy to provide me with that time.

It was a Friday, one day after my co-worker had left and I set out on a journey towards the retreat with my elder. We had a two and a half hour journey to Sloatesburg, New York. I was just enjoying the moments thinking in my mind, “let me leave everything behind, I know I will be happier moving to the other team and the manager of the other team was also my sister’s good friend.” I had been suffering and from what I believed at that moment was being “bullied”. I was sure I could run away from my own emotions this way. I was fleeing. Then we reached a critical moment on the road trip. The roads were so slick and icy as it had been snowing. And suddenly in front of us, we saw a big hill right before the entrance of the retreat house. I was reluctant to continue up that way but my elder pushed the car to its limits and kept going. As we moved up the hill we started slipping and the car slid back almost hitting a pole. I thought we would not make it and that maybe we should call someone for help. Of course, my elder was in her own world at this point and she really wasn’t paying attention to my

comments. She was somehow confident that we would make it up the hill. I gave up and just trusted her. I started searching on google how to climb up a snow covered hill. The engine was revving loudly and in a moment of awe and shock, she managed to drive the car all the way up the hill. This time we made it all the way. I got out of the car and saw the track the car made as we struggled up the hill. There was a beautiful view of the snow covered woods and I couldn’t believe that we had made it to the centre!

We arrived at the convent where we would stay. It felt out of place for me in the beginning and to make matters worse, we were late. But we got there in time for the Holy Mass, which was followed by the first and second spiritual exercises. The second spiritual exercise though is what moved me. It was about “giving glory to God.” It spoke directly to me because God was asking me who I was giving glory to in my life. To God or to myself?

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Who knew me best and who had good plans for me – myself or God? The answer was so simple, yet this was the first time it struck me so hard and made sense of everything. I could no longer afford to be selfish. I needed to give all that I was to God and he would take care of me.

All three days of the retreat, I was anxious especially thinking about my life and my decision to stay back with my team. But the silence nourished me spiritually and mentally and made me realize that I had been running away from a Loving God. I gave everything up to Jesus. I had time to talk with a priest and set some spiritual goals for myself, as well as go for confession. I also had a heart to heart talk with my elder. Overall it was the best and most rewarding retreat experience I’ve ever had.

The spiritual zeal I gained there continues today where the Holy Spirit wills it. I believe from that moment onwards my life and my relationships have changed. The best part of the experience was going back to work and going back to our hugging routine. Being able to say “good morning” to my family and showering them with love. And the very best part was coming back to our prayer group with the zeal that I felt I had missed out on in the last year! My life is now focused on God and where he wants to lead me. In prayer and in fellowship, I am hoping to follow his voice in me from now on. ■



Elizabeth Philip is a Jesus youth from Philadelphia, USA. She works as a nurse in the pharmaceutical industry.

Chastity

WHAT'S IN IT FOR ME?

A look at Chastity in light of the positive affirmation of our desire to love and a true source of joy

The biggest sin that we are faced with in our time is the sin of the flesh. When our heart is a battlefield between love and lust it can feel easier to resign to, like St Augustine, saying 'Lord, make me chaste, just not now'.

Chastity in its most literal sense, is something that we are intrinsically aware of and this may be due to cultural expectations or the fact that we are raised as cradle Catholics. Despite this, at one point in our lives as youth, I'm sure we have or will ask ourselves the question 'why am I doing this?' or even 'what is in it for me?'

So, what is in it for me? When the world around me advocates to all that is contrary, why is the virtue worth pursuing?

The answer is simple; we are all made for love, in love. Chastity involves saying yes to a bigger call and a greater plan that God has in store for us. As we've heard before, it isn't just a list of things we are not allowed to do but it is about saying yes to this love in which God has created us and responding to it. Recognising this is key and this mindset, opens up for us a new vision of the sacredness of each and every human being and the

union of marriage that God has created for man and woman.

As youth, one of the hardest challenges we have in secular society, that does not value the sacredness of marriage, that endorses cohabitation, contraception, promiscuity and so on, is the inability to see others as souls that mirror a part of God. In a culture that encourages us through our thoughts and even actions, to use and reuse others for our pleasure, we forget this immense love in which God created each individual. But through the virtue of chastity the dignity of the human person is

recognized.

Christopher West, when teaching JPII's "Theology of the Body", speaks of how even creation speaks of God's love and plan for humanity – it is a sign language. Chastity teaches us to read God's story in the body which will in turn change our perspective on each individual we come across. The body will become something heavenly, beautiful and sacred and subsequently sex becomes something heavenly, sacred and beautiful; which is not to be used until God gives the power to do so and that is within marriage. Only here, it fulfils its purpose as God intended it.

From my own life, I have experienced that each one of us is born with a desire to be loved. We have a gaping hole in our hearts that sometimes pulsates, aches and yearns for some physical warmth or companionship. For me this would be most prevalent when I travelled alone, or spent a few days in my own company. This

I have experienced that each one of us is born with a desire to be loved. We have a gaping hole in our hearts that sometimes pulsates, aches and yearns for some physical warmth or companionship

hole however is created by and is there solely for our creator to fill.. I'd sometimes feel that through this ache, He would call me to sit with Him. It was a way of Him telling me that only He can fill my deepest desires and only He can satisfy the longing that I feel.

And only when we are open to allowing God to do this, will we be filled enough to love our spouse with the overflowing love that we receive from Him. Chastity allows us to experience joy that surpasses the physical warmth and feelings we experience. This then not only sets us free to love with an authentic love, in which we will the good of the other, but it teaches us that this union here on earth is just a foreshadowing of what God has in store for us in heaven.

Finally and most important of all, practicing chastity deepens our relationship with God. It allows us to recognise that only in him can we find fulfilment and a heart to love in the way that He does. It gives us the most beautiful promise; it allows us to see the face of God in others, "Blessed are the pure in heart, for they shall see God" (Matthew 5.8). On many days, for me, accepting and practicing this proves to be difficult, especially at times when I struggle with insecurities and loneliness, and as most minds do, mine wonders. But I can rest assured knowing that I am not alone and the author of our lives, will be there to lift me up when I am brought down by temptations, and that He is writing a beautiful love story for me. ■



Della John is a Jesus Youth living in Birmingham, UK and having completed her degree in Social

Work is currently pursuing her masters in Secondary Education in Religious Education.

CONFESSIONS OF AN UNCHASTE

MIND

For her, falling into temptation was easier than avoiding it. After heart breaks and abortion, she thought there was no way out until someone was willing to accept her the way she was and marry her. Yes! There's always a way out...

Growing up, I always wanted to be chaste, and believed firmly in sex after marriage. But in hindsight I wonder how firm my thoughts and beliefs were, and whether they were grounded in Christ. During my years in the university, I fell astray. I was looking for love in wrong places. It's fair for me to say that I was brought up a Christian; I knew what I had to do to be a follower of Christ, I knew when temptations came my way and how I needed to avoid it. Though I was a church going youngster, I didn't have a personal relationship with Christ. At a certain point, it was easier for me to fall into the temptation than to avoid it.

My world turned upside down, when I realised I was carrying a child. At that point, all I could think of was how I could cover up my mistake. I had an abortion, and not a single soul knew. I carried guilt for years, I could not face God. He kept calling, and every time there was a session of praise and worship, I would cry profusely. There was a distance I felt from God that I was not able to surpass, until a man came into my life with whom I could share my story- God sent. He listened to me intently, without judgement, and loved me for who I was. I began preparing for marriage to the man whom God showed me. This was the beginning of my journey to Catholicism.

