

# KAIROS

GLOBAL

PRIVATE  
CIRCULATION  
ONLY



ALSO ↓

MADE FOR SUCH  
A TIME AS THIS

■ JILU CHENGAT

*Holiness in  
the ordinary*

■ CHRIS CAMMARATA

MAKING  
SENSE OF  
SUFFERING

JOSEPH ANTRAPER



Jesus Youth

A Missionary Movement At The Service Of The Church



Photo: Ashish Rozario

## MARY MY BELOVED MOTHER



O Mother of sorrows, you who walked with Jesus along the Via Dolorosa, in you we your children find meaning for our sorrows, help us to unite our pain and suffering with the sufferings of your son on the cross and help make it redemptive. Our Lady of Sorrows, pray for us.

# EDITOR'S ROOM

DR. CHACKOCHAN J NJAVALLIL

 @readkairos



## SUFFERING

**T**he dictionary meaning of suffering is 'the state of undergoing pain, distress, or hardship'; suffering is the bearing of pain, inconvenience or loss, pain endured, distress, loss or injury incurred'. Is suffering something bad which should be avoided by all means? It seems that generally there is a misconception about the concept of suffering.

A student seriously preparing for an examination will be going through some pain, distress and hardship but with the picture of becoming successful and the ensuing benefits in mind, the experience is also one of hope and expectation. An athlete or sports person sacrifices a lot of things with the expectation of winning but it would be unfair to call this experience suffering. Often we hear about actors undergoing pain and resorting to extraordinary measures to sustain their capacity and to do justice to their character in a film; for example by losing or gaining an extreme amount of weight in a very short span of time to play the role perfectly.

Thus what emerges is that, it is not the experience we have in our life which matters but our attitude and response that make it suffering or a joyful experience. I am told that the most painful experience a woman goes through is childbirth. However, if asked what their most joyful experience is, most women would answer that it is becoming a mother, considering the pain they experienced as nothing in comparison to the joy they have received.

When we go through the Acts of the Apostles, we come across many situations where the apostles had to 'suffer' however, they were not upset by this rather we see them joyfully praising God. It is very encouraging to read about the martyrdom of Stephen in Acts 7. In verses 59 and 60 we read, "While they were stoning him, Stephen prayed, 'Lord Jesus, receive my spirit'. Then he fell on his knees and cried out, 'Lord do not hold this sin against them'. And when he said that he fell asleep". We can see that Stephen found meaning in his suffering and knew it was not in vain.

St Paul who went through innumerable difficulties in his ministry, in his letter to the Philippians (4:7) talks about how the peace of God, which transcends all understanding will guard our hearts and our minds in Christ Jesus.

In short suffering, pain or difficulties are not negative. It only becomes painful and difficult when we lose focus on what is beyond it. If our focus is on God, the kingdom of heaven and the life beyond the present, the pain finds meaning and becomes bearable. As ordinary human beings, I am sure that, this realisation is not at all easy and that many may consider this proposition as absurd.

I wish that in the lives of all the readers of Kairos Global, there is no suffering and that everyone is able to experience the peace of God which transcends all understanding.

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IT IS NOT THE EXPERIENCE WE HAVE IN OUR LIFE WHICH MATTERS BUT OUR ATTITUDE AND RESPONSE THAT MAKE IT SUFFERING OR A JOYFUL EXPERIENCE



Also  
LOOK  
OUTFOR

17 Trust in Him

18 Made for such a time as this

 I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us.  
*Romans 8:18*

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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. How can I overcome dryness in my prayer life and relationship with God?**

ALVIA SREENY EDINBURG / USA

We grow and deepen our relationship with God in and through prayer; and our relationship with God in prayer has a certain rhythm. It has moments of great highs and lows, as well as very ordinary times. As most of our life in fact quite ordinary, we may feel frustrated and say “nothing is happening”, particularly if we feel boredom or dryness when we pray. In other words, everyone who prays regularly goes through dry periods in his or her prayer life. The usual temptation during such a period is the urge to stop praying or to shorten the prayer time. However, spiritual masters like St. Ignatius of Loyola recommend that ‘we honour the time commitment we made to praying, even staying a few extra minutes when we feel a strong temptation to cut it short’ (Spiritual Exercises 12). Not giving up on prayer when the going gets tough is the only real remedy to overcoming dryness in prayer life.

Why does God allow these ordinary times in prayer, which we often label as dry and boring? It could be that God is gently tilling the soil of your soul for some future harvest, preparing the ground for a great insight or a deeper emotional experience to come. At other times God invites you to ordinary times to kindle deep desires and longing for him. In ordinary times of praying, we may feel that God is not there or not listening. Yet, the truth is that God is there, but not as we imagine or have experienced him in the past.

Like all interior movements, dryness or boredom in prayer can reveal to you something, if you would respond: Am I

making the necessary preparations for my prayer? Am I being honest when I pray? If your prayer is not related to your real life or your true thoughts and feelings, then boredom or dryness naturally results from this disconnect. Am I letting my own expectations dictate too much of my prayer? Expectations and desires are part of our life in general; but letting your desires and expectations get in the way of what God wants for you would not help. We need to let God take the lead.

St. Francis de Sales, in his book Introduction to the Devout Life, speaks about what to do during dryness in prayer.

- Vocally tell God about your dryness: He says, ‘seek relief in vocal prayer, bemoan yourself to our Lord, confess your unworthiness, implore his aid, kiss his image, if it be beside you, ...’
- Read a spiritual book: Read a spiritual book attentively till such time as your mind is calmed.
- Perform a bodily gesture of prayer: Sometimes external actions like prostrating yourself folding your hands upon your breast or kissing your crucifix can help.
- Persevere with faith and continue praying regardless of any feeling.

The good news is that dryness or boredom in prayer does not have to indicate the end of all things. Most of the saints have experienced similar struggles in their prayer lives. They used various means, including those discussed above in overcoming their dryness, and thus they persevered and grew in their relationship with God.



YOUCAT 102

**WHY ARE WE TOO SUPPOSED TO ACCEPT SUFFERING IN OUR LIVES AND THUS “TAKE UP OUR CROSS” AND THEREBY FOLLOW JESUS?**

**Christians should not seek suffering, but when they are confronted with unavoidable suffering, it can become meaningful for them if they unite their sufferings with the sufferings of Christ: “Christ... suffered for you, leaving you an example, that you should follow in his steps” [1 Pet 2:21]. [618]**

Jesus said, “If any man would come after me, let him deny himself and take up his cross and follow me” (Mk 8:34). Christians have the task of alleviating suffering in the world. Nevertheless, there will still be suffering. In faith we can accept our own suffering and share the suffering of others. In this way human suffering becomes united with the redeeming love of Christ and thus part of the divine power that changes the world for the better.



# POPE talk...

Dr. Kochurani Joseph  
Cochin, India



## Disconnect from TV, smart phones and connect to the Gospel in Lent

Lent is a time to turn off the television and open the Bible. It is a time for us to imitate Jesus and seek a place of silence, where we are free to hear the Lord's word and experience His call. It is the time to give up useless words, chatter, rumors, gossip, and talk directly to the Lord and dedicate ourselves to ecology of the heart. In a world in which we often struggle to distinguish the voice of the Lord, Jesus calls us into the desert and invites us to listen to what matters. The desert of Lent leads us to a journey of charity towards those who are weak and in need.

## Meekness unites us, anger drives us apart

Anyone can seem meek when all is calm, but how do we react when 'under pressure' or are attacked, offended, or assaulted? Meekness unites; anger divides. The meek are not pushovers; a person who is meek is able to win over hearts and save friendships. Scriptures use the term "meek" for the poor and those without land. So Jesus' statement that the meek will inherit the earth would seem contradictory. It is

the Promised Land. That land is a promise and a gift for the people of God, and becomes a sign of something much greater than a piece of ground.

## 'Worship of initiatives' is replacing faith

Pope Francis criticized placing so much importance on Church programs that the essential teachings of the faith are lost. A priest's agreement with such initiatives should not be the measure of his ministry. The worship of initiatives is replacing the essential: one faith, one baptism, one God the Father of all. Adherence to initiatives risks becoming the yardstick of communion. Today there seems to be a general atmosphere of widespread mediocrity and the fact remains that much bitterness is rooted in submission to relationships.

## Confession purifies hearts

We can receive God's forgiveness in the sacrament of Penance because there the fire of God's love consumes the ashes of our sin. The embrace of the Father in confession renews us inside and purifies our heart. Only Jesus, who knows and loves our heart can heal it. Before

## PRAYER INTENTIONS FOR APRIL

### FREEDOM FROM ADDICTION

We pray that those suffering from addiction may be helped and accompanied.

confession we should stand in front of the Crucifix and contemplate Christ on the cross. It is a time of grace to welcome God's loving gaze and then to change one's life. If we live only to earn money, to have a good time, to gain a bit of prestige or a promotion in work, we are living for dust. We are worth so much more, for we are meant to make God's dream a reality and to love.

## War should never be considered normal

War is madness; War can never be mistaken for normality or accepted as an inescapable way to regulate divergences and opposing interests. The international community has been content with military interventions, whereas it should have built institutions that can guarantee equal opportunities and enable citizens to assume their responsibility for the common good. There is serious sin of hypocrisy committed by many countries, which at international conferences and meetings talk about peace and then sell weapons to countries that are at war.

Pope Francis says...

- A meek Christian is not weak, but defends his faith and controls his temper.
- This is the revolution of Jesus, the greatest revolution in history: from hating our enemy to loving our enemy.
- Jesus, with His limitless love, raises the bar of our humanity.
- The preaching of the Gospel cannot be detached from commitment to the common good; it impels us to act tirelessly as peacemakers.
- The only kind of "Christian extremism" is "the extremism of love."

# JESUS YOUTH



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

## The prime mission of Jesus Youth? Friendship

→ I knew this woman Sumi quite well. Recently, we had a heart to heart chat following a big tragedy in her life. "My father was an active political worker, of a right-wing party. I too had the same strong will as my Dad. But while in college I moved closer to the leftist party leadership. As you know, most teenagers want to rebel and do the opposite of what their parents expect from them. But my political activism was mainly due to the nice friends I found there. These boys and girls were so joyful and friendly, and they talked about big revolutionary ideas. And I became their good friend and thus an active Political leader."

With a mischievous smile I commented, "Now your son has done the same and at college he met an active group and became their leader. Only difference is, he has become a Catholic and quite an active one. But are you upset like your father?" Now it was her turn to return a naughty smile, "Eddy, why should I? May be, when I was young, if I had a chance to meet such vibrant boys and girls passionate for Christianity, I too would have become active in Church."

### DO EVERYTHING POSSIBLE TO BUILD LOVE

From my early college days, I have been quite active in my prayer

group. It was not just a prayer group, instead it was a joy-filled gathering on Wednesdays, with so much of life and activities flowing from there. I remember how we started some of our very beautiful celebrations. Most of the significant steps there were taken as a result of some messages received in the group. During the early 1980's one recurring message we used to get in the group was, "Do everything possible to build love". The core group noticed these repeated messages and we discussed how we could respond. One good step was the Christmas celebrations we started, which became a big hit. The focal point in these celebrations were helping people to know one another thoroughly and help them belong.

Later when Jesus Youth movement gradually took shape, this emphasis on 'building love' always received special emphasis. So, if you ask young people what brought them to Jesus Youth movement a good number of them would mention 'friendship'. 'So and so became a good friend of mine and when she invited me to the group I couldn't resist'. Some others would mention how warm friendships kept them in the group. Many others would recall how when they were depressed, or then they had a crisis in life, there were good Jesus Youth to accompany and so they have continued.

