

KAIROS

GLOBAL

I HAVE
SEEN THE
LORD

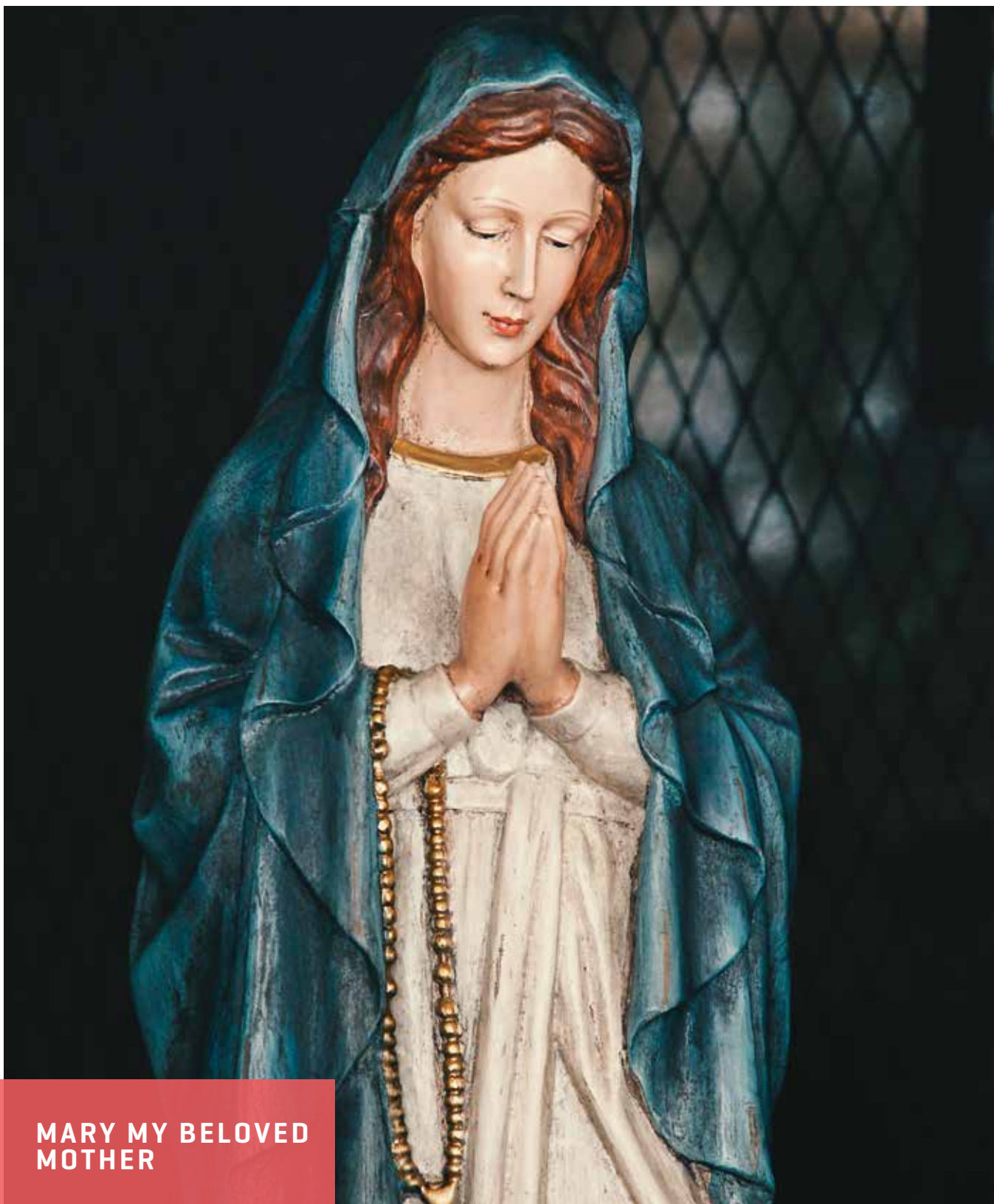
AMMU ZACHARIAH

SEVENTY
TIMES
SEVEN

■ CARMEL

Stone
Rolled
Away

■ ANIL ISRAEL



MARY MY BELOVED MOTHER



O Mother most sorrowful, as your son walked the Via Dolorosa, you walked with him. Be with us on our life's difficult journeys, that strengthened by your intercession, we may faithfully carry our cross and follow Him in whom we have the promise of everlasting life. Virgin most sorrowful, pray for us.

EDITOR'S ROOM

DR. CHACKOCHAN J NJAVALLIL



DURING THIS EASTER CAN WE ALL MAKE AN EFFORT TO BECOME MORE LIKE JESUS, ESPECIALLY BY FOLLOWING THE EXHORTATIONS OF POPE FRANCIS?

CELEBRATING EASTER MEANINGFULLY

The resurrection of Christ is the most significant day in the life of a faithful. It is the most important day in the entire salvation history and for every Christian, it is the Independence Day – from the oppression of death to the liberation to heaven. However, one should examine whether the present generation grasp the significance of the day, the passion week, the lent season – 40/50 days of intense preparations leading to Easter celebrations.

For an ordinary Christian, is there anything special on Easter? A slightly extended but early mass in the church, good food (as the economic situations has improved, food is practically good on all days?), and the latest trend, receiving 'Happy Easter' messages in various gifs! It is merely another holiday for rest, recreation, and for some extra sleep. Not to forget the Easter special programs and movies on TV, which usually contradicts the values shared by the Church. In the midst of all these noises, the real meaning of the Easter is lost somewhere.

Recently, I came across a WhatsApp message, which is an excerpt from the speeches of Pope Francis, given on various occasions, regarding how to celebrate Easter meaningfully. It contained 10 suggestions:

1. Be redeemed from the slavery of Laziness.
2. Accept the sufferings which pains you.
3. Be more sensitive to the needs of the people around you.
4. Pray that our heart be made as that of God.
5. Participate and involve in sacramental celebrations.
6. Be engrossed in prayer.
7. Involve in fasting which consist of sacrifices.
8. Become more passionate in giving to the poor.
9. Support those who are in need.
10. Proclaim the Gospel.

The intention of all Christian formation efforts is to help acquire the personality, values and attitude of Christ. Pope Francis's suggestions are especially relevant in the context of forming a genuine Christian personality – to become like Jesus. During this Easter can we all make an effort to become more like Jesus, especially by following the exhortations of Pope Francis?

Recently, when the tensions between India and Pakistan increased, the Campus Ministry of the Kerala Jesus Youth announced a plan to have special prayers seeking God's intervention for peace. A very beautiful response came from Pakistan. The Jesus Youth there also immediately announced two days of special prayer for peace between the two countries. Also, it is heartening to read a message from a Pakistani-Muslim who supported some of the activities connected with the "Nalla Ayalkkaran" Project during the floods in Kerala. "I am deeply saddened to hear about the recent terror attack in Pulwama. This must be condemned and the culprits must be punished. I wish the martyrs Rest in Peace and may god give strength to their families. We are all in shock and hope that these terrorists will soon be caught and punished properly."