During my first sacrament of reconciliation, I poured out my heart to God, and while absolving me of my sins, the priest said, "God loves you and died for you."

Suddenly it felt like all my guilt just vanished, and I was a clean slate. This time the profuse crying was a sign of the joy I had received, but could not contain within. I saw fruition of Acts 3:19 "Repent, then and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord." He redeemed my life from the pit, and I realised he was working on crowning me with love and compassion.

St John Paul II's quote, "Only the chaste man and the chaste woman are capable of true love," was a challenge for us. I struggled during the first year of my marriage. Feeling forgiven and loved is easy said when the devil is constantly trying to tarnish any hope of light. We loved each other, but I was struggling with my thoughts, and instead of being fully available to my husband, there was warfare going on in my head with unnecessary thoughts of previous relationships. Personally, this is where I prayed for the gift of chastity, to be present for my husband fully, wholly and to build intimacy. The need for prayer was utmost, and the taming of a fickle mind took a lot of energy. This



THE SELF-CONTROL REQUIRED TO REMAIN CHASTE IS NOT ONE THAT COMES FROM WITHIN US OR THE SOCIETY, IT IS A GIFT OF THE HOLY SPIRIT AND NEEDS TO BE CONSTANTLY EXERCISED

The author, from Adelaide, Australia chooses to be anonymous.

led to reading the journey of St. Augustine, and a strong belief that if he could become a Saint, I could at least strive for it.

Chastity within a marriage context is about experiencing each other's presence and seeing your spouse as a gift, the most perfect gift of love for you made by Jesus Christ. Being present for my husband, and being one with him gives me so much joy, and I am sure that's how God intended it to be. Taking on from what Jason Evert says, when we speak about chastity, we also need to have a pro-life message and be open to the procreative dimension of sex. If a child is a symbol of our love, and a gift from God, we would gladly accept it. My crown of compassion and love is being tested every step of the way, but I am learning to hold on to it and walk forward.

If I had a choice in life to change anything, it would be the abortion and I pray for the unborn child. I share my story only wishing that people do not have to go through what I have, and for a few moments of pleasure miss out of the joy of marriage and the divinity of sex within a marriage. When the world around us tells us that it is ok, only a person rooted in Christ and knowing his Word would be able to avoid temptation and view their body as the temple of the Holy Spirit.

As Timothy says, "For God gave us a Spirit, not of fear, but of power, love and self-control." The self-control required to remain chaste is not one that comes from within us or the society, it is a gift of the Holy Spirit and needs to be constantly exercised. The simplest of all things we see, hear, do in our daily living can all waver our human thoughts and be causes of temptation, and if the conditions are all met, self-control is lost. Not being chaste has consequences, and I wish we didn't have to face the consequences for us to in turn value chastity and ignite the spirit of God in us. ■



BLESSED
ARE THE
PURE IN

Heart

ANIL ISRAEL TELLS US HOW WE NEED TO CONSTANTLY
SEEK HIS GRACE AND MERCY AS WE SWIM THROUGH
A POLLUTED OCEAN OF INFOTAINMENT

In 1917, over a century ago, our Blessed Mother revealed at Fatima that "More souls go to hell because of sins of the flesh than for any other reason." Today, we see the visible signs. Sexual Immorality is rampant. The sin of 'Sodom and Gomorrah' has even won legal approval. The world seems to be plunged into the darkness of moral decay and chastity seems to be succumbing to extinction. Amid this moral turmoil, youngsters adorning purity rings and yearning to grow deeper in the Theology of the Body do render a ray of hope. Catechism teaches us that we are created in the "image and likeness" of God (Gen.1:27). Our journey on earth is a pilgrimage-of-faith to help us grow into this 'image and likeness', till "Christ be formed in us" (Gal.4:19). We are called to "be Holy" (1Pt.1:16) because "without Holiness no one can see God" (Heb.12:14). The word 'holy' means 'set apart.' We are called to live our lives 'set apart' to do His Holy Will, by responding to the 'desires of the Spirit' and not the "desires of the flesh" (Gal.5:17).

Pure thoughts come from pure hearts, for "the mouth speaks what the heart is full of" (Mt.12:34). Saint Lucy reverberates: "Those whose hearts are pure are the temples of the Holy Spirit." The Word of God reminds us repeatedly, "Don't you know that your body is the temple of the Holy Spirit?" (1 Cor. 6:19) "You were bought with a price. So, glorify God in your body." (1Cor.6:20) We are thus reminded of our duty, to show reverence to this temple and consider our bodies to be sacred. We are therefore responsible - we owe a response - to take active action, to ensure a pure dwelling place in our hearts. The extent to which our thoughts, words and deeds are pure, determine the depth of purity in our hearts.

The story of poop-in-the-brownies teaches us a valuable lesson. Just like, we cannot accept any unhealthy toxic ingredient in our healthy diet; likewise, we ought to be strictly intolerant of unholy impurities creeping into our hearts, as we swim through a polluted ocean of infotainment that defiles and contaminates our souls. We might enjoy watching something we consider to be good, but just a tiny drop of immoral content is powerful enough to stain our hearts with dirt and filth just like poop-in-the-brownies. We are constantly reminded: "Watch and pray so that you will not fall into temptation" (Mt.26:41) for "sin is crouching at the door" (Gen.4:7) and "Your adversary the devil prowls around like a roaring lion, seeking someone to devour." (1Pt.5:8) In this spiritual warfare, we are called to "conquer evil with good" (Rom.12:21). We need to make a daily choice to guard our eyes and ears, lest they are vulnerable to things that drift us astray. We need to pray for moral courage - for the gift of fortitude and the fruit of self-control - to avoid sinful situations and refrain from circumstances that could lead us into the traps laid by the evil attractions of this pleasure-seeking world. We who are mere dust and ashes need



WE MIGHT ENJOY WATCHING SOMETHING WE CONSIDER TO BE GOOD, BUT JUST A TINY DROP OF IMMORAL CONTENT IS POWERFUL ENOUGH TO STAIN OUR HEARTS WITH DIRT AND FILTH JUST LIKE POOP-IN-THE-BROWNIES

to constantly seek His Grace and Mercy to endure this misery.

We are called to be in the world but not of it - to bloom like the lotus with slush all around - to follow the path of righteousness, the narrow way that leads to life and avoid the broad highway that leads to ruin. We need to consciously devote ourselves to a new way of living - to embrace a 'radical reorientation of our whole life' (CCC 1431). "Set your minds on things that are above, not on things that are on earth." (Col.3:2) We need to live with the eternity in perspective - to redirect our focus on things that are eternal and imperishable, not on things that are temporal and perishable. Pleasure is only momentary and fleeting, but the joy that comes from living upright holy lives, lasts a lifetime. Many saints have traversed this path of thorns. With

God's grace they have overcome fierce temptations of the flesh. Like St. Maria Goretti, we too are called to embrace a life of purity, pleasing to the Lord. Holy Scripture assures us that, "No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it." (1Cor.10:13) We only need to check if we are in right-standing with God. "For with God nothing will be impossible" (Lk.1:37) "If God be for us, who can be against us?" (Rm8:31) We only need to cling on to the protection of His Most Precious blood. We need to do a daily consecration to the Sacred Heart of Jesus through the Immaculate Heart of Mary. Let our daily prayer be: "Lord Jesus you gave your life for me; Help me to live my life for you. Mary most pure, help me to be pure."