Sometimes we tend to forget how people come to know Jesus and can deepen their relationship with him. The Lord works through relationships. Public announcements and attractive media have some role to play, but the most important step in getting connected to the Lord is surely a personal 'invitation' from a good friend. In the Gospel of John chapter 1 there are some beautiful illustrations for this. John the Baptist introduces Jesus to Andrew, and he becomes a friend of the Lord. Andrew in turn goes and invites his brother Peter. Next day Jesus invites Philip and Philip brings Nathanael and thus the chain of followers widen. Friendship was the tool that Jesus used to gather his best followers. In Jesus Youth also it is the same dynamics, loving and joyful friends bring their good friends to a friendly fellowship, where they experience the joy of the Lord and become friends of Jesus.

### YOUTH OF TODAY NEED FRIENDSHIPS

Pope Francis, in his Apostolic Exhortation *Christus Vivit* dedicates the 7th chapter to talk about Youth Ministry. Many young people today feel orphaned and "we need to make all our institutions better equipped to be more welcoming to young people" (216). And the Pope elaborates how friendship works in a group: "Friendship and



**Youth of today hunger and thirst for friendship. If they don't get it at a good place, they will look for it in a wrong spot, and often get misled into a life of darkness and confusion**

discussion offer the opportunity to strengthen social and relational skills in a context in which one is neither analysed nor judged. Group experience is also a great resource for sharing the faith and for mutual help in bearing witness. The young are able to guide other young people and to exercise a genuine apostolate among their friends". (219)

Youth of today hunger and thirst for friendship. If they don't get it at a good place, they will look for it in a wrong spot, and often get misled into a life of darkness and confusion. (Jesus's remark, 'sons of this world are wiser in their own generation than the sons of light' – Lk 16:8). As the Pope points out, in order to help youth, we need 'welcoming' places, where there is friendship and lively discussion. But all this is possible only if there are committed young people who have discovered their call to be true friends of youth, so that they will meet 'the True Friend of Youth', who said 'I call you friends' (Jn 15:15). In essence, the vocation of a Jesus Youth is to be a person of joyful friendships, and his or

her mission is to be a very good friend of everyone, especially the needy young ones, with a special commitment to bring them to the Lord.

Earlier I spoke about Sumi and my chat with her in the context of a tragic loss in her family. Her son was in the next room, and inside his room and outside the house there were so many of his friends, sharing his sorrow and consoling him with their presence. 'He is so blessed to have them around him,' I told myself. And the tragedy today is that so many youth don't have such friends. But, if they can have friends, and that too good friends, how wonderful would it be. And, surely, providing friends to young people is the primary call of Jesus Youth. ■

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

## ENCOUNTER



# Holiness in the ordinary

**Chris Cammarata** shares how he first encountered Christ in silence and how his desire to live a heroic life of virtue led to finding his true home

**O**ur world today is in love with superheroes and movie stars. I used to think that following God meant being the same way—polished, perfect, and clean, like a superhero. There's something inspiring about those heroic stories and sacrifices! But if there is something I've learned on my journey, it's that living a life for God is not anything like the world's ideas of being a superhero.

When I was seventeen years old, I decided I would live for God... somehow. I simply said "yes, I will follow!" There was a problem, though: I was not whole. I knew I wasn't, because I could hear an ache inside of me—an empty, lonely feeling. I was longing for God. I knew (intellectually) that when I felt sad, alone, or confused, God was there for me. But that didn't mean I felt it. That didn't mean I experienced God being there for me. At first, I tried to overcome that by doing more for God: studying harder, praying longer and disciplining myself more. But none of those things worked.

Then one summer, I went on an eight-

day silent retreat... and I had my first, true, deep Christ encounter—several years after I decided to live for God! What's more, I didn't meet God in a "dramatic" circumstance: there was no music, no preacher, or someone praying over me. I met God in silence. There was something fitting about that. I had cluttered my life with so much knowledge about God and so many things to do for God... It took him removing me from all of that so that I could finally hear him.

About five days into the retreat, I was praying before the Blessed Sacrament and under an enormous crucifix. Somehow, in that moment, I became aware of how I had all this knowledge about God and all this desire to serve him... but I still didn't have this deep experience of him. I began to pray, and in my mind, I imagined myself there at the Cross, kneeling before Jesus. I looked down at my hands and saw his Blood on my hands—and my first thought was, "I did this to you, Jesus. This is my fault." And then, from the Cross, Jesus spoke: "No... Take and drink. Raise your hands to your mouth and drink. I

did this for you.” What seemed to be my condemnation a moment beforehand, I suddenly realised was my salvation. He spilled his Blood on my hands—for me. And when I touched his wounds, not a single one said that he regretted his decision, that he was angry at me, or that he loved me less. He saved me, and that was his free gift to me—given out of love.

That first experience of Jesus’ love for me taught me to trust in the Lord and believe in his love for me. He believes in my goodness; I should too. And it taught me to let him be the Saviour! He’s the hero of my story. From that graced encounter, my life took a new direction.

Even still, I had a question in my heart: What does holiness look like day-to-day? I had learned to not try being the superhero and instead to let Jesus be the hero—but we’re still called to a heroic life of virtue. If it wasn’t “doing things” for God, then what did it look like?

I found an answer to that question in Jesus Youth. I didn’t meet the movement until after my Christ encounter and my baptism in the Holy Spirit. My first real exposure to Jesus Youth was very simple: someone invited me over to dinner. I still remember that evening, actually, because it made something in my heart say: Oh, that’s what holiness can look like!

Jesus Youth attracted me because for the first time I saw a community of people who wanted to live every part of their lives for Jesus Christ. But there was something different about it. I knew many heroic and extraordinary examples of holiness: stories of saints, incredible priests, holy mystics, dynamic and inspiring men and women. But in Jesus Youth, I saw holiness in the ordinary. Husbands, wives, parents, doctors, nurses, engineers, students, priests, consecrated people, families... Whatever the circumstances of their lives, they were people who had the same desire that was in my heart, to give all to Jesus—and above all, in their everyday lives. Jesus Youth showed me extraordinary holiness in ordinary life.

I’ve had many beautiful experiences of Jesus Youth in a rather short time. My experiences on the Haiti mission especially touched my heart. I participated in the Amoris Christi

Institute’s one-year formation program. Most recently, I felt inspired to see the “roots” of the movement and visit Kerala, so I spent most of this past December spending time with different Jesus Youth families, college groups, leaders and full-timers. I wanted to see a different side of Jesus Youth—and it turned out to be a very blessed and adventurous experience!

The people I met were so generous and willing to go out of their way for me. At first I was almost embarrassed that I had nothing I could offer back. Eventually, though, an elder said to me that “this is





Chris, during his mission at various places

*And then, from the Cross, Jesus spoke: “No... Take and drink. Raise your hands to your mouth and drink. I did this for you.”*

just what it's like among family.” And that's exactly what Kerala felt like for me: a visit to family! We're a family unlike any other. After all, what makes us Jesus Youth? Our culture, our language, our upbringing? No, we belong to Jesus—that's why we're Jesus Youth!

My first deep Christ encounter involved Jesus loving me for who I am. Everywhere I went, I found that same character in Jesus Youth: people trying to love one another for who they are. I used to think that living a life for God meant I had to be a superhero and have all the answers figured out. Through Jesus Youth, though, I've learned that God accepts us and uses us as we are. Whatever we bring him, he will use. He doesn't want a finished, polished product. He wants our mess. My story is messy, imperfect, and unfinished—and that's okay. Giving that mess to him, letting him save me day by day, and meeting him in every ordinary circumstance is actually more heroic than all the great and extraordinary feats I thought I would accomplish for him. Instead of doing it all for him, I do it all with him, following his lead! I am with him, and so all is well!



Chris Cammarata works as a clinical systems analyst in Houston and has degrees in Catholic theology and philosophy. He also writes for Catholic Café.

ENGAGE

# E A S T E R

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# cuisine



**Joby Mundackal** and **Vinitha Joby** share some meaningful culinary traditions that we can all incorporate into our Holy Week preparation and Easter celebration

**F**or everything there is a season, and a time for every matter under heaven: a time to be born, a time to die: a time to plant and a time to pluck the harvest..." Ecclesiastes 3:1-4. Likewise there is a time for fasting and a time for feasting. The observance of the different seasons and feast days as proclaimed by our Holy Mother Church is essential, and is quite relevant in our families which are the domestic church.

Food is an essential part of Easter too. In fact, the Easter Triduum starts with the Passover meal. When we look at the public ministry of Jesus, we can see that he gave a lot of importance to food; starting with the wedding at Cana, multiplying the loaves, the last supper, and the supper at Emmaus. Throughout his ministry, meals played a vital role. The Lord continued this by becoming the living bread for us in the Holy Eucharist. We are trying to explore some of the traditions associated with Holy Week as a family.

#### PALM SUNDAY

An ideal way to start Holy Week is by having a family meal with a cross on top of the pastry and a Palm Sunday pie.

Spy Wednesday can be commemorated with activities relating to the traitor Judas; an ideal day to play hide and seek.

#### MAUNDY THURSDAY

Maundy in Latin means command, it stems from Christ's words, "I give you a new commandment: love one another. As I have loved you, so you also should love one another". In many houses, it is a day for the fathers to wash the feet of others in the family.

### PASSOVER MEAL

For most of us this might already be a tradition we follow; where we remember the last supper of the Lord along with the first Passover meal of the Israelites. Preparation for this is very important and it is advisable to do this solemnly.

Roast lamb is an essential part of the Passover meal. Roast lamb can be filled with garlic and other herbal stuffing. One herb used in the roast is Rosemary because for centuries people believed that this plant would not grow over six feet in 33 years, so as not to be taller than Jesus. In Germany, Maundy Thursday is known as Gründonnerstag (literally Green Thursday) one reason being the green vegetables and herbs eaten along with the lamb.

### GOOD FRIDAY

Good Friday starts with toasted hot cross buns for breakfast. Last year, a few Jesus Youth families in the UK came together in a monastery and joined the liturgies and the Stations of the Cross with the community there. This could be a day to have a pilgrim walk as a family and to stay away from all the distractions of the media.

### PLANTING SEEDS

Good Friday is the traditional day for planting seeds. The seed buried underground which breaks through the soil with its shoot, reminds us of our Lord's death, burial and resurrection. If you don't have a garden, plant a seed in a small kitchen pot and as time passes, the new shoots will get the children very excited. It is an interesting way to share the word of God about the grain of wheat dying to self.

Good Friday is also a day to make an Easter Garden, which can become the place for Easter activities. Most of us are very familiar with making a Christmas Crib and it is good to have the same enthusiasm regarding the Easter Garden. Stories of Joseph of Arimathea will be an interesting topic to discuss with children at this point. Making a tomb and covering it with a stone is also an important part of this garden. With the growing demand of media entertainment, all these activities help families to spend Good Friday as a day with the Lord. Some people also spend Good Friday as a day for spring cleaning.

### EASTER CELEBRATIONS

A few years back our Polish neighbours visited us on Easter Sunday with decorated Easter eggs. Yes, Easter is a time of new life and decorating

Easter eggs is an interesting activity. This could either be done using empty shells or on boiled eggs which can then be served on Easter Sunday. Easter Saturday is an ideal day to spend time making an Easter basket and decorating it. The basket should be filled with tissue paper for collecting the Easter eggs. Once the eggs are ready, parents could hide them for an Easter egg hunt on Sunday.

Another Easter activity is making an Easter bonnet, which could be worn on Easter morning. Making an Easter paschal candle for Easter morning is also another beautiful tradition that we can pass on to our children. With the various symbols of Alpha, Omega, the current year and the five grains of incense or cloves reminding us of the five wounds of the Lord, this candle can be lit on Easter Sunday and following that, for dinner every night or for special occasions. When lighting this we can say this small prayer: 'May the light of Christ rising in glory, dispel the darkness of our hearts and minds'.