True Easter spirit.

EDITOR-IN-CHIEF
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Also LOOK OUT FOR

- 12 Surrender
- 22 Stone rolled away
- 28 Catch them young



"That I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death"
Phil 3:10

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SPECIAL FEATURE

SEVENTY TIMES SEVEN

CARMEL



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ASK



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.

FR. BITAJU

Q. What are the duties of consecrated singles in the Catholic Church, and are these individuals allowed to choose another vocation later on in life?

Alby Karingada, McAllen, USA

I hope some clarity on consecrated life in the Church in general would be of advantage in answering this question.

Consecrated individuals are publicly set apart by the Church to follow Jesus more closely in one way or another. Consecrated people are not allowed to get married in the Church because their whole lives have been consecrated to God. This consecration comes through a public rite (usually included within a liturgy). Consecrated people do not make private vows, they are public.

"The life consecrated to God is characterized by the public profession of the evangelical counsels of poverty, chastity, and obedience, in a stable state of life recognized by the Church" (CCC 944). The Church Law clearly defines Consecrated life as follows: "The life consecrated through the profession of the evangelical counsels is a stable form of living by which the faithful, following Christ more closely under the action of the Holy Spirit are totally dedicated to God who is loved most of all, so that, having been dedicated by a new and special title, to His honor, to the building up of the Church, and to the salvation of the world, they strive for the perfection of charity in the service of the kingdom of God, and having been made an outstanding sign in the Church, foretell the heavenly glory" (CIC 573).

Religious life is a branch of consecrated life and the most well-known of all consecrated life. All religious are consecrated, yet not all consecrated are religious. There are five main subsets of consecrated life: consecrated hermits, religious life, those consecrated through a secular institute, societies of apostolic life and consecrated virgins and widows (CCC 914 -933). From this it should be clear that there is no category called 'consecrated singles' in CCC. Yet, consecrated hermits and consecrated virgins (CIC 603 & 604), and many a times members of secular institutes could be considered 'consecrated singles', as they live mostly alone, faithful to their particular call.

The Catechism clearly speaks of the duties of those who embrace consecrated life: "In the Church ...the consecrated life is seen as a special sign of the mystery of redemption. To follow and imitate Christ more nearly and to manifest more clearly his self-emptying is to be more deeply present to one's contemporaries, in the heart of Christ. For, those who are on this "narrower" path encourage their brethren by their example, and bear striking witness "that the world cannot be transfigured and offered to God without the spirit of the beatitudes" (CCC 932).

Though there are lay faithful who make 'private vows or consecration' in the Church, they do not come under the purview of the current question as they are not bound by a public profession of their consecration. This would mean that their duties and the state of life could change in accordance with the nature of their 'private vows or consecration'.



YOUCAT 265

ARE ALL PEOPLE CALLED TO MARRIAGE?

Not everyone is called to marriage. Even people who live alone can have fulfillment in life. To many of them Jesus shows a special way; he invites them to remain unmarried "for the sake of the kingdom of heaven" (Mt 19:12). [1618-1620]

Many people who live alone suffer from loneliness, which they perceive only as a lack and a disadvantage. Yet a person who does not have to care for a spouse or a family also enjoys freedom and independence and has time to do meaningful and important things that a married person would never get to. Maybe it is God's will that he should care for people for whom no one else cares. Not uncommonly God even calls such a person to be especially close to him. This is the case when one senses a desire to renounce marriage "for the sake of the kingdom of heaven". Of course a Christian vocation can never mean despising marriage or sexuality. Voluntary celibacy can be practiced only in love and out of love, as a powerful sign that God is more important than anything else. The unmarried person renounces a sexual relationship but not love...



POPE

talk...

Dr. Kochurani Joseph

Animator, National Professional Ministry, India

PRAYER
INTENTIONS
FOR APRIL

INTENTION NAME

Doctors and their
Collaborators in
War Zones
For doctors and
their humanitarian
collaborators in
war zones, who risk
their lives to save
the lives of others.

**When we are generous,
God accomplishes great
things in us**

Reflecting on the Gospel account of the miraculous catch of fish, and the calling of St Peter the Holy Father said when we respond generously to God's call, Jesus "accomplishes great things in us." Jesus "surprised" Simon by climbing in his boat, and going out a little ways from the shore to teach the people. We too are called to give and should have the attitude of openness in so far as the duties of responsibility in the Church. God opens new horizons and do not fall victim to disappointment and discouragement in the face of setbacks.

**"Our Father" focuses on 7
invocations**

The first 3 of the 7 supplications of "Our Father" are centered on "thy", God the Father - holy be your name, your kingdom come, your will be done. The remaining four deals with "we" and our human needs - our daily bread, forgiveness of sins, help in temptation and freedom from evil. The contemplation of God is the mould of every Christian and human prayer. On the one hand, we contemplate God, His mystery, beauty and goodness, and, on the other, we sincerely and

courageously ask for "what we need to live, and live well".

**Make Your Lives Be a
Hymn of Praise to God's
Greatness**

Let your life be a concrete manifestation of my faith in Him. The invocation 'Hallowed be your name' means to commit myself so that my life may be a hymn of praise to the greatness of God. Men and women are eternally Beggars of Love. Trust in God who knows everything. In our prayers we do not reveal ourselves to the Father because He knows us much better than we know ourselves. He is like mothers who at a glance understand everything about their children: whether they are happy or sad, whether they are sincere or are hiding something. The first step of Christian prayer, is entrusting ourselves to God, to His providence.

**Work together to protect
minors**

Reflecting on the "Protection of Minors in the Church" Pope underlined that activities and places with all people of good will and all the elements and positive forces of society, in all countries that the very serious scourge of violence against hundreds of millions of children, girls and boys,

all over the world, can be combated to the very end, in all its forms. He himself had listened to the voices of the victims, prayed and asked forgiveness from God and from the victims.

**Offer the condemned the
possibility to change life**

The Pope, in a video message, exhorts rulers and all those who have the responsibility

in their countries to take the necessary steps towards the total abolition of the death penalty. Human life is a gift we have received. And it needs to be protected. Hence, capital punishment implies a grave violation of the right to life. Although it's true that human societies and communities must often face very grave crimes. Today there are other means to expiate the harm caused, and the systems of detention are increasingly effective to protect society from the evil. Also offer the guilty one of crimes the possibility to repent.

Pope Francis says...

- Make Church as A Credible and Reliable one by working together
- God is a mystery to us, but we are not an enigma in his eyes.
- Welcome Christ's victory over sin and death into our lives.
- It is possible to rediscover the joy of God's plan for creation and for each of us at any time.
- Prayer casts out every fear, since the Trinity works in a hidden way for the redemption of the world.
- While God sanctifies and transforms us by His love, it manifests God's sanctity in the world, making His name present.