"In conclusion, my friends, fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honorable" (Phil. 4:8), for "Blessed are the pure in heart, for they shall see God." (Mt.5:8)



Anil Israel lives in Mannheim, Germany, with his wife Sunitha and their 5 children

LIVING LIFE

LIVING
LIFE IN*Chastity*

Practicing the virtue of chastity is a true challenge for me, as I am constantly tempted by the things I watch, the things I hear about at work, and the things I see on social media. Nevertheless, proclaiming the Word of God in times of temptation really helps me to remind myself that I am the temple of the Holy spirit, and to view my sexuality not as a burden, but as a true gift from God. I also try to respect the differences in the needs, and weaknesses in the opposite sex. This means making a conscious effort to dress more modestly, being prudent in behaviour when interacting with the members of the opposite gender, avoiding entering into and/or entertaining inappropriate conversations and placing emotional and physical boundaries. Since this virtue takes a lot of effort and perseverance, I find the sacrament of reconciliation very useful. It is very important to me that when I do fall into temptation, that I run to the confessional without looking back and start fresh again.

Jeeva Mathew
BRISTOL, UK

As young kids grow up, many societies drill into juvenile minds the notion that sex is sinful, and is intended for marriage alone. Not surprisingly, the "sinful" part stuck with me, and it spilled over into my marriage. For this reason, my intimate moments after marriage made me feel shameful and dirty. Like every other woman, the desire for motherhood crept in and we began praying for a child. Every time we came together in love, we made a small prayer asking God for His gift and most importantly, for His will to be done. This innocent prayer we started, without really thinking too much, began to change my life in little but significant ways. I felt more love towards my spouse and marriage. A lot of my insecurities and mind-games began to fade away. And most importantly, physical intimacy became sacred and not shameful. Five years since we started praying, I still invite God into our sacred space every time we come together. This prayer of surrender has not only helped me in my journey of intimacy, but in every aspect of my life as a woman.

Sneha Thomas
DALLAS, USA

There is a tendency for people to go ahead and choose a small reward received in short-term, rather than wait for a larger reward later. In economics, this is called hyperbolic discounting. Now we step out of the classroom into the real world. Being chaste, be it within marriage or in a single state requires true grit. The 'wide gate' of today's culture is always beckoning to consume instantly and be gratified – grave detriments to our salvation. Sex, love, happiness, pleasure, companionship, marriage, freedom – all are tossed around, with everyone making their own terms. We lose sight of the actual order and fail to reason on the self-giving nature of our body. You and I – we are made in the image and likeness of God, in inviolable dignity. St John Vianney said that our soul hungers for God, and nothing but God can satiate it. Knowing well the pulls of the world, let's take up the challenge to wait, to 'hold fast to the light of hope'. The question is simple: Am I ready to meet my Creator in Eternity or would I rather crumble and choose the gratification I find online, in person or in-kind today?

Nimmy Chacko
UAE



NIGHT VIGIL

A KAIROS INITIATIVE

In the still silence of the night, we offer before the Blessed Sacrament all the prayer intentions coming to us through phone, e-mail, and online requests. It is a day of blessings. The Lord touches many who are lost in despair. The sick are healed! Sinners are liberated! Youth groping in darkness find a new light! Peace returns to shattered families!

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Diana and Bejoy share their journey with Jesus Youth and how they realized their special calling...

Diana and Bejoy Mathew along with their three children- Edwin, Donna, and Aleena, live in Manchester, UK. Bejoy is the previous National Coordinator of Jesus Youth UK and Diana works as a Nurse in Manchester. While Diana was brought up in Goa, Bejoy grew up in Kottayam, Kerala. Having brought up in practicing Catholic families, faith was their greatest blessing.

You have been married for many years now. From your initial days of marriage, how have you seen yourself and each other change during these years?

We started our journey back in 2004. We believe that marriage is a sacred and a special relationship formed by God, and He is the centre of our married life. As time progressed, our love towards each other, selfless giving and caring has grown each day as we have come to know each other better with the help of God. We support each other to grow deeper in our relationship as well as deepen more in our spirituality. We make it a priority to help each other even in small things, to encourage and support each other. Communication is the most important tool that has helped us during these years, and we spend time together sharing our feelings, struggles, and work stress. We feel

that married life is like a vehicle, which needs to be taken care of; there are times when both of us need healing, growth, acceptance, and attention from the other. And we strongly believe that if God is at the centre of a marriage, then your love will grow stronger.

Life can be difficult at times. Could you share how you support each other when times are difficult, and things seem particularly hard?

Life can't be sweet always. We also have our difficult times which seem impossible to overcome. And yet from our past experience, we can confidently say that whenever the Lord has taken us through a difficult situation, he has also made sure

that he was in control. As it says in Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." Since Edwin has come into our life, blessings from God have followed.

Could you tell us about Edwin and how as a family, he has changed your outlook and priorities of life?

Edwin is our first child. When we got married, our incessant prayer was for baby Jesus to be born as our child. As I prayed for a baby like baby Jesus, I expected a very smart good-looking child. But God heard our prayers in a very real way. Edwin was born a premature baby – at 32 weeks. He was taken to the special care ward for a few days. After three days the doctors called us and told us that Edwin had two conditions – one can be cured with an operation, but the second had no cure. Startled, I asked the doctor for more details. He said Edwin has a hole in his heart and this can be repaired with a surgery. But he also has Down's syndrome. We were both shocked to hear it as we never expected it to happen to us. We had asked for a child like baby Jesus and got a child with Down syndrome. Naturally, both of us were shattered, began crying and we just could not accept that reality.



We started questioning God – why has this happened in our life? We never did anyone any wrong, and yet a child with Down syndrome??? Why us, was our main complaint to God.

Things went from bad to worse in the following days as Edwin's kidneys failed on top all his other system failures. And he had to go through an emergency operation when he was six days old. We both waited outside the operation theatre and after 20 minutes the doctors came out and told us that they needed to talk to us. They said that while having the operation, Edwin had a cardiac arrest and as far as they could see, the baby had no chance of survival now and so they asked us to go and see him for one last time. We both went inside and saw our son on the operation table fighting for his life. The Doctor gave us two options – either to continue surgery but Edwin would not survive the surgery, or take him back to the ICU where he could be alive for another 24 hours. What could we do!! I was holding Diana and crying like a little child. God gives us a child and before the shock of his condition has fully sunk in, much more suffering is on its way. Finally, we told the doctor to continue the surgery. We went back to the waiting room and waited there to hear the bad news. We kept on praying to the Lord, telling Him that we need our son back in our life and that we are ready to accept him with all his disabilities – as he is. After what seemed like an eternity – three-hours and 10 minutes, the doctor came out and said – “I don't know how, this is a miracle – he is still alive but there is long way to go.”

Edwin was in hospital for 11 months and 10 days, of which he was on ventilator for almost 10 months. In the last 12 years, he has gone through 19 major surgeries, but every time it gets bad and there is no hope, our Lord keeps him safe and brings him back to our life. Over time, we have



realised how God has indeed given us a child like baby Jesus as we prayed – A very special child. The Lord always sends his angels when he sends his special children into the world. And he gave us two beautiful girls – Donna and Aleena in 2007 and 2008 to look after him and support him as angels in his life.

Edwin is the greatest blessing from God for us and it is a great privilege to be chosen to love and care for God's very special child. Our life revolves around Edwin, his smile makes our day more beautiful, more blessed – not just ours, but of everyone around him. We really thank the Lord for the great blessing of Edwin in our life.