Attending the Easter vigil is a good way to educate children about numerous aspects of the faith life. We normally wear our best clothes for this special occasion in the Christian Calendar.

On Easter Sunday, children are excited to do the Easter egg hunt. The ideal breakfast for the day is boiled eggs. In some parts of the world people do egg-rolling on their lawns or on hillsides.

### THE SEED BURIED UNDERGROUND WHICH BREAKS THROUGH THE SOIL WITH ITS SHOOT, REMINDS US OF OUR LORD'S DEATH, BURIAL AND RESURRECTION

a rush and forget the importance of meal time. Let this Easter be a time to sit together as a family in making and having the meal. Remember that it was during the last supper that Jesus gave His great command and instituted the Holy Eucharist and Holy Orders. Through the gospels we encounter Jesus teaching various things to His disciples during meal times.

Though there is a lot of despair, turmoil and stagnancy this Easter season, let us ask the Lord to continue to help us to be 'Easter people', filled with the hope and joy of our risen Lord. Let us stretch ourselves in little ways for our neighbours and friends who are self-isolating by doing the grocery shopping for them or at least making a phone call or text.

### BLESSING FOR EASTER FOOD

O Lord, who blessed five loaves in the desert, graciously give us the bread for life's needs. Almighty God, let not thy gifts lead us to sin. While we enjoy our feast, let us also in charity remember all those who suffer in want and hunger. May not the pleasure of our body stifle the inspirations of thy Holy Spirit, O Lord.



Joby Mundackal and Vinitha Joby live in Manchester, UK with their four children. They are active in Jesus Youth UK.

# FEEDBACK

The book is very attractive and the articles are heart touching. As all of them are written by Jesus Youth and it gives an own feeling. Also feel like living a Christ centred life is not so difficult one. Everyone is enjoying the gift of life and working for the Lord as well.

Aswathy Benito, Oman

These Kairos Global magazines have really helped build my relationship with God. I love the variety of articles that they provide for the youth like me. Me and my friends really enjoy the sharings and the mission talks which we can really relate to especially since most of them are by young adults like us who we can look up to and go on missions like them as we grow older. I really recommend this magazine to people my age and to all ages. It's really amazing.

Sonia, Houston, USA

I love reading Kairos magazine just to see what everyone is doing around the entire world when it comes to Jesus Youth family. Just opening up the pages to see people that I know that are in the magazine. For example this camping trip [Issue 25] - it was amazing to see just how beautiful these experiences. These camping trips with people that I know. They are able to share their experiences and are to reach the ends of the world through the magazine. I recommend everyone to please subscribe to the magazine and go ahead and take the chance to actually read this because it's a beautiful testimony to see how God is working through our movement.

Natasha, Houston, USA

When I see Kairos Global magazine, my first impulse is to take it, cause of its attractive cover page and mind blowing articles. Before I start reading, I'll plan just to read the first paragraph and then go to the next article. But, once I start, it goes on from one article to the other and I end up reading the whole book. Reading Kairos Global gives me a positive vibe. It would be more fabulous if you could add something more specific for teens.

Sana Maria George, Cochin, India

*O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith.*

*You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.*

*Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.*

*We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.*

**Pope Francis Prayer to Mary (On March 11, 2020)  
to protect the World during the coronavirus pandemic.**



## MESSAGE

# TRUST

## Trust in IN HIM

Dear Members of the Jesus Youth Movement,

Greetings of the day!!

I write this pastoral note in the context of COVID-19. This year's Lenten journey will be unforgettable for most of us in a variety of ways. And one significant development surely is the spread of the pandemic which in one way or other has deeply impacted the lives of everyone of us. Something that we thought as happening in a far away land or heard in fictional narratives, has come so close to us. In most of our places the threat is far from over and we are struggling to face its spread and its future long-term consequences.

As we confront these distressing developments, one of the key messages of this season resounds loud and clear that 'dust we are' and that without the Lord's help and mercy we are entirely helpless. Surely, we are reminded of our vulnerability and called upon to turn to the Lord with a humble prayer, 'Lord we are poor and helpless. Do come to our aid!'

Faced with threats of such massive proportions, our natural human response is fear and distress. While we must be realistic in assessing the dangers and be responsible in taking suitable measures to avoid endangering ourselves and others, the Lord does not want us to fall victims to 'an epidemic of fear'. On the other hand, he wants us to trust in Him and place ourselves in His plan and protection, knowing well that He is in charge of us and everything that is happening around us. Perhaps, these days of 'walking through the valley of the shadow of death' could also be a time of deepening our walk in the Spirit, as we gently turn to him and learn to 'give thanks in all circumstances'.

Crises of these proportions very often turn out to be tests that prove our real mettle. We find some people using this epidemic to make a quick profit or even as an occasion to gain attention and popularity. On the other hand, we hear of many who have come forward in the true spirit of Good Samaritans and extend solace and support to many. As in the past, Jesus Youth, should discover in these moments of great darkness opportunities to extend a hand of solace and support to those in dire need.

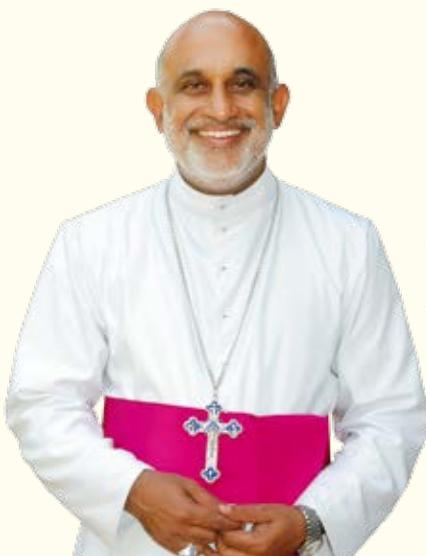
At a time when social distancing becomes an act of charity, many of us may not be able to reach out to the sick ones. But surely, we will find creative ways of extending love and care during these trying times and especially when individuals, families and communities make efforts to return to normalcy, once the epidemic is contained.

I am sure that if we look with a heart of faith, this crisis of immense proportions will prove to be a God given time for strengthening and renewal. Let us make efforts to slow down, read and reflect on the word of God, spend time with the Lord and take time to be with those close to us. Perhaps some of our digital facilities will help us gather and pray for God's mercy and also for those who are suffering.

Amidst all our efforts, I request everyone to pray for the intervention of God Almighty who has given us life in abundance. The inability of man to control this virus is an invitation to turn to God and try to understand His hidden plans. In the midst of anxiety and uncertainty, as Jesus Youth Members, we are to set an example of faith, hope and charity. In all our prayers, sacrifices and acts of self-denial, both public and private, let us remember this intention that the corona virus be controlled and that all those who are affected may be saved and brought back to normal life.

*Requesting your prayers once again I remain,  
Yours in Jesus Christ,  
Bishop Mar Raphael Thattil*

Ecclesiastical Advisor  
Jesus Youth International



SPECIAL

A close-up photograph of a person's eyes, which are looking directly at the viewer. The person is wearing a white surgical mask that covers the lower half of their face, leaving the eyes and forehead exposed. The lighting is dramatic, with strong highlights and shadows on the skin and the mask. The eyes are dark and expressive.

# MADE FOR SUCH A TIME AS THIS

A meditation by **Jilu Chengat** on staying calm and responding in a Godly way to the panic of Covid-19 pandemic sweeping across the world

**WE** are living in an interesting and uncertain time - a time when the word coronavirus is on the tip of every tongue. For many of us, in the past few weeks, our lives have been rapidly flipped upside down by the closings and limitations being placed on schools, workplaces and churches, in ever increasing attempts to contain and mitigate the effects of this disease. We are living in a time where even Sunday masses have been cancelled in many places for the protection and health of people!

Many, (including ourselves) may be anxious, afraid and paranoid. So how do we respond in these times? Well obviously, as Christians, we pray. We turn to Scripture to ease our concerns and to listen to the truth. And as we do so, we are reminded thus,

"As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving." Colossians 2:6-7

I invite you to reflect on this verse. Though it is probably the last thought in many people's minds, this is the time to give thanks. It is the time to ABOUND in thanksgiving. Abound means something like overflow. Are we rooted in our faith and overflowing in thanksgiving, or being tossed about with fears and

## PERHAPS NOW, MORE THAN EVER, WE ARE INVITED TO STEP INTO THE PRIESTLY, PROPHETIC AND KINGLY IDENTITY GIVEN TO US IN BAPTISM

anxieties of this world? To overflow with thanksgiving at a time when there are so many short-term and long term implications of this disease is not an easy feat. But possibly, we are invited into a deeper Lenten experience with Jesus in the desert, where our faith, convictions and desires are tested and purified so that we can be led deeper into the joy of God's plan for us!

During these trials, WHAT IF we lean into our faith? WHAT IF, we face the uncertainties with the certainty that God will provide for all of our needs? WHAT IF, we see this as an opportune time to ease the anxieties of those around us, with the peace that we have in Christ? WHAT IF, we increase our missionary zeal and find creative ways to bring the gospel to those around us?

Surely, we will have many concerns and questions. There are many practical matters that we have to decide and determine. We must be prudent, safe and of course, abide by the local recommendation and mandates from both government and church officials to protect ourselves and others. It is a sad reality that in many places, it might be some time before we can go to Mass, attend our Jesus Youth meetings or have our gatherings.

But let us remember one thing. We are Jesus Youth and saints in the making.

Perhaps now, more than ever, we are invited to step into the priestly, prophetic and kingly identity given to us in baptism. Most of the saints in their own time arose and stood firm in their faith in the face of great obstacles. "Who knows? Perhaps you have come to royal dignity for just such a time as this" (Esther 4:14). Let us look deeply at the questions that run through our minds and let our thoughts remain with the Lord! Rather than getting lost in reflections that lead to anxiety and worry, let us reflect:

How can I serve the physical, spiritual or mental needs of those around me?

How can I combat the growing loneliness and isolation?

How can I bring joy into a world that is quickly starting to despair?

How is the Lord calling me in such a time as this?

Though we may have to change the ways that we gather, let us remember that nothing can prevent us from standing strong in our communion, and the conviction of God's providence during this time. We do not and cannot ignore the realities of the world around us as affected by COVID-19, but we can look towards God and remain in spiritual communion with each other and our suffering brothers and sisters! We can still be missionaries.



Jilu Chengat, is a wife, mother and nurse, currently serving as the National Coordinator for Jesus Youth of America.



# CHOOSING THE BETTER PART



**As Covid-19 sweeps across communities, Mahima Anthraper, a mom of three recounts her own experience of God revealing new insights through the fear and anxiety she felt**

**A**s a home educating mother of three I enjoy our daily routine. It is steady, calm and most of all, predictable. My husband and I wake up together, we try to spend time in personal prayer till the kids wake up. After breakfast he goes to work, while we go for Holy Mass and then proceed on to whatever home education demands. In the evening we wait for him to come home, have dinner together, we say our family prayers and retire for the night. Often, I have wondered what a serene rhythm we have! A rhythm perfectly punctuated with Jesus Youth gatherings and ministry work, or an occasional late-night movie.

Yet often have I thought – Lord, is it fair for us to live such a serene life, when there is so much unrest, poverty, war, religious and racial hatred all over the world. “IT’S

NOT FAIR”, my head frequently responds! It is absolutely NOT FAIR that we are the privileged Jesus Youth – we value faith, we value family, our God listens, our God speaks, our elders guide us, our youth love us. It’s NOT FAIR – my kids are well fed and wear good clothes always, while millions of children suffer from malnutrition. It’s NOT FAIR – natural calamities, suffering and hunger limited to certain parts of the world, while we enjoy the luxuries of life. It’s NOT FAIR – says my wandering mind often, albeit secretly grateful that God chose me not to be born or live in a poor African country, or in war torn Middle-East.

