

KAIROS

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CIRCULATION
ONLY

ALSO ↓

DEEPENING
OUR PERSONAL
RELATIONSHIP
WITH JESUS
AMIDST COVID-19

■ DR. SUNNY GEORGE

*Keep Looking
Straight Ahead.
At the Face of
Our Lord*

■ JOSEPH SEBASTIAN &
DARLIN P GEORGE

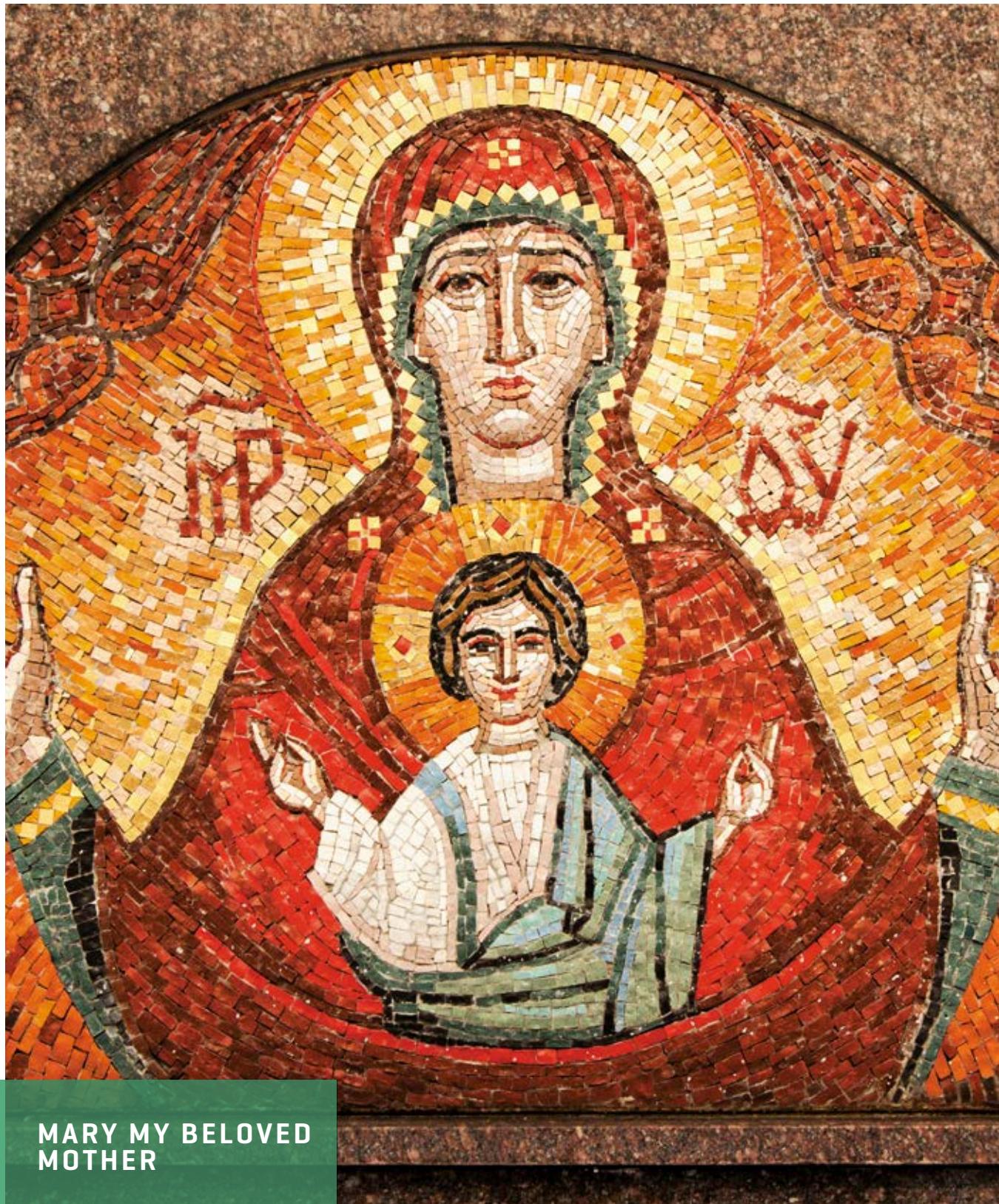
COVID BLESSINGS

■ DR. SINDHU NADARAJAN

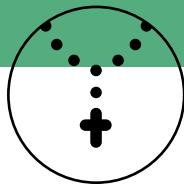


Jesus Youth

A Missionary Movement At The Service Of The Church



MARY MY BELOVED MOTHER



Virgin Immaculate, Mother of Jesus and our Mother. We invoke you under the title of Our Lady of the Most Blessed Sacrament, because you are the Mother of the Saviour who lives in the Eucharist. It was from you He took Flesh and Blood which He feeds us in the Sacred Host. We also invoke you under that title because the grace of the Eucharist comes to us through you, since you are the Mediatrix, the channel through which God's graces reach us. Our Lady of the Blessed Sacrament, pray for us!

EDITOR'S ROOM

DR. CHACKOCHAN J NJAVALLIL

 @readkairos



HAVE WE BECOME
TOO COMFORTABLE
WITH THE ONLINE
TO FORGET
THE SPIRITUAL
NOURISHMENT
THAT ONLY THE
EUCHARIST AND
THE SACRAMENT
OF PENANCE CAN
GIVE?

TIME TO BE VIGILANT

It started as a casual conversation with an old friend, but it turned out to be very serious when he began sharing the emotional and mental upheavals he was wrestling with. Many friends, relatives and colleagues associated with him were experiencing various financial, psychological, and emotional difficulties that it affected him significantly.

This friend, a priest is a charismatic preacher and a counsellor to many. Numerous people reach out to him daily for his advice and prayer. To him, the effects of Covid-19 are not just physical, economic or social, it is much more – it is spiritual. More and more cases arise of peace dying and tensions rising within and between people and organisations.

When a vaccine for the pandemic arrives, we may be able to subdue the virus' physical impact, over time the economic downfall can also be tackled but what about plans or mechanisms to overcome the spiritual consequences?

Lockdowns were enforced in countries around the world in an effort to contain the pandemic. And may be for the first time in recollectable history, churches across the world were closed and the sacraments of Eucharist and Confession barred from a helpless flock. The faithful were forced to be satisfied with online Holy Masses, devotions, etc. But after getting over the initial shock, people have realigned to the new normal, too quickly.

The pandemic is still there. Post total lockdown, unlock measures are happening all over the world. Churches are allowed to function again though with some restrictions. But are the so called 'faithful' enthusiastic to come back to church? Am I wrong in saying that there is a lack of excitement on the part of ordinary people regarding the reopening of churches? Have we become too comfortable with the online to forget the spiritual nourishment that only the Eucharist and the Sacrament of Penance can give? Do we realise that far exceeding the physical and economic impacts of Covid-19, its spiritual impact is much more and likely to be long lasting?

Each one of us has the responsibility to do everything possible to safeguard ourselves, the next generation and those to come from the residual effects of a pandemic that is capable to destroy our souls.

Be sober, be vigilant, because your adversary the devil walketh about as a roaring lion seeking who he may devour (1 Peter 5:8).



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17 The Lenten Season God Willed for Us

34 How to Keep your Child Emotionally Healthy

EDITOR-IN-CHIEF

chackochan.njavallil@kairos.global

 *Be sober, be vigilant, because your adversary the devil walketh about as a roaring lion seeking who he may devour 1 Peter 5:8*

PATRON

Bishop Mar Raphael Thattil (Ecclesiastical Advisor, Jesus Youth International)

SPIRITUAL DIRECTOR

Fr. Joseph Ezhumayil (Jesus Youth International Chaplain)

PRINTER AND PUBLISHER

Dr. Edward Edezhath

EXECUTIVE DIRECTOR

Shoy Thomas (Jesus Youth International Coordinator)

EDITOR-IN-CHIEF

Dr. Chackochan Njavallil

MANAGING EDITOR

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

EDITORIAL COUNCIL

Ammu Zachariah, Maryland, USA

Jili Jacob, Boston, USA

Raifiel Cyril, Canberra, Australia

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Tania Rose Josun, Kerala, India

ASSOCIATE EXECUTIVE EDITORS

Divya Immanuel, Mumbai, India

Jiss Jose Thoppil, Kuwait

Jothiessh Thomas, Dallas, USA

Ponny Sebastian, Dublin, Ireland

CIRCULATION COORDINATOR

Leena Shaju, Cochin, India +91 6238279115

ASSOCIATE CIRCULATION COORDINATORS**AUSTRALIA:** Mintu Vijoy, Melbourne. +61 452538785**BAHRAIN:** Roshan George, Manama. + 973 36906995**CAMBODIA:** Sophearong Ravy, Phnom Penh. +855 964265472**CANADA:** Joby Joseph, Ontario. +12899 686 074**GERMANY:** Anna Paul, Berlin. +49 176 83495451**INDIA:** Jackulin Sheela, Mumbai. +91 9967329244**IRELAND:** Suresh V Joy, Dublin +35 3879630904**ISRAEL:** Jaison K Thattil, Tel Aviv. +972 559425308**KUWAIT:** Anish Thomas Kappil, Salmiya. +965 90063685**MALAYSIA:** Deepu James, KL Sentral. +60 12649 4628**NETHERLANDS:** Jojo Varghese, Utrecht. +31 684974552**FINANCE MANAGER**

Rani George, Cochin, India +91 9446563335 finance@kairos.global

DESIGN

Mustard Tree, Delhi, India

MAILING ADDRESS**Kairos International Inc.** 3010 Mason Grove Ln, Pearlard, TX, USA. 77584**info@kairos.global****+1 832 592 3675****Kairos Media,** No 8/174, Navodaya

Studio Complex,

Thengod P.O,

Cochin, Kerala,

India. Pin: 682030

infoin@kairos.global**+91 9895711718****Kairos Media,** St Charles Street,

Sheffield S9 3WU,

United Kingdom

infouk@kairos.global**+44 7969365686**

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**DEEPENING
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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. Joseph interprets Pharaoh's dream in the Bible. Many religious have visions in their dreams. Is my dream just a brain activity or does it have any meaning?**

JERIN VAKAYIL / BANGALORE, INDIA

God used dreams and visions to communicate to His people, and to reveal His will and plan of love for all humanity in the sacred scriptures, recounts Dr. Anthony Lilles (Academic Dean and Associate Professor of Theology at St. John's Seminary, California). The Old Testament accounts for the vision of Abraham and God's covenant with him. Abraham was reminded that he would have a son and be the father of many nations (Gen. 15: 5ff). Joseph of the Old Testament interpreted the dreams of Pharaoh (Gen. 41: 1ff), and the Book of Daniel, speaks of many dreams and visions of Daniel about the future of the people of Israel (Dan. 2, 7, 8, 9, 10-12). In the New Testament, the dream of Joseph is noteworthy (Mt. 2:20). The entire book of Revelation is a vision recorded by St. John. It is true that several men and women in the history of religious life have experienced dreams and visions, which assisted them in their personal lives as well as the Church.

According to Catholic theology, there are two types of revelations in dreams and visions: public and private. The public revelation from the scriptures and tradition is binding on all Christians, of all times. The Church teaches that all public revelation ended with the death of St. John, the Apostle (CCC 66). Whereas, *private* revelation continues to this day, and it is only binding to the person who experienced it. Certainly, it has to be consistent with what is already revealed in scripture, tradition

and the magisterium of the Church. Further, Catechism teaches that there have been private revelations all through the ages, and some were recognised by the authority of the Church. Yet, they don't belong to the deposit of faith. 'It is not their role to improve or complete Christ's definitive revelation but to help live more fully by it in a certain period of history' (CCC 67). There are instances of private revelation that have served to build up the Church, such as the visions of St. Teresa of Calcutta.

The Church also invites us to discern dreams and visions – whether they are from God or not. Spiritual masters like St. John of the Cross would tell us that it is almost impossible to interpret dreams and visions on our own. One must seek the guidance of a spiritual guide or confessor for proper discernment of them. In any case, following questions would help us to discern their meaning: Do they increase my desire for prayer and a deeper knowledge of Christ's teachings as offered by the Church? Do they encourage me to obey the moral law and the precepts of the Church? Do they motivate me to deny the tendencies of self-indulgence and self-righteousness in favour of serving my neighbour? Do they encourage me to forgive the faults and offences of others? It is significant to keep in mind that God would never inspire someone to disobey His commands or abandon the duties of their state of life.



YOUCAT 8

HOW DOES GOD REVEAL HIMSELF IN THE OLD TESTAMENT?

God shows himself in the Old Testament as God, who created the world out of love and remains faithful to men even when they have fallen away from him into sin. [CCC 54-64, 70-72]

God makes it possible to experience him in history: With Noah he establishes a covenant to save all living things. He calls Abraham so as to make him 'the father of a multitude of nations' [Gen 17:5b] and to bless 'all the families of the earth' in him [Gen 12:3b]. The people Israel, sprung from Abraham, becomes his special possession. To Moses he introduces himself by name. His mysterious name Yahweh, means 'I AM WHO I AM' [Ex 3:14]. He frees Israel from slavery in Egypt, establishes a covenant with them on Sinai, and through Moses gives them the Law. Again and again, God sends prophets to his people to call them to conversion and to the renewal of the covenant.



POPE talk...

Dr. Kochurani Joseph
Cochin, India



Promote the common good to heal wounds of coronavirus crisis

A virus that does not recognise barriers, borders, or cultural or political distinctions must be faced with a love without barriers, borders or distinctions. The Christian response to the pandemic and resulting socio-economic crisis should be rooted in the love of God, which enables people even to seek the good of their enemies. Health, in addition to being an individual good, is also a public good. A healthy society is one that takes care of everyone's health.

Economics should not sacrifice human dignity to the idols of finance

The human person must take its rightful place at the heart of our educational, healthcare, social and economic policies. Economics ought to become the expression of a care and concern that does not exclude but seeks to include, that does not demean but seeks to uplift and give life. Having failed to show solidarity in wealth and in the sharing of resources, we have learned to experience solidarity in suffering. Culturally, this time of trial has taught us a number of lessons. It has shown us the greatness of science, but also its limits. It has made us refrain from the superfluous and concentrate on the essential.

Science and faith together can protect environment

The Catholic Church is committed to defending the planet from exploitation. The Bible teaches us that the world was not born of chaos or chance, but of a decision of God who called it, and always calls it, into existence, out of love. Each creature, even the most ephemeral, is the object of the tenderness of the Father, who gives it a place in the world. The Christian can only respect the work that the Father has entrusted to him, like a garden to cultivate, to be protected, and to grow according to its potential.

The faith of the community is united in diversity and solidarity

In the midst of crises and storms, the Lord challenges us and invites us to reawaken and activate this solidarity capable of giving solidarity, support and meaning to these hours in which everything seems to be wrecked. A solidarity guided by faith enables us to translate the love of God in our globalised culture, not by building towers or walls—and how many walls are being built today—that divide and then crumble, but by interweaving communities and sustaining processes of growth that are truly human and solid.

Christian charity is not simple philanthropy

Christian charity is not simple

for us: if He is the center of our life, He is the goal of our commitment in the Church and society and all works of love and care.

Mary's Assumption was a 'giant leap for mankind'

Mary's assumption into Heaven was an infinitely greater achievement than man's first steps on the moon. When man set foot on the moon, humanity had reached a historic milestone. Mary's Assumption into Heaven, we celebrate an infinitely greater achievement. Our Lady set foot in Heaven. She went there not only in spirit, but with her body as well, with all of herself. One of us dwells in the flesh in Heaven gives us hope: we understand that we are precious, destined to rise again.

Pope Francis says...

- Science and faith, which propose different approaches to reality, can develop an intense and fruitful dialogue
- Service of the poor should not be limited to material assistance
- Pandemic is 'a wake-up call' to care for creation
- Catholics should combat 'dismal' economic inequality with hope
- All consecrated people should realize that Jesus must be your 'first and only love'
- God created us not as objects but as people loved and capable of loving.

PRAYER INTENTIONS FOR NOVEMBER

THE LAITY'S MISSION IN THE CHURCH

We pray that by the virtue of baptism, the laity, especially women, may participate more in areas of responsibility in the Church.

philanthropy but, on the one hand, it is looking at others through the eyes of Jesus Himself and, on the other hand, seeing Jesus in the face of the poor. Jesus posed two questions in order to educate the disciples: 'Who do people say the Son of Man is?' and 'Who do you say I am?' When Jesus posed the second question to them, there appeared to be a moment of silence. It is a matter of understanding who Christ is

JESUS YOUTH



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

Building culture, is it so important?