Thank you for your witness, Bejoy and Diana. Bejoy, you have also been the coordinator of Jesus Youth UK for the past three years and have been active in JY for the past many years. Could you describe some of the blessings you have received as a family during these years in JY?

When we started our journey in Jesus Youth we weren't quite sure about the movement and its spirituality. Over the past many years, we have come to know more about the movement and this journey has helped us to grow and deepen our spiritual life. All our spiritual growth is through the movement and Jesus Youth helps us to stay closer to the Lord. The movement has blessed us with a beautiful fellowship and strong family relationships, thus becoming part of a big family (JY Family). It is such a blessing for the kids to have so many to look up and grow.

What is an advice that you would give to young people discerning their vocation?

It is extremely beneficial for young people to go through this process, of discerning



"Edwin is the greatest blessing from God for us and it is a great privilege to be chosen to love and care for God's very special child"

and listening to God's voice in their lives. Understanding God's will can be challenging – you might feel excited, anxious, scared or not sure of what to do next. Give first priority to the Kingdom of God and rest will fall in its place. Keep praying, being open to the guidance of the Holy Spirit to help you discern your call, whatever it is. God calls and speaks to people in the midst of their daily life. By spending time with God, listening to Him, living the life you have now, removing distractions so that you can hear Him clearly, deepening your prayer life and getting help from others, having some sort of spiritual direction are some of the sure ways to understand God's call. ■



Joseph Anthraper lives in Southampton, UK 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.

YOUTH SYNOD 2018

SYNOD OF BISHOPS END; JOURNEY BEGINS



Bishop Henry D'Souza reflects on his experience of the recently concluded Synod on Young People, sharing the nature of its reflections and the convictions of its outcome

The just concluded Synod of Bishops was, one could say, indeed a new springtime, a new freshness in the life of the Church today. It was not just a synod on youth, but it was a synod with the youth, who brought in joy and energy to the synod hall. Someone even remarked, "I never ever thought that a synod could be so enlightening and enjoyable!" The synod was full of the "upper room" experience.

In many countries, especially in Asia, youth form the largest segment of today's society. Nearly half the population in these countries is young. Such a large population can be a God-given "demographic gift and potential" if harnessed well; if not a "demographic drain and disaster".

The synod recalled the life of young St. Augustine whose heart was restless – weary from seeking God in passing attractions. In this restlessness some youth are already hearing Jesus asking them in their hearts – "what are you looking for?" Others may be brought to an encounter with Jesus by friends or other well-wishers in their life – just as Andrew introduced Jesus to Simon Peter, saying: "We have found the Messiah" (Jn 1:41).

The synod theme was "the youth, the faith and vocational discernment". The synod fathers focused on "recognizing; interpreting; and choosing". They felt that youth have a great potential for

mission and evangelization. This digital generation can be an evangelizing generation, sharing the Good News of joy, promoting unity of all people and caring for our "common home".

The synod felt that it can respond to the desire of many young people for stable reference points, moorings or stepping stones to help them steer their way through the (often) confusing and contradictory messages hurled at them from all directions. Pastors and youth animators must be collaborators of their joy, so that their "expectations turn into ideals".

Listening to the well articulated interventions of the dynamic youth leaders from around the world, the synod felt that the youth of today indeed have dreams, energy and want to be achievers – they do not want to be "mere spectators" in the Church and society, but "active participants". They need to be consulted, engaged and actively involved through a process of teamwork. That can be realized when pastors and youth chaplains listen, consult and discern.

The synod strongly insisted that young people are not simply the OBJECTS of evangelization and pastoral ministry; they are also the AGENTS. With proper formation and accompaniment, youth can be missionary disciples who will bring the light of faith to their peers and even those away from the Church. Such an active collaborative approach would be possible not through a moralistic approach with ready-made answers, but by accompanying young people in a climate of joy and dialogue, as Jesus did with the two disciples to Emmaus.

The Synod felt that youth are a precious God-given gift. They are our present and our future. They offer great possibilities. Through a process of accompaniment and discernment, they are to be given proper formation through

education catechesis and witnessing, to be mature disciples of Jesus, living their life with dignity, freedom and joy.

The Church is a mother; she does not abandon her sons and daughters. She is ready to accompany youth on the new roads, "on the path of high ground, where the wind of the Spirit blows more strongly, sweeping away the mist of indifference, of superficiality, of discouragement".

In its message for the youth of the world, the synod emphatically stated that "the Church and the world urgently need your enthusiasm". It urged the youth of the world to "make the most fragile, the poor, those wounded by life" their fellow travelers.

The youth of today are facing multiple challenges such as unemployment, migration, corruption, poor governance and violence. Only through accompaniment and right motivation can they be assisted to live with dignity and hope.

In one of his homilies during the synod, Pope Francis stated: "Today Jesus invites us to return to the source of joy, which is the encounter with him, the courageous choice to risk everything to follow him, the satisfaction of leaving something behind in order to embrace his way".

We wish to take the synod experience to our dioceses and youth movements, bringing the synod experience of listening and discernment to all spheres of pastoral ministry



We wish to take the synod experience to our dioceses and youth movements, bringing the synod experience of listening and discernment to all spheres of pastoral ministry. Youth would be encouraged to transform the temporal order through a Biblical worldview and living the values of the Gospel. Efforts will be made to prepare tomorrow's leaders today, both for the church and the society.

In its message to the youth, the synod summed up: "For a month we have walked together with some of you and with many others related to us through prayer and affection. We wish to continue the journey now in every part of the earth where Jesus sends us as missionary disciples".

We should and we will do our best to rejuvenate the youth ministry in India, enthusiastically and joyfully.

The synod has ended, but the synod journey has just begun. May the synod experience and the Spirit reach to the ends of the earth, accompanying and transforming youth, to usher in a "new heaven and a new earth" (Rev 21:1). ■



Most Reverend Henry D'Souza, Bishop of Bellary Diocese in Karnataka, India was a member of the Indian delegation to attend the Synod of Bishops on Youth in October 2018. His Excellency is a good friend and supporter of Jesus Youth movement.



CHRISTMAS

A WHITE CHRISTMAS

One of my fond memories of Christmas season while growing up in India was the excitement of receiving Greeting cards from relatives in the United States. It always had an image of a mansion, and its surroundings fully covered with snow. Then, after moving to the U.S. my first real life experience of snowfall was during a Jesus Youth gathering in Chicago around the Christmas holidays. Whether in a studio apartment in Europe, or in a luxury home in the US suburbs, nothing says "the holidays are here" like White Christmas. Those words itself bring Christmas images to mind. The "white" in "Christmas" evokes so many seasonal memories. Snow evokes so many images that speak of the true meaning of the Christmas season.

Something about a baby in a manger echoes the purity of newly fallen snow. As it thaws and melts, it soaks the earth, preparing the ground for an explosion of new life each spring. It falls in silence, landing without a sound and reminding us

Eby Kurian reflects on the meaning of Christmas for him and all of us, through looking at the purity and uniqueness of a snowflake

that Christmas is a time to block out the noise of the world for at least a day. The uniqueness of each snowflake — scientists tell us no two snowflakes are alike — remind us of the uniqueness of each person whom God's only Son came to save.