May be God who sees even the deepest thoughts of my heart did after all listen to my meanderings, and into our lives came a new disruption which I never dreamt of – COVID 19.

It didn’t really bother me first when I heard about the Corona outbreak in China in January. Like any other Western world dweller, I thought it to be quite far away from home. It bothered me slightly as it started getting its grip on Italy – after all, we have friends in Italy as well as our dear Pope. And then, in the last 3 weeks we heard of the number of infections



***My heart trembles as I ration the food and prepare for the uncertainty ahead. But the Lord is also opening my mind to see the joy in simple minimalistic living***

going up in UK where we live, and life as we knew it changed. The newspapers say that it is just a matter of time before it arrives at every doorstep. And I lost the peace I once thought I had!

As the supermarket shelves were emptied by panic buyers, we decided as a family we would not hoard. It proved to be a high and lofty ideal to cling on to as days progressed. Shopping for everyday essentials became such a strenuous experience that at times I thought I must fill up my trolley in a panic buyer mode. My sleep became disturbed and I started waking up tired. The morning prayer time became a time to sit and get stressed about the 'unknown'. My home school schedule was totally disrupted as my mind was wandering all the time. With a family spread cross four continents stretching from the east coast of Australia to the west coast of USA, and the pandemic spreading at great speed, I felt I needed to worry about everyone, and indeed it was a lot of worry for a single person to carry in her little heart. I cleaned and scrubbed, washed hands a thousand times – still the anxiety didn't go away. Every time I was out shopping I looked around to see if people around looked sick and watching the news made my heart and head pound.

And then God in his mercy gave me the grace to have a look at myself – a quick glance at my anxiety, frustration, fear of the unknown, health, our family's health, our income, life style – everything I cling on to on a daily basis to make this life on earth comfortable. My! That's a lot of baggage I carry. Just the realization that I was being carried down the currents of a river, fast losing control, was enough to wake me up. Today, I hear the call to be still and rest in the knowledge that the Lord is my shepherd. My heart trembles as I ration the food and prepare for the uncertainty ahead. But the

Lord is also opening my mind to see the joy in simple minimalistic living. My heart tells me that if I let go, God will teach me wonderful things during this time of trial, things I would have never contemplated doing otherwise.

As the pandemic spreads around me, I am pretty much holed up at home with kids. We just go out for the bare essentials. From tomorrow, the day after the Solemnity of St Joseph, it is expected to be a tighter lockdown. As I write this, most of the world about is in pretty much the same state as our little town or worse. And if your response to this situation has been similar to mine, dear friend, now is the time to wake up. This is the opportunity for us to grow closer to God. A God given chance to see where our treasure lies. A time to contemplate how easily perishable is that hard earned rhythm of life we all cling to. And to remember the faithfulness our God has shown us in the past.

It was not by our merit we were called into the community of Jesus Youth, nor by our effort our salvation paid for. The God-Man who died for you and me is there in our boat, sleeping. Cry out to him if your heart is worried, "Teacher, don't you care if we drown?" (Mk 4:38). He will wake up; He will stand on the stern of your life, and your family. He might give you that look, asking, "Do you still have no Faith?" (Mk 4:40). BUT HE WILL CALM THE STORM. And we will say, "Who is this? Even the wind and the waves obey him!" (Mk 3:41).

Jesus, I trust in you.



**Mahima Anthraper**, is a home-educating mother of three living in Southampton, UK with her husband Joseph. She was part of the previous Jesus Youth UK National Council.



# THE OUTBREAK IN ITALY

Anoop P Varghese shares the experience of living through the pandemic in Italy, one of the new epicentres of the Covid-19 virus infection



When we first heard about the new Corona virus outbreak, it was just a news from a distant world, not in any way posing a threat to the country where we are, Italy. But after months of terrible news from China, we heard that someone was infected in Northern Italy, and that health officials have started isolating people who were in contact with that person. Later, we came to know that they have locked down those small municipalities. Unprecedented as it was, the number of infected persons increased exponentially in one week, and that was the beginning of the chaos.

As the virus spread fast, even faster spread the rumours and discussions about it. The government advised us to stay at home and to minimize social contacts. But much of the population didn't understand the potency of the outbreak, roaming around without any fear or precautions. As a result, there was a further increase in the number of virus infections. This forced the Italian government to lock down the regions with most infections, later followed

by the lockdown of the entire nation.

Italy is in shutdown, which means we are all inside our homes for an unknown time. It is the best way to prevent the virus from spreading. We have all supermarkets and medical stores open and full of supplies, except for masks and sanitizers. As the days of lockdown began, there were some supermarkets which got empty because of panic buying. But they were fully restocked in a few hours, or latest the next day.

We have stored enough food to survive for a few weeks, and are going out only if it's urgent, obviously with a lot of precautions. The place where most of Jesus Youth stay, South and Central Italy is away from the major epicentre (Northern Italy) of the infections, but there are precautions everywhere – schools closed, working from home, no social gatherings and so on. We feel safe. Even our friends in Northern Italy, like those from Milan, are safe and staying peacefully inside their homes. Most of the Jesus Youth families and people who work here, chose to remain in Italy. They felt that it is better to be



## FR DAS, ROME, ITALY

The transition from winter to spring (Primavera) happens in February and March months and during this time day temperature will vary between 5° to 20°C. Due to the "Colpo d'aria" an Italian expression which literally means "hit by air", many people get sick, and that's why this season is considered very dangerous for health in Italy. It is very common to hear people suffering from "Influenza", commonly known as the flu; it is a viral infection that attacks your respiratory system. Every year nearly a million people in Italy suffer from viral flu during this season. Usually in Italy most of the people recover from flu within a week or ten days, but some people are at a greater risk of more serious complications or worsening underlying conditions. As Corona virus also has similar symptoms and this climate condition is very conducive for the spread of the virus, this COVID19 epidemic spread rapidly in Italy.



***We had anticipated a lockdown, as it was mostly a repetition of the events that happened in China. But what we didn't expect was the closure of churches, being deprived of Holy Mass, Adoration and confessions***

safe inside their homes and not to make unnecessary travels. Some of the International students had concerns on staying back, since they were young, not working, did not speak Italian and were away from their families and parents. Many of students have left Italy and are now quarantined at their homes elsewhere.

We had anticipated a lockdown, as it was mostly a repetition of the events that happened in China. But what we didn't expect was the closure of churches, being deprived of Holy Mass, Adoration and confessions. As the threat of virus spread, we were forced to cancel all our Jesus Youth prayer groups and gatherings. As we started getting used to the new reality, we also came to the realization that this could go on for longer than what we could foresee. Since Jesus Youth Italy already had an online Prayer meeting every Monday, Wednesday, and Friday, we continued gathering on the Internet to pray together. Further on, we extended the online groups for praying Divine Mercy chaplet every day, and for households and prayer gatherings. On special intercession days organized by the Catholic church or Jesus

Youth International team, we are gathering online to increase our prayers.

As we write, the situation here is getting worse with more than 3,000 deaths and about 35,000 people infected. We are learning a new way of life to stay in prayer, even without essential sacraments. Instead, using technology we are engaging ourselves by mutually encouraging in spirit, fellowship and sharing the word of God. We

believe that God has a plan and that plan is for our good – even through this pandemic. There are many positive things we see around these days. Everybody has enough time to spend time with their family, to take good care of children, we understand better the importance of sacramental life and above all, enough time to meditate upon our own faults, producing the fruit of repentance during this lent season.

As this virus is spreading to many countries and the number of infections rising, we can all pray together and hope for the best. As Jesus Youth each of us has to do our responsibility by obeying government orders, acting with precaution, and most importantly storming heaven with our prayers. We view this period as a quality time to make the world, more closer to God. ■



Anoop P Varghese is the coordinator for Jesus Youth Italy. He works as an engineer and lives with his wife Shilpa and two children in Fabriano, Italy.

IN FOCUS



# MAKING SENSE OF SUFFERING

IN A WORLD FILLED WITH SEEMINGLY POINTLESS AND RANDOM PAIN AND SUFFERING, **JOSEPH ANTHRAPER** LOOKS INTO WHETHER THERE IS MEANING AND VALUE TO HUMAN SUFFERING

**A**S part of the International Women's day, I read a heart-wrenching news article about a young woman who had acid splashed all over her face as well on her baby by a man whose sexual advances she had rejected. Spurned by her husband, coming from a poor family trying to make ends meet with the cost of medicines and ongoing treatment, it was impossible not to cry reading about her physical pain, mental anguish and her daily, seemingly futile battle for survival. In moments of pain, sorrow and loss, we often ask Him, "where are you God? And do you not care?". By the time you finish this article, hundreds of people would have died of starvation and abortion, and hundreds more children abused one way or other. St Thomas Aquinas believed it to be possibly the only real argument against the existence of God – if God is all powerful and all good, why is there evil (and suffering) in this world that He created?

### ISRAEL, THE PROTOTYPE

This is a question that has vexed humanity since time immemorial. Buddha formulated his four noble truths by meditating on the problem of human suffering and pain. Profound as they are, one of the greatest explorations of this Mystery in the West comes from the book of Job. The author of Job is grappling with the question of why bad things happen to good people, for there is no one better than Job on the face of the earth. Israel was a tiny nation and people specially chosen by God to reveal the glory of God to the whole world, yet their history is a history and catalogue of sufferings. The Pharaoh, Assyrians, Nebuchadnezzar, Cyrus, Caesar & Rome, Hitler & the concentration camps – it seems as if God chose them specifically, only to suffer!

Job's friends are adamant that his suffering doesn't come from the good God, but from his own mistakes, while Job on the other hand refutes this and wants an answer from God, questioning God. The same Job who at the start of his misfortunes made the profound statement of faith, "The Lord gave, the Lord has taken away, blessed be the name of the Lord", is driven to breaking point by the end of the discussion with his friends. Often in our own life and in the life of people around us we see this happening. For each person whose faith is strengthened through suffering, there are at least 10 who slip into depression, dejection, bitterness, anger and faithlessness because of suffering. And when finally God does come, he answers Job with a series of questions starting with – "where you there when I laid the foundations of the world...", none of which Job had a clue about. God doesn't answer the problem of suffering in a way we would have wanted.

Over the subsequent centuries after the Babylonian exile, Israel doubles down on the Torah and the temple sacrifices, yet prophet after prophet now identifies a bit more of the problem – the prevalence of sin all around and deep within the people, and the profound truth of "how all have sinned and have fallen short of the glory of God". And they yearn for a second exodus – when God would lead the people of Israel from the slavery of sin to freedom.

### JESUS, GOD'S ANSWER

Christianity's answer to the problem of suffering is not a thing – but a person, Jesus Christ. God became man, the creator of Mary's womb became creation in Mary's womb, as ridiculous as it sounds, not in a palace, but in a stable in a remote corner of the world 2000 years ago. God himself entered into the world of sin, suffering, pain, greed, evil and selfishness – out of love for you and me. He so loved us, yet he was despised and rejected, a man of sorrows, acquainted with grief (Is 53:3-5), even his family saying he was out of his mind (Mk 3:21); with no possessions, posterity, and nowhere even to lay his head (Mt 8:20). In the end he was convicted as a blasphemer, carried the cross to a hill outside Jerusalem the holy

city, to die on the cross among brigands and thieves, "so marred in appearance, beyond human semblance and his form beyond that of mortals" (Is 52:14). Christians up and down the centuries have proclaimed the great truth that Christ has destroyed sin and death – indeed he has, precisely by embracing the depths of sin, suffering and death. In a mysterious way, God through entering into the depths of suffering has transformed suffering into a life-giving river, not just for a few, but for the whole world. Through his death as a convict outside city gates, he has brought forth salvation for the whole world, for his death was not the end of the story, he was raised on the third day. Suffering and death were defeated at their own game and hence St Paul can say, "O death, where is your sting? O death, where is your sting?" – for through Christ, Paul knows that death doesn't have the last word, but there is something beyond even death.