As we were getting ready for the big 1985 conference there was some dispute. Some looked forward to a gathering with emphasis on prayer and preaching in the familiar mode – where drama, dance, etc. were out of place; others wanted it to be a colourful celebration of today's youth who have experienced freedom in Christ. Eventually, 'Jesus Youth 85' happened not in the 'regular retreat style', but with more exuberant youthful energy, and enough space to showcase the culture, interests and talents of the youth.

One oft-repeated quote during those discussions was from St. Irenaeus, 'Man fully alive is the glory of God'. Our mission to lead youth to a 'life in its fullness' (Jn 10:10) is also linked to their self-discovery and the use of their talents to serve others. From this came forth the vision of Jesus Youth as a place that offers abundant encouragement for this. This in turn was the foundation for Jesus Youth ministries.

CALL TO ABUNDANT LIFE

Jesus invites us to a life in its fullness. Its foundation is surely the freedom that Christ gives. But is this fullness limited to my inner peace and joy? Shouldn't it bear vibrant fruit in the day to day life – at home, at work and

in the wider society? Perhaps it is here that a Christian's awareness of and active involvement with culture becomes so important. This was also a key discussion in the Second Vatican Council. 'Man comes to a true and full humanity only through culture, which is through the cultivation of the goods and values of nature' (*Gaudium et Spes*, 53).

Here, I remember my chat with a priest and head of a Catholic institution, 'Every year I arrange the best possible retreat for my students and professors. Once I took the whole college to a retreat centre, bearing all expenses! Now I am a bit disheartened. I wonder if it is does any good.' I felt so sad for that enthusiastic priest, but I didn't have the confidence to share and convince him of the big lesson I had learned through my journeying in Jesus Youth – personal evangelisation leading to cultural mission.

Leading people to a Christ encounter is indeed the very first step, but if that is the last step of evangelisation for some people, it will be like the house where seven evil spirits returned (Mt 12:45). In our Jesus Youth approach, a person after a Christ encounter enters into a community that shares the life in Christ, where one's talents and interests are nurtured imbued

with a missionary enthusiasm. This 'missionary approach with a cultural orientation' gives enough focus to one's life situations, relationships and talents. As Pope Francis comments, 'There is a kind of Christianity made up of devotions reflecting an individual and sentimental faith life . . . Some people promote these expressions while not being in the least concerned with the advancement of society or the formation of the laity, and in certain cases they do so in order to obtain economic benefits or some power over others' (*The Joy of the Gospel*, 70). A spirituality that attends to lifestyle and culture is in need here.

EVANGELISING CULTURES

'Culture' is a special word. It brings to mind different images. It has mainly to do with the society and lifestyles there. But where in Jesus Youth is this cultural orientation?

'Why not visit an old-age home,' and the whole class had a memorable evening there; a film festival with screening of four movies, followed up with discussions; an interesting exhibition with a variety of stalls; a two-week long drama workshop for teenagers; a day-long seminar discussing values in movies; a discussion on ecological issues; a music band; a cricket match after the



Here every person gets opportunities to equip oneself by getting rooted in the life of the Trinity, to help one develop new attitudes and personal styles, by being part of active friendship groups and getting formed to withstand the pressures of the world.

group meeting; a gathering to try out cookery skills; Onam celebration with songs, lights and dishes, these and much more by different Jesus Youth groups truly manifest their keen interest in cultural interventions, but with some difference.

I started this reflection referring to a conflict in views early in the movement. Here, a question may be raised – why even exemplary Christians are averse to a spirituality that turns to society and culture? Why do some people think that connecting with wider society is dangerous? Surely,

we see the scripture verses and saying of saints hinting that the world and its ways were dangerous and so to give it up completely. Jesus has only praises for the Baptist who went to the wilderness embracing this spirituality. So then, how do we reconcile between a style of complete forgoing of the world and the contrary approach of loving cultural matters, sowing the seeds of the Gospel there, and making society all the more beautiful?

With much respect we look at the charism of those who give up the world to enter into ascetic self-denial. But many of us, like those in Jesus Youth, have accepted a call to renew the life of today's youth and, like Jesus, go out in search of people, meeting them wherever they are. We have a vocation to see the beauty of the world that God has created and change it specially, like leaven from the inside.

But then, isn't it a dangerous path to traverse the likes and styles of ordinary worldly ones and yet become holy?

Sure, such a 'balancing' is not easy. But fortunately, in a movement like Jesus Youth there are some very good support systems. Here every person gets opportunities to equip oneself by getting rooted in the life of the Trinity, to help one develop new attitudes and personal styles, by being part of active friendship groups and getting formed to withstand the pressures of the world. And finally one becomes part of various ministries to play one's role in building a 'new heaven and new earth'.

Regarding this, words of St Pope Paul VI in 1965 is quite relevant even today, 'The split between the Gospel and culture is without a doubt the drama of our time... Therefore every effort must be made to ensure a full evangelisation of culture (*Evangelii Nuntianti*, 20). ■

.....
Dr. Edward Edezhath, is a retired professor from St. Albert's College, Ernakulam. He lives with his wife Audrey in Kochi, India.

THE IMPORTANCE OF GIVING TITHE

Achinta Pilapitiya reminds us of the importance of titheing (money and more). Looking back at his own life and seeing how God has faithfully taken care of all of their needs, he continues to tithe through thick and thin.

I got my first paid internship during my last year of Engineering Degree studies, in 2012. I am sure most of us who have ever waited for that first pay cheque would surely know the excitement in one's heart, and the desire to buy the whole world with that little money received from one's own efforts. With all these thoughts and dreams in mind, I remembered that we should first allocate the 10% from our wealth to God.

Leviticus 27:30 says, A tithe of everything from the land, whether grain from the soil or fruit from the trees, belongs to the Lord; it is holy to the Lord.

Although I also had so many dreams in life, I continued to set apart this 10% of my salary for the church, ministry and other mission activities. By the grace of God, within six months my company offered me a permanent position – with a salary that was beyond my imagination. I must admit, 'the more the salary – the bigger his/her dreams and expectations of life'. However, I never failed to allocate 10% from my income for God's kingdom. Fast forwarding to 2016, I remember facing my first overseas interview from a retreat centre and by the grace of God, it was successful, and I moved to Singapore in 2017 with my beautiful wife. Moving to a new country – especially to one of the most expensive cities in the world – it was not easy to manage all expenses with just one salary. But I always remembered the importance of giving tithe and never failed to do so. As a family we always thought about the poor and the needy and tried to help them. We continued to give tithe – to church, ministry work and other mission activities. Today, I must thank God and give all the praise to Jesus, as he has continued to bless me and has looked after all our needs in the most unexpected way!

In Hebrew the word tithe literally means tenth. The fifth precept of the Church states that 'You shall help to provide for the needs of the Church' and it 'means that the faithful are obliged to assist with the material needs of the Church, each according to his own ability' (CCC 2043).



Today, I must thank God and give all the praise to Jesus, as he has continued to bless me and has looked after all our needs in the most unexpected way!

By giving tithe we are showing that we trust God with our lives and our finances. But tithe wasn't put in place for God's benefit, He already owns everything. He doesn't need our money. Instead this will help us look beyond our selfishness and make us more aware, opening our inner eyes to see the needs of others.

Tithe is an act of faith. It reminds us that we do not own anything in life, yet God is in full control of our needs. When giving tithe, you should not expect anything in return. Giving a portion of what we have always moulds us to be grateful and generous in life.

2 Corinthians 9:7 says, Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

So, should we only give money as tithe? The answer is no. We need to make sure that we give our time and talents also for building God's kingdom – be it to your church, ministry or for any other mission activity. That is why it is important to spend some quiet time with the Lord in regular retreat, adoration and prayer. We can also give time to church and ministry in the simplest of ways – stacking up some chairs, gathering the youth, singing or sharing the Word of God. God sees our contribution and He blesses every effort we make towards His Kingdom.

I remember the time when I got employed in Singapore,

during my probation period I wanted to go for a seven-day retreat to rekindle my relationship with Jesus. Most of us know that getting approvals for a seven-day break during one's probation is a challenging task, and not at all easy to get approved. However, I prayed to Jesus and asked the Holy Spirit to guide me while making this request. So, I went to my manager and told him that I would like to attend a Catholic retreat and asked if he would approve this request. To my surprise, my manager approved it and I was able to enjoy a peaceful and a great time with the Lord and renew my faith.

In conclusion, it is very important to make our tithe contributions for the kingdom of God. No matter in which position one is in one's career, be it an intern, a freelancer, individual contributor, manager or at CEO level. In your personal prayer, you could always ask God where you can give your tithe and I am sure God will inspire you and show you where you could give your 10% in terms of income, time or talents. The Church is in greater need than ever before. Are we ready to do our part? ■

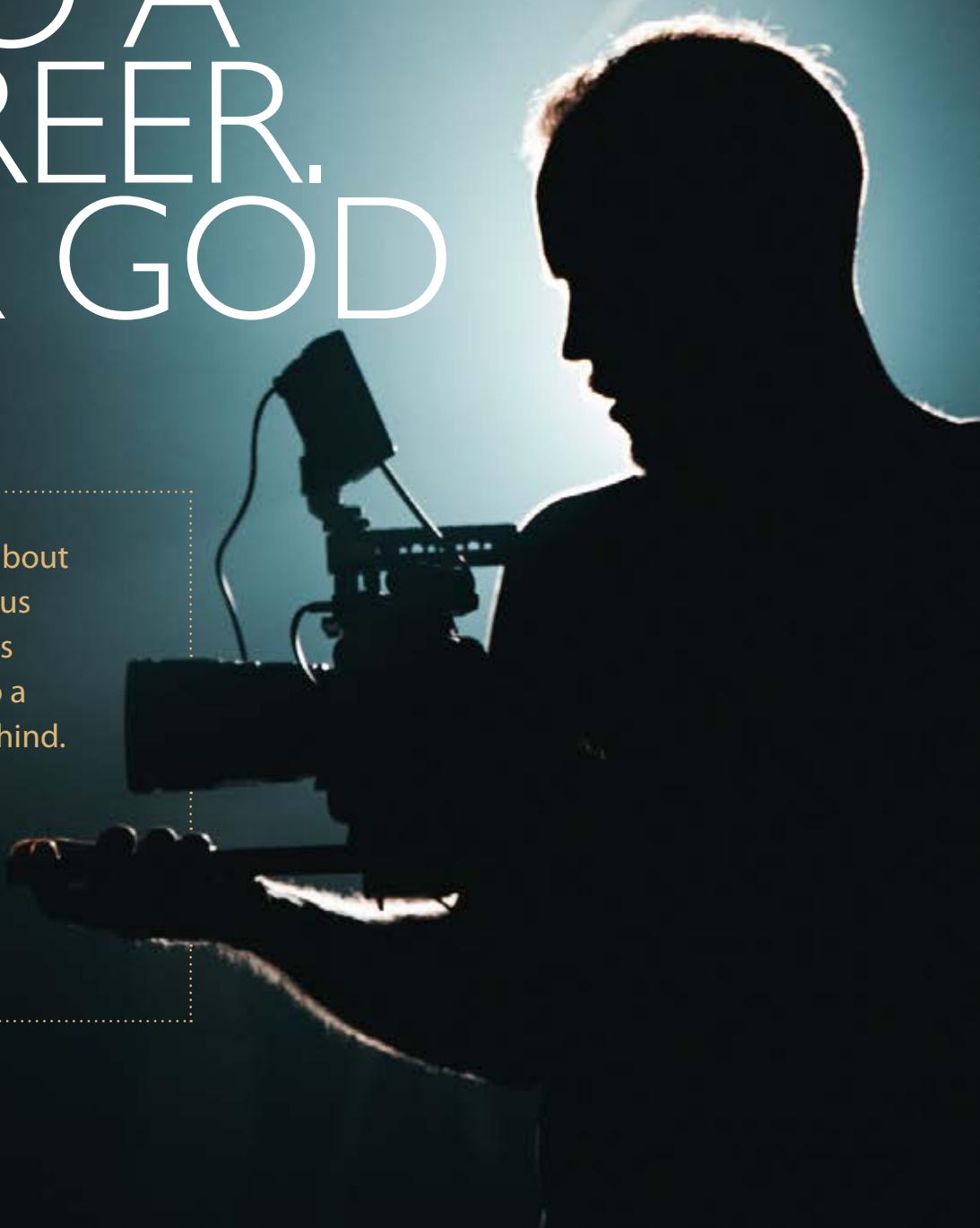


Achinta Pilapitiya works as a Network Engineer in a Pharmaceutical Company in Singapore. He serves as Mission Team coordinator for Jesus Youth Singapore.

EVOLUTION

TURNING PASSION INTO A CAREER. FOR GOD

Jerin Vakayil speaks about his encounter with Jesus Youth, its impact on his life, and the journey to a passion he had left behind.



Almost all of us at one point of time, having watched a movie would have aspired to have our name in the credits. From a very young age, my dream too was the same.

It was during a winter break that I came across a group of Jesus Youth in my parish in Kochi, Kerala, gathered together in fellowship. Although I had heard about Jesus Youth before, this was the first time I was coming in contact with the movement. I was a part of the parish youth in my place of study but Jesus Youth was no ordinary youth movement – it was a ‘lifestyle’. The six pillars of Jesus Youth were the difference between being a part of and experiencing it. From Jesus Youth I learned to watch the Holy Mass no more but to experience it. Prayer was no longer my demands to God, it became my personal chat with God. Fellowship didn’t mean having a lot of friends – it meant supporting each other in time of need. This lifestyle was an experience.

Having completed my schooling, I intended to join film school in any of the major filmmaking cities around the world. The more I learned about the industry the more I became passionate about media; but taking it as a profession, I felt would take me away from God. Around that time, a Bible verse struck me, *Your eye is the lamp of your body. When your eye is healthy, your whole body is full of light, but when it is bad, your body is full of darkness* (Luke 11:34). Media influences the viewer and if I led viewers into darkness then I wouldn’t be worthy in front of my God. And the current media was more inclined towards money-making than what it was meant to do. So, I gave up pursuing media as a career and went on with engineering instead.

One summer I got a chance to attend a retreat, where I had a close interaction with Rev. Fr. Xavier Khan Vattayil. On talking about my career, he enquired about my passion. When I told him that I had left my passion behind as I felt it would take me away from God, he asked me, ‘Why can’t you use media for God?’ My immediate response was, ‘What can an 18-year-old do in the world of media?’ He replied with instances from the Bible where many people were called in their youth. He also told me of the time when he was inspired after watching a skit performed by Jesus Youth. This was something that changed my outlook towards youth and media.

I started getting in touch with many people who were involved in Catholic media. One thing I noticed was that most of the Ministries targeted an adult audience and very few targeted the lower-age spectrum. The youth wave of the spectrum was almost ignored. In the olden days, everyone was forced to watch whatever was telecast on TV but in this new age of the internet, we have plenty of options to select what we like to watch. All the more reason for Catholic content targeting youth.

Now comes the question, ‘What are the options in visual media for Catholic youth?’ and ‘Even if we do something will we have an audience to watch it?’ Now, this was the time when the web series *The Chosen* began airing. It became a hit and created an impact, showing that there was a demand for Catholic content.

So currently, I am working to bring out great content for youth. Having been initiated into the Jesus Youth lifestyle, I no longer use media for my name but

to spread the word of God through even the smallest possible way. I’ve got the opportunity to work on varied content and the knowledge that it has made a change in people’s life fills me with such joy that makes me want to do more.

Being a youth there are times when I have felt low myself but the fellowship in Jesus Youth is so strong that I have always been held up by my Jesus Youth friends.

The love for Christ and one another keeps me going. At the end of the day, what matters to me is not the amount of content made or the number of views but that one video that would impact a youth. And that is all that my God wants from me. This is how the scripture says it, *Then the Lord answered me and said: Write the vision; make it plain on tablets, so that a runner may read it.* (Habakkuk 2:2) ■

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that I had left my
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for God?’*



Jerin Vakayil, is an engineering student from Bangalore, India and also a content creator for various Catholic platforms.

EXPERIENCE

Keep Looking Straight Ahead

// AT THE FACE OF
OUR LORD //

Before we start – let us be clear that this article is about God’s grace, how He protected us (Psalms 91: 3-4) and how His love (Rom 5:5) overwhelmed us when we could have easily shattered. As Christ taught us, we continue to love our son, Devassi and are proud of how he impacted lives when he lived. We neither justify nor do we judge how he moved on from this world. May the gracious love and unfathomable mercies of God be with him; upholding him to the Scared Heart of Jesus, we pray – Eternal rest grant to him, O Lord!

No one has the right to harm oneself or others – life is a gift from God. CCC 2258 – *Human life is sacred because from its beginning it involves the creative action of God and it remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end: no one can under any circumstance claim for himself the right directly to destroy an innocent human being.* A humble request, if you are facing challenges – please get spiritual and professional help as needed.