Snow reminds me of the One whose birth we remember each year. Can anyone doubt the purity of the baby born in Bethlehem — the purity

of His birth and His life? When Daniel the prophet saw the Ancient of Days, Daniel described His garment to be white as snow (Daniel 7:9). A snow crystals' large number of reflective surfaces give it a white appearance as it reflects pure light. It is because He is pure that Jesus Christ can make us pure. After the heart of King David had been strained by the blackness of sin, he cried out to God, "Wash me, and I shall be whiter than snow" (Ps 51:7). His prayer was answered because the God of Israel had promised His people that He would take their scarlet sins and make them white as snow (Is 1:18).

Like snow, Jesus brings new life. As "the snow from heaven... so shall My word be that goes forth from My



Whether you have snow or not, when you celebrate the One born to live, die, and come again for us, you'll have a White Christmas

mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it" (Is 55:10, 11). By the Word which comes afresh to us at Christmas, we are saved and made whole: "For there is born to you this day in the city of David a Savior, who is Christ the Lord", a Savior who will "save His people from their sins" (Lk 2:11; Mt 1:21). The life-giving snow of Christmas speaks of the life-giving Savior of Christmas.

The day is coming when all the earth will keep silence before Him. Even now, "The Lord is in His holy temple. Let all the earth keep silence before Him" (Hab 2:20). Jesus was born into this world to be judged in our place. Rather than being silent in fear of judgment, we are moved to silence at Christmas because of God's unspeakable Christmas gift.

God alone is God — there is no other (Deut 6:4; Job 23:13). And "there is no other

name under heaven given among men by which we must be saved" (Acts 4:12). The uniqueness of every Christmas snowflake speaks of the uniqueness of our God and His "one and only Son" (John 3:16). Without Jesus, there would be no Christmas.

So, I invite you during this Christmas Season to encounter Jesus and receive HIS Grace and Mercy through the Sacrament of Reconciliation so that your Soul may become White as Snow! My prayer is that your days will be "merry and bright" because the radiant light of the King of kings has filled the manger of your heart, causing you to meditate on His purity, new life, silence, and uniqueness.

Whether you have snow or not, when you celebrate the One born to live, die, and come again for us, you'll have a White Christmas. So, I wish all the readers of Kairos magazine and all the Jesus Youth Families around the World a Very Merry White Christmas!



Eby Kurian is Director of Adult Faith Formation at Mary Queen Church in Houston. Eby holds a Master of Arts in Theology from St. Thomas University in Miami, Florida with a specialization in Campus Ministry. Eby, his wife Gloria and two daughters live in Friendswood, USA

Christmas is around the bend. Time to think about decor, gifts, and parties! How about gifting a magazine that celebrates His birth, life, death, and resurrection?

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CHANNELS OF *Grace*

Sumol Pious

shares her experience of how as a family, she decided to follow the narrow path and found the joy that she was seeking in doing His will



Many years back while attending a family retreat, we realized a grave mistake we had made as a family. I must admit that it took terrifying levels of courage to admit our mistake in front of all other retreat participants. Yes, you read that right – we acknowledged our mistake in front of the whole crowd. How did we come to acknowledge this? We believe it's only by the grace of God.

Due to wrongly placed convictions at the beginning of our family life and a materialistic lifestyle – we took a decision to undergo sterilization after our third child's delivery in 2004. Well, I was at a

point in my life where I was just entering into a serious spiritual journey (through the Jesus Youth movement), and I knew what I was going to do was wrong. But to justify myself, I made a deal with my Lord. The deal was this – if the doctor were to ask me to do the operation on the third day after delivery, I will say NO. As it turned out, the doctor in fact came and asked me on the third day itself. However I said YES, ignoring my deal with the Lord. And that was it. The operation went through, and I thought I was in a safe zone now. I wouldn't have to suffer any more the fear or tension of becoming pregnant again. As a young working mother, this life as I planned it was more important than the life that God had planned for me. We decided the path of our own life – how it should go and how we would live, like any other ordinary person.

Life kept moving forward and slowly we began growing closer to God. And finally, during this Family Retreat God spoke to us. I confessed my sin and I was greatly relieved.

Even after taking and announcing our decision to undo the procedure in front of many people, it seemed as if I couldn't bring myself to doing the recanalization. Every year, something or the other seemed to happen to keep me from doing it. Then something beautiful happened in 2012. That year there was a Consultation Meeting with all the Bishops who were supportive of Jesus Youth in Dubai.

During the meeting there was a time for the participants to freely interact with the Bishops. Soon after the announcement, when I looked around, all the Bishops seemed to be accompanied by other JY's and I didn't get a chance to speak with anyone. I was a bit disappointed, but then when I looked on to the stage, (the late) His Eminence Cardinal Ivan Diaz was sitting alone right at the center of the stage. He smiled at me and I walked up to him. He invited me to sit next to him and we started our conversation. He asked me about my children. In the process of our conversation I told him about my decision to do the recanalization. He blessed me and while telling me with paternal love to always smile, exhorted me to be open to receiving children as children are a gift from God. That year during our family vacation, we as a family went for a one-



month mission to Nagaland (a North-Eastern state in India). The day we got back, I went to the hospital and got myself admitted for the operation.

We have since been blessed with our fourth baby. We, as a family have experienced great joy after my son's birth. An immense feeling of unity and peace has prevailed in our family after his arrival. All those eleven years without him is a big question for us now. A family of grown-ups has been transformed into a playground filled with noise and laughter. He is a bundle of joy for us and everyone around us. Indeed we became a young family again – what special grace from our loving Lord! Thanks to our Lord who used us as his instruments, as co-creators.

As our Lord is so magnanimous in his love and mercy, he continues His work. After hearing our testimony, some of our friends have done recanalization as well, and some others have made the decision to do so soon themselves. All of these families are waiting to clear the way and grow closer to finding God's meaning and purpose for their lives.

It is written in the book of Ecclesiastics, 'There is a time for everything'. When we truly repent and acknowledge our sins, He will make our ways straight and set us on the path to understand His providence in our lives. ■



Sumol, an active Jesus Youth lives in Muscat with her husband and four kids and is currently the animator of a Regional Council in Muscat.

She works as a secondary school teacher

NewsWatch



Youth Consultation meeting

SET IN THE BACKDROP of the "Extraordinary Synod on Youth," the Jesus Youth International Council organised a "Youth Consultation Meeting" in Rome from October 12-15. This was another proud and significant milestone for Jesus Youth in its journey, which has long been focussing on the spiritual renewal of young people around the world. A total of 52 delegates from 20 countries participated in the Consultation Meeting, with a focus on how best we can minister to the