Jesus asked his disciples to follow him and that is what they did. Christ's death and resurrection inaugurated the new Kingdom and this is the way to this new Kingdom – just as Christ through his suffering and death transformed suffering and death into life-giving redemption for the whole world, each of his disciples is called to offer his/her suffering with Christ's suffering, so that each Christian's suffering will also become life-giving. The early Christians understood this and hence Paul could boast in his weakness and sufferings. The saints live this and hence St Francis had lady poverty as his bride.

In the end, suffering for a Christian is more than an inconvenience or a tragedy, but the very passport through which he/she enters and progresses in the new Kingdom. This is not sadism or depravity, but a profound act of love – for as God once entered into man's suffering 2000 years back, he is there in the suffering of each man. He is there in Auschwitz, he is with each person in his/her tears in Sinjar and Hiroshima and Darfur. In the end, suffering is more a psychological, flesh and blood problem

rather than an intellectual question. And as God came down to be with Job, Jesus, the Love Incarnate has come down to be with us in our suffering, crying with us, being God's tears and promising to transform our suffering to be redemptive, if we allow him.

Where is God in all the seemingly pointless suffering? Right there in it, ready to take up the seemingly random violence, evil and pain into his cross and making it life-giving.



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

# Leaning on

**Sujatha Joseph** takes us on a step-by-step approach to embrace our crosses more dearly with much love



**I**T was one of those beautiful, relaxing weekends when my two-year-old son and I decided to go for an evening walk to enjoy nature and each other's company. Nature had its full colour on with trees wearing hues of yellow, green, red and brown leaves and some, adorning colourful flowers. A few of these beautiful leaves and flowers had begun to leave the mother tree as in season, some were thinking about leaving and the others seemed hesitant to leave.

We both walked on the sidewalk taking in all this beauty around us with my son talking in his baby language and me responding as if I understood everything he said looking at the fallen leaves and flowers. I held onto his hand as we walked because I was scared he would fall and get hurt if I let go, although he could walk by himself. But, suddenly he decided to let go, to explore things by himself and ran ahead of me. He hadn't gone too far before I heard his voice,

shrieking, "Amma". My poor little guy had slipped on something and had fallen down. I was hoping he would get up as I rushed towards him, but to my surprise, he kept lying there crying, "Amma". After reaching, I gently lifted him up, but his cry became louder and he started pointing towards the small scrape on his knees talking in his language. Even though his language was not clear I could understand that he was saying, "Mom, it hurts". I hugged him and he rested his head on my shoulder; his loud cry becoming weaker, reducing to soft weeping and then finally silence. All the while I kept whispering in his ears "It is going to be ok my son, I am here for you, do not worry, I know what to do". I guess he understood because he rested quietly on my shoulder and then fell asleep as if nothing had happened or will happen.

Our sufferings are like this. They are opportunities for us to return to the Lord our father with complete trust and dependence like a child, a child who cries when he falls or hurts, a child who wants his dad to pick him up and hold him close to his heart so that he can rest.

We, as children of God should see suffering as a battle – a battle for winning our souls. It is not easy to go through suffering peacefully, especially when someone is going through something heart breaking like death of loved ones, untreatable illnesses, divorce, marriage issues and so on. Often times we seek for help and comfort, hoping that our crosses may be removed, or made lighter, but God has a plan and purpose for all our sufferings no matter how big or small it is.

Having said that, not all our problems should be given the name "suffering allowed by God". There are times when we buy our own problems. Regardless, if we offer up our problems or sufferings to the Lord he can use it for a greater purpose.

Few steps that might help us to respond to our sufferings in a Godly manner are:

#### LOOK AT HIM

Like a child we should look up to our Lord at the time of our sufferings. Often times we look up to God at the time of suffering as a person who can remove the cross from us. Yes, of course he is capable of doing so and we must look up to him for

*We, as  
children of  
God should  
see suffering  
as a battle –  
a battle for  
winning our  
souls*

that as well. But, is that all he is capable of doing or is that all we should aim for? The conviction that "God is my father and his purpose in my suffering, is to earn my soul" will help us to seek God's purpose in our suffering. Looking at HIM will draw us more close to him and we will be able to see HIS wounds and rest in his wounds. He will embrace us with his wounded hands and broken heart so that we may be able to unite our wounds to HIS wounds.

#### SPEAK TO HIM

Suffering often brings sadness, depression, anxiety, fear of future and so on. If we fall into any of these, we are opening our heart to Satan to work his way in to destroy our souls. Word of God says, "through many tribulations we must enter the kingdom of God" (Acts 14: 22). Whatever our feelings, we must be able to talk to the Lord as we talk to our best friend or like a child who brings his or her sorrows to his or her mom or dad. God is a loving father who is willing to listen to our cries and sorrowful mourning.

#### LISTEN TO HIM

After pouring out our hearts to HIM we must listen to HIM. Our sufferings may be something that we may have bought with our own actions, or it may be something that HE has allowed in our lives, like in Job's case. Either way he has something to tell us through the suffering. Listen to him! This can be done during personal prayer, adoration, holy mass, word of God, or through mature spiritual guidance.

Sometimes our heartbroken and loudest cry may seem unheard. If we feel that way, we must realize that our Lord is also mourning with us in our sorrows, like he did with crying Martha and Mary, hoping for a moment that we quiet down and rest at HIS feet so that he can talk and reveal HIS greater plan for us. Do not forget that the most heart-breaking cry that rose in Gethsemane was left with no response at the time, because it was inevitable to fulfill the greater purpose. If we think our cries are not heard as we expected, let us say to him "Let thy will be done" and rest in HIS wounds whispering "Father, in to your hands I commit my spirit". Our destiny is the 'new Jerusalem, where all tears will be wiped away, no more death, no sorrows or crying' (Revelation 21: 4).

#### RESPOND TO HIM

After pouring our hearts in front of the Lord and listening to him we must respond. Respond with patience and love. Prayer, fasting, word of God, prayerful fellowships, sacraments especially holy mass and confession are great sources that will give us strength and endurance to bear our crosses without much grumbling. If we "offer" our sufferings to the Lord we will become part takers of HIS suffering and death, bearing great witness to the people around us. "We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed" (2 Corinthians 4: 8–9). ■



**Sujatha Joseph** is a nurse and has been part of the Jesus Youth movement for a decade. She lives with her husband and three children in Dallas, USA.

# COUNT IT ALL JOY!

Millon Jose encourages us to consider the sufferings and struggles of life as Joy, for God is doing something wonderful even during such times



**WHO** among us want to be perfect? If you desire for it – which we all do, let us see how “count it all Joy” (Jam 1:2) can help us to “be perfect and complete, lacking in nothing” (Jam 1:4). To be perfect is our call, “so be perfect, just as your heavenly Father is perfect” (Mat 5:48). Perfection means we are striving to live each and every moment by the grace of God – that’s all! Yesterday is gone and tomorrow is not here yet. All we have is this present moment. And it is in this moment, that we are called to live perfectly, by His grace. The simple connection here is, when we face trials head on with faith and hope, it produces perseverance and perseverance makes us perfect. One of the hardest lessons we have to learn is how to be joyful in the midst of pain and suffering.

In reality, how can we consider something that is painful as joyful. We do it not because the thing in itself is something pleasurable, but because trials and sufferings work for our fruition. Why persevere when you see it is futile to suffer? We persevere because there is at least one good thing happening to us in the midst of pain and suffering – we are becoming holy and perfect. The aim of those trials that God allow is to purge us of all impurities and make us Christlike. We do not suffer in vain, God has a purpose, and that purpose is always good. In Romans 8:28 He promises, “And we know that all things work together for good to those who love God, to those who are called according to His purpose.” This is what enables us to count it all joy as we endure suffering and pain.

Why put up with an annoying friend or co-worker? Why put up with a husband or wife in times of strife? We will not at that moment understand what the point is in putting up with a friend, neighbour or family member when going through struggles. At that moment, it is hard to keep our eyes fixed on the fruits of perseverance or the future. When we are in the midst of the trial, we



## One of the hardest lessons we have to learn is how to be joyful in the midst of pain and suffering

can easily become consumed by it. But, when pain and sorrow is at its peak, we must remember that labour pain only lasts for a little while and joy will come in the morning. That is our hope.

Why be joyful all the time? As Christians and Jesus Youth, we are always identified as joyful people – people of hope. We have heard the countless stories of people attracted to Jesus Youth movement and encountering Christ, through that Joy. To quote Saint Mother Teresa - “Joy is prayer; joy is strength; joy is love; joy is a net of love by which you can catch souls”. This is the reason why we are called to be Joyful all the time. Not because we are careless about our troubles, but because we know someone who cares for us and because He is in control.

Let us not give into temptation and say “well, I am only human” or be passive and resign. Resignation or being passive in times of trials is a defeat, but perseverance is triumph. This testing, this purging, yields patience and perseverance. To endure such times, we are to turn to Jesus and avail the graces of the Holy Eucharist and Confession and spend more time with Him in adoration – this will give us the strength to persevere and grace to live in faith, hope and love.

So, friends this “count it all joy” attitude is a choice. It is a decision we should make – whenever hard times come our way – we are assured that God will see us through and that we will be better, more like Him, once we get through it. Trust in God. Look to Christ in the midst of your sufferings, don’t focus on the present trials and be consumed by it. Ask God to help you to rejoice in Him and to count it all joy.



Millon Jose a Software Developer by profession lives in Dallas, USA with his wife, Linda and their six kids and he is part of the Jesus Youth movement in Dallas.

FAMILIA

## MARRIAGE AS A PATH TO HAPPINESS. (V)

# Dialogue, crisis and forgiveness in the family

*Mutual understanding, respect, dialogue, communication, correction and forgiveness are some of the key attributes to raising a family in holiness, says Fr. Charbel*



**N**obody wants to hurt those whom he or she loves, and nobody wants to be hurt; but the fact is: we hurt only the people who love us, and are hurt only by those whom we love. To love is to make oneself vulnerable, to accept to depend on the other. For this simple reason, 'family' if it is the place of many joys and happiness, it is also the place where most of us get the greatest sufferings and some of our deepest wounds. Now, how to deal with that?

#### **The art to stand in the other's shoes...**

Love cannot grow if mutual understanding and respect does not grow. Love demands to be interested in the other, in his or her way of thinking, feeling, reacting; to try to understand him or her more and more deeply. When a relationship breaks down, the root of the problem is usually not a lack of love but a lack of understanding. This growing in understanding, especially between man and woman in a married couple, is a never-ending process. The day one of the two thinks, that he or she has nothing to learn about, or from the other, the relationship is dead.

This understanding demands to be able to stand in the other's shoe, to consider things and events not only as revolving around me but to go out of myself, to de-center myself and see things with the other's eyes. The ancient philosopher Aristotle wrote that in friendship, my friend becomes for me, another self. This is it! The one I love is for me another self because I search for his or her happiness and good, as for mine. But let us be careful, that which is good for him or her might not be identical to that which is good for me and that is where love needs to develop its own insight.