‘He has no shame, keeps looking right at my face when I am scolding him,’ the teacher spoke with anger. Devassi was pulled up along with a few other boys when in 7th grade in Delhi. After the teacher had left – I asked him, ‘Unni (as we fondly called him) that’s just fair what the teacher shared. The least you could have done was shown some remorse and maybe looked down.’

Joseph Sebastian and Darlin P George lost their beloved son, Devassi early this year. Though shocked and unable to find answers to the burning question, ‘why’, they share how God’s grace, presence and love constantly covered them; and the strong fellowships that kept them afloat.

‘Appa,’ he said, with that naughty smile of his, ‘my friends standing beside me were all looking down, but they were verbally abusing the teacher – would you want me to do that?’

My eyes swelled up and I felt proud of my boy. ‘You keep looking straight ahead, young man.’

Dr Ayoob, his Principal at TKM College penned, *‘Devassi was extraordinary, studious, charming, innovative, and positive thinking and above all, highly motivating... proud leader of his classmates... leading many professional bodies in a very different perspective...’*

Kollam¹ District Collector, Abdul Nasar, IAS shared, *‘Enthusiastic and vibrant and also a good producer of positive vibes for anyone who is in touch with him. ... He was the leading maker of my website... a site designed to coordinate and mobilise anything for the betterment and leap of Kollam district...’*

The day before the incident was a normal day and so were the weeks before that. His last discussions with his friends from college were about the future – how to raise funds for start-ups. So also, with his school friends from Kozhikode² as they were working towards setting up a company. Several have asked us – Professional Social Workers that we are, ‘Was there anything different?’ No, nothing that we can fathom, and probably one of the reasons why it has hit us harder.

Everything changed on the morning of June 27th. We were devastated, shocked and numb and so were all who knew Devassi and our family. No words to fully express the emotions and feelings we went through. But then, in those darkest of moments, we could feel the presence of our Lord and grace flowing from above.

He gave us two strong thoughts immediately after the initial shock – *nothing happens without the knowledge of our Lord and The Almighty can transform everything for the good.*

Though an irreversible loss, our desire was for a night of vigil at Kozhikode (so that all could come, grieve, pray...); burial at Changanacherry³ (our home parish); and no confusion due to COVID restrictions. The Lord brought the right persons to get these done and He lay a safety net around us.

Pradeepkumar, MLA⁴, like an elder brother, was there with us throughout. He saw to it that there were no bottle-necks. Early morning when leaving for Changanacherry, he told Varghese (Manager, Living Life Trust – run by Darlin) who was managing everything on the ground, ‘Any difficulty on the way just call me directly.’ He also had Jaloosh, VHSE Principal and other friends from Nadakkavu School come along, to make sure that there were no hiccups.

Kozhikode JYs, Renny Njarakulam (one among the first Joseph called) and many, were there helping and

As Christ taught us, we continue to love our son, Devassi and are proud of how he impacted lives when he lived. We neither justify nor do we judge how he moved on from this world. May the gracious love and unfathomable mercies of God be with him; upholding him to the Scared Heart of Jesus, we pray – Eternal rest grant to him, O Lord!

praying with us; so were the neighbours and relatives who took care of everything. The unwavering support that Darlin received, both physically and mentally, was constant throughout the night. We did not have to step out from the house for anything. The medical part (including COVID tests) got completed in less than four hours and police paper work was swift – everything was being taken care off. We just had to be there with Devassi.

Our Lord strengthened us – we were able to stay strong for each other. A load of emotions would go through us – from shock to disbelief to doubts to what could have been done better to questions of why he did it. But in none of these did we question God – *why us?* We knew that each of us was being shredded but at the same time, we felt consoled by our Lord on the Cross and Mother Mary. Very difficult to explain how – but yes, that is what led us.

Dynamites (our PG friends from Rajagiri⁵) were totally supportive and non-judgmental. From across the globe they joined hands and we felt the vibes. Best was their being there (most of them in spirit due to travel restrictions), minimal words shared but real understanding. Sapna the admin later wrote in the temporary WhatsApp group they had made to support us, ‘*Their pain became our pain; it amazes and inspires me to see the strength of their family to bounce back; a family going through the worst of tragedies, putting their pain aside and thinking of the needs of others to grieve; ... (this is) a classic instance for any family to question their faith, God and His ways... In fact that's the reaction*

most of us had but they showed us how they see the ways of God, how they see positives in the dark, how they reinstated and further strengthened their faith... Truly an eye opener. Who says there is no goodness in the world anymore?’ Another friend wrote, ‘*My faith was questioned when I had a personal tragedy... and now with this, it was questioned more strongly. Seeing y'all my faith has grown stronger than ever before.*’ Yet another shared our example to help a family in trouble, another from US found time to be with us and say the rosary, and another friend started praying again.

We praise God that in all this pain He gracefully helped us be considerate of others. We made it a point to call all close friends of Devassi, those who could not physically be present. This helped them grieve and to some extent move forward.

Two weeks after the funeral, being at Changanacherry, was the best – Holy Mass in-person, prayer at the cemetery, and more importantly, the extended family. Yet we decided that we had to immediately get back to Kozhikode for a short visit and return. For the neighbours, friends and those close to us in Kozhikode, we realised that it was only when we were in their midst that they would be able to grieve, get some closure and move forward in life. It was our responsibility to help them – though heart-wrenching for us. We also had several online meetings and prayers with family and friends.

In the initial days when Joseph was being tested, Alex Njavaly mentioned about praying in tongues (Rom 8:26-27). We spent a day with Fr Danny Capuchin at San Pio Retreat Centre. Father, who knew Devassi and our family, shared, ‘It’s not time.’ (Everybody was advising us to give time time). ‘Time only helps you to “manage”; but the true healing comes from our Lord,’ and he urged us to just simply sit in front of the Blessed Sacrament (John 3:14-17). Another instance when I was feeling very low and shaken, I called Renny and over phone we *Unbound* with the 5-keys⁶ (Mat 18:18-20). My elder (Sr Daphine) helped me ventilate.

None of the days did we miss our personal prayers – it was not as elaborate but we spent time with our Lord. Word of God, sacramental life (Eucharistic celebrations and Confession), and family prayers were all helpful. Driving to and fro from work, Joseph would listen to soft Catholic chants. It helped in grieving and also being closer to our Lord.

We may think how one can be trained for anything like this. But then all the upbringing, relationships, formation of so many years, our professional trainings, reaching out to people as part of our work and passion – kept us afloat. Even the latest *Unbound* training we went through was helpful. When we look back, the Holy Spirit gave us the right words; at no point did we question God but as Job prayed – God gave and God took him back. Did we understand everything – NO, and we still don’t. But in faith we say Amen (1 Thes 5:16-18)!

‘And we continue looking ahead at the face of our Lord – Crucified and Risen!’

(1-3) Kollam, Kozhikode and Changanassery are cities in Kerala, South India.

(4) MLA (Member of Legislative Assembly) is the elected representative of the voters of a constituency.

(5) Rajagiri is a prominent college in Kerala, South India.

(6) *Unbound* is an approach to deliverance and healing prayer using five basic responses called the Five Keys.



Darlin and Joseph are Professional Social Workers from Kozhikode, South India. Darlin runs Living Life Trust, reaching out to elderly. Joseph heads a global philanthropy. They both have been active members of the movement for the past three decades.

The Lenten Season God Willed for Us

God was always faithful to me and my family all through. So affirms **Beno James**, who shares the story of a period in the life of his family.

My wife and I got married in 2001 and life was full of adventure, fun, experiments, challenges, travel, troubles, hardships, pain along with few fights and disagreements. It has indeed been an amazing journey and along the way we were blessed with five beautiful children to enrich our experience.

God has always been faithful to me and my family all through. In spite of the unforeseen incidents which left us in the dark and confused, one thing always kept us moving forward – that He loves us more than anything. That along with the gifts of immovable faith and the hope in eternity.

I want to ponder on few incidents that shaped us as a family.

I was born to a lower-middle class family hailing from Kerala, a small southern state in India. After my college and one year full-time commitment in JY, I struggled hard to acquire a job and build my career. The initial years were a real struggle – job-wise, salary-wise and neither was I able to clear any professional job interview. In between messed-up higher studies, nothing was working out.

In the meantime, I got married to a beautiful lady named Bindu and tried to settle in Bangalore with a small job and a small business. But financial difficulties persisted. My father too was unable to support me,



though his guidance and love was in abundance. Though our troubles were many, we never stopped seeking the kingdom of God. Our faith and hope was so great that we strongly believed His time for us had not yet come.

Miraculously, God gave my wife an employment visa to the UAE. I handed over my business unit in Bangalore to my brother, and Bindu and I landed in Abu Dhabi to start a life there. But since I didn't have a proper job and Bindu's salary alone was not enough, life was not as smooth as we'd hoped. Then came a new addition to our family. Though we were overjoyed by her arrival, our financial situation had not improved. I had a job but it was not stable and I couldn't sponsor my wife and child on my salary. But we believed in God's immense power and decided to keep our child on a visit visa. It was a real struggle to make ends meet as this affair burnt a hole in our pockets and our salaries weren't enough. In between I lost my job twice and was dragged into disputes with the employers who refused to pay my settlements. Slowly I got into a debt trap and was unable to cope with the pressure.

I still remembered those college days where I had tasted my Lord. We used to sing the song, 'Jehovah Jireh my provider, His grace is sufficient for me.' Day by day, my every move was to sing this song – whenever troubles arose or the thought of it disturbed me.

In the mean time I got a break in my career and slowly settled down. I thought my hard ships were over and began repaying all my debts. Things started to fare better. I started being more confident in myself and my God-given gifts, and my trust in the Lord grew stronger. But then another event shook my life as happened to Job in the Bible. I sometimes think that the devil gets jealous when 'HIS light shines on us.'

One day after a JY national meeting at my home, I started vomiting;

my health deteriorated that I was admitted to the hospital. When I regained consciousness, I was shocked to see all of my family admitted with the same symptom except our youngest, baby Anna. We all got better the next day and returned home only to find Anna showing those very symptoms. I took her to the hospital but they only prescribing her some medicines. The following morning, we felt that Anna was not active and returned to the hospital, where they put her under observation. As usual I went for work and towards noon I got a call from Bindu. She was frantic, saying Anna was not showing any improvement and that the hospital had not taken proper care until now. I rushed there and after some argument with the doctors, they came to look at the baby. At that very moment, in the hands of the doctor, she had a stroke. Her eyes rolled back and she looked at me helplessly. Oh! That look – I can never ever forget it. May be she knew that it was her last chance to see us all. She was rushed into the ICU and put on ventilator support. For almost ten days, every day by 10 am, I had to pay the hospital bill of approximately AED fifteen thousand,

and it became too much for me. In no time I was broke. But God never leaves his people alone. He sent so many loving hands to help me in this troubled time.

Anna was not making any improvement with this treatment so we decided to take her to India. But I had a bigger issue at hand now. I had to air lift her. The first application to Emirates Airlines for airlifting got rejected by the airline doctor stating that she was not fit to travel by a commercial carrier. I approached many airlines – Air India, Indian Airlines, etc. to no result. In the meantime, a miracle was happening in the background. A friend of mine worked in Emirates Airlines and she told our story to her boss – who in turn told her superior. Within twenty-four hours, this story reached the VP of Emirates. He overruled the airline doctor's decision and approved our application on certain conditions that I had to pre-sign.

Everything was set and we flew with Anna along with doctors, anesthetists, oxygen cylinder, ventilator, medicines, etc. She was laid on a stretcher placed above a couple of folded chairs, without any safety belts. We all prayed for a smooth flight without turbulence that she be safe, for I had to sign an NOC to withhold request to reroute the carrier, in case of any mishap. God took care of us all along the way. We landed in Cochin and got her admitted to Amrita Hospital. There too, they couldn't do much. Anna survived another four days. These fourteen days of our life, we will never forget – like the fourteen Stations of the Cross which we ponder and meditate every Lenten season. I believe this was the Lenten season God willed for our family.

Though Anna left us physically, she has never left our hearts. She is still a family member who receives love and peace from all of us after our daily family prayer. We believe she is taken to heaven as an angel to intercede for us. We still haven't adjusted to the fact that she is not with us. To anyone who asks about my kids, I still say I have FIVE, four with me and one with HIM. After her departure God blessed us with two more beautiful children.

A couple of years later, I decided to get into business. My childhood dream of becoming a businessman started nagging me. Slowly, things got better, financially and otherwise. Later we moved from UAE to Qatar. I became well known in my field of expertise in the region. Now, as I write this I am sitting in my own office employing several people, fulfilling my dreams which has been knit on HIS promise. Still praying, 'Thy Kingdom come. Amen.'



A CEO and Founder Director of multiple companies in the Middle East, Beno James was part of the UAE JY and is currently the animator of Covenant Singers, a Catholic band based in UAE. He lives in Qatar with wife Bindu. They have five kids.



THE HOUSEHOLD OF THE LORD

The Household of the Lord

*Began the journey with timid steps,
with hopeful heart and searching eyes.
Would it be true, would it be known
Would it really be a place of my own?*

*The heart observed, the eyes beheld,
the oneness that everyone held.
Joined together to pour their hearts,
To share, to learn, to fawn upon,
The One that truly held their hearts.*

*No longer were they a million hearts,
but beat together as one heart.
The lamb had brought together His sheep,
to nurse, to bond, to draw from.*

*Belong did they to different parts,
from east and west
from north and the south.
The Spirit had woven together their hearts,
to belong to the household of the Lord.*

Serena Dsouza tells us of the first JY Household she attended and how the fellowship experienced there changed her as a person.

I remember attending my first JY household in 2019 in Mumbai, the hype about it was so much that it felt like I had entered into the business class section of a flight! I wondered how this would be any different from other activities of JY. As the household unfolded, I realised what the difference was – a place where one can truly be oneself; no filter, no pretence and most importantly a place where we freely shared our love for our Lord Jesus. I was so touched that I knew I would never want to miss a single household. As I journeyed through monthly households, I found myself willing to travel to new places to attend household without any hesitation. Though the houses changed, the feeling remained the same – it was the fellowship and company, it was home away from home. I now considered it to be a privilege to have the household in my own home. Back then I stayed away from home, alone for my job in a one room-kitchen. I remember volunteering my humble house for the household and sharing my concerns with the household coordinator,

Household is not a meeting that happens once in a month but rather a day when the month's journey with one another culminates.



Christo Benz about the possible lack of space. He assured me it would be just fine as it was '*apne log*' (our people) only. By the end of the household, we were packed like sardines in a tin. Each one had arranged themselves to utilise minimum space without any qualms or complaints. It was a full house as was my heart. It showed me the beauty of the people I was surrounded with. That day left a mark on my mind about what the household truly is. It's about 'my people'.

Of the various activities in the household, I really enjoyed action songs, in depth reflection and not to forget the food! Food for the soul and the body was taken care of. It amazes me how Jesus speaks to us through our very own people leading the reflection. I used to wonder about people who developed the reflection material – so rich and meaningful. What would their prayer life be like? How would they have prepared to come up with such an enriching reflection? During the One Nation Gathering¹, the mystery was solved through Manoj Sunny's talk. For years, the team had been churning out reflections every month without fail. Kudos to the team for their faithfulness to the Lord's work. Through the household, I was always encouraged to try out new activities whether it be emceeing, leading praise and worship, thinking of fun activities to do or sharing the reflection. Believe me, I am a tortoise when it comes to social activities. I pull my head out only when I'm comfortable. However, it didn't seem to deter our household coordinator. Christo made it sound as if it was so simple, within my reach and that I would be taken care of by Jesus. It made me realise what true leadership was. Looking back, I am humbled and indebted by the way Jesus has helped me open up and explore so many new avenues of my faith.

A beautiful aspect about being a Jesus Youth is that everyone identifies themselves as being part of the movement as a whole and not limited to one region. I once ended up in Pune and meeting Jesus Youth in the parish. It happened to be the Sunday of the household. I just jumped and asked if I could join Household in

Pune although I was from Mumbai. With a smile, the JY members, Akhil and Joffin told me, of course you can. Household is household. Another mark left on my heart. A Jesus Youth is a Jesus Youth wherever you go. Whichever part of the world you travel, if you happen to meet a JY, the connection is the same. Makes the world a warmer, loving and a comfortable place. The feeling resounded on hearing Daphira Pyngrope speak during the One Nation Gathering programme. It felt as if she was speaking about the household that I have been a part of. Geographical distance didn't seem to matter since the hearts were united in Christ.