MISSION

TALK

RENJITH E J

Renjith EJ was an extremely picky eater. He was particular about having clean and tasty food. Little did he know what was waiting for him in Africa



Renjith EJ, from Thrissur, Kerala, is an 8th batch International fulltimer. He shares about his mission experience at the Western equatorial state (part of the Tampura - Yambio diocese), in South Sudan.

It was while working in Oman, that I met Jesus Youth. Until then, I was trying to "enjoy my life" like any other youth. Yet, I could sense that something was missing. Meanwhile, my friend and I was invited to a JY prayer group and after much persuasion, I decided to go. The very first day, the fellowship and joy struck us deeply. We decided to be a part of JY then and there, and never missed the Friday mass and prayer meetings from then on.

One day, I heard about Jesus Youth Fulltimership and desired to go for it.

But I had a huge commitment to look after my family. However, God went in front of me and made all my impossibilities into possibilities. After the initial training, I was chosen to go to South Sudan, in Africa. I was accompanied by Fr. William, one of the youth chaplains of the TOMPORA YAMBIO diocese.

The culture, people, food were all new for me. They didn't have basic facilities like good roads, food, water, electricity, schools, hospitals etc. It helped me to open my eyes and understand how blessed I was. My responsibilities included: visiting parishes, conducting workshops for youth and introducing JY, teaching in an Italian missionary school, helping the rainbow communities, which were for HIV positive patients, conducting Small Christian communities, and mentoring teenagers. It was indeed a great formation for me.

PICKY EATER

I was very picky about food. During this mission year, my concept of food changed. One of their favorite foods, Casava, is made from tapioca. The process of making cassava is quite long. You dip the tapioca in water for more than one week, then take the decaying tapioca and dry it to make a powder. After that, cook it thick and dry, and make a curry out of its leaf. The first time I had it, I couldn't take the smell and taste. But I couldn't show my reaction in front of our hosts. Another food they like to eat is dried meat and dried fish. They smoke the meat and dry it, but don't allow the inner core of the meat to get dry. I couldn't stand the smell of the dried, decaying meat. I still remember a meal we had at a youth workshop. After a whole day's journey, we reached the place and they had prepared a special dried meat, from the leg of a wild buffalo. When I noticed some liquid coming out of the meat, I asked Father if there was something wrong with it. He reassured me and said it's just oil. After some time, I saw live worms comes out it. I was horrified and began to pray to God, 'Please give me the strength to eat that.' Surprisingly, with God's grace, it was the one of the most delicious foods I had in Sudan.

HIS ANGELS TO GUARD

Throughout the whole year, I experienced God walking with me, guiding me and protecting me from all the tough situations. Once, while on our way back home, we had an accident where I injured my ribs. We were informed that if we need an X-ray, we would have to travel another 500 km. I was also told that if I needed any major treatment, I'd have to go to Uganda or another place, where the political situation could be much worse. I decided to consult a doctor in the US, and he asked me to take proper rest, for a month. The JY International Office asked me to go to the Don Bosco mission home in Maridy, about 180 km from our place, where I could get some rest. Later, I realized that even this was God's plan, as I was able to forge some great relationships with the youth there and, we were also able to start a JY prayer group for them.

At the end of the month-long rest, Fr. William came to pick me, and on our way back, we had a second major accident. Miraculously, Father and I didn't have a single scratch on our bodies. The incident helped me realize the importance and power of Word of God, especially in Psalm 91:11-12, where it says, "For God commands the angels to guard you in all your ways. With their hands they shall support you, lest you strike your foot against a stone". I used to pray this Word of God daily and, I truly believe we were saved because of it.

Once, there was a tribal conflict that almost completely demolished three states. More than 100,000 people were killed, and many more fled the states. There was a lot of confusion among the people. Even a good portion of the international aid volunteers, had to go back to their countries. The local Bishop asked if I would prefer to remain there until the situation got calm, or if I would want to head back. I told him that I didn't intend to leave



The local Bishop asked if I would prefer to remain there until the situation got calm, or if I would want to head back. I told him that I didn't intend to leave without completing my year of commitment and, if God wanted me to die there, then I was ready to accept that

without completing my year of commitment and, if God wanted me to die there, then I was ready to accept that. All of these experiences helped me to surrender myself completely to God's hands.

TO LOVE AND TO SERVE

Before I came to Sudan, I had heard about the AIDS epidemic and it had been bothering me. But while in Sudan, whenever I travelled, played, ate or spent time with them, I never felt bothered. In fact, one of our cooks was HIV positive and I also volunteered for the Rainbow communities, for HIV positive patients, to help them with their medicine supply and conduct programs, every weekend. God gave me the grace to love them and serve them without any complaint. My one year of fulltimership was one of the greatest formation experiences of my life. It fueled me to live my entire life with my God and to help others.

When I resigned my job, to serve the Lord, many people said I had gone mad. But my God blessed me more than what I deserved. Now I am running my own business. I started a company for interior designing and construction, while at the same time remaining very active in Jesus Youth for the last three years. I am so grateful to everyone who helped support my journey, especially Jesus Youth Oman and my family, friends and of course, my Lord.

JESUS YOUTH



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

Some thoughts on Jesus Youth Prayer format



We were about to begin a conference and my friend came with a problem.

The Indian group had been asked to organize the first day's prayer session, and what format would be appealing to all. Theologians, bishops and other church leaders from several countries were attending this five-day gathering in Thailand, organized by the Federation of Asian Bishops Conferences. After some discussion we decided to use Jesus Youth Prayer format. With some good singing and a joyful animation, the prayer went very well, and everyone relished it. Eventually throughout the conference we used only this format, with immense appreciation from all the leaders.

Most Jesus Youth are familiar with this seven-step prayer format. It starts with an initial leader-group response part, a Psalm followed by praise and worship, a time of Bible reflection and response, a period of praying for others and the conclusion. Usually Jesus Youth groups follow the spontaneous Charismatic style of praise and worship, but Jesus Youth prayer mode becomes another possible option for group prayer and personal reflection.

Sometimes reports come from unexpected quarters on how they use JY prayer. Many university groups find it convenient to use this style. A lady came across this format in a

conference and she started using it everyday for the noon prayer in a hospital. She gets a good group of hospital visitors and bystanders of patients to attend. She finds it quite a suitable mode to help people have a good time before the Lord.

Every prayer style has a distinct approach. A question that comes up in this connection is, what is at the heart of Jesus Youth Prayer format? And understanding that will surely enhance its effectiveness.

At one point in the movement's journey many of its leaders started using the Divine Office, the official prayer format of the Church. It consists of Psalms, responses, Bible passages and antiphons. This came out of a desire to go deeper into the rich prayer heritage of the Church. A couple of challenges some Jesus Youth faced when using the traditional Divine Office in the groups were, one it was sometimes a bit too long and, then, there was no room for spontaneity.

Combining the old and the new

JY prayer style in some ways combines the old and the new. The comparatively new Charismatic prayer format has much possibility for freedom and creativity, while in the traditional style there is a regular pattern and people enter into it without much effort. While the new has a lot of dynamism, the old

has much depth.