We all know people who present their friends or family members with a gift that would have pleased their own self, but in fact does not please the one who receives it. We often fall in that kind of trap in many ways.

#### **Simplicity and trust**

Genuine communication and dialogue demands simplicity and trust; the knowledge, that I will be received and not judged, welcomed and listened to.

.....

*'family' if it is the place of many joys and happiness, it is also the place where most of us get the greatest sufferings*

.....

"Dialogue is essential for experiencing, expressing and fostering love in marriage and family life. Yet it can only be the fruit of a long and demanding apprenticeship. Men and women, young people and adults, communicate differently. They speak different languages and they act in different ways. Our way of asking and responding to questions, the tone we use, our timing and any number of other factors condition how well we communicate. We need to develop certain attitudes that express love and encourage authentic dialogue." 1Pope Francis lists a few of these: to take time for each other, to be able to put aside my own worries in order to really listen to the other, to value other's point of view, to learn to take advantage of differences in opinions, feelings, to love and share deep things. All this fosters an atmosphere of trust and simple sharing, which is necessary for love to grow. In case of crisis, these will give the necessary foundation to overcome difficulties and misunderstanding.

#### **Correcting each other?**

Sometimes corrections have to be given: "you have hurt me" "Please could you avoid doing this?" But, these, should always be done in humility and not in anger, always having at heart the good of

the person to whom I speak, and not the satisfaction of my feeling or venting of my irritation, not even the efficient result. The first motivation for correcting someone should be his or her own good. It demands great finesse, and in order to make a correction acceptable and useful, we need to find the right time, the right way and the right words. None of us are perfect and we are all here to help each other on our walk towards holiness, and married people especially, are companions and helpers on that path. However, it does not mean that they have to try to educate each other. "I have to change him or her". No! They need to receive and love each other as they are but help each other to walk closer to Christ. Pestering each other is usually not the best way for that.

#### **To forgive and to ask for forgiveness**

To forgive is not to forget or to give a clean slate. It is much more than that. It means making use of the evil done, to love more than before. This is a miracle realised by God's mercy, for example when we go to confession. But this is also what we are called to practice among ourselves. Everything and everyone can be forgiven, 70 times 7 times with the help of God's grace. But for forgiveness to bear all its fruits of reconciliation and a greater love, it has to be asked and then, given. It also has to be mutual, because only then the grace of God can bear all its fruits. To ask forgiveness from one's spouse, one's parents, one's children, one's siblings, etc., demands humility. But it is also an immense source of joy! A family should be a place where we wash each other's feet, following the example and commandment of Jesus at the last supper. Then, it will be a place of peace and joy, growing in holiness.

Pope Francis, *Amoris Laetitia* 136



Fr Charbel, originally from France and from the community of St John, is currently living in Pondicherry, India. He goes around preaching retreats and actively supporting youth and young families, especially with marriage issues and discerning vocation. He is currently the Chaplain for JY Tamilnadu.

CULTURE OF LIFE

# A RAY OF LIGHT

**Ann-Christy makes a passionate appeal for every responsible person to be the voice of the unborn, looking back at her own experience while being a prayer volunteer at one of the abortion centres**



**A**bortion is a hot topic, also flaunted as a major feminism issue of our time. I remember excitedly attending a women's conference at university, keen to learn about women empowerment, and being appalled listening to how casually they spoke about abortions. It seemed so hypocritical to me that on one end they were holding up feminism as a movement which spoke for those with no voice, while viciously attacking and conveniently forgetting those with literally no voice of their own – unborn children.

I walked out of there feeling really frustrated about how they had completely dehumanised unborn babies and made them the enemy of the mother. I also wished I had had the courage to speak up even if my opinion would have stood alone in that room full of anti-life sentiment.

It's not always easy to stand up for life but this is an obligation and an honour we have – to defend the lives of the innocent. After university, I was glad to be introduced to '40 days for life'; a network of people who keep peaceful prayer vigils in front of abortion businesses around the world. They have over a million volunteers who pray outside the clinics in 63 countries and to date have helped to save the lives of nearly 17,000 babies.

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me." (Mt 25:40)

Today I want to share with you a beautiful story – one of many from 40 days for life – which highlights the importance of these prayer campaigns.

During a 40 Days for Life vigil in Birmingham, UK, a male volunteer was praying in front of the clinic when a lady who had booked in for an abortion was walking inside. He gently handed her a leaflet and they started conversing. They spoke for a long time and he pointed out to her the number of the helpline in the leaflet and told her there are people who can help her.

The lady walked inside the clinic feeling torn by her emotions. She had no support from her own partner or parents regarding the pregnancy and here was the loving voice and the comforting words of a prayerful volunteer, who offered her the help and support she was yearning for. She carried on inside with the leaflet to read through it and then began texting the 'helpline' number given inside the leaflet.

Not surprisingly, when the workers inside the clinic noticed the leaflet in her hand, they took it from her. Of course, for this business, a mother changing her mind and choosing to keep her child means a loss in revenue so any helpful material is sure to be removed.

The lady was very distraught and confused but the volunteer on the helpline was replying to her with encouraging texts. The volunteer told her that if God wants to, he can take that baby's life, but it's not up to us to take anyone's life. The lady was assured of the prayers that were being said for her; Facebook posts and

many messages were being sent out by the volunteer on the helpline asking for prayers for this lady. A torrent of prayers flooded up towards heaven and she decided to leave the clinic that day without having an abortion.

The lady later met the volunteer who she had been texting and her heart was moved by the conversation. She decided to keep the baby regardless of the consequences. She spoke about her Catholic roots and how she was going to stop visiting psychics now and put her trust back in God.

**ALL HER LIFE SHE HAD NOT HAD A POSITIVE MALE INFLUENCE AND IT TOUCHED HER HEART HAVING A CONVERSATION WITH THE MALE VOLUNTEER WHO CONVINCED HER TO THINK AGAIN BEFORE ABORTING HER BABY**



This little baby with his/her short life became the angel that brought his/her mum back to God.

It took a stranger on the street to tell this lady the truth about her baby – about the humanity of her unborn child. All her life she had not had a positive male influence and it touched her heart having a conversation with the male volunteer who convinced her to think again before aborting her baby.

There are innumerable stories like this of how the physical presence of a praying volunteer has converted hearts and saved

lives. Today, when I join these prayer vigils in front of the clinics, I feel blessed to have the opportunity to be a voice for the unborn and a ray of hope for many women who come to these clinics. So I encourage you to be bold and take the chance if you have never been to pray outside a clinic or to contact your local pro-life movement to be involved in other ways.



Ann-Christy moved to Dallas, USA from UK after her marriage, to be with her husband Alvin. She is the previous Youth Coordinator of Jesus Youth UK.

## UPDATE

# jesusyouth.org 2.0

An overview of the new, revamped Jesus Youth website.

**W**ay back in 1997, when the World Wide Web was still evolving, a group of enthusiastic young tech professionals and JY leaders were already thinking about an online platform for the movement. For these young people, the emerging online spaces were places to reflect and share the spirituality, fellowship, the loving relationships and prayer that they experienced in their lives. Most of them were students or young professionals in the field of technology. Setting aside precious time from their careers, they prayed, gathered together, shared ideas and worked rigorously to go beyond the local spaces and connect the movement across the web around

the world. These initiatives were also in sync with what the Holy Spirit was doing within the movement - shaping it into an international network beyond the borders of specific countries.

These gatherings and initiatives led to two global platforms - JOYnet, an email fellowship and [jesusyouth.org](http://jesusyouth.org), the official website of the Jesus Youth movement. Both JOYnet and the website were landmark beginnings - not just within the movement but even among other catholic online initiatives. Launched in 1997, the Jesus Youth website was definitely one of the first catholic websites of its kind. JOYnet too went on to become a very active platform among Jesus Youth from several countries for almost a decade.

The Jesus Youth website was created as a simple space to present a concise explanation of the essentials of the movement and to open up the emerging ministries and possibilities of Jesus Youth to young people on the internet. Initially, the website was created in a basic text centric format which gradually evolved in terms of approach, design and content over the years. From early times itself the website had introduced innovative ideas elements like a series of reflections, media downloads and a podcast for youth that featured initiatives from the movement among others. The progression below gives a quick overview of how the face of the website changed over the last three decades.

## The Evolution of [jesusyouth.org](http://jesusyouth.org) over the years:

1998



2000



2003



2004



2006



2011



2020





By **Shelton Pinheiro**

Beyond the visual changes, the revamped [jesusyouth.org](http://jesusyouth.org) is designed around three emphases that reflect in the design, the content and the structure of the site.



### 1. A FRESH FOCUS, A LARGER AUDIENCE

The earlier versions of the websites did cater to two target groups - those within the Jesus Youth movement and those who have a spiritual inclination but who are not associated with the movement. Yet the emphasis was always on information and resources for those who are active in the movement. The new version of the website, on the other hand, has a clear emphasis to connect to the outer world. It features more of an open interface in terms of design, imagery, dynamics and tone of voice. The terminology is not too niche or within the 'spiritual' sounding cliches and the language is everyday, casual and simple. It is perhaps an open invite to the entire world.



\* \* \*

"Working on the Jesus Youth website has always been a time of grace. This time we wanted the website to look simple and contemporary, capturing the various facets of the life of the movement in a single scrollable screen with sessions clearly demarcated. The fonts, images and the overall styles were carefully chosen to suit the joyful expressions of Jesus Youth."

**Jacob Jose,**

UI/UX Designer for [jesusyouth.org](http://jesusyouth.org),  
India

The best thing about the project was working with a set of likeminded people. The Holy Spirit brought in a great harmony which made working together a joy. Me and my office team were working on the coding and the technical part, and the deadlines were tight. Yet all of them, were delighted to work on such a project that would reach out to many. I thank God for giving me and my team this opportunity.

**Vimal Vincent,**

Website Developer for [jesusyouth.org](http://jesusyouth.org),  
Qatar

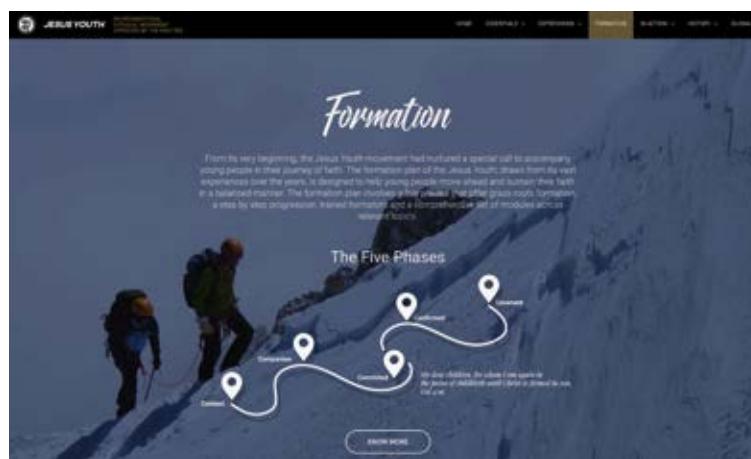


## 2. A CLEAR AND SIMPLE STRUCTURE

Unlike links that take surfers into complex spaces, the website is designed to take the browser across the heart of the movement in a single scroll. Beginning with a simple definition of the movement, a scroll takes one through the 'Essentials' of Jesus Youth life - the unique friendship groups, the Jesus Youth spirituality, the work of the movement in the world and its governance followed by the beautiful 'Expressions' of the movement like the music, technology and its publications. These are followed by the core journey of the movement - formation, volunteership, mission, community initiatives and an overview of its global presence.