The words of Edward Edezhath remain etched in my mind. Household is not a meeting that happens once in a month but rather a day when the month's journey with one another culminates. We must make it a point to look beyond ourselves, share in the joys and sorrows of one another and be a source of support and encouragement to remain an evergreen household. Being branches of our vine Jesus, we will only bear fruits if we remain in communion with the Trinity and one another. In Bishop Alex's words, being in fellowship adds value to our lives just like grapes in a bunch are valued more than grapes separated from the bunch. As I reflect upon and reminisce the memories of the household, the grace and love of Jesus shines through the most. Although we are unable to meet one another in person, Abba Father has provided us with a digital platform to continue with our household and nourish ourselves with His teachings. The continued participation in huge numbers for online household more than speaks for the place of JY household in our hearts. Perfectly captured by the theme song of the household from the Acts of the Apostles,

We live in this world,
Yet we're not of this world,
Ambassadors, children of light
Every day, every night,
We belong to the one,
He's called us and He's set us apart,
And there's a place where we all belong
And there's a family we call our own.
So let's go up with a shout of joy,
To the Household of the Lord.
Sharing, praying and sing-in our song,
In the Household of the Lord.



¹ The One Nation Gathering video can be viewed on Jesus Youth India YouTube channel.



A Covid-19 survivor, Serena Dsouza desires to use this version of her life to evangelise and become a strong intercessor. Having completed her Post-Doctoral studies, she works in IIT Bombay, India.

Living life

A Lockdown Epiphany



Jesus must have waited for me to come to him. The only thing that kept me was the grace, obtained from receiving the Holy Communion and going to the confessionals pre-lockdown. After the churches reopened here, my first time receiving Jesus was yet another inexpressible experience. One thing I clearly remember was, lifting my teary eyes up to the altar and being able to see the Holy Eucharist. I murmured, 'Thank you Jesus, for waiting for me.'

EVELIN MARIYA JOSHY / NOVA SCOTIA, CANADA



Hozier's message is certainly different from our thirst and longing for Mass in our Father's house. Like a lover separated from his partner, the heartbreaking months of being separated from physically receiving Jesus did not pass by fast. I am certainly grateful for the millions of masses that were streamed online which allowed our favorite priests' homilies to be just a click away. The creativity and flexibility of online prayer meetings allowed us to come together in fellowship, though miles apart. Tears of joy and smiles of thanksgiving are all I can recall from that first day back in our Father's house. Certainly felt different singing behind a mask and giving the sign of peace, social distanced but I still blush thinking of the moment I got reunited with my Love – Jesus! All praise and thanksgiving be to Him alone!

LIMI KALAPURACKAL / THE NETHERLANDS

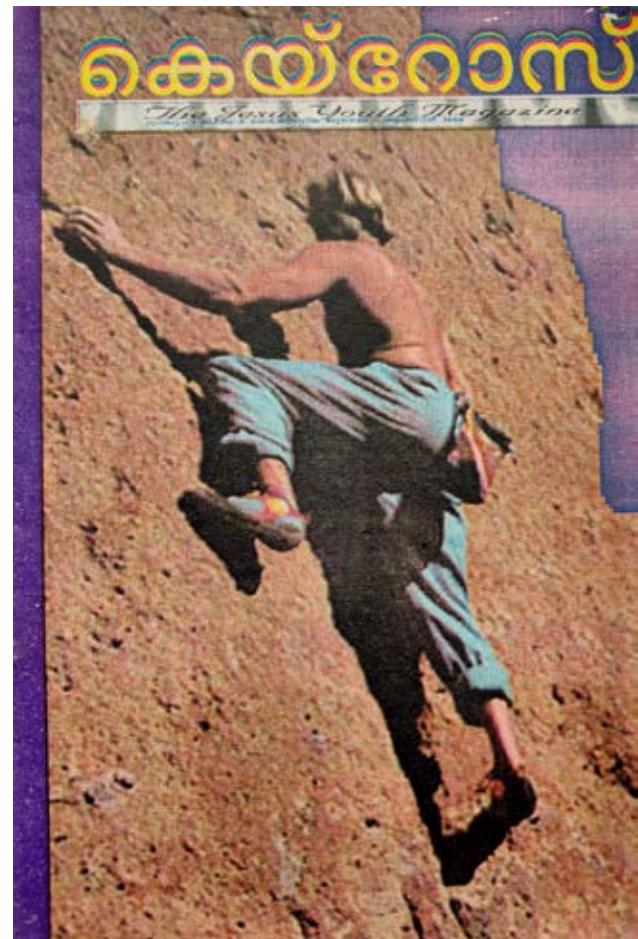
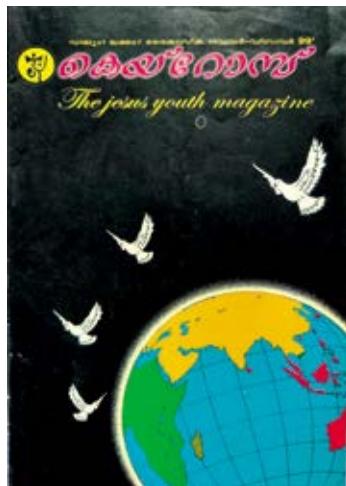


Celebration of daily Holy Mass was the essence and motivation of my life here in Muscat. I would surrender my loneliness, struggles and workload to the Almighty and in turn experience the Lord's presence close to me on this journey. The Holy Mass and the silent personal prayer before the Eucharist was my bastion of life. The greatest loss for me this pandemic was missing the Holy Masses celebrated in Church. Right now, I am passing through a spiritual dryness for the lack of the Eucharistic Celebration. I eagerly wait for the day churches will reopen and for the non-stop celebration of Holy Mass.

JITHU JOMCY / MUSCAT

THE STORY OF KAIROS

Renny Njarakulam, one of the early Chief Editors fondly recollects the growth of *Kairos*, especially how God's grace and providence guided the magazine through tough times.



THE 90s were a golden age for Kozhikode Jesus Youth. There were a lot of spirit-filled youth going out to all walks of life proclaiming the Gospel, and as if they had the Midas touch, hundreds of youngsters turned to Jesus. There was the sight of Jesus Youth growing in number and in spiritual depth. Jesus was intervening everywhere. It was like He was giving a whole garden when asked for a single flower. The doors were opened in the parishes, colleges, among the professionals, in tribal areas and the slums. The beginning of *Kairos* was from the desire to coordinate the works going on in the various ministries of the zone

and to confirm their interrelationship and unity.

God transformed the desire for a leaflet into a magazine. A suggestion was put forward that the zonal coordinator (myself) should write something in the pilot issue. But I was not a writer at all. Shortly thereafter, one day after receiving the Holy Communion as I was praying, I got an inspiration to write. The impossible was made possible. My first article for *Kairos* was written!

Weeks went by after the pilot issue was published. Since the first issue was well-received, there were enquiries for the next one. But the financial obligation of

the first issue was still remaining. In truth we knew only one thing to do, say 'Amen' to God's voice, pray and set out with enthusiasm.

There was no money, no articles, no writers, no knowledge of layout and printing, no knowledge of the distribution process in circulation, no knowledge of the government regulations in the publication of a magazine and yet the magazine was released!

After the publication of some issues, the magazine was not moving forward. An opinion arose that I take charge as chief editor. When I said Amen to God's wish, I had my own plans to get somebody

else to write the editorial for me. But God's plan was something else. He, who anointed the shepherd Amos to be His prophet, although he was not a prophet or a prophet's son, was asking me to take up the mission of writing. In a prayer meeting I got the message that I myself should write the editorial!

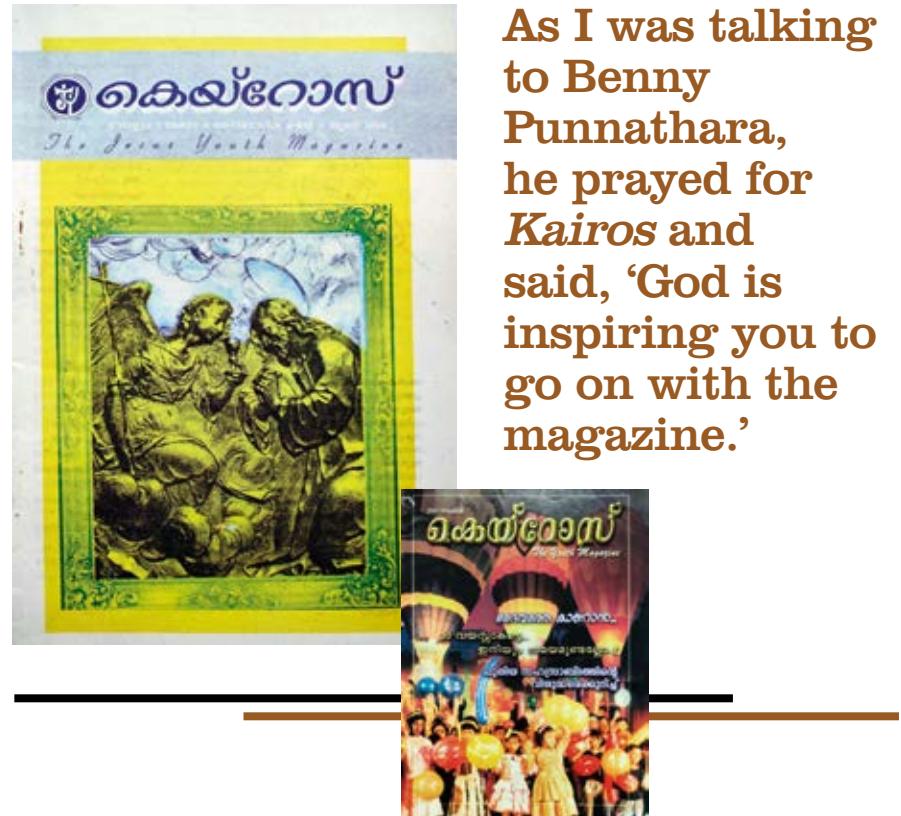
As I had no natural talent for writing, I sat before the Eucharist and cried out. Suddenly I felt as though God had opened the gate of wisdom to me and I wrote! Every time I sat before Him, this happened. God always sent me a flash of new thought. I began to imagine myself holding the hand of my Holy Mother. All the editorials I wrote till 2010 were written in such a manner.

When we got a permanent office for the first time, the first thing we did was to find a room for prayer in the limited space we had. Every time we changed our office, we always set apart a room for prayer. We would sit in the room alone or as a group, telling Him of our helplessness. He would give us all the possible things He could do for us.

Several times we felt that taking the magazine forward was too much of a burden and that we ought to stop. KYCT (today's KJYC) at that time had limitations in helping *Kairos*, as they had no fixed source of income. *Kairos* office rent, the salary of three to four people, expenses of pre-press and printing works, all this needed a huge amount of money every month. It was our habitual programme to wait for a miracle to happen at the end of every month. I will tell you one experience.

After finishing the pre-press work of an issue, it was ready to be printed. We had to pay Rupees fifty thousand to the press for the previous issue without which the new printing would not be accepted. The *Kairos* team gathered round together the previous night, kneeling and reciting the Rosary fervently. As soon as the prayer was over, a call came from Jesus Youth UAE that they had deposited Rupees fifty thousand in the *Kairos* account!

Several times we got the message that God would intervene and lift up the magazine. But when the struggles to get on with the magazine deepened, we would lose hope and start thinking of stopping.



In all of those times, God would intervene and lead us out of the troubled waters. Once when the burden of *Kairos* was weighing heavily on my head, I happened to reach *Shalom* office. As I was talking to Benny Punnathara, he prayed for *Kairos* and said, 'God is inspiring you to go on with the magazine.' I can only think of him with deep gratitude for the revelation of God's voice through him and for that little amount of money he put in my hands.

The assistance of the Middle East Jesus Youth in the growth of *Kairos* is critical. In 2007 I undertook a two-month long journey to UAE, Oman, Bahrain, and Qatar with the view of proclaiming the Word of God and for boosting the circulation of *Kairos*. The two projects to boost circulation, Barber shop scheme (giving free subscription to all the Barber shops in Kerala) and the Christmas gift project (sending a copy of the Christmas issue as a gift for Christmas) were encouraged by them and were a great success. The circulation of *Kairos* soared up to twenty thousand copies.

Although *Kairos* struggled for lack of funds, the magazine was growing in

As I was talking to Benny Punnathara, he prayed for *Kairos* and said, 'God is inspiring you to go on with the magazine.'

quality and standard, which was also a sign that God was holding the hands of *Kairos*. It developed from a newsletter to a magazine, from black and white to color print and from newsprint paper to film paper. Almost all of the writers in *Kairos* were newcomers, but their articles, experiences of their own life, observations, reviews and the little short stories were much awaited by both the youth and by the family altogether.

A compilation of all the editorials written by me in *Kairos* were published as a book titled, *Prathyasayude Kiranangal* (Rays of Hope) and editorial member, Sunny Kokkappillil's many books were published.

As the silver jubilee of *Kairos* is drawing near, we can only look at the growth of *Kairos* with astonishment and gratitude, just like God nurtured Jesus Youth step by step.



A teacher, Renny Njarakulam was the Chief Editor of Kairos Malayalam for over ten years. A JY for over three decades, he resides with his mother, wife and daughters in Kozhikode, South India.

IN FOCUS



Deepening Our Personal Relationship with Jesus Amidst Covid-19

Even in the midst of sufferings we can be people of hope if we believe in God's promises. **Dr. Sunny George** shares his spiritual journey during this crisis and the lessons learnt from it.

During this time of extraordinary disruption and anxiety, the Covid-19 pandemic challenges us to deepen our personal relationship with Jesus. It is transforming the lives of millions of people in an unimaginable way. So rapid have the changes been that most of the world's population have been caught off guard. The impact of the corona virus can never be described as something experienced before. The world has stood breathless before this invisible enemy, deadly, and heedless of borders. Truly we are experiencing a pandemic that has shattered many of the things we humans hold dear – family, culture, economy, borders, and political systems. We do not know when the pandemic will end and when normal life begins.

And yet even in the midst of crises and sufferings we are full of hope and believe in God's promises. *Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. (John 12:24)* Being an ardent devotee of St Alphonsa of the Immaculate

Conception, I've thought of this verse frequently during the lockdown period. My heart ached because the Church could not gather to celebrate liturgy during the Holy Week and the sacred Easter Triduum. I prayed that God would show me a way, to partake in His cup of suffering. I sought the help of the Blessed Mother, Lady of the Eucharist, to enter into the sorrow of the groom whose bride is suddenly taken away from him. This was a great pain that I still experience in the stillness of my heart.

With the closure of churches in mid-March 2020, I was certain that my life was going to be less characterised by Daily Mass, and more characterised by the prayers offered at home. I was blessed to have a deep love for the Lord's presence and His very life which is shared with us through the Eucharist. I love the Eucharist and have given my life for this ineffable gift. I found myself upset because I felt I was deprived of God's help at the time when it was much needed. I was deprived of the Body and Blood of Christ for fifty-five days. The greatest consolation during those days of separation from sacramental graces was the conviction that God's grace

was all the more available because of this situation. I was reluctant to participate in the online Masses. Instead I spent time in silence pondering the past Masses I had celebrated in various churches across the globe and offering countless number of Rosaries. I had started loving the Rosary when I heard a message of Our Lady of Medjugorje, 'Pray, until prayer becomes a joy for you,' several years ago. I received frequent Spiritual Communion using the prayer dictated by Jesus Himself through a source of private revelation. *My dear Jesus, miraculously present in the Holy Eucharist, unite my heart to Your Eucharistic Heart. In this most precious moment, when You are physically present in my heart, bring me into union with Divine Love, and hold me there always. Amen.*

Sacraments are the greatest gifts God has given us because they bring us God's infinite graces. Graces are the very life of God that is shared with us. Many of the sacraments are continual sources of grace for us to draw upon, not simply moments when we receive grace and then move on. Through Baptism, the Holy Trinity dwells in us. This indwelling of the Holy Trinity is a continual fount of grace, life giving water. The same is true with the sacrament of Confirmation which gives us strength to witness to the faith, if we live a life of grace. This is also true with the sacrament of Matrimony, which forms an unbreakable sacramental bond of love within the couple and can be a continual source of grace for them to learn to love as Christ loved the Church. As the Catechism of the Catholic Church puts it clear, 'God himself is not bound by the sacraments' (CCC 1257). God can give graces through a variety of ways such as personal prayer, scripture reading, acts of sacrificial love for Him, almsgiving, corporal and spiritual works of mercy. When we exercise our faith, we receive graces through our 'yes' to Him.