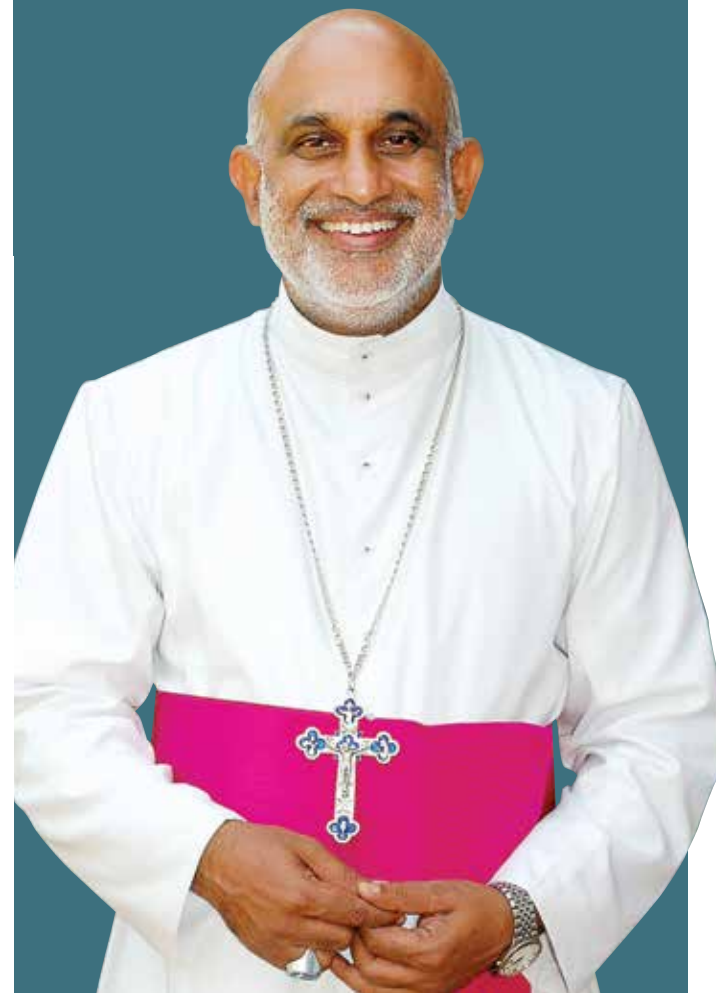
young people in the post-modern socio-cultural reality today. The Consultation Meeting took the Instrumentum Laboris (the working document) of the Youth Synod as the basis for its discussions and discernment. Many proposals, new in its ardour and vigour were put forward by the delegates from different countries, taking into account their cultural realities and sensitivities. It was also refreshing to listen to the representatives of many other Youth Movements, who shared their experience

and working style with the delegates. Eighteen Synod Fathers participating in the Extraordinary Synod, including Cardinal Joseph Coutts, Cardinal George Alencherry and Cardinal Baselios Cleemis also addressed the Consultation Meeting, sharing their hopes and dreams from the movement for the Church.

The working document, formulated with inputs from small group discussions of the delegates, as well as inputs and suggestions from the Bishops who addressed the Meeting, was approved after deliberations, and the International Council will have further discussions with the various regions/countries in the coming months.

ECCLESIASTICAL ADVISOR FOR JESUS YOUTH

The Dicastery for Laity, Family and Life has approved Most Rev. Mar Raphael Thattil as the Ecclesiastical Advisor of Jesus Youth International Council. Bp. Thattil has been a close friend of the movement and a constant source of support even as a priest and as the Auxiliary Bishop of Thrissur. Currently he is the Bishop of Eparchy of Shamshabad and still continues to encourage the movement in strong ways. He was born in Thrissur in 1956 and ordained a priest in December 1980. He was appointed as Auxiliary Bishop of Archdiocese of Thrissur and Titular Bishop of Buruni in January 2010. Bp. Thattil was installed as the first Bishop of the Syro-Malabar Catholic Eparchy of Shamshabad, India on 7 January 2018.



NATIONAL RECONSTITUTION UNITED KINGDOM



THE RECONSTITUTION of the UK National Council, as well the youth and family teams were held on November 9-12, at St Albans Pastoral Center in London. Shoy Thomas, the Jesus Youth International Coordinator facilitated the process which elected Fraju Sebastian as the new National Coordinator, Simson Paul as the new Youth Coordinator and Shyby-Sijumol as the new family Coordinator. After the reconstitution, Fr Santhosh led the gathering in consecrating the movement in the UK to the Immaculate Heart of Mary.

Chandeliers

MODERN SAINTS

* St. Nunzio Sulprizio

By Sharrol Jose



Born: 13 April 1817

Died: 5 May 1836 (aged 19)

Canonized: 14 October 2018

Feast: 5 May

Nunzio Sulprizio was born on April 13, 1817, in Pescara, Italy to Domenico Sulprizio and Rosa Luciani. Nunzio's father died when he was only three years old and his mother died when he was five. He was sent to live with his maternal grandmother who was illiterate but firm in the faith. The two often took walks together and

attended Mass on a regular basis. She encouraged Nunzio to remain strong in his faith. But she too, soon died, and Nunzio was sent to live with his maternal uncle Domenico who took him on as an apprentice blacksmith, not permitting him to attend school anymore. His uncle was a cruel man who did not attend to Nunzio's physical health or comfort and who overworked him. Domenico would beat and curse Nunzio if his work was unsatisfactory. One winter morning in 1831, his uncle sent him for supplies. That evening he became exhausted, and had a swollen leg and a burning fever, forcing him to bed. His uncle was indifferent to his suffering. His condition was later diagnosed as gangrene in one leg. He was hospitalized often and despite his pain he dealt it with patience and offered his pain to God. During his illness he needed to clean his sores on a constant basis since it oozed puss. He found a stream and was able to recite several rosaries as he let the water cleanse his sore

In 1832, his father's brother Francesco Sulprizio, who was a soldier in Naples, heard of Nunzio's sufferings, and took him with himself. Through Francesco, Nunzio became friends with Colonel Felice Wochinger. The colonel became a surrogate father, loved the boy as his own son, and devoted to him the best care that was possible at the time. Nunzio suffered immensely, but found sustenance in the

Nunzio was known as a gentle, chaste, patient, and pious young man at a place and time when such a man was rare.

Eucharist. He went through several periods of improvements and setbacks. He was then diagnosed with bone cancer. As his pain continued, the doctors decided to amputate his leg in 1835. His situation worsened and his suffering intensified, and he died on May 5, 1836 from his extended illness and bone cancer. He was only 19 years old.

Nunzio was known as a gentle, chaste, patient, and pious young man, at a place and time when such a man was rare. One of the last things he told his friend, the Colonel was to "be cheerful – from heaven I will always be helping you." Nunzio lived incredible holiness in small, normal ways that he could. He held onto his faith and kept turning to God. He endured his immense suffering with tranquillity and grace. He worked to the bone without complaining. In the hospital, this sickly young man served other patients. In doing simple things he was sharing an amazing amount of love with others. And he was doing all of that as a very young man. A reminder that no matter what age a person is, they can live out intense holiness.

Nunzio Sulprizio was beatified on December 1, 1963 by Pope Paul VI who offered him as a model for young people. Pope Francis canonized him on 14 October 2018 during the recently concluded Synod of Bishops.

Quick Facts:

1817

Born in Pescara, Italy

1831

Took ill for the first time

1836

Died in Naples

2018

Canonized by Pope Francis

SOUNDREPLY



MOVIE

THE IMITATION GAME (2014)

We humans love our victories – as some say, history itself is written by victors. Yet on the other side of every success or victory is a person (or many) who failed, the losers.

Almost all fairy tales, movies and academic case studies tell the story of those who finally achieved their goals, overcoming adversities and failures. Even in our personal lives, through our darkest hours and failures we usually spur ourselves on in the hope that this too will pass, and we will overcome. But spare a thought for those countless men and women who simply didn't have it in them to overcome, who simply failed, in their personal, social or academic life. The Imitation Game is a historical drama loosely based on the true story of Alan Turing, widely considered as the father of modern computer science. The story mainly follows how Turing build a machine during the Second World War to decrypt the German intelligence messages encoded using the Enigma machine. In a role tailor made for him, Benedict Cumberbatch plays to perfection the title character Alan Turing. The supporting cast is equally brilliant, led by Kiera Knightley who plays the role of Joan Clarke.