## 3. AN ACTION PACKED SPACE

The new website is a place that offers visitors a host of things to do - resources to download, videos to watch, bands to listen to, books to read, reflections to go through, live feeds to join, formation plans to learn about, volunteer-ships to take up, missions to join, Bible reading apps to explore and prayers to partake in. The website is a contemporary space that features the innovative, vibrant and life changing dynamics that have become an integral part of the movement-music, media, technology, art, friendship communities and exciting mission projects.



### A Brand New Tool to Introduce Jesus

More than specific initiatives and individual content, the entire website is designed to joyfully reflect the unique Jesus Youth way of life, a gift of the Holy Spirit. In fact, each link and segment of the website caters to different kinds of people, inviting them to taste and experience Jesus and a way of life to continue the experience - Jesus Youth.

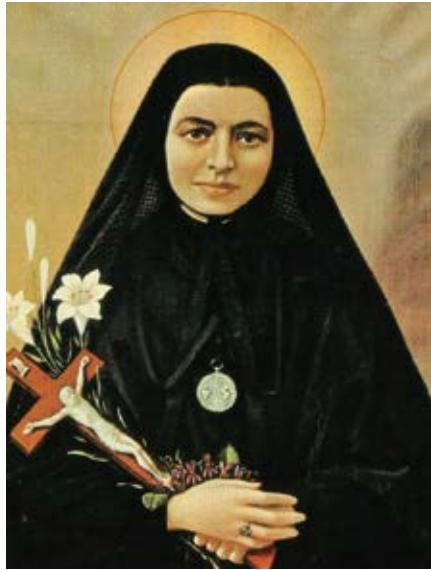


# Chandeliers

MODERN SAINT

## ★ St. Maria Bertilla Boscardin

By Ann-Christy John



**Born:** 6 October 1888

**Died:** 20 October 1922

**Feast:** 20 October

**S**t. Maria Bertilla Boscardin was born Anna Francesca Boscardin in Italy, on 6 October 1888. Anna, also called Annette, was born to a family of poor farmers. Her father was a violent alcoholic and Annette grew up very shy and awkward, afraid of her father and clinging to her mother.

She struggled academically, failed classes and was often ridiculed. Having to work in the fields and around the house also meant that her schooling was irregular. After a local priest called her a 'goose', the insulting nickname stuck and she was mocked for her slowness throughout her childhood and adult life. However, little Annette's faith was incredibly strong. She would walk daily to the village Church to pray and during her beatification process, her father testified that even as a child, she would kneel down in prayer in a corner of their home

and seeing this, he would also feel an urge to pray.

Although derided for her slowness, she did not seem bothered by the bullying she experienced from her peers, but rather seemed to accept her inability. Her sanctity must have been very visible though, as her parish priest allowed her to receive Holy Communion early at the age of eight rather than eleven as was the custom at the time. The same priest gave her a Catechism to be kept with her and studied, and this was found worn out, in the pocket of her habit, when she died.

Her great desire to be consecrated to God was fulfilled when she was allowed to join the Sisters of St. Dorothy. Here she was sent to work in the kitchen, peeling potatoes. At the end of her first year as a novice, she was sent to a hospital but there too, she spent her first year in the kitchen as she was not deemed capable to do anything else. Reluctantly and out of desperation, the Mother Superior put Sr. Bertilla in charge of a ward of children with diphtheria, starting Sr. Bertilla's journey as a nurse. Here she bloomed, losing her shyness and awkwardness and became a strong mother to all the children under her care as well as the young doctors there. Many who interacted with her have given accounts of her untiring spirit and desire to serve – going many nights without sleep but always cheerfully at everyone's service. She took

*"My Jesus, I implore you through your Holy Wounds that I may die a thousand times rather than permit that I do a single action in order to be noticed!"*

on patients who no one else wanted to attend to and served fearlessly during the air raids and bombings during World War I.

Whatever task she was given, she did joyfully, knowing that she was serving God and not man. Although constantly undermined and humiliated, she suffered all saying "My Jesus, I implore you through your Holy Wounds that I may die a thousand times rather than permit that I do a single action in order to be noticed!" Her humility, simplicity and unwavering trust in God all through her life and joyfulness even at the moment of death touched the lives of many around her.

She died on the 20 October 1922 at the young age of 34 after suffering for many years from a painful tumour.

### Quick Facts:



**Born in**  
Brendola,  
Italy



**Joined the Sisters**  
of St. Dorothy



**Died after suffering**  
many years with a  
tumour



**Canonized**  
by Pope John  
XIII

# Newswatch



## Serviam, USA

From February 20- 23, about 100 of the "inspired leadership" of Jesus Youth of America gathered together in Dallas, Texas for a renewal of their desire to serve the Lord through the movement. Every committed member was invited to attend, and the gathering was oriented towards those who were inspired to commit their time and lives in service of the movement. Mr. Manoj Sunny joined the weekend and provided direction on Finding

Joy in the Ministry, Spiritual Accompaniment and Mission 2033. Other sessions were taken by local leadership, such as Jiliu Chengat, Simi Sahu, Sunil Nadarajan, George Malayil and Jithin George and covered a variety of topics including healthy life in the regions, working dynamics on teams, and receiving the Spirit to be able to serve the Lord. The participants were able to gather in the regions to discuss how these areas affected their

daily regional realities as well as participate in a range of ministry breakout topics. The weekend ended with a great sense of the joy that we are called into as Jesus Youth, as manifested by the post adoration celebration on Saturday night. As hoped for, it was a time of renewal, healing and a time to hold on to the promises of the Lord for the movement, especially in the United States of America.

## NATIONAL ASSEMBLY JESUS YOUTH CANADA

**JY** Canada National assembly was conducted on 15 – 16 February 2020. Around 51 delegates from various provinces across Canada attended the assembly. First day began with a vibrant music followed by Praise and Worship by the JY Canada's music band – "Absolution". Fr Pious Maliar celebrated the Holy mass on the first day and focused on the theme

of Servant Leadership. Some of the topics discussed on the first day were "Challenges in leadership, cost of discipleship, challenges in reaching out beyond cultural barriers". The main highlight of the second day presentation by Jithin George, from USA, on "Who is your Neighbor", Jithin George emphasized on the need to be at service as a Leader and identify the people in need



around you like the Good Samaritan. A new national Council was elected with Jims Alackel as the coordinator. The new National Youth team was also elected with Kevin Abraham as coordinator. The day ended with a solemn anointing ceremony. The mass was celebrated by Rev. Msgr. Thomas Kalarathil, C.H.H. Director of Clergy Personnel and Chaplaincy.

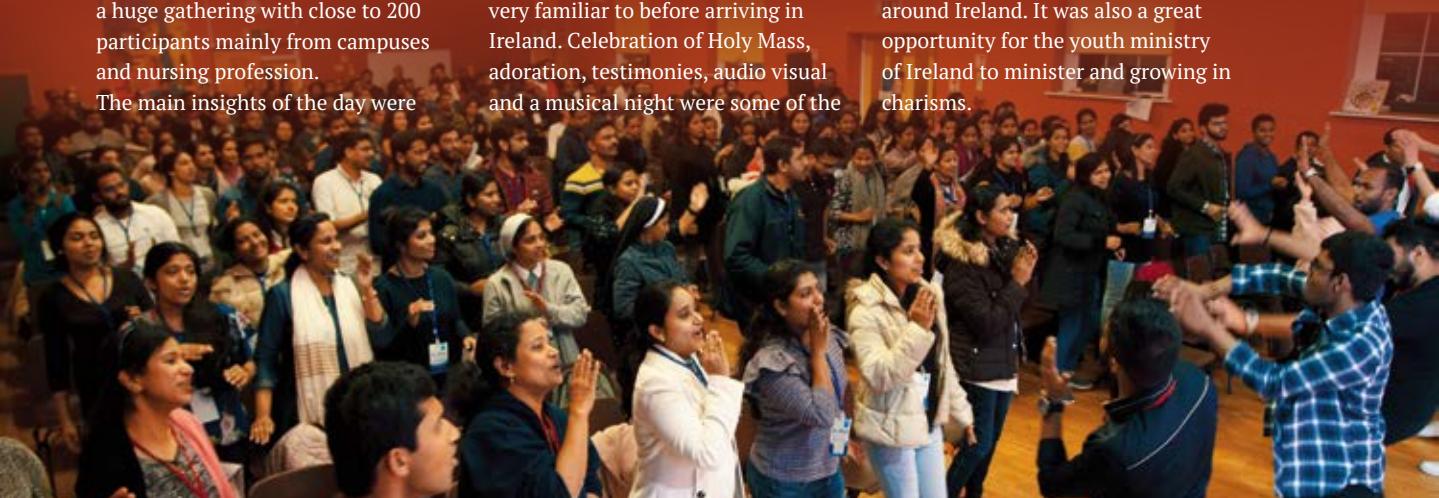
## ENROUTE, IRELAND

As part of a mission outreach, Jesus Youth Ireland organised a one day gathering called Enroute. It took place on 18 January 2020 for young professionals and students who recently immigrated to Ireland. It was a huge gathering with close to 200 participants mainly from campuses and nursing profession.

The main insights of the day were

shared by Jesus Youth missionary Dr. Sindhu Subadra from USA. Enroute marked the start of a new journey for all the participants. They were able to reexperience the beauty and fellowship of the Jesus Youth movement which some were very familiar to before arriving in Ireland. Celebration of Holy Mass, adoration, testimonies, audio visual and a musical night were some of the

highlights of the day. Many of the participants were inspired to lead a witnessing life for Jesus in their workplaces and colleges. Fruits of the program soon began to sprout through small gathering initiatives in various locations around Ireland. It was also a great opportunity for the youth ministry of Ireland to minister and grow in charisms.



# + Friends of Kairos



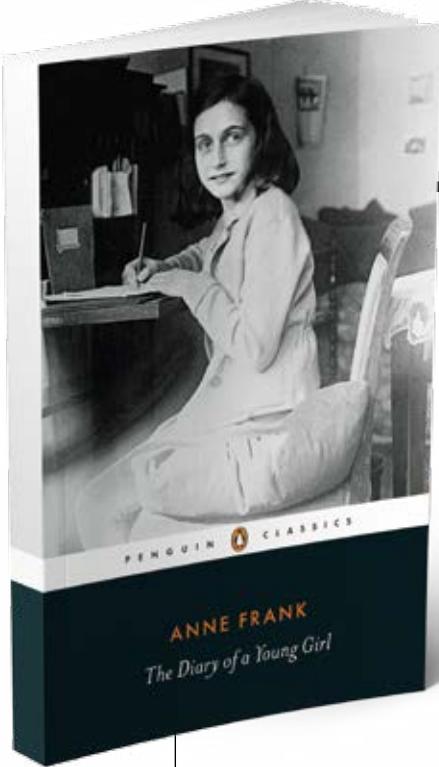
**KAIROS MEDIA**, the mass media initiative of Jesus Youth, reaches out to young people around the world using modern means of communication.

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

You can make your contributions online through [www.kairos.global](http://www.kairos.global)

For more details contact **Rani George** - +91 9446563335 [finance@kairos.global](mailto:finance@kairos.global)

# SOUNDREPLY



BOOK

## ANNE FRANK: THE DIARY OF A YOUNG GIRL

In the beginning, God created human beings to be like him and 'saw that it was good'. However, as a consequence of our pride and rebellion against God, humanity has caused unspeakable suffering through its sinful actions; including injustice, war and mass murder. A situation in which all these factors were seen was the Holocaust, which was the genocide of millions of 'undesirable' people during World War II. Jews, Romani ('gypsies'), homosexuals, Jehovah's Witnesses and the disabled were targeted due to an immoral and evil belief of the superiority of a specific type of human (the Aryan master race) in comparison to the rest of humanity, who were seen to be racially invaluable and subhuman. As a result of the Nazi racial ideology, 6 million Jewish lives were destroyed, reducing the Jewish population in Europe by 67%.