A strong relationship with the communion of saints also helped me a lot to accept the reality of the present situation. As Saint Augustine exclaims on the Eucharist, 'Although God is all-powerful, He is unable to give more; though supremely wise, He knows not how to give more; though vastly rich, He has not more to give.' With the Eucharist,

God has truly given us everything. The universal brotherhood with one another lies in the truth that Jesus in the Blessed Sacrament is the *Bread of Life* produced from Mary with the flour of Her Immaculate flesh and kneaded with Her virginal milk. The Angelic Doctor, St Thomas Aquinas puts in a beautiful way, 'the Flesh of Jesus is of the maternal flesh of Mary, the Blood of Jesus is of the maternal blood of Mary. Therefore, it will never be possible to separate Jesus from Mary.' They are always united; their Hearts are United!

An instruction which helps me to love the Eucharist is from St Augustine. He challenges, 'when we get up in the morning, run to the Tabernacle. Every step one takes while travelling to celebrate the Sacrifice of the Mass is counted by an angel. One will be given a high reward for them by God in this life and in eternity.' Saint John Mary Vianney adds, 'how happy is that guardian angel who accompanies a soul to Holy Mass!' As human beings, we long for companionship and great friendships. Angels also long for companionship. Because our guardian angels are always with us, helping, encouraging us to do good, they can meet their friends when we go to the church for Mass. All the heavenly choirs are present in the church when the Mass is celebrated. So our guardian angels will have a good time with their friends from heaven!

I am reminded of my late dearly beloved mother's reaction, 'when something bad happens to you, look forward to the glory of God that is coming.' The pandemic also taught many lessons:

Life is fragile, handle with prayer

Simple prayers of proven value and powerful means of growing in spiritual depth are at the heart of Catholic devotions. The Rosary of the Blessed Mother has a long history of growing in personal holiness, thereby being led deep into Divine Love. Prayer is the only way to connect to God, and this time of distancing one's self from people and events gives us an opportunity to focus more on God.

We have a common identity

Crises and diseases do not differentiate

This is the promise of Jesus to us in our suffering. Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit.'



between people and affect everyone equally. Although we try to distinguish economic, social or cultural differences, Covid-19 reminds us that we all can get sick and we all are interconnected. We all are important and heaven needs each one of us. It is consoling to understand that the speed of the virus can only be stopped with the fraternal cooperation of all.

Every human life is precious

All human beings are created in the image and likeness of God (Genesis 1:27). The image of God is His unique characteristic

– love; and likeness of God is His sacrifice of giving Himself entirely to us!

God is the giver of life

From the first moment of conception unto natural death, we must protect and value everyone's life. Human life is priceless and we must fight at all costs to care for the lives of all.

Emmanuel – God is with us!

Our problems may sound big or small and the consequences seem impossible to bear. God is the only source of true security and we can trust in Him. Nothing happens in our life without the knowledge of God. He cares for us and He is always with us as a loving father!

Learn silence, so that we will be vigilant

The greatest practitioner of silence is the Blessed Mother. With Her holy silence, She conveyed everything. 'Do whatever He tells you,' is the only instruction She gives to Her children. If we learn the virtue of silence, we will be vigilant.

We are the Easter people and Alleluia is our song

The beauty of Christian life is that at all times and in all places, Christians are people of hope, living our lives in the light of the Risen Christ. Jesus told us, *In the world you will have trouble, but take courage, I have conquered the world* (John 16:33). If we respond rightly to this trial, we can grow more spiritually in this time.

This is the promise of Jesus to us in our suffering. 'Unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit.' Let us pray to the Heavenly Father during this time of world crisis, that all souls find their peace and security in His Divine Will, and grant the world the grace to change and the time in which to do it.



Dr. Sunny George is the Founder-CEO of two startup companies focused on sustainable agriculture. He travels extensively to propagate organic farming and as a pilgrim to Marian apparition sites across the globe. His lives in Kanjirapally with wife Mini and their four children.

Blessings

The closing down of churches was an indescribable grief for Dr. Sindhu Nadarajan. And yet, God drew closer to her as she thirsted for Him.

When I initially heard that churches would have to close down in the wake of Covid-19, I never thought that it would actually happen. Something like that had never happened in the history of the Church, even during great plagues! Finally, when it did happen, it was such an emotional melodrama for me. Our last Mass at the church we go to daily, was almost full and the people were very emotional. The Perpetual Adoration chapel – where we would go for Adoration any time of the day – also had to be closed. This in the midst of a people waiting upon the Lord, taking in His 'real presence' as much as possible before the door closed, not knowing when it would open again. I felt very sad and was in tears when I called my spiritual director and priest-friends for solace. I was advised to follow the lead from the Lord.

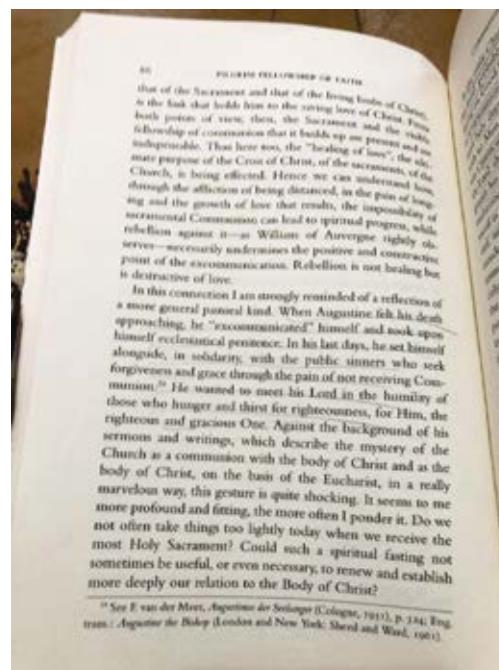
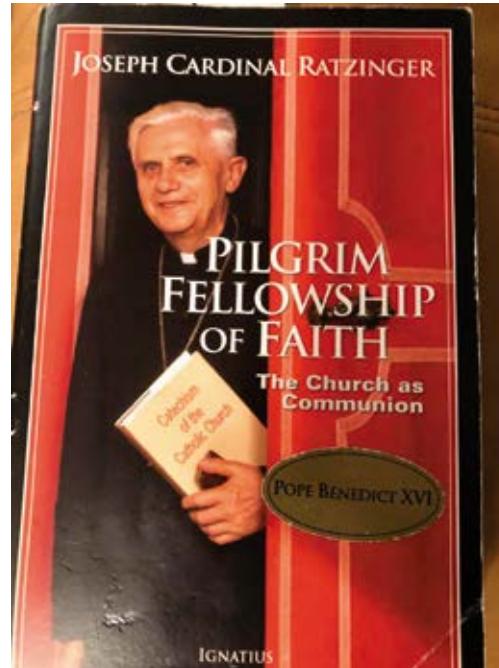
The most profound insight came from the then-Deacon Thomas Pulickal, who deeply sympathised with me and while talking with me, told me that Pope Benedict XVI had written about Eucharistic Fasting. Later he sent me pages 86-88 of the book, *Pilgrim Fellowship of Faith* by the



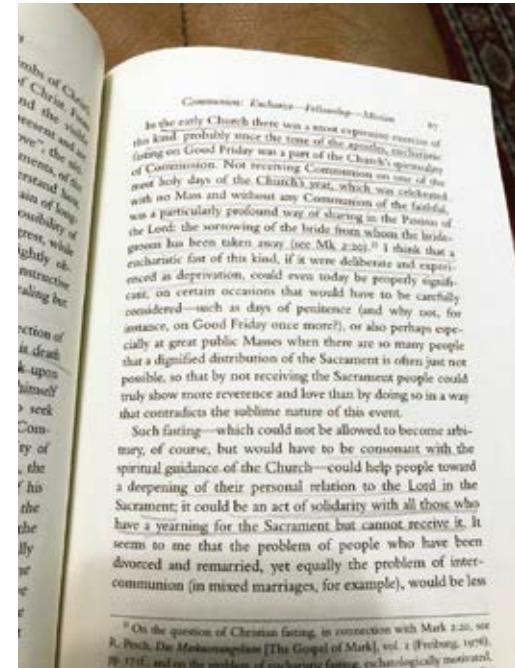
Pope. I was amazed to learn that St Augustine, towards the end of his life excommunicated himself to enter into the sorrow and shame of those excommunicated brethren, who seek forgiveness and grace through the pain of not receiving Communion and to meet his crucified Lord in the poverty of those who hunger and thirst for righteousness! I couldn't believe that the same saint who wrote extensively on the mystery of the Church as a communion with the Body of Christ, and as the Body of Christ, would do something like that! Personally I believed that the Eucharist would never be taken away from me; and that even if I was on my deathbed, the Lord would come to me, like He has done many times. We never realised the value of this great gift until it ceased to be freely available! Pope Benedict went on to explain how early Christians would often deny themselves Eucharist on Good Friday to enter fully into 'the sorrow of the Bride from whom her Bridegroom is taken away'! (Mark 2:20). He states that it is thus desirable to opt for such Eucharistic Fast once in a while to enter deeply into this great mystery!

This created a deep movement within my soul and I found myself yearning 'to enter into the sorrow of the bride from whom her beloved is taken away.' But a part of me longed for my 'Daily Bread' in the Eucharist which was never denied me for the last twenty-five years, some point after my initial conversion.

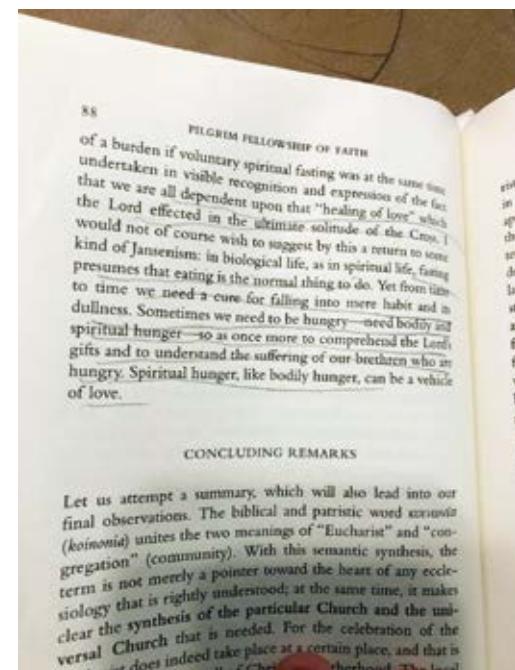
The first day after churches were closed to public, I couldn't stay home in the morning and went to our church, which was just few minutes from my home. We always preferred to live close to a church wherever we've stayed in the past twenty years. I could see the tabernacle through the glass door on one side of the chapel. I would go here daily for Adoration before Mass, ever since I felt that the Lord wanted me to spend time before Him. He had given me the conviction that the power radiating from the monstrance worked in me in an even more powerful way than the radiation we give to cancer patients. He



³³ See E. van der Mees, *Augustinus der Seeligen* (Cologne, 1911), p. 244. Eng. trans.: *Augustine the Bishop* (London and New York: Sherrard and Ward, 1901).



³⁴ On the question of Christian fasting, in connection with Mark 2:20, see R. Precht, *Die Mahlzeitmissio* [The Gospel of Mark], vol. 1 (Freiburg, 1976), pp. 115f., and on the problem of eucharistic fasting, eucharistically motivated.



CONCLUDING REMARKS

Let us attempt a summary, which will also lead into our final observations. The biblical and patristic word *ekklesia* (*ekkoinia*) unites the two meanings of "Eucharist" and "congregation" (community). With this semantic synthesis, the term is not merely a pointer toward the heart of any ecclesiology that is rightly understood; at the same time, it makes clear the synthesis of the particular Church and the universal Church that is needed. For the celebration of the Eucharist does indeed take place at a certain place, and that is the local church of Christ's brotherhood.³⁵ A local

told me that our radiation kills only the cancer cells ... but His radiation (from the Blessed Sacrament) could not only eliminate the cancer of my soul but also infuse grace into my soul in ways that I could not comprehend! I simply believed that and no matter how tired or busy I was, I never missed showing up for this daily dose of radiation! So on that day I was so sad but still showed up like Mary Magdalene. I knelt outside the door and looked to the tabernacle and started to do my breviary as I used to daily. I couldn't control my tears as I scrolled through the psalm where the psalmist thirsts for the presence of the Lord. I started complaining to the Lord, 'O Lord, during those times before my baptism when I couldn't receive you during Mass, I could at least go and touch those who had received you and thus receive you ... now what am I to do? There is nobody around who can receive communion ... it would have been better if You

'O Lord, during those times before my baptism when I couldn't receive you during Mass, I could at least go and touch those who had received you and thus receive you ... now what am I to do?'

took me to yourself before such a thing happened, Lord ...' After crying for some time I touched the glass door and said, 'Lord this is the closest I can come to you now. I have placed my hands here, can you reach out and touch me from the tabernacle Lord?!" The next moment I felt the Lord reaching out His hands from the tabernacle and touching me! I stood there for a long time crying. Then an old priest, who was visiting the area came to the church to say his private Mass. He talked to me and invited me to participate in the Mass. I couldn't believe that.... I could only imagine the joy of Mary Magdalene when she was visited by our Lord outside the tomb! This priest told me that my family and I could attend his personal Mass for as long as he was there!

And so after the churches were closed, I had the privilege to go for personal Mass for few days. But it also pricked my heart that I could do this while all my friends and brothers and sisters all over the world were fasting! On the third morning, after I was all dressed to go for Mass, there was a tug of war within me – to go or fast. I threw my car keys away and sat on the sofa, crying and decided not to go as I felt it unfair when nobody in that parish had that same privilege. My husband told me that it was the right thing to do. The whole day I found myself lamenting and in great sorrow – as if my husband had passed away. I shared this with Sunil (my husband), who tried to console me, but I couldn't be. In the evening as I was talking to my daughter about this deep sadness, she told me, 'Mom you were talking about this sorrow of the bride yesterday and today you're very sad. This simply means that you've entered into such a sorrow.' That really put me at ease ... even though I had to battle this deep sorrow for few more days. Slowly I quietened myself.

One day after participating in morning Mass online, they exposed the Blessed Sacrament and I prostrated

myself on the floor in grief asking the Lord, 'When can I enter into your real presence, Lord?!" Immediately I saw the Lord kneeling beside me, He bent down and picked me up from the floor and started rocking me in His arms, while kneeling! I was amazed to see myself in His arms like a new-born baby wrapped in a blanket. He started speaking to me, 'See, you're like a new born baby to me, that doesn't know what it wants or how to make its desires known. As a parent who is ever eager to attend to a little child's needs, I will attend to you. I will make sure that you lack nothing.' Then he continued rocking me and in that embrace all my sorrows vanished and a tremendous peace filled my soul. When I had asked, 'When can I enter into your presence', His presence was immediately felt where I was!

Another awesome thing was that we went to so many churches, communities, seminaries and convents all over the world for family Mass and Adoration all from our living room! The world literally came to us. Through all these experiences I understood that there is absolutely nothing that can separate us from the love of Christ. Like we read in the scriptures, *What then shall we say to this? If God is for us, who is against us? He who did not spare his own Son but gave him up for us all, will he not also give us all things with him? ... Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written,*

*"For thy sake we are being killed all the day long;
we are regarded as sheep to be slaughtered."*

Now, in all these things we are more than conquerors through him who loved us. For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (Rom8:31-32 & 35-39)

The churches have opened in this part of the world where I'm living and I'm back to my normal life of daily Adoration, Mass, weekly Confession, etc. with social distancing. But with deep appreciation and gratitude for all these that I took for granted and I will never forget how close God was to me during those times: He was as close to me as He was before and after this closing of churches.