The film begins with Turing coming to Bletchley Park to join a highly secretive group of British cryptographers, working around the clock to decipher the Enigma coded German Intelligence messages. Turing is portrayed

in the movie as a difficult man to work with, who is cold and considers himself intellectually superior to others. He is often referred to as "arrogant", "inhuman" and "narcissistic", and Joan in the end even calls him a "monster". Very soon, Alan realizes the futility of manually trying to decipher the Enigma messages, as the cipher key changes daily at midnight, and to manually check the millions and millions of possible permutations of the cipher key was impossible. So Turing starts designing an electro-mechanical machine that could eliminate the un-matching codes until it finds the right match. Even when most people doubted and ridiculed his idea, Turing persisted and through the ups and downs of the tensions within and the war around him, finally makes his machine work, providing the Allies with vital information of the impending German attacks and thus helping turn the tide of the war in their favour.

The movie takes generous artistic liberties with the life and character of Alan Turing and historically, the movie is far from the truth – whether it be regarding the nuances of Turing's character or what really happened in hut 8. Yet, the movie does an extremely good job at pondering the depths of Alan Turing's personality – why he was the way as he is portrayed in the movie. We get a glimpse of his childhood at the boarding school, where he is despised and bullied – as much for his intelligence as for the lack of his social and emotional skills. We meet his only friend at school, Christopher Morcom, who dies from tuberculosis. In a world

Yet, even after breaking the code and having "God like powers" to decide who lives and who dies the question looms – who is a success, and who, a failure?

where he felt himself a misfit because of the difference of his personality and character, Turing learns very early on how to block himself to this world of emotions and feelings, and live a stifled, suffocating life, shut within himself. Turing has homosexual inclinations – and that is one among the many secrets in the movie. Although the final text of the movie mentions the injustice meted out to people with homosexual inclinations in the past, the movie, I felt was primarily about the human being Alan Turing – how even in the midst of his great achievements, he stands as a lonely figure, lost and forsaken. We hear it repeated many times in the movie that, "sometimes it is the people whom no one imagines anything of who do the things that no one can imagine" and it is indeed true. Turing did what was considered the impossible – break the Enigma. Yet, even after breaking the code and having "God like powers" to decide who lives and who dies (by deciding which German attacks to prevent and which to allow so as to avoid the German suspicion of a code break), the question looms – what or who is a success, and who, a failure? For Turing, as for the rest of humanity, the contours are often blurred and we usually find failure lurking in the depths of success and vice versa.

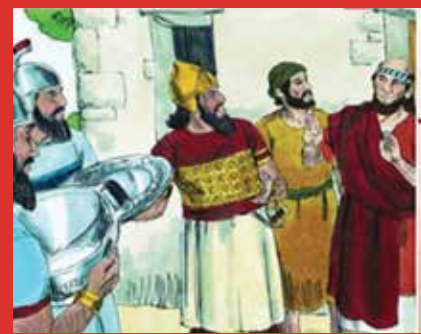
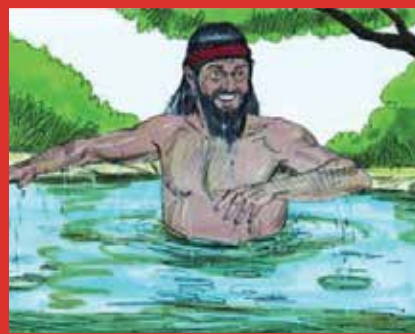
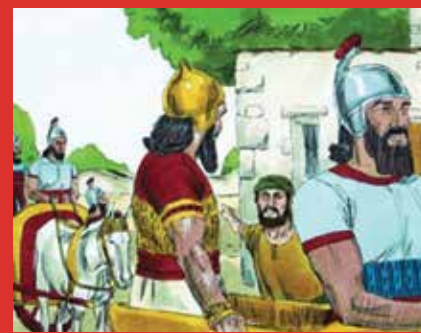
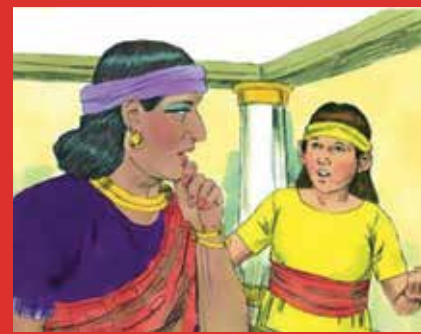


REVIEW BY

Joseph Anthraper lives in Southampton, UK 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.

Blooming KIDS

IDENTIFY THE BIBLE INCIDENT AND THE BOOK OF THE BIBLE THAT DESCRIBES THE INCIDENT



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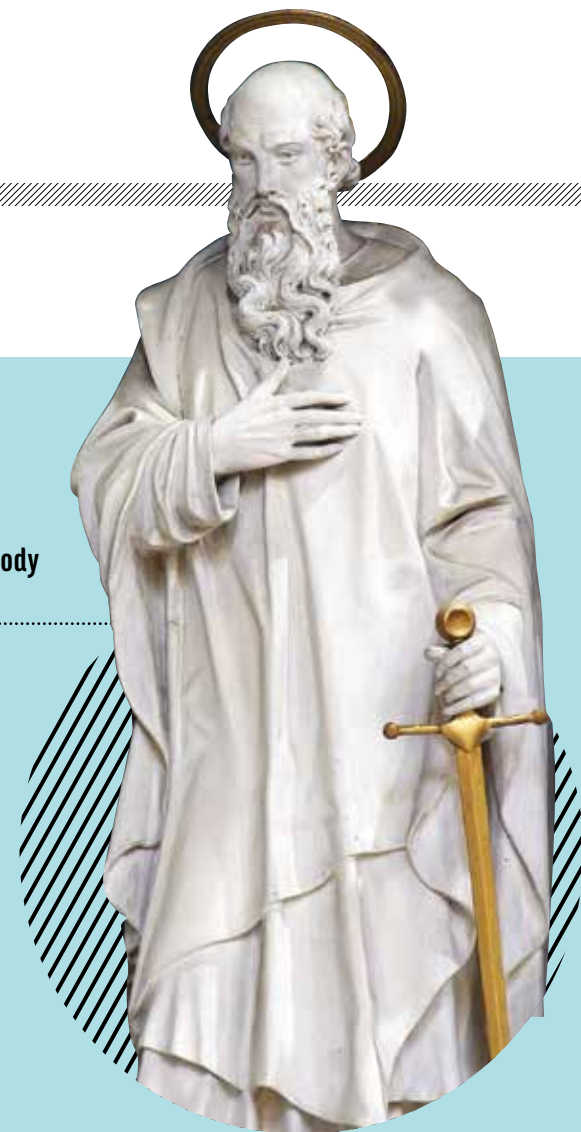
My soul thirsts for God, for the living God. When shall I come and behold the face of God?

PSALMS 42:2

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QUIZ TIME



LETTERS OF ST PAUL

1. Which book in the Bible precedes the letters of St Paul
2. Who is the co-author of Second letter to the Corinthians
3. What is the theme of 1 Corinthians 13
4. To which Churches did St Paul write more than one letter
5. In which letter & chapter does St Paul discuss resurrection of the body

6. Which is the correct order

- a. Colossians, Galatians, Philippians, Ephesians.
- b. Galatians, Ephesians, Colossians, Philippians.
- c. Galatians, Ephesians, Philippians, Colossians.
- d. Colossians, Philippians, Ephesians, Galatians.