The new spontaneity connects us with the language and styles of today; the traditional prayers in the Church help us to go into the deep roots of faith. Jesus Youth Prayer format is an attempt to combine the richness of "what is new and what is old" (Mt 13:52) as Jesus would have us as the style of the Kingdom of heaven.

Jesus Youth Prayer format begins with an introductory part consisting of one or two songs and a series of simple prayers, helping us to enter the presence of the Lord. The final part is a sending forth with the Lord's blessing. There are four key elements that stand out in the whole format:

Praise and worship: The introductory part is followed by the recitation of a Psalm. Then there is a time of participative singing and shared prayers of praise.

Listening to the Word: A Bible





Jesus Youth

GROUPS SHOULD PREPARE THEIR OWN JESUS YOUTH PRAYER ON THIS 7-STEP PATTERN AND USE SOME CREATIVE INSPIRATION FROM THE HOLY SPIRIT TO MAKE IT A JOURNEY TO THE INNER DEPTHS

passage is read, then there is a time of silent reflection and after that many from the group share their insights with the wider group.

Saint's prayer: A responsory using the reflections and prayers of a saint helps us to attune ourselves to the inner sentiments of a heroic person in faith.

Intercession: Finally, there is a time of raising our needs to the Lord. This again is done in a spontaneous and shared manner.

A support to grow in prayer

When a person has an encounter experience he or she experiences a new-found joy and freedom. Spontaneous prayer and free praise become beautiful expressions of this freedom and joy. But after a while there can be a problem of people building their inner life on feelings and experiences alone. Jesus Youth Prayer can be a call to maturity in the inner

life of a person, as 'deep calls to deep' (Ps.42:7). Asking the Lord to 'teach us to pray', reciting a psalm, a word from the scripture, a beautiful prayer of a saint, other short prayers, all become this call to a deeper walk of interiority.

When this seven-step prayer structure was designed my eager thought was that Jesus Youth leaders, when they plan a prayer session, should design their own JY prayer, taking one Psalm, a scripture passage and a suitable saint's prayer. Then there was a suggestion that a few model prayers should be prepared and circulated and the booklet with 31 prayers was the outcome of that. But I still think that groups should prepare their own Jesus Youth prayer on this 7-step pattern and use some creative inspiration from the Holy Spirit to make it a journey to the inner depths. Chanting or singing this Jesus Youth prayer, using it as a format for Biblical input, preparing a group work around it, are all ways of creative use of the prayer format.

I believe, Jesus Youth movement is a little pathway offering a challenge to today's youngsters to have a taste of the immense riches of the Church, and to help them take one step after another into its awesome heritage. Jesus Youth Prayer format as well as a meaningful use it will help them relish this a little more.

.....

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

ENCOUNTER



SUR REN DER

LIZ SHARES HER
JOURNEY OF
EXPERIENCING
AND LIVING IN THE
FATHERLY LOVE
OF GOD.

"I knew you before I formed you in your mother's womb" (Jeremiah 1:15).

WHAT a powerful statement! Jesus knows everything about me – more than my parents, my best friends, and my future spouse will ever know. He notices the silent tears that trace my cheeks on my bad days and celebrates with me when I am smiling ear to ear on my good days. I am his daughter and he is my best friend.

As I reflect on my life, I don't have a particular faith moment that changed my life. Rather, my faith was fostered

and formed through my Christ-centered family, Syro-Malabar parish, and retreats from various movements. I have always known that God was alive and present in my life. In a sense, I had a good relationship with God. However, it was not until the summer of 2013 when I participated in the World Youth Day that I was able to experience Jesus in a more authentic and profound way. I could feel the genuine peace of the Holy Spirit as well as the compassion and mercy of our Father. During my time there, I took on the practice of journaling. Looking back at those pages in my journal, I

recollect those wonderful moments – the joy and love I felt during adoration, the inspiration from attending mass with Pope Francis, and the contentment of being surrounded by a wonderful community. The genuine, raw faith of others, and the vibrancy of Jesus Youth Elders was a beautiful thing to witness. Sharing my faith with the rest of the youth, I was able to see the beauty of the Catholic Church and how unique and special the heavenly Father has made each of us. It was during this trip that I went from just knowing God in my head to knowing him in my heart.



ALL HE WANTED
ME TO DO WAS TO
SURRENDER MY FEARS
AND WORRIES, AND
HE TOOK CARE OF
THE REST.

The timing of that World Youth Day could not have been anymore perfect as I was heading to my freshman year of college that August. During my first few months of college, I really struggled with my personal prayer. I did not know how or when to fit prayer into my schedule, as I had sporadic classes throughout the day and shared a small dormitory room with non-Catholic roommates. As my personal prayer waned, my relationship with Christ grew more and more distant. Gradually, I began to recognize a void in my life – I felt empty.

During this time, I made the difficult

decision to drop my major. For a few months, my major read as “Undecided” in my academic profile, and it was terrifying to admit that I was unsure of my future steps. Confused and stressed, I desperately needed the one person in my life whose advice I could trust completely – Jesus. I quickly began to understand that I needed to dedicate both time and a place to pray within my daily schedule. That place happened to be the church on campus, and I tried my best to schedule my classes around the weekly Mass schedule. Some days, I could not make it to Mass, but I always tried my best to at least spend a few moments in the chapel just to talk with the Lord. These moments were the glue that gave meaning to the rest of my years in college.

It became evident to me that though I often tried to plan my life, God had other plans for me. All he wanted me to do was to surrender my fears and worries, and he took care of the rest. Don’t get me wrong, there were many challenges – I struggled in academics, especially after switching my major. Likewise, it was oftentimes difficult to find a strong group of friends at college, and my dad also struggled with health issues during this time. During these struggles, I stressed – but I also tried my very best to cling to the Eucharist and Mother Mary. I can honestly say that it was during those harder moments of life that the Lord spoke to me the most. Looking back, I am filled with awe at how much God loves me. He is watching over me, he is guiding me, and he will not abandon me.

In this present chapter of my life, I still get the worry-bug syndrome. But I try to remind myself to just surrender to the Lord – to surrender and listen. So next time you are anxious, confused, or lost – run to your Father. Close your eyes and allow yourself to be hugged by God. Imagine him embracing you tightly, take a deep breath, and exhale out your worries. Cast your worries upon him and let him guide your path. He knew you in your mother’s womb; trust that he has the rest of your life under his shield. ■



Liz Mandapathil works as an Operations Supervisor and actively involved in Jesus Youth in Dallas, USA

EVOLUTION



BECOMING
ALL THINGS
TO ALL MEN

SONIA KURIAN EXPLORES THE STIGMA AND THE SHAME SURROUNDING MENTAL HEALTH ISSUES AMONG COMMUNITIES, AND OFFERS GUIDANCE ON TREATMENT AND SUPPORT FOR THE INDIVIDUALS SUFFERING AND THEIR FAMILIES.