*I do not concern myself with great matters
Or things too wonderful for me.*

But I have calmed and quieted myself,

My soul is quietened like a child on its mother's breast ... (Ps 131:1,2)

Even in prayer I think I have to do things to please God. God is inviting us to enter into His rest ... let Him do for us what He wants to do. Our weakness is not being able to receive God's love and that is where the Holy Spirit helps us. *God's love is poured out into our hearts through the Holy Spirit (Rom 5:5).*

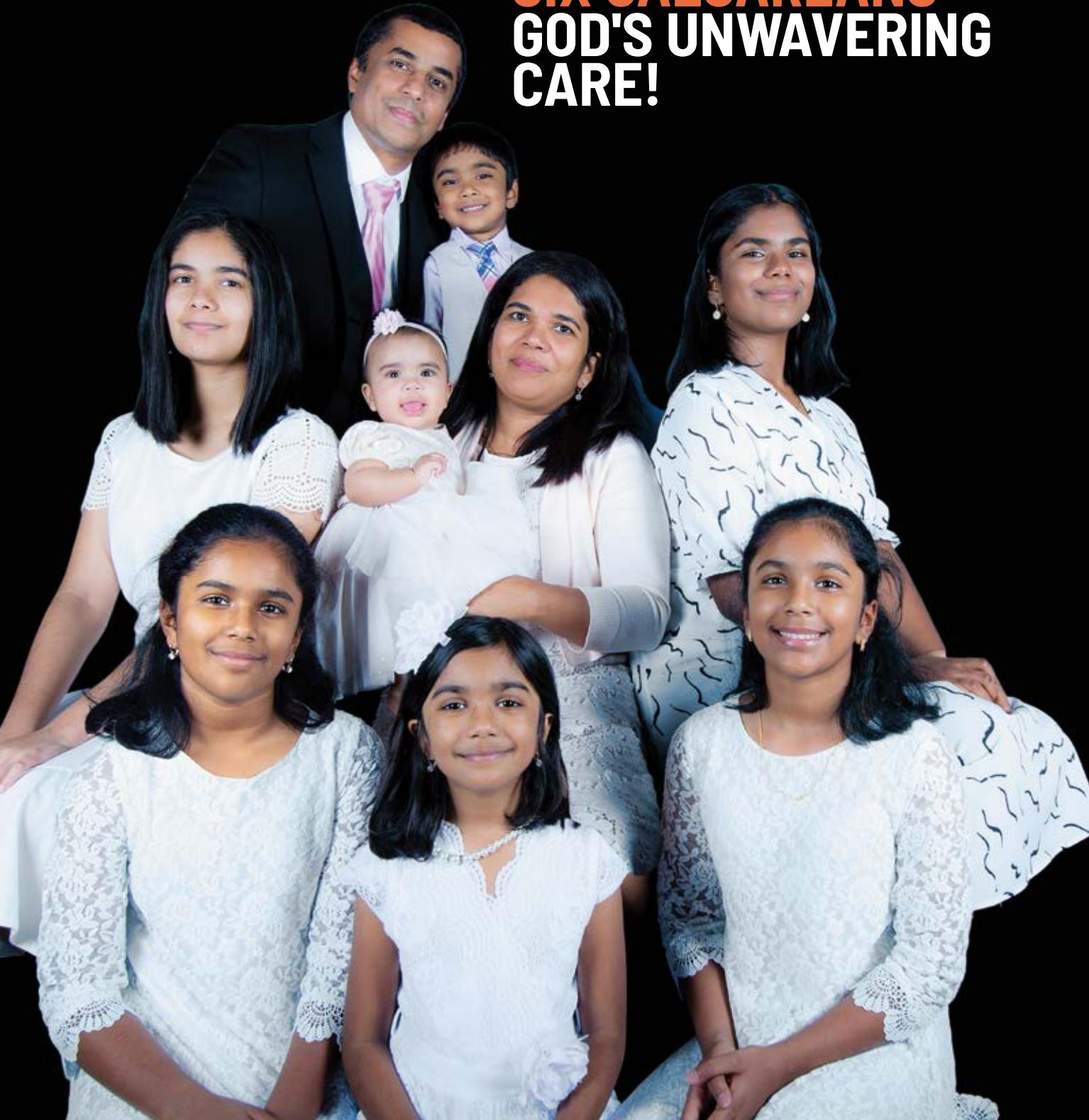
Sainthood is achieved through pure grace which is freely given to us and holiness is, Christ in me. God is doing something beautiful in our lives even during these difficult times. Let His name be praised. Without God knowing or allowing, nothing will happen in the lives of His beloved. (Rom 8:28)



Dr. Sindhu Nadarajan, a doctor by profession and a pioneer of the JY Prolife Ministry lives in Florida, USA with husband Sunil and their five children. They are currently full-time missionaries with Dr. Sindhu, a part of the International Mission Team.

FAMILY IN FOCUS

SIX COMPLICATED PREGNANCIES, SIX CAESAREANS – GOD'S UNWAVERING CARE!



Geo Roncy talks to Seban and Sheena, parents of seven children, on their choice to be open to a big family, on Seban's commitment to the Music Ministry and total surrender to God's providence.

Sebastian Andrews (Seban) and Sheena live in Houston, Texas. They migrated to the US fifteen years ago and lived in New Jersey till recently. Seban is a full time music minister and Sheena works as a nurse practitioner in Texas Children's Hospital. They have seven children, Hannah (high school freshman), Joanna (7th grade), Sarah & Emma (6th gr), Ava (3rd gr), Noah (4yrs) and Maria 8 months.

Can you share about your initial encounter with Christ and the Jesus Youth Movement?

Seban: I grew up in a traditional Catholic family that was very involved in the local parish. Naturally I was an alter server and was active in Sunday School and church related activities. I got involved with the Christeen Ministry as a teenager and in turn Jesus Youth movement. At a young age I was aware of my talent in music and found joy in using it for Christ. As I grew my relationship with Jesus deepened and Jesus Youth played a major role in it. I took a decision to sing only for God and He has blessed me to be faithful to it. Later I became part of the Rex Band and have enjoyed being a member of the Rex Band family and ministry for the past twenty years. Early on, I started supporting various charismatic retreats through my music and found my special call in it. I still continue to do that as my personal ministry and Jesus Youth movement has been very supportive of that.

Sheena: I was introduced to Jesus Youth by a friend, Rani, who is still my best friend. She took me to the Jesus Youth prayer group at Kottayam Medical College, Kerala, South India, while I was a first year BSN student. I met a lot of like-minded people there and encountered Christ through them, which was strengthened when I attended a Charismatic retreat the same year. I grew in faith and personal relationship with Christ through the movement while I was in college.

What aspect about the Jesus Youth movement captured your heart and made you want to be part of it?

Seban: In the Jesus Youth movement I met a group of

people who were burning with love for Jesus and the desire to attain souls for Him. I wanted to be part of that group and we all were ready to sacrifice anything for Jesus Christ.

Sheena: I see Jesus Youth as the time-tested Catholic youth movement, which is a work of the Holy Spirit. What attracted me as a young girl was the informal nature and welcoming spirit. Jesus Youth, over the years, took me on a spiritual journey that I see as God's plan for my life and family.

How do you work as a family for the kingdom of God?

Seban: I made it clear to Sheena very early on that the ministry was my first priority in life. I was sure about my call to serve Him through music ministry. This helped us to stay focused and adjust our lives to the demands that came with it and be flexible. We have experienced through so many instances how God provides for everything we need just because we said yes to that call.

Sheena: I see Seban's music ministry as our family's mission. I support him by working full time and managing kids and house while he is away. Although I realised being married to Seban meant not having him at home all the time, I learned to offer the additional demands on me as loving sacrifice to God and not to complain about it. And we see God return that love in several folds in every step of the way.

What was the inspiration for a big family?

Sheena: I loved kids so much as a young girl and longed to be a mother. But we experienced a period of infertility because of my polycystic ovarian disease. But God healed me through the hands of the late Dr. Sr. Marcellus who was a prominent pro-life doctor at that time. This helped us put into perspective that parenthood was a call and God-given gift. So we decided to be open to as many children God willed to give us.

Seban: We believe the number of children you want to have is a personal choice and decision you make with



God as the head of your family. God prepared us before each child was conceived, either with a strong desire for a baby or a specific message. It was like he was waiting for our permission to give us a child.

How did God help you through the medical complications in pregnancies?

Sheena: Each of my pregnancies had different challenges like preterm labor, six C-sections, pre-eclampsia, etc. But God kept His promise each time by blessing us with a healthy outcome for mother and baby. This kept us assured that God was in control of our lives and gave us the courage to stick with Him forever. As a nurse practitioner in the NICU, I see every possible complication in pregnancies like mine. I have been questioned and ridiculed for the choices I've made being a medical person, by my fellow workers and obstetricians. But because God is the center of our life and family and because He is faithful we have been proved not wrong in standing for a big family.

Can you share specific ways you have been led by God in saying yes to Him?

Seban: After six children all through C-sections, we were wondering if God would want us to have another child. But we were given a message through a spiritual leader that God was planning to give us a seventh child.

Sheena: During the period of infertility, while praying

for a child, I heard the story of Hannah in the Old Testament praying and crying for a child, one day during mass. I grew closer to Hannah, hence our first daughter's name is Hannah. When Seban told me about the message, I had a Thomas moment, I wanted a personal sign to confirm it. So I kept praying and looking for it. A few months later, during Holy Week readings I heard Hannah's story again. This time she was back in the Temple with Samuel and singing. She said, the barren woman will bear seven sons (1Sam 2:5). At that moment the Holy Spirit clearly led me to trust this as God speaking to me. A few months later we conceived our seventh child, Maria.

How do you manage work, family responsibilities and the movement?

Sheena: It is a balancing act, it is always a work in progress. We prioritise things so that nothing comes before responding to our call to God. We try to divide and conquer the family responsibilities. One of us tries to be home all the time. We help each other out beyond the traditional father/mother division of housework.

Seban: Devotion to Mother Mary has an important place in our faith and family life. We both feel her presence and protection in our day-to-day life. Just as how a child reaches the father for his needs through the mother, we also have that shortcut through Mother Mary.

What are the challenges you face in dealing with these different responsibilities? What do you do to overcome those challenges?

Seban: The challenges: Social/peer pressure (both kids and parents), Overcrowded schedules, financial struggles.

The one parenting principle we live by is, we are called to do the best in whatever situation we are placed. We try to understand each other's limitations and also the limitations of the children, and try not to push beyond that. We limit extra-curricular activities of the kids to whatever they are really interested in doing. We give family prayer, church and Jesus Youth activities priority over other things. Children have assigned house chores, but when they have a busy day we help out. We make the best use of what the church and Jesus Youth movement has to offer in raising our kids by encouraging them to participate in church activities and Jesus Youth programmes.

God prepared us before each child was conceived, either with a strong desire for a baby or a specific message. It was like he was waiting for our permission to give us a child.



Sheena: When Seban is away, I try to manage by myself and kids pitch in. The Jesus Youth friends around us have helped a lot in those situations. When I work a few days in a row, Seban helps with cooking, caring for younger ones and managing the house routine. We have a great partnership. Although we have to care for a large family with limited income, God has shown His great providence by giving us what we need, when we need it.

How do you control the children's technology and media use?

Sheena: It is really hard to completely avoid technology in this day and age especially in the background of the pandemic, when most learning is through technology. Our goal is to equip the children with good decision making skills in an online environment or social media. For older children, we delayed giving personal phones as much as we could and used parental controls. We also delay their having personal social media accounts. As they prove to be responsible users we ease the controls. For younger children, we try to limit screen time and encourage outdoor play. But the key is to have good communication with them. We make sure they know what our expectations are, and we reward them for the positive behavior. When they watch a movie or play a game we try to sit down with them and understand the take away from those. We encourage them to watch Catholic movies and shows.

We also try to be not too rigid with the rules. Because they go to public schools and get exposed to all kinds of ideologies and life choices, and the pressure is to prove you're a 'cool' kid, we set limits they can achieve without hurting their social and emotional wellbeing. We try to explain what the reasons are behind each rule and expectation.

Seban: Another parenting principle we live by is we are co-parenting with God. He is our father as well as our children's father. Trusting in God as we raise our children and taking one day at a time help us to take the pressure off.

What is your message for young families?

Your life partner is part of God's salvation plan for you. Marriage is a beautiful sacrament that unfolds over so many years. Your children are not yours to possess, they are God's gift for you to enjoy, take good care of and lead them to their Heavenly Father.



Geo Roncy is a second-year Finance student of the University of Houston. He has been living in Houston for the past ten years.

FAMILIA



Swapna Antony talks to parents about the importance of meeting children's emotional needs and shares ten practical tips to create an emotionally healthy home environment.

How to keep your child emotionally healthy

What did you think of Captain Von Trapp in *The Sound of Music*? Did you find him a good parent? He wanted the very best for his children, gave them an education and made sure that they were well-provided-for. Why were the children so unruly then? What was he missing?

What are children's emotional needs?

Captain Von Trapp may not be an exception. What if I challenged you to close your eyes for a few seconds and mentally list your children's emotional needs? How far could you go? Children have a range of emotional needs – like their need for a sense of calm, positive self-esteem, security, love, empathy, attention, autonomy, approval, acceptance and appreciation. Did you know this is the foundation of your children's lifetime mental health?

Are emotional needs really so important?

Erik Erikson, a noted Harvard-Berkeley-Yale professor and developmental psychologist, explained that laying a strong foundation of trust and self-confidence during childhood is essential to raise a mentally healthy person. When a parent (or a parental figure) responds to and comforts a crying baby or an anxious adolescent, the child develops trust. On the other hand, when a parent does not respond to their child's emotional needs, it leads to poor self-esteem, behavioural problems, poor academic performance and even future issues like emotional dysregulation, relationship struggles, fear of abandonment, substance abuse and suicidal tendencies.

How can you meet children's emotional needs during COVID-19?

COVID-19 has caused a very difficult situation in families. Separation and isolation from friends, teachers and playgrounds have increased children's need for emotional care while fear of infection and loss of support systems have increased parental stress.

Here are ten practical suggestions to create an emotionally healthy environment at home:

1. Control your screen time: Yes, we are talking about YOUR media use, not theirs. In order to be able to notice your children's emotional needs, you need to practice mindfulness and develop healthy media habits.

2. Pay attention: Children need to feel loved. They need to believe that they are very important to you – it's the foundation for their self-esteem. So, put down your phone, look in the eye and pay full attention when they talk to you.

3. Regulate news consumption: Having a sense of safety and being stress-free is essential for children's

When a parent does not respond to their child's emotional needs, it leads to poor self-esteem, behavioural problems, poor academic performance and even future issues like emotional dysregulation, relationship struggles, fear of abandonment, substance abuse and suicidal tendencies.

healthy brain development. So, be mindful of their exposure to TV news through the day and especially near their bedtime.

4. Use a calm, assertive tone of speech: Create a sense of security in your child by using a calm, assertive tone of speech always – whether you are disagreeing with your spouse, talking to your colleagues on phone or disciplining your child.

5. Be friendly to your spouse: Share household work including child care responsibilities equitably. Let your children see you either having a pleasant conversation over tea or sharing a laugh. It's a great air freshener and helps your child feel, 'all is well'. If you have serious conflicts with your spouse, get help.

6. Allow autonomy: Your children are now at home all the time, but

that doesn't mean that you control every minute of their time. Give them a broad time table, but allow them age-appropriate flexibility and choices. Encourage them to make their own decisions. Don't try to pre-empt every mistake. Allow them opportunities to learn natural consequences. It will help them develop a sense of competence and self-determination.

7. Show respect: Have participatory family meetings periodically, ask your children's views and opinions. When you call them for chores, allow them a couple of minutes to finish their game or story. Say please, sorry and thank you.

8. Respond to children's emotions: When you see them sad, angry or anxious, ask gentle questions, reflect their feelings and hug. Help them understand their own emotions. Teach them reframing and the basics of self-regulation. Don't dismiss, shame or ignore them with, 'You are so sensitive', 'You are such a drama queen' or 'I don't have time for this nonsense'. Children's emotions are just as real as ours.

9. Mind what you say: Children's sense of identity is shaped by our talk. Psychologists call it, *The Reflected Sense of Identity*. So don't say things like, 'You are lazy', 'You are not good at maths', 'You are dumb', 'You are careless'. They believe you and your words will become self-fulfilling prophecies.

10. Create a positive self-image: Your attitude, look, words, tone – everything matters. Look for a chance to say, 'Well done', 'That's great', 'You are so kind', 'You make amazing pasta', 'That's creative', 'I am impressed by your honesty', 'You are so gritty', 'Great initiative'. Remember, these are self-fulfilling prophecies as well.



Swapna Antony is a public health consultant with a Masters in Social Work (Health) from Tata Institute of Social Sciences and a Certificate in Entrepreneurship from Stanford University Graduate School of Business. Her interdisciplinary background gives her unique insights into the interfaces of human and social development.

CULTURE OF LIFE



PORN OGRAPHY

Part Two in the series on pornography, **Babu John** lists the ways in which it affects an individual in person and society at large.

Pornography is a social evil and we don't hear many people talking about it. Pornography is much more common than we think it is.

It is everywhere, and many times it pops up when you least expect it. The majority of porn lovers think that pornography is easy, accessible, impersonal, and 'safe' because there is no vulnerability, love, or fear of getting hurt.

'Indians seem to be leading the world in porn consumption, reporting a 95 percent spike in traffic to adult sites during the three-week lockdown.'

[India today, April 11, 2020]

It is interesting to note that porn has more destructive power than the present Covid-19 virus. The 'Porn Pandemic' is running wild and destroying the lives of both men and women along with family, marriage, and society. Let us examine some of the ways PORN DESTROYS.

Drug effect. Many scientific studies have found that pornography harms and rewires the brain almost the same way as drug addiction. Those who watch porn fall deeper into the mental habit of fixating on (pornographic images), as the exposure to them creates neural pathways and modifies how the brain registers pleasure.