Annelies Marie Frank is one of the most well-known Jewish victims of the Holocaust. Her

diary, 'Anne Frank: The Diary of a Young Girl', has sold more than 35 million copies. Anne started her diary in 1942 at the age of 13, when she went into hiding with the rest of her family in the secret annexe of an old warehouse, in order to avoid persecution by the Nazis led by Adolf Hitler. She began writing in the hope that it would be a 'great source of comfort and support'. Her account of life in hiding during the Second World War is an extremely personal and enlightening version of a historical tragedy. She writes about her feelings – the guilt of being allowed to live whilst her friends were being 'marched to their death'; the fears of being forced into a concentration camp; the hope for an end to the war and the longing for a return to their 'old lives'. The diary then stops suddenly in August 1944 when the residents of the annexe were captured by the Nazis. Anne died three months short of her sixteenth birthday at the Bergen-Belsen concentration camp, most likely due to an epidemic of typhus fever.

The theologian C.S. Lewis wrote in 'Mere Christianity' that God wants us to be simple, single-minded, affectionate and teachable, as good children are, but also intelligent. This was emulated by Anne Frank through her innocence and perception. She showed intelligence and strength beyond her years, evidenced by her writing: 'I know what I want, I have a goal, an opinion, I have a religion and love. Let me be myself and then I am satisfied. I know that I'm a woman, a woman with inward



REVIEW BY  
Albina Babu

Albina Babu is an MSc graduate living in Birmingham, UK, with her mum Ancy and sisters Arsha and Aneena.

'I still believe, in spite of everything, that people are truly good at heart'

strength and plenty of courage'.

Although Anne was not particularly religious, it seems that her time in the annexe isolated from society and a difficult period of her life led her to a stronger faith. She stated in July 1944: 'People who are religious should be glad, since not everyone is blessed with the ability to believe in a higher order... Religion keeps a person on the right path. Not the fear of God, but upholding your own sense of honour and obeying your own conscience'.

Anne's story teaches us fundamental lessons, including the importance of hope and positivity in times of distress and danger: 'I don't think of all the misery but of the beauty that still remains'. Even with all the discrimination and hatred that she experienced solely because of her religion, she believed in the goodness of humanity: 'I still believe, in spite of everything, that people are truly good at heart'. Although heart-breaking, this inspiring book is certainly worth a read as it successfully manages to bring the person of Anne Frank and the horrors of war alive through Anne's suffering and compelling writing style.



# Light for Sight

*Shadows covering up my sight today.  
Darkness growing as I walk away,  
Paths soaked in sand and dirt,  
Where is the joy that I had at first?*

*Many there are who sob with me,  
Chained in grief that we now see.  
Pain pierces in the souls of ours  
Hope and peace we seek for hours.*

*With the decade\* we see light  
Streaking through slits shining bright.  
Oh where can I have more of this sight?  
Where can I see this light tonight?*

*With this light, all sins I fight.  
At this star\*, I wish to stare - all night.  
For with you Lord, I have no fright.  
Be with us and all 'll be right.*

\* decade- rosary decade  
\* star- God

BLOOMING  
KIDS

# *Sweet Suffering*

**Jayden Martin** inspires us to take up suffering  
as a means to attain more grace, narrating  
the story of St. John of Nepomuk





*who wishes to love God does not truly love Him if he has not an ardent and constant desire to suffer for His sake. —St. Aloysius Gonzaga*

If we look into the lives of the saints, we will see that all of them suffered in one way or another. I would like to mention here the life of St. John of Nepomuk. He was a priest who heard the confessions of a Queen, whose husband was a tyrannical King. The King asked John to reveal his wife's confession secrets but John refused. The King pleaded, bribed and then threatened to throw him in prison and torture him, but John did not give in. So, the King threw him in prison and withheld food. He then made John lie on a rack and tied up his hands and feet and stretched him till nearly all life left him, but John wouldn't cave-in. The King tried putting hot coals on him while he stretched John, but he still didn't comply. Finally tired, the King tied John up, and on one dark evening threw him over the side of a bridge into a river. John drowned. Some people who were on another bridge saw a light moving towards them and found it was John's body floating along the river, with five stars shining around his head. The people lifted him out of the river and buried him. The King was so frightened that he ran and hid in a fortress and never came back. The Queen, who was liked by the people, ruled the land. St. John's feast day is on 16 May.

*Some small ways we can take up suffering this Lent is by doing something we don't like*

Being able to keep his vow through all the torture was a supernatural gift from God, and God gives it to people who love, know and serve him above everything. Through St. John's life, I learned that through suffering comes grace.

Some small ways we can take up suffering this Lent is by doing something we don't like and offering it up to God for the people who have asked for our prayers. Let us try to offer up our shortcomings, worries and disappointments to God as a small sacrifice so that we experience the grace of God this Lenten season.



Jayden Martin is a homeschooled, 9-year-old lector, choir member, altar server and cub scout at his Church. He likes books, biking, coding and building things.

**QUIZ**

# DO YOU KNOW

- 1** What did Jesus do at the Last Supper to his disciples?
- 2** Who gave Jesus a crown made of thorns?
- 3** What did Pilate do to "cleanse himself" of the crucifixion?
- 4** Who cut off a soldier's ear when Jesus was being arrested?
- 5** What happened to the temple curtain when Jesus died?
- 6** What day of the week did Jesus rise back to life?
- 7** How did Jesus leave Earth and go to Heaven?
- 8** How many people saw Jesus after he rose from the dead?

**Answers to "Do You Know" Issue 25**

**1** Saul **2** Samuel **3** David **4** A shepherd **5** Five stones **6** A javelin/spear **7** Twice **8** Fell on his own sword

Did you get all the answers? Send your answers to [editor@kairos.global](mailto:editor@kairos.global) before April 30, 2020 with your Name, Age & Place. The names of all those under 12 years, who get the correct answers, will be published here.

# Quiz Time



Mail your answers to [quitztime@kairos.global](mailto:quitztime@kairos.global) before 30th April '20.  
The winner will be rewarded with 1 year subscription of Kairos Global



## PART A

### Fill in the blanks: Sermon on the Mount

1. Blessed are the \_\_\_\_\_, for they will be called children of God.
2. Let your \_\_\_ shine before others, that they may see your good deeds and glorify your Father in heaven.
3. Unless your righteousness surpasses that of the \_\_\_ and the teachers of the law, you will certainly not enter the kingdom of heaven.
4. If anyone forces you to go one mile, go with them \_\_\_ miles.
5. Love your enemies and \_\_\_ for those who persecute you, that you may be children of your Father in heaven.
6. When you pray, go into your \_\_\_, close the door and pray to your Father, who is unseen.
7. For where your \_\_\_ is, there your heart will be also.
8. Seek first his kingdom and his \_\_\_, and all these things will be given to you as well.
9. So in everything, do to others what you would have them do to you, for this sums up the Law and the \_\_\_.
10. Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the \_\_\_.

## PART A

### St. Joseph

1. What was St. Joseph's occupation?
2. Feast day of St. Joseph the worker
3. What title did Pope Pius IX give to Saint Joseph?
4. The month dedicated to St. Joseph
5. Name the gospel that doesn't mention St. Joseph
6. The traditional day of St. Joseph's death
7. How did the angel of the Lord greet Joseph while he considered divorcing Mary quietly?



## ANSWERS TO QUIZTIME ISSUE 25

### Part A

Evangelium Vitae - Pope John Paul II - The Gospel of Life  
 Rerum Novarum - Pope Leo XIII - Of Revolutionary Change  
 Evangelii Gaudium - Pope Francis - The Joy of the Gospel  
 Pacem in Terris - Pope John XXIII - Peace on earth  
 Mit Brennender Sorge - Pope Pius XI - With Burning Concern  
 Pascendi Dominici Gregis - Pope Pius X - Feeding the Lord's Flock

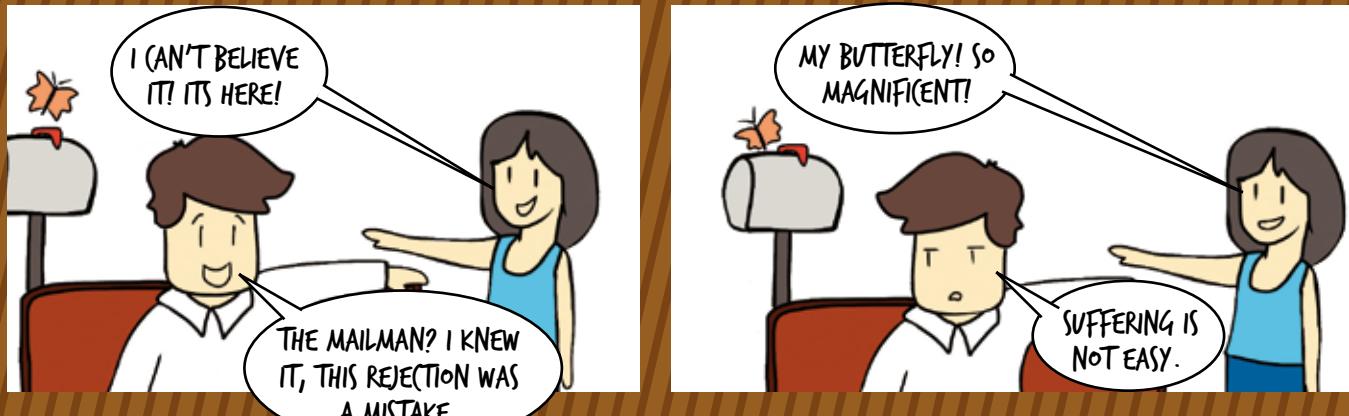
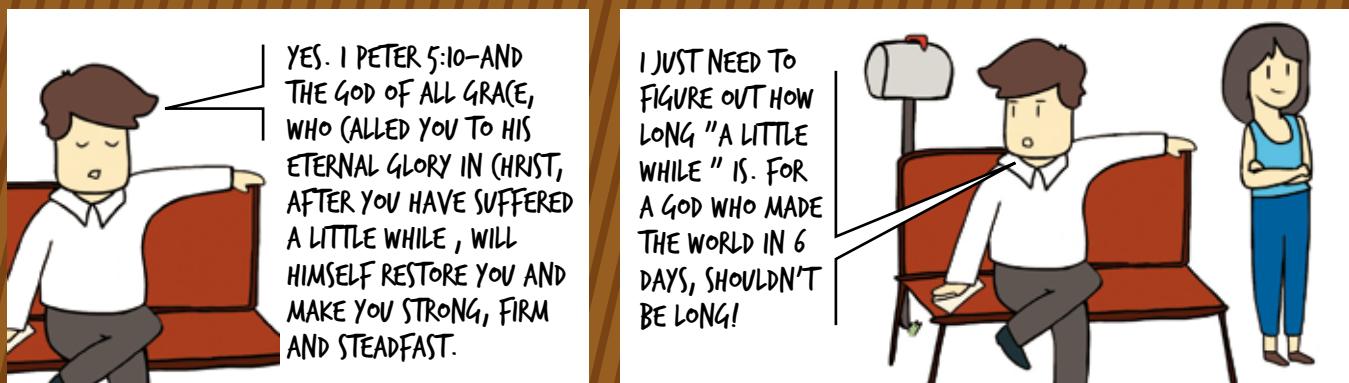
### Part B

1. Horeb (Sinai); 2. Levi; 3. Miriam; 4. 80 years; 5. Gershom; 6. Aaron and Hur; 7. Nebo; 8. 120 years

# Lukas and Ray



By Steffi Andrat Faria



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