AS Catholics involved in various apostolates of the Church, it may not be a rare occurrence to find yourself as part of the frontline encountering individuals or families needing assistance with counseling, therapy or mental breakdowns. Knowing how to address and direct issues having to do with mental health can be a useful tool in our arsenal. A tool that helps with the healing of individuals and their families, thus rebuilding the community that makes up the body of Christ.

Mental health is a vital part of the total health of an individual. To be in a sound emotional and psychological state is what enables us to think of ourselves in a healthy way, and interact with our society in a healthy manner as well. Just like physical health, mental health can also have its ups and downs, as life stressors appear over a person's lifetime. Such variations don't necessarily indicate mental illness either, only a mental state that may need some extra care and attention. Paying attention to signs such as feeling miserable or socially isolated can help identify those who may need some care and rest to restore a healthy and balanced mental state in no time.

Mental illness on the other hand, can refer to a range of disorders that affect the thinking, behaviors and moods of an individual irrespective of gender, religion, race, age or socio-economic status. It is caused by a multitude of factors, including but not limited to biological factors such as brain chemistry or genetics, history of abuse or trauma, or family history of mental illness and so on. For this reason, it is not something that one can simple "shake off" or "snap out of" or "pray away" or overcome by sheer willpower.

St. Pope John Paul II once said, "Whoever suffers from mental illness 'always' bears God's image and likeness in himself, as does every human being. In addition, he 'always' has the inalienable right not only to be considered as an image of God and therefore as a person, but also to be treated as such." We should acknowledge that a strong stigma might exist regarding mental illness not just in our religious spheres, but within the wider Asian community as well. This is why it's important for us as members of the body of Christ, to recognize the dignity and value inherently present in those struggling with such illnesses, and treat them with a love that desires the best for them.

Often those struggling with mental illness and their families are going through a time of intense pain and suffering, where they are trying to figure out the root causes and patterns involved in the illness, and the best way to help and cope with such an illness; while also trying to live out the hustle and bustle of daily life. Such situations are not helped by gossip, stigma or shaming by the communities they are a part of – communities who can help make their lives smoother, instead of hurting them or making them feel further isolated. Communities who can help by making them feel welcome at church, or inviting the kids to playdates and parties, instead of poking and prodding with no intent of helping and only to gather news, or refraining from any human contact or kindness, as if they had 'plague'. As Pope Emeritus Benedict XVI prayed during the 2006 World Day of the Sick, we must practice "special solicitude to the suffering of people with mental illness" and "bear witness to the tender mercy of God toward them."

Now generally, mental illness tends to fall under the following categories: Depression, Anxiety disorders, Mood/ Bipolar disorders, Personality disorders, Schizophrenia, Trauma disorders, Eating disorders and Addictive behaviors. Signs and symptoms of mental illness vary, but may include



It's important for us as members of the body of Christ, to recognize the dignity and value inherently present in those struggling with such illnesses, and treat them with a love that desires the best for them.

changes in sleep, appetite, and energy level, severe mood swings, persistent thoughts or compulsions, hearing voices, social withdrawal, feeling sad, hopeless or agitated, having trouble performing everyday tasks, or wanting to hurt oneself or others.

Getting an individual struggling with mental illness the right therapy and treatment can help them recover their mental health. Often for many people, recognizing that a problem exists and a willingness to accept help are the first hurdle to overcome. Friends, family and community members can be vital in getting such individuals the help and service they need. Helping the individuals and families feel safe to seek out help can be incredibly valuable, since the social fear and stigma surrounding mental illness can deter people from seeking help often to their own detriment. It's important to note that without such simple and systematic treatment and support, a mental illness can continue uncontrolled and perhaps even worsen, further negatively impacting the individual and their families.


Primary care doctors can often be approached and can assist in referring individuals needing help to psychiatrists and other professionals who can give them the mental health treatment they need. Just as physical illness may require medication and therapies to heal, mental illness may also require a similar approach. When one has heart disease, one goes to see a cardiologist, not an exorcist. Similarly, while talking to a priest or spiritual director may be helpful for struggles with mental health, when one struggles with mental illness one needs to approach someone fully equipped and trained to provide the right treatment. Let anyone who doubts God's hands working through the doctors read Sirach 38, to be assured of God's providence and blessing through their knowledge and expertise.

For those desiring to seek counseling and therapy, it may be worth considering the abundance of Catholic therapists and counselors available as resources to aid those who need it. Many Catholics prefer to seek out a Catholic therapist, who would respect their religious beliefs and understand their unique perspectives and practices without viewing normal religious rituals as symptoms of an illness or disorder. In addition, websites such as www.catholictherapists.com

or www.catholiccounselors.com have search engines that enable you to find a therapist near you. Sometimes, your local priest or bishop could also recommend a good psychiatrist or psychologist for counseling or therapy.

If you or someone you know struggles with mental



health or mental illness, here is a list of Catholic saints and patrons who can pray with you: St. Dymphna, St. Benedict Joseph Labre, St. Christina the Astonishing, Ven. Matt Talbot and Our Lady of Lourdes. May their intercession guide those struggling with mental health issues and mental illnesses towards the consoling heart of our Lord, who embraces us with great tenderness, longs to heal our brokenness and make us whole again in His love. 



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

ENGAGE

A little understanding helps

Anjali Thomas shares how a 10-year-old-boy helped her to have a different outlook towards life

I was in the ground for practice when this 10-year-old-boy came and sat next to me. My impression was that he's an average kid with some speaking disability because I couldn't understand what he was trying to say. He appeared as an irritating child. All these things faded into the dusk as he started talking.

I was glad that it quickly grew dark because I couldn't face this child, the way he discussed about planets, asteroids, comets, galaxies, black hole, stars and so much more with such details that, inspite of being an experienced engineer, I couldn't even comprehend it. I was ashamed and awed at the same time. Ashamed because I had always underrated this child from afar without talking to him even once. Surprised because he knew so much and even taught me things about our universe. I saw in this child, a thirst for knowledge, a passion for reading, a desire to discuss and learn more. He changed my perspective that evening. A new respect started to grow in me for him, his mother who helped him develop this reading habit, and for his father who is from a humble background.

I have been a passionate reader since my childhood. During my childhood, there were no phones. Books were the source of knowledge. However, today, even small kids know how to use a smartphone.

I SAW IN THIS CHILD, A THIRST FOR KNOWLEDGE, A PASSION FOR READING, A DESIRE TO DISCUSS AND LEARN MORE. HE CHANGED MY PERSPECTIVE THAT EVENING.

Reading is becoming a lost skill. I have found very few people with an urge to read. Finding this young soul was a delight to my heart.

That evening taught me one more lesson. I should not have underestimated this child. I failed to show understanding. In our daily life, if we observe, we'll find that many of our problems, arguments, fights are because we fail to understand. We let our ego take the upper hand. Winning becomes dominant than knowing and understanding. How many clashes could be avoided if we showed some understanding towards one another, how many broken relationships could be saved?