Desensitise. Porn makes real sex and even the real-world boring in comparison. It particularly anaesthetises the emotional life of a man. Porn leaves men desensitised to both outrages and excitement, leading to an overall diminishment of feeling and eventually to dissatisfaction with the emotional tugs of everyday life. Eventually, they are left with a confusing mix of supersized expectations about sex and numbed emotions about women. When a man gets bored with pornography, both his fantasy and real-world become imbued with indifference, and the real world often gets boring...'¹

Pornography viewing leads to a loss of interest in good family relations. Porn corrupts the ability to be intimate and thus can destroy marriage and marital relationships, thereby directly attacking the family. It is a pathway to infidelity, broken families, and divorce, and is frequently a major factor in these family disasters.

When viewing pornography becomes an addiction, 40% of 'sex addicts' lose their spouses, 58% suffer considerable financial losses, and about a third lose their jobs.²

Escalates. Once you start watching porn it will always compel you for more and force you to indulge

in it. Porn users become supersensitive to things that trigger them, which then gives them the seemingly uncontrollable urge to further engage in pornography

Pornography is a cleverly packaged sexual novelty. Dr. Norman Doidge in his book, *The Brain that Changes Itself*, says that we have two pleasure systems in our brains: one for exciting pleasure and another for satisfying pleasure. Porn is all excitement and no satisfaction. Viewing porn is experienced as more exciting because of the novelty of one digital woman after another. However, the satisfying pleasure system is left starving for the real thing.³

Erectile Dysfunction. A new study report says that young men who prefer pornography to real sexual encounters might find themselves caught in a trap, unable to perform sexually, when the opportunity presents itself. Porn-addicted men are more likely to suffer from erectile dysfunction and are less likely to be satisfied with sexual intercourse, according to survey findings presented at the American Urological Association's annual meeting, in Boston.⁴

Researchers reported that 60% of men averaging age 25 said they had ED problems with sexual partners but not with porn.⁵ According to research, instead of increasing sexual enjoyment, porn often leads to less satisfying sex in the long run and, for many porn consumers, no sex at all.

Self-centered. Watching porn is something a man does by himself, for himself for the gratification of one's selfish desires. Porn turns sex into masturbation and a means to self-serving. Sexuality becomes only about the pleasure and the satisfaction of the lust, not the self-giving, mutually reciprocating intimacy for life and love that it was designed for.

Social and Psychological Problems. Dr. William Struthers confirms that men who use porn become controlling, highly introverted, have high anxiety, narcissistic, curious, have low self-esteem, depression, dissociative, distractible.⁶ Ironically, while viewing porn creates momentary intensely pleasurable experiences, it ends up leading to several negative lingering psychological experiences.

In a study published in the *Journal of Neuroscience*, researchers led by Professor Ray Dolan at University College London, have shown that increased levels of dopamine due to the watching of pornography, plays a role in several mental disorders like Attention Deficit Hyperactivity Disorder (ADHD), Obsessive-Compulsive Disorder (OCD), Schizophrenia, Paranoia, Hallucinations, Psychosis, Manic phase of bipolar disorder.

Porn can fuel anxiety, depression, and leave consumers lonelier than before. 'The more one uses pornography, the lonelier one becomes,' says Dr. Gary Brooks, a psychologist who has worked with porn addicts for the last 30 years. 'Any time [a person] spends much time with the usual pornography usage cycle, it can't help but be a depressing, demeaning, self-loathing kind of experience.'

Sexual aggression: Intense use of pornography is strongly related to sexual aggression and among frequent viewers of pornography, there is a marked increase in sexual callousness, including the 'rape myth acceptance'.

The data suggests 'a modest connection between exposure to pornography and subsequent behavioral aggression,'—when men consume violent pornography (i.e. depicting rape or torture), they are more likely

to commit acts of sexual aggression. Dangerously, pornography strongly affects psychotic men, who are likely to act out their impulses. In some cases, the abuser would have watched pornography before abusing the woman, or he would have used pornography while committing the abuse, and in yet other cases, he would have forced his victim to participate in the making of a pornographic film. Pornography significantly distorts attitudes and perceptions about the nature of sexual intercourse.

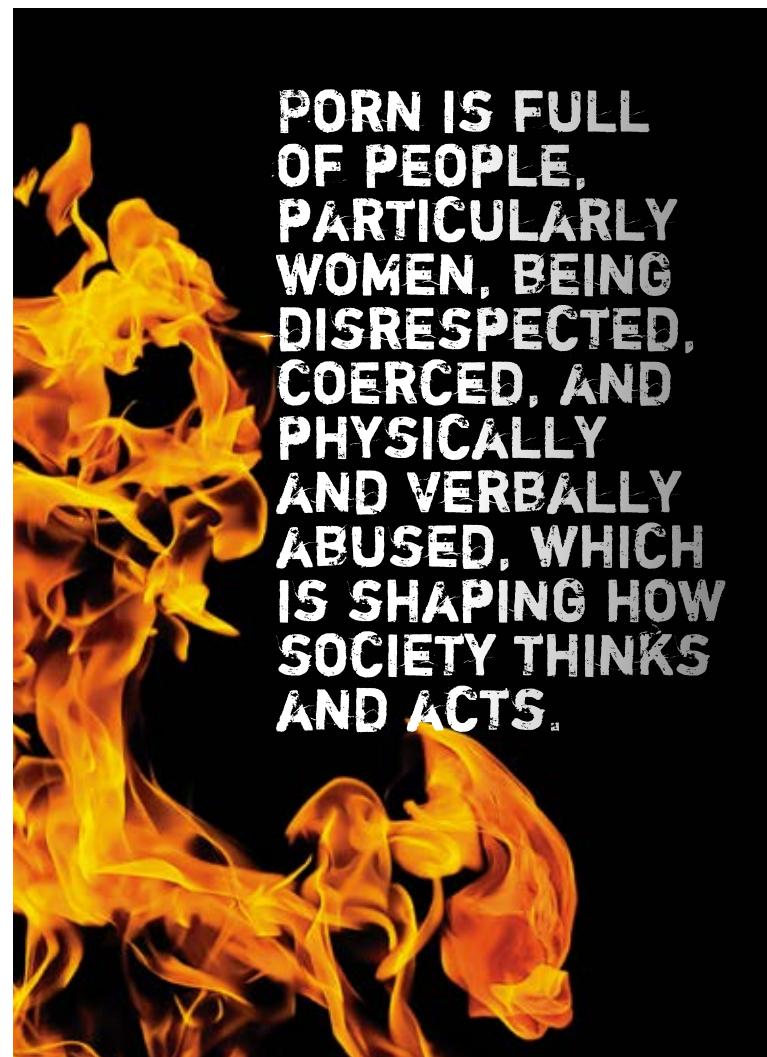
Men who habitually watch pornography have a higher tolerance for abnormal sexual behaviours, sexual aggression, promiscuity, and even rape.⁷

Pornography has changed content to the extreme. In 2010 the journal, *Violence Against Women* reported physical aggression in 88.2% of leading pornography scenes and verbal aggression in 48.7% with 94.4% of the aggression directed towards women and girls. A February 2018 headline in *Esquire Magazine* read, 'Incest is the Fastest Growing Trend in Porn'. Many of the sex-based crimes are pointing fingers towards pornographic addiction.

Template. Porn creates a template on the brain. It sneaks up on you before you know it. It pops up in the mind like a computer. The porn addicts will begin to view women and even children as 'sex objects', commodities or instruments for their pleasure, not as persons with their inherent dignity. At a certain stage, they cannot even look at their sisters or mother without all the templates and images which are recorded in their brain, subconscious, and unconscious mind. This is a horrible and devastating consequence of porn addiction.

Replaces reality. Porn lovers live in a world of fantasy. They create an emotional bond with the artificial/virtual world. Those are most likely to fail in their marital relationship and other intrapersonal relationships at home or workplace or society. Those who perceive pornographic sexual scenes as depicting reality tend to be more accepting of sexual permissiveness than others (e.g. premarital sex, casual sex). Author and speaker, Matt Fradd says, 'they will develop a novelty-seeking behaviour. Constantly clicking, greedily keeping multiple tabs open, always looking for the next girls, the next sexual buzz.'

Objectifies Women. Men objectifying women – looking at their bodies, and evaluating them as potential sexual partners – has become a reflexive rampant. It is a consequence of their habitual use of pornography and preoccupation with their sexual fantasies. Porn watchers are not interested in relationship or intimacy to know the other. They just want to use the other person for their gratification.



According to St. John Paul II, the opposite of love is to use another person for our gratification. If we do not seriously work against pornography, all sex will come to be interpreted as porn and for a man, all women as porn stars. Pornography shapes and rewrites us in such a way that we become unable to see a woman or man as we should.

Youth are affected primarily. The younger it strikes, the harder it becomes to overcome. Dr. Sharon Cooper, a forensic pediatrician and faculty member at the University Of North Carolina School Of Medicine, mentions that 'imagery affects children' and that children receive unhealthy sexual images from adult pornography. According to Dr. Cooper, pornography normalises sexual harm by portraying a lack of emotional relationship between consensual partners, unprotected sexual contact, and, in some instances, violence and rape.

Dr. Cooper argues that children and youth are more vulnerable to pornographic images than adults because of mirror neurons in the brain, which convince people that they are experiencing what they see. Mirror neurons play an important role in how children learn. Children learn in large part by imitation, with mirror neurons involved in the process of observing what other people do, and imitating those behaviors.

Pornography may have stronger effects among children and youth than other forms of media because it shows a much higher degree of sexual explicitness.

Young people imitate what they see in porn, and when teens learn about sexuality from porn, they are in danger of adopting the misleading, harmful biases embedded there. Many teenagers never have the chance to learn what a healthy relationship is, before porn starts teaching them its version—which is typically filled with domination, infidelity, abuse, and violence.⁸

Secret. Porn watchers justify it saying that 'it does not harm anyone'. They think that as it is within the secrecy of their virtual walls no one else is involved in it. It's no secret that much of porn is violent, but many people don't understand the extent to which porn's underlying messages influence behavior. Porn is full of people, particularly women, being disrespected, coerced, and physically and verbally abused, which is shaping how society thinks and acts. It can destroy families, cause loss of jobs, reputation, and self-esteem, which can lead to criminal behavior, and is a major threat to marriages once the secret is out.

Pornography's victims aren't just men. Women can and do observe and use porn, but are more often the subjects or performers in explicit videos, pictures, or live dances. While some women work in the industry for the money, others are coerced into the sex trade due to addiction to

drugs, a desperate act of survival, or a misplaced feeling or lack of love. Sometimes the woman is forced to watch porn with her boyfriend or husband. However, it is a fact that women too watch pornography of their own accord, and some of them are addicted to it.

Whether we are talking about lust, pornography, or any other sexual sins, let's remember that *God created mankind in his image; in the image of God he created them; male and female He created them* (Gen 1:27). God gave us a male body or a female body so that we can reflect Christ. As children of God, we are called to be *holy and blameless before [God]* (Eph 1:4) Sexual sins (like pornography or masturbation) take a beautiful and very sacred gift and profane it. Society doesn't overvalue sex. It undervalues and cheapens it. Pornography is the counterfeit to the real truth about sexuality.

(Continued in the next edition: HOW TO COME OUT OF PORN?)



1 (Pamela Paul, *Pornified*, 90, 91)

2 (Mary Anne Layden, Ph.D. Center for Cognitive Therapy, Dept of Psychiatry, University of Pennsylvania)

3 (Matt Fradd, *Porn the Myth*, p 149)

4 (WebMD May 2017)

5 (The Porn Myth, Matt Fradd p.140)

6 (Wired for Intimacy, 64-65)

7 (marripedia/effects_of_pornography#fn_37)

8 (fightthenewdrug.org/how-porn-damages)



Babu John is the Director of TOB for Life, and a speaker on Theology of the Body.

FEEDBACK



I have been a reader of the Kairos Malayalam edition for some years in the past. It was very good to see the English Version – a much needed one for those in the mission. I greatly appreciate the content and its presentation. It is “appealing” to youthful minds in many ways. The content is very informative and they carry the “thread of inspiration” through the personal and down-to-earth testimonies. What is more striking is that the magazine represents a larger family of “committed and fervent evangelisers-by-example.” It carries an energy that enlivens every reader. May the efforts be blessed hundredfold by the Master and Lord Jesus!

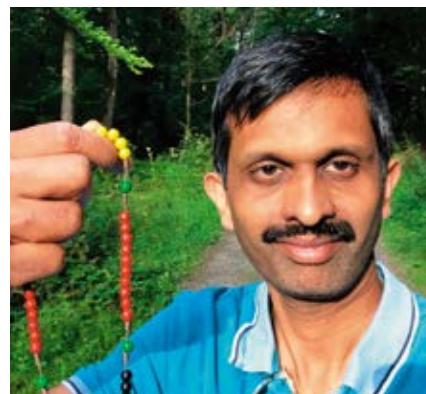
Fr. Dr. Francis Cheerangal, Nagaland, India

I really miss the printed edition of Kairos, but I commend the efforts of the Kairos team to ensure that quality content is published. I enjoy the regular column of Dr. Edward, bringing to light subtle nuances in the movement – this time on minimalism, with stories of people in the movement. The article by Aby Jose made me introspect, and Joby Mundackal has some really good pointers for young couples. Reading about Sijumon and Sindhu's approach to mission was also really inspiring. Thanks Kairos for another great edition.

Deekshith Sebastian, Delhi, India

Newswatch

ROSES TO CARMEL



Roses to Carmel was a virtual pilgrimage organised by Jesus Youth Germany amidst the troubled times of Covid-19 pandemic. The basic idea behind the virtual pilgrimage was to allow people to participate in the Marian devotion and foster the habit of reciting the Rosary, from the comfort of their homes. The pilgrimage started from Kevelaer, a Marian pilgrimage centre in Germany on June 16th and was to reach Mount Carmel in Israel on July 16th in time to celebrate the feast of Our Lady of Mount Carmel. The itinerary was planned so as to pass through various shrines of Marian pilgrimage, notably Shrine of Mary, Undoer of Knots, Shrine of the Black Madonna – Altötting, Mariazell, Medjugorje, and Church of the Council of Ephesus. The shortest traversable route between Kevelaer and

Mount Carmel was around 4,700km and this was selected initially as the course of the pilgrimage. The virtual pilgrimage could be made by choosing to cover a particular distance (km) either by walking, running or cycling in their respective domiciles while praying the Rosary. Roses to Carmel kept five key intentions for which the Rosaries were dedicated namely, COVID-19 pandemic, re-evangelisation of Germany, Catholic Church and intentions of the Holy father, city of the participant and the Jesus Youth movement. Roses to Carmel was the result of Jesus Youth Germany looking at the bigger picture of, 'to Jesus through Mother Mary'.

The initial concept about conducting a virtual pilgrimage arose during the second week of June, after a few Jesus Youth met for a short Rosary walk in Cologne. The idea

quickly gained popularity as it would help the participants rekindle their prayer life – challenged by the isolations and restrictions imposed by the pandemic. It was proposed to start the pilgrimage within a week's time, and soon distance commitments from Jesus Youth all across Germany started pouring in. The name of the pilgrimage and its tagline were decided over Zoom. Volunteers were assigned to different regions in Germany and they maintained a common database of the committed and covered distances along with the number of Rosaries prayed. A few volunteers actually went to Kevelaer to flag the beginning of the pilgrimage. Weekly updates about the progress of the pilgrimage were posted on JY Germany website and WhatsApp groups. In addition, an online registration portal was made available on



Pg 40 Clockwise: Joseph C. Robert, Alexy Jacob, Tomez Abraham, Rojo James, Anto Melvin

Pg 41 Clockwise: Thomas Pullickal, Frango Pious, Anthony Arvind, Joe Mathai, Anil Israel, Steffy Tony

Roses to Carmel kept five key intentions for which the Rosaries were dedicated namely, COVID-19 pandemic, re-evangelisation of Germany, Catholic Church and intentions of the Holy father, city of the participant and the Jesus Youth movement.



the website for anyone wishing to be part of this pilgrimage.