7. Give the reference – "I can do everything through Christ who strengthens me".

- a. Ephesians 6:18
- b. Philippians 4:13
- c. Romans 8:28
- d. Philippians 4:19

8. About whom does 2 Timothy say "because he loved the world, he has deserted me and gone to Thessalonica"

- a. Hermogenes
- b. Phygelus
- c. Trophimus
- d. Demas

9. Two examples of humility and unity in Philippians are

- a. Timothy & Titus
- b. Titus & Philemon
- c. Aquila & Prisca
- d. Timothy & Epaphroditus

10. Which of the following is commonly used as a reading for Christian Weddings

- a. 2 Thessalonians 3:1-5
- b. Philippians 2:1-11
- c. Ephesians 5:21-33
- d. 1 Timothy 3:1-7

CROSSWORD PUZZLE

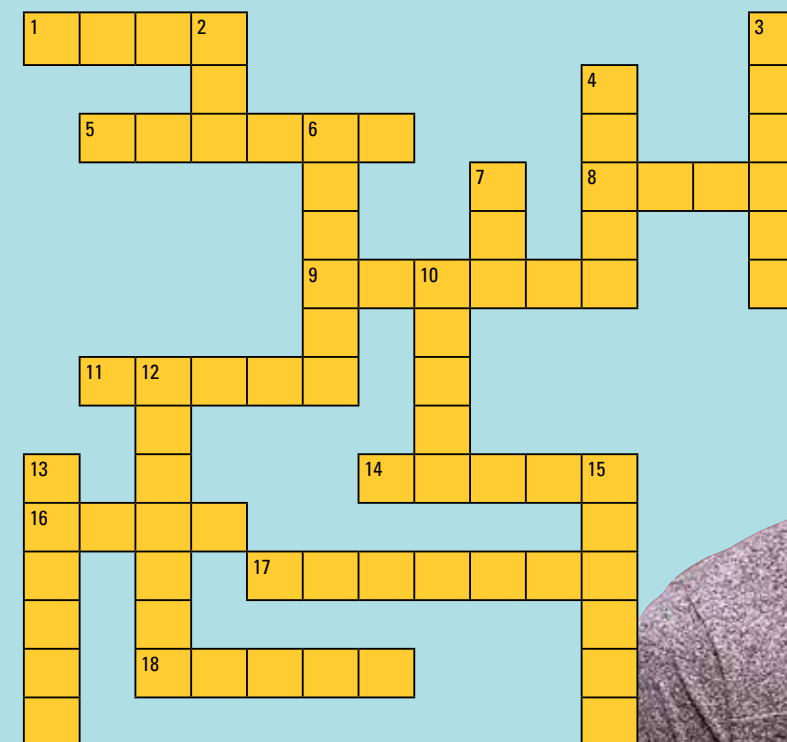
Old Testament People

ACROSS

1. He was the first king of Israel.
5. She was the queen who saved her people from the wicked man ,Haman.
8. He build the Ark.
9. He had a coat of many colors.
11. She was the wife of Abraham.
14. He killed the giant Goliath with a singleshot.
16. He was the first man.
17. He was known as a wise king.
18. He led the people out of slavery in Egypt.

DOWN

2. He escaped the fires of Sodom.
3. He won the battle for Jericho by blowing the horns.
4. He was swallowed by a giant fish.
6. This prophet was taken upto heaven in a whirlwind.
7. She was the first woman.
10. The queen of _____ visited the Solomon
12. He was the father of Isaac.
13. He was very strong.
15. He was thrown in a lion's den but survived.



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

★ ★ ★ THE WINNER OF QUIZTIME ISSUE 9 IS **HARRY JOSEPH**, KOCHI, INDIA ★ ★ ★



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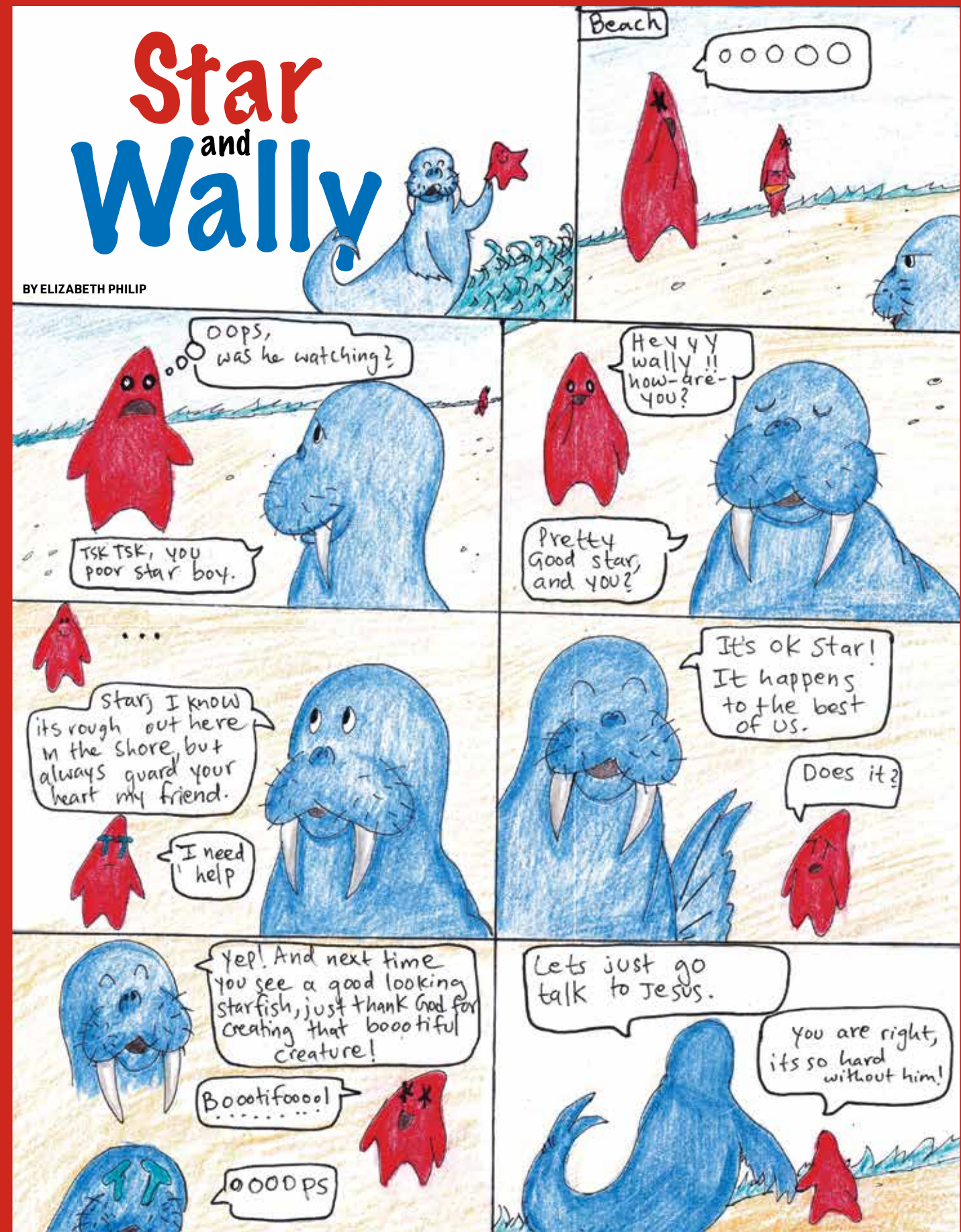


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