Let us pray to the Holy Spirit to fill us with the gift of understanding. To understand one another as Abba Father understands and knows us. Understanding is indeed a gift. Who doesn't like to be understood in the right sense? Let's make this world a more amicable place with a little understanding.



Anjali Thomas is working as an Environmental Engineer at Gujarat Institute of Desert Ecology.

She has been with the Jesus Youth movement for past 8 years and is currently in Bhuj - Kachchh, India and works for the youth of the church in Bhuj.




IN FOCUS



WHAT IS THIS EASTER SEASON TRYING TO TELL US. **AMMU ZACHARIAH**

TRIES TO FIND THE MEANING THROUGH MARY MAGDALENE'S

ENCOUNTER WITH CHRIST



“I HAVE SEEN THE LORD”

WHAT IS THE FIRST THING THAT COMES TO YOUR MIND WHEN YOU HEAR, EASTER? To me, it's food. Finally, after weeks of saying no to certain food, it's the day I binge on all that delicious spread. Sometimes it feels like the whole 40-day lent was a preparation for these delicacies.

Then, what exactly is the message of Easter? If not food, if not get togethers, what exactly is the Easter season trying to tell us?

One person who might help us here is, Mary Magdalene. Mary loved Jesus dearly. He was her teacher, her master, and she was a faithful follower. When his own disciples were hiding, in shame and fear, Mary was bold enough to follow him even on his way to Calvary.

The Gospel of John narrates the incident where Jesus appears to Mary after resurrection. According to the scripture, she went early in the morning, while it was still dark (Jn 20:1). Imagine her excitement and anticipation. I'm sure she wouldn't have slept the previous night. But, when she couldn't find his body, she was heartbroken. She was clueless about what happened to her “rabboni.” The uncertainty and fear of what could have happened to him, crushed her. Feeling helpless, she stood weeping outside the tomb.

Then she sees a man and mistakes him for the gardener. She pleads with him to tell her where Jesus's body is. At this moment, the Lord calls her by name, and she recognizes him. Imagine that! All this while

Jesus calls us by name daily. Can you recognize His voice? Can you recognize the love and mercy in his voice? Can you feel your tormenting demons fleeing?



Jesus was in front of her and she couldn't recognize him. But, when he called her by name, she recognized it was her Lord. Merely by his voice! How? Because it was the same voice who once called her by name. The same voice with great power that seven demons who had been tormenting her for years fled her body instantly. The same voice with great compassion, for the first time in a long time, Mary felt loved. And it was the same voice which calmed the tempest within her soul. She recognized that voice. Because nobody had called her with such depth of love and mercy. Mary recognized the Lord.

Jesus calls us by name daily. Can you recognize His voice? Can you recognize the love and mercy in his voice? Can you feel your tormenting demons fleeing? The demons of lust, of anger, of unforgiveness, of pride, of attachment to material things, of loneliness?

And after their encounter, he gives her a task, to go and announce the good news that, He is risen! That He will meet with them. "Mary Magdalene went and announced to the disciples, 'I have seen the Lord.' (Jn 20:18)" It was to Mary that Jesus appeared first after his resurrection. She was the first to announce the good news. The good news that Christ is risen! She was the first evangelist.

Even in our sinfulness, He comes to us and delivers us, heals us, merely with His voice. It is the power of love. The power of love which breaks all the chains. And once free, He asks you to go and announce it to others. It is not enough that you have this deliverance. There are people out there unaware of the love that awaits them. And he is asking you to go and announce it to others as well.

Like Mary, will we be excited to go and announce the good news that, by his death and resurrection, Christ has saved us? This is our call. Mary was in a place where she thought nobody can save her. Yet, the Lord proved her wrong. Today, he is trying to tell us the same. There is no situation which he cannot change, heal, deliver. Experience the saving power of Christ and like Mary Magdalene let us boldly go and announce, "I have seen the Lord."



Ammu Zachariah lives in Maryland, USA with her husband and two-year-old daughter. Ammu was a 12th batch fulltimer and is currently part of the Kairos Global Editorial Council.



കൈയ്റോസ്

കാലോക്താവ് യുവജനങ്ങൾക്കുമാത്രം കത്തോലിക്കാ മാസിക

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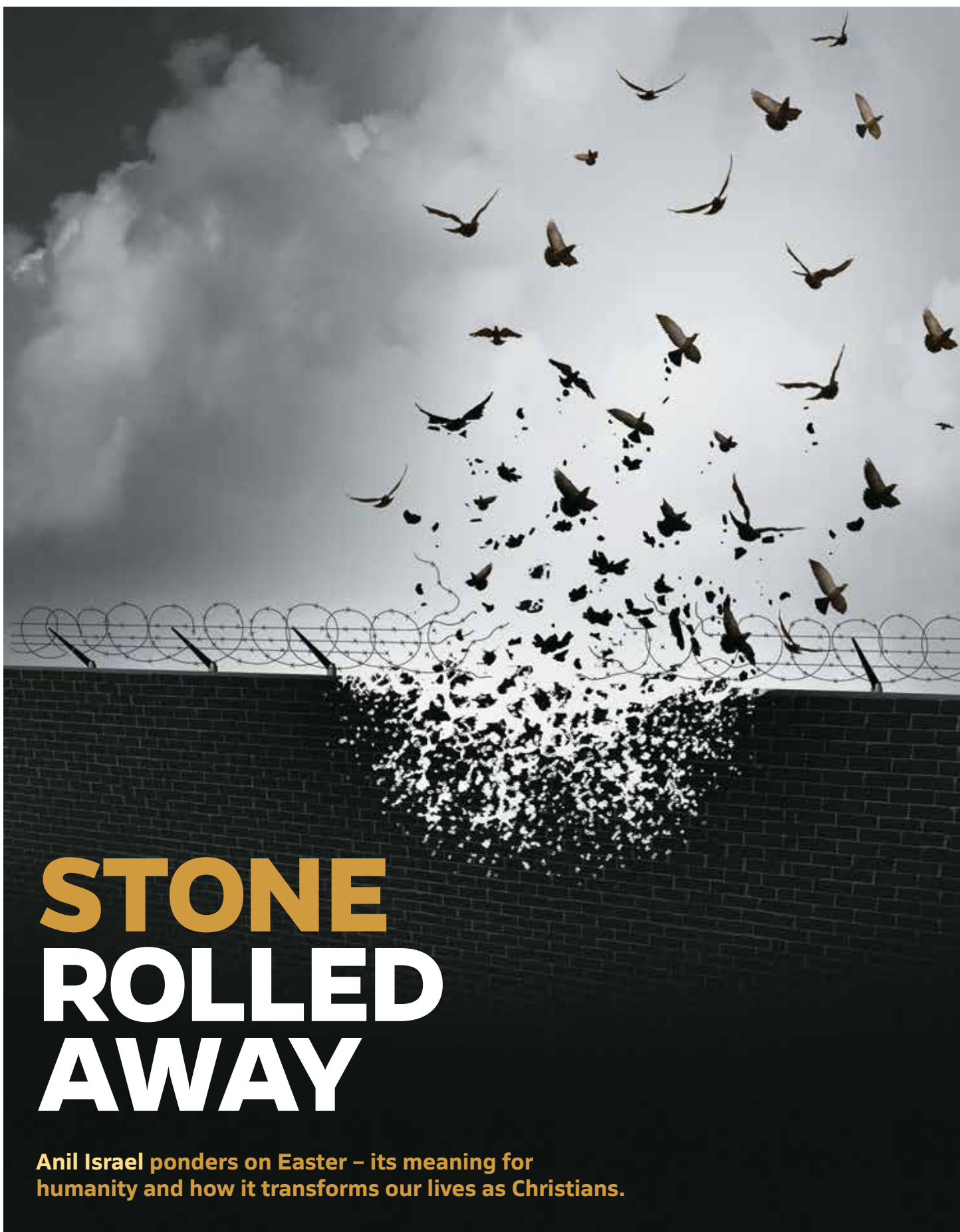