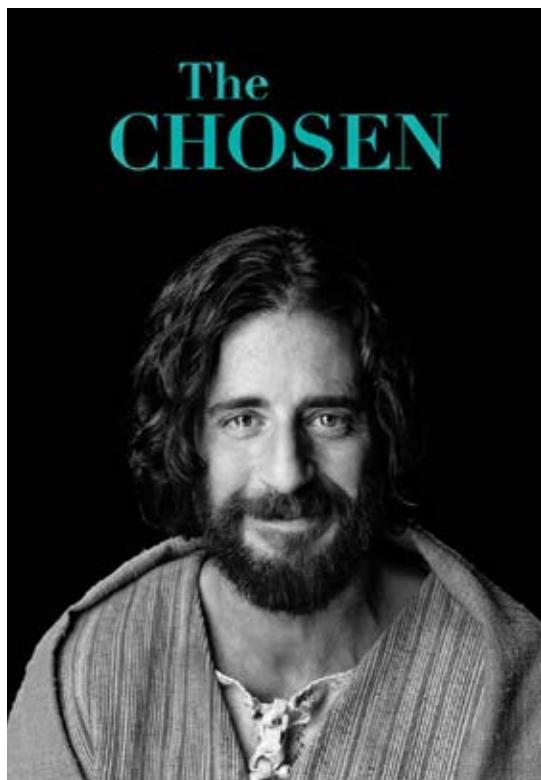
The presence and strong protection of the Blessed Virgin was evident from the beginning of the pilgrimage, as witnessed from the many testimonies we collected. For most people, the pilgrimage was an opportunity to connect with others and to also refresh prayer habits. Tremendous response came from online communities too, in the form of prayer requests, wishes and online registrations to participate. Even though the pilgrims were dispersed all across Germany, a supernatural unity was felt in prayer. Many times, when we felt a slack in the progress of the pilgrimage, a gentle motherly nudge got us back on track.

By the evening of July 16, 2020, on the feast day of Our Lady of Mount Carmel,

30 days into the virtual pilgrimage, the cumulative distance covered by the 132 pilgrims was around 6,000 kilometres with 2,400 rosaries prayed. The pilgrimage came to a solemn conclusion as a Zoom gathering, where we all came together to pray, share experiences of the journeys, followed by a Rosary of thanksgiving and praise.

As the monks in Mount Carmel prayed together under the mantle of our dear Mother, by undertaking this pilgrimage during these unprecedented times, we were brought together in her Immaculate Heart and our spirits were ignited by the love of the Holy Spirit. The Lady of Mount Carmel fondly offers the Child Jesus to all who have recourse to her, through Mary we journeyed indeed to Jesus, her Son and our Lord and Saviour. Our Lady of Mount Carmel, pray for us.

SOUNDREPLY



REVIEW BY
Shelton Pinheiro

An Executive Creative Director of an advertising agency, Shelton Pinheiro, is also the coordinator of Rex Band. He lives in Cochin, India with his wife Anu and their two daughters.

It is a sweaty sweltering morning somewhere by a huge lake in the Middle East. A young Jewish teacher, with a captivating smile steps into the boat of a generally angry, likeable, ambitious fisherman, his toned biceps rippling in the Mediterranean sun.

From what we've just seen, we know that the fisherman is at the crossroads in his life. He is desperate for money and has even resorted to collaborate with the occupying Roman soldiers to pay off his debts.

The teacher looks into the eyes of the seemingly indifferent but unassumingly honest fisherman. 'Hello,' he says, his

SERIES

THE CHOSEN

unruly hair fluttering in the wind and eyes twinkling, 'I am Jesus.'

Watching the scene, I said to myself, 'It's as if it's happening now! The casual tone of voice, the Middle Eastern accented English and even the hint of laughter hidden in the voice draws us in as if the conversation was happening right now, somewhere not far from us.'

An Unmistakable Immediacy

I was caught up in trying to understand the awe and the unbridled excitement of people – not unlike us – grappling with the fact that a sandal-wearing, handmade-leather-messenger-bag-carrying, goat-cheese-loving, irresistibly smiling, constantly playful, decidedly maverick, ruggedly handsome local guy is the incarnation of Adonai, the God of the Ages. This interplay of God and Man, as we see Jesus as a friend, cousin, neighbour, craftsman and teacher is a fascinating emotional experience.

How would it have been then? How did it play out in everyday situations? What would people have done? How would they have set out like that? All those questions came back again to run through my mind like a bunch of sprinters on their last lap. This unmistakable immediacy is perhaps the first thing that comes to mind when I think of *The Chosen*, arguably the most viewed series on the life of Jesus to be released in recent times. (As I am writing this, the series has been viewed by 61,863,007 people.) The creators of the series have been able to bring out the palpable sense of time, space and humanity inherent to these

incidents that have been part of the Christian way of life for centuries.

Surprisingly Cool

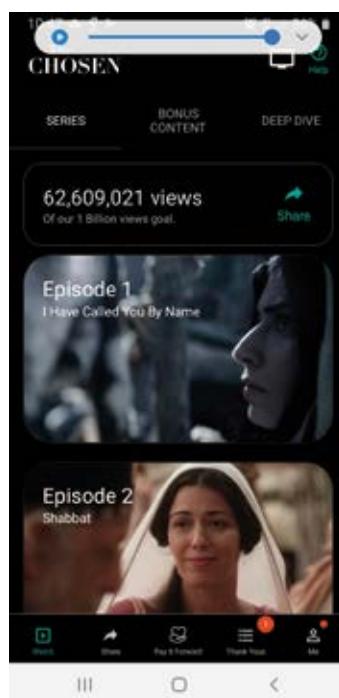
As I started watching the series, it took a while for me to get accustomed to the contemporary attitude, body language and accents that the team has deliberately used. For many, perhaps these incidents are situated in the past and have taken on the forms of inflexible templates. *The Chosen*, by its treatment seems to have broken through the blind spots.

Young people seem to get it quickly. As I started watching, I was joined by my teen at home who seemed to take to it nicely. *The Chosen* somehow captures how unpredictable the whole thing was, and as they would say, how cool is that!

The Gospel has all the elements of what makes anything cool. A band of unpredictably interesting men and women, drawn from the 'peripheries' (as Pope Francis puts it), daring to follow a young man who inspires them and speaks the truth to their hearts. The series is alive with their banter, their jokes, the leg-pulling, the brawls, the camp outs, the dinner parties, the quick getaways and the miracles – definitely binge material.

Sometimes Christian themes and shows take on a serious, brooding tone, forgetting to capture the joy of it all. The first season of *Chosen* has broken these stereotypes and captured the sheer joy that Jesus triggers wherever he goes. It is often a rollicking, laughter-filled, humorous and moving experience.

The Gospel has all the elements of what makes anything cool. A band of unpredictably interesting men and women, drawn from the 'peripheries' (as Pope Francis puts it), daring to follow a young man who inspires them and speaks the truth to their hearts.



There's a hilarious scene where Jesus gets Andrew, who is known for his two 'left feet' to dance with them at the wedding party. As usual, he is clumsy and Peter asks whether Jesus can help him dance better. And Jesus, dancing with the others amidst peals of laughter, quips: 'Some things even I can't do'.

Inspiringly Produced

I've been hearing about *The Chosen* for quite a while. Yet, for several reasons, in spite of my tendency to binge watch shows that I like, I didn't get around watching the series until very recently. One of the reasons was my fear that it would be badly produced.

This is where *The Chosen* makes a big difference. Of course it is a crowdfunded project – one of the biggest ever – as it raised ten million dollars worldwide to produce the first season of eight episodes. In spite of budget limitations, the visuals are stunning, the sets detailed and mostly in accordance with the period. A big achievement when we consider that the project is funded independent of any of the big names in movies or entertainment.

The very format of the series gives producers the luxury of delving deep into individual incidents and exploring

different dimensions of the Gospel story at leisure. It also gives the creators time to draw out the characters and the ideas across time. In fact, the project seems to have hit a sweet spot as it has been released at a time when the series format seems to be at the peak of its popularity.

The script is well crafted and the words of Jesus are used accurately – well woven into the fabric of the stories. The casting and the acting is superb. The cast evokes a whole set of memorable characters, mostly with a mix of Middle Eastern and African features – reflecting the population of Israel in Jesus' times. The decision to use English with a Middle Eastern accent somehow makes the conversations seem quite contemporary in tone.

Some of the performances that are special I feel, are by Jonathan Roumie, who plays Jesus (a practicing Catholic from Los Angeles), Paras Patel as Matthew, Elizabeth Tabish as Mary Magdalene and Isaac Shahar as Peter.

The entire project came out of a personal experience of the director, Dallas Jenkins which led to a collaboration between Jenkins and the Christian production company, VidAngel. *The Chosen* is an ongoing project and it is the support of people that make it possible to keep producing more episodes.

How do I Watch *The Chosen*?
You can watch *The Chosen* series free on the Chosen App. You can also support the project by paying forward so others can watch it free. So go ahead, binge away on Jesus.



Chandeliers

SAINT COUPLES

By Joseph Santhosh & Bijie Santhosh

St. Augustine Pak Chong-won and St. Barbara Ko Sun-i



Feast: 20th September

HISTORY

Korea at the end of the eighteenth century was a society based on Confucianism – with rigid hierarchical, class relationships. Scholars and nobility formed the educated minority while the tax-paying, labour-providing commoners were the majority. Being located between China and Japan, Korea had ties to both countries.

Christianity, having already spread to China and Japan, came to Korea in the 17th century. Catholic books in Chinese, obtained from the Jesuits in China, began to appear in Korea at that time. The Korean scholars came to know of this new religion, began reading these books on Catholicism and started practicing it themselves. The doors of the Church were opened to all from the beginning itself and soon majority of the faithful comprised the oppressed commoners.

The government found the Catholic Church in Korea opposed to the precepts of Confucianism. They considered equality of all humans to be a dangerous idea that went against the social hierarchical system. Furthermore, as the new Church was in communion with the Apostolic Vicariate of Beijing, the Korean government declared it a criminal act for Catholics to contact foreigners without permission. Thus began the persecution

of the fledgling Church in Korea. Around ten-thousand faithful died as martyrs in persecutions that lasted for over a hundred years.

SAINTS AUGUSTINE PAK CHONG-WON AND BARBARA KO SUN-I

At the age of eighteen, Barbara Ko Sun-i, the daughter of a Korean martyr, married Augustine Pak Chong-won, a devout Catholic. Three children were born to them. The couple devoted themselves to the care of the poor and the sick. Barbara taught catechumens to the illiterate. Augustine served as a catechist under Bishop Laurent Imbert, one of the first French Missionaries who came to Korea. Augustine longed for martyrdom. 'As Jesus loved me, I have to love him. As he suffered for me, I must suffer,' he would say.

In 1839, another round of persecutions began. Augustine left home and busied himself in the care of his brethren, comforting those in hiding and bringing solace to those in prison. At last, he himself was arrested, on October 26, 1839. The next day Barbara was arrested too. The husband and wife met in prison and were able to comfort each other. They were interrogated together and asked to renounce their faith, which they promptly denied. Both were cruelly tortured so

many times and so severely that they lost the use of their arms and legs.

After one particularly vicious session, in which the flesh was torn off her body, Barbara was heard to say, 'I used to be afraid of tortures, but now the Holy Spirit has blessed a sinner like me, and I am no longer afraid of tortures. I am so happy. I did not know that it was so easy to die.'

Barbara was beheaded in Seoul on December 29, 1839. In 32 days, Augustine followed her in martyrdom on January 31, 1840.

In his homily during the canonisation mass, Pope St. John Paul II said, 'The death of the martyrs is similar to the death of Christ on the Cross, because, like his, theirs has become the beginning of new life.'

Augustine Pak Chong-won and Barbara Ko Sun-i were among the 103 Korean Martyrs (that included several couples, the first Korean priest, Andrew Kim Tae-gon and Bishop Laurent Imbert) who were canonised by Pope John Paul II on 6th May 1984. This was the first canonisation ceremony ever to be held outside the Vatican. In his homily during the canonisation mass, Pope St. John Paul II said, 'The death of the martyrs is similar to the death of Christ on the Cross, because, like his, theirs has become the beginning of new life.'



Quiz Time



Mail your answers to quiztime@kairos.global before 30th November '20.
The winner will be rewarded with 1 year subscription of Kairos Global

PART A

WHO SAID IT?

1. 'If the world hates you, keep in mind that it hated me first.'

➤ Satan ➤ Jesus ➤ Paul

2. 'He who comes after me has surpassed me because he was before me.'

➤ Elisha ➤ John the Baptist ➤ Abraham

3. 'Oh, what a great sin these people have committed! They have made themselves gods of gold.'

➤ Elijah ➤ Jesus ➤ Moses

4. 'And now these three remain: faith, hope and love. But the greatest of these is love.'

➤ Jesus ➤ David ➤ Paul

5. 'Am I my brother's keeper?'

➤ Joseph ➤ Abel ➤ Cain

6. 'Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.'

➤ David ➤ Jesus ➤ Jeremiah

7. 'Why wasn't this perfume sold and the money given to the poor? It was worth a year's wages.'

➤ Mary Magdalene ➤ Judas ➤ Jesus

8. 'It is not the healthy who need a doctor, but the sick.'

Elijah ➤ Jesus ➤ Solomon

9. 'I will give you all their authority and splendor, for it has been given to me... So if you worship me, it will all be yours.'

➤ Satan ➤ Jesus ➤ Nebuchadnezzar

10. 'Sin entered the world through one man, and death through sin, and in this way death came to all men.'

➤ Jesus ➤ Paul ➤ David



PART B

Can You Identify These Books of the Bible If We Take Away All of the Vowels?

1 H_br_ws

5 J_n_h

2 M_rk

6 L_k_

3 M_L_ch_

7 R_m_ns

4 H_gg_

ANSWERS TO QUIZTIME ISSUE 31

Wotsit: Proverbs

Pick the right statement: Option B

Q&A: Heart

Odd one out: 1. Elisha; 2. Ahaziah; 3. Paul

Crossword puzzle

Across: 6 Sarai; 7 Abram; 8 Rebekah; 5 Hagar; 12 Ishmael; 15

Cannon; 16 Keturah

Down: 1 Sodom; 2 Gomorrah; 3 Jacob; 4 Sarah; 9 Abimelech; 10 Isaac; 11 Nation; 13 Esau; 14 Lot

A CATHOLIC MAGAZINE FOR YOUTH AND YOUNG FAMILIES • ISSUE 3.2

KAIROS

GLOBAL

PRIVATE
CIRCULATION
ONLY



COVID
BLESSINGS

DEEPMALA NADARAJAN

A FRESH PERSPECTIVE ON THE CHURCH

ALSO ↓

DEEPENING
OUR PERSONAL
RELATIONSHIP
WITH JESUS
AMIDST COVID-19

■ DR. ADOMY BEGUM

*Keep Looking
Straight Ahead.
At the Face of
Our Lord*

■ JOSEPH SEBASTIAN &
DAWLINE P. GOURNET



Christmas is fast approaching,
A time for Joy and a time for Peace
And all its festivities!

A time for gifts,
Smiles and good cheer,
How about Gifting Kairos
To those you hold dear!



**THIS CHRISTMAS,
GIFT THE MAGAZINE THAT
CELEBRATES CHRIST.
GIFT KAIROS.**

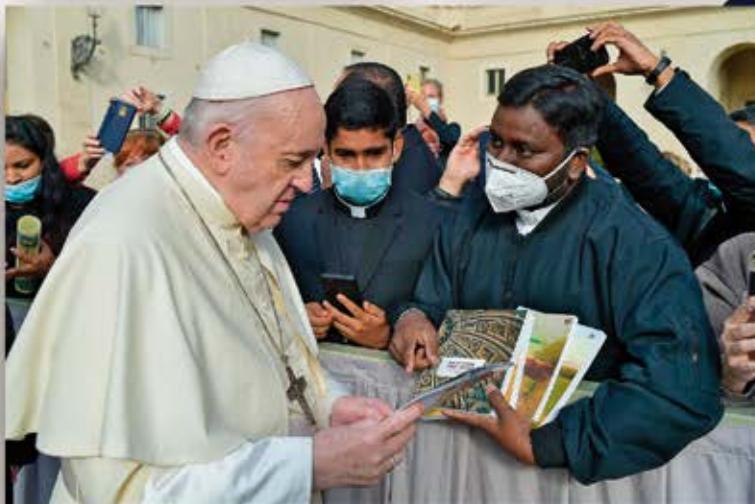
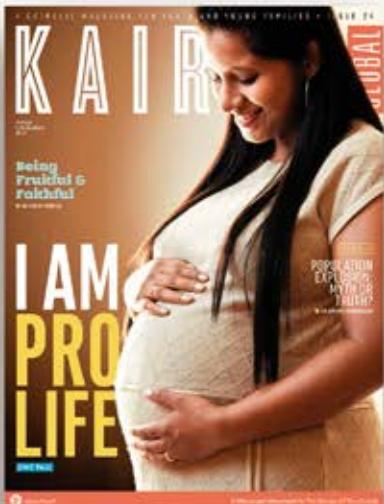


**LOOK OUT FOR
SOMETHING
SPECIAL COMING
YOUR WAY FOR
CHRISTMAS
FROM KAIROS!**



A PAPAL AUDIENCE FOR KAIROS GLOBAL

KAIROS GLOBAL DELIGHTS POPE



The Holy Father was very captivated by the cover of Kairos Global issue (January 2020), which was presented to him by Jesus Youth priest Fr Vignan Das during a recent audience. In most of the photos, his eyes are drawn to it.