ONLINE



APP





STONE ROLLED AWAY

Anil Israel ponders on Easter – its meaning for humanity and how it transforms our lives as Christians.

"He is risen" (Mt 28:6) – this is the good news that we celebrate not only on Easter Sunday, but during every Holy Mass. "If Christ has not been raised, then our faith is in vain" (1 Cor 15:14).

CHRIST

is our hope. After the fall of the first Adam, "sin entered the world" (Rom 5:12). After Christ the "last Adam" (1 Cor 15:45) "destroyed death" (2 Tim 1:10), we are given "victory over sin and death" (1 Cor 15:57). Going beyond paying the price, Jesus rose from the grave and conquered death – "the wages of sin" (Rom 6:23). He paid a debt he did not owe, because we owed a debt we could not pay. Christ won for us the "right to enter the eternal kingdom" (2Pet 1:11) so that "whoever believes in Him, shall not perish but have eternal life" (Jn 3:16).

Early Easter Sunday morning, "they found the stone rolled away from the tomb" (Lk 24:2). The stone that was sealed and guarded under human power was made to roll away by divine power. This 'stone rolled away' is a sign of hope, a cause of our joy – the Joy that Easter brings.

Many times, in our lives, we lose hope. We are sad and discouraged when we meet dead ends and there appears to be no way out of the mess we find ourselves in. We might have several stones in our lives, which we perceive to be obstacles or blocks that makes our hope run dry. Perhaps, these are stones that prevent the grace of God from flowing into our lives. It could be a stone of pride or a stone of anger or one of the many other so-called seven capital sins. Our risen Saviour assures us that He can cause every blocking stone to be rolled away from our life. In Christ we find our hope, in Him we 'renew our strength' (Is 40:31), just as scripture assures us, "For I can do all things through Christ who strengthens me." (Phil 4:13).

Jesus who ordered to "take the stone away" (Jn 11:39) and brought Lazarus back to life, is today asking each one of us to "remove the stone" that we might have conveniently accepted. Today, Jesus is reminding us once again, "if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done." (Mt 21:21) The power to make the stone roll away is already at our disposal. We only need to place all our hope and trust in Him, take a leap of faith and permit Jesus to work wonders in our lives. As Christians, we are called to "walk by faith, and not by sight" (2 Cor 5:7).

When the disciples were caught up in a storm and Jesus was asleep in the boat, they woke Him up

"WE ARE AN EASTER PEOPLE AND ALLELUIA IS OUR SONG."

ST. AUGUSTINE

and He commanded the wind and the waves, "Quiet! Be still!" (Mk 4:39). In Matthew 14:32, we see that when both Jesus and Peter got into the boat, the wind died down. I have come to learn that we need to invite Jesus into the boat of our life, so that He can calm the storms of our lives. We need to implore and call upon the mighty name of Jesus, to calm the wind and waves of our lives. We need to surrender our chaotic situation to the foot of the cross, for He who can create the cosmos out of chaos, can surely put things in order in our lives – things where human power is of no avail.

Sometimes, the problem is not our situation or circumstances. The wind and the waves are not outside us but within us. At times, we try to control everything by ourselves, and when it seems to be going out of control, we press the panic button. Scripture once again reminds us, "Be still and know that I am God" (Ps 46:10). We are not the master of our own worlds, so we need not assume full control. He who brought us into being, and in whom we exist, ought to take the centre-stage. We need to put Jesus back on the throne of our lives and let him be our Lord, our Master, our Teacher.

"This is what the LORD says: Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours, but God's." (2 Chron 20:15) The battle surely belongs to the Lord and we must let Him do His part. Our part is to 'let go' of the things that we have been clinging on to as our security, and 'let Him in'. Everything that was an impediment to my relationship with my risen Saviour, we need to resolve to 'let go'. It could be all those endless excuses from not being able to find time for prayer to self-embraced laziness. This letting go is surely not an easy walk. It is an arduous task. We cannot do it by ourselves, so we need to depend on His Grace. We need to 'let Him in' and cooperate with His Grace to let the stones roll away. "Lord I am nothing, I have nothing, I want nothing but the love of Jesus," ought to be the prayer in our hearts as we pilgrim through time and space.

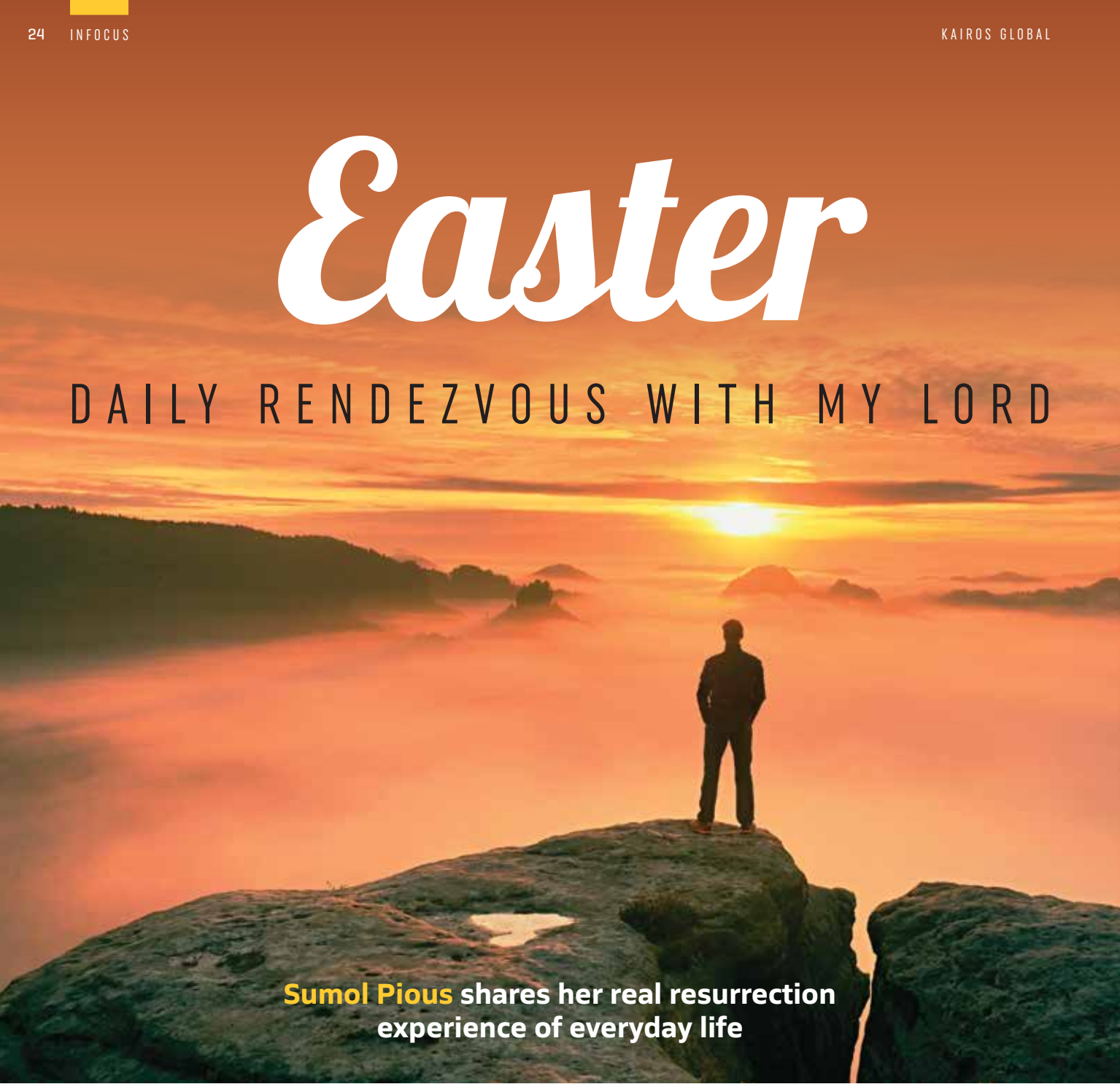
God's power to restore is greater than Satan's power to destroy. We no longer need to be devastated and complain that we have big problems, rather we need to tell our problems that we have a bigger God. After all, "We are an Easter people and Alleluia is our song" (St. Augustine).



Anil Israel works as a computer engineer and stays in Mannheim, Germany with his wife Sunitha and their 5 children. He has been involved with Jesus Youth since 1999 and is currently the National formation coordinator in Germany.

Easter

DAILY RENDEZVOUS WITH MY LORD



Sumol Pious shares her real resurrection experience of everyday life

Today we went to an old village in this Middle East country – our residence for the past 18 years, our beloved Oman. I see a lot of weeds with beautiful flowers on them, they have grown themselves. No one waters it, no one cares for it; yet it satiates our hearts with its beautiful small flowers, and feeds our eyes with its variety of colours. So who is actually the owner of these weeds? Most of the time, people stamp on them or pluck them up and don't bother to care for them. But

He takes care of these weeds just like He takes care of all of us – the sinners. How He has adorned them with different colours! I feel that in the same way He has blessed us with his never-ending mercy and unconditional love.

I have always been a nature lover – ample opportunities to experience His love. The beautiful serenity of the sky during most of the year; the bright sun with its spectacular rising and setting; the stunning beaches along the ocean; the calmness of the mountains, the splend

id palm gardens, those marvellous starry nights – just to mention a few. All these revelations were teaching me the beauty, power and wisdom of Him.

He was teaching me the truth and I was head over heels in love with Him. Those days I was ready to do anything to please Him. I would go to any extent to get His attention. Or to say in other words, I was always with Him and enjoyed every bit of it. As the days went by, everything was going smoothly and there was a good rapport between me



IN MY AMBIGUITY ABOUT
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and Him. But eventually boredom began creeping in and the first love was lost for me. I began feeling that there is not much new adventure in our relationship. That is the time He told me to take a detour – I cherished those moments very much and savored every bit of it. It was an Easter experience for me. To die to myself and to explore Him in every sense – He knows me better than I know myself. And I started focusing more on my interior self and at the same time considering all others as precious and with dignity.

He knows to make me content and to console me in my need. The moments I have experienced rejection and dejection, he taught me something great – “You are partaking with me to experience the weight of Cross and in selfless act of love”.

He was different and always a maverick. He was everywhere for me. Encountering Him daily was a joyful experience for me. He even respected the weeds in the garden. He takes utmost care for them, as a justification he says “there are many to take care of the plants with beautiful flowers, but weeds, you need to take a different route where not many has traversed before.” With the poor and the rich alike, with the blessed and the abandoned, with friends and foes, He knows to treat everyone in His unique style of loving and forgiving. He doesn’t care for people’s opinion or what-others-would-think-about-me.

Many times I was like Peter. I denied His love even after knowing Him well. But He taught me to forgive and love others unconditionally.

Many times I was like Paul. I believed in my strengths rather than in His mercy.

He was the one who gave me courage to correct myself and others, and to move forward.

Many times I was like Mary Magdalene. I lived for pleasure rather than to experience the eternal joy He had already promised me. It was He who shed the light to overcome my own temptations and to find happiness in what I have now.

Many times I was like Mathew. How much ever I could hoard material things I did, believing that this would help me lead a happy life. He is the one who compelled me by his love to share my belongings with others and to invest in my heavenly life.

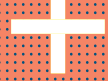
He changed my life completely. It was a 180 degree turn for me. From what I have been to what I have become is a real mystery, even to me. It is a real resurrection experience for me. Those were the years I spent in total darkness, without any real purpose in life. I lived as if there is no end and nothing to care about. My life was a void in the tomb of ignorance. I was buried in my own pride and arrogance; I was buried in ego and sin; I was buried deep within me without having space to love and to be loved – the very purpose of our life.

When I found Him, He raised me up from all my iniquities; he brought me to real life. Every day I am now going to the tomb of my emptiness in search of my Lord only to know and experience that He is within me filling the void in me and brightening my life and radiating His joy. I can see the stumbling stone rolled away from my life, to enter into His kingdom with all my near and dear ones. In my ambiguity about life and its hurdles, there are always angels to wipe away my fears and show the right path filling me with confidence to meet Him. This is the real resurrection experience for me.

As I am nearing the twilight of my life I know I have less time in my hands. I want to use every bit of it sharing the good deeds of my beloved in the whole world. He is the only true love I need in my life – even though it is a late realization, yet it’s a true epiphany. Our lives in the tomb need only be permeated by His love, for us to find the true meaning of resurrection. “Indeed he has risen, Halleluiah.” ■



Sumol Pious works as a Secondary School Teacher. She lives in Muscat with her husband and four kids, and is currently the Animator of the Regional Council.



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

PSALMS 42:2



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686604

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LIVING LIFE WITH Easter Joy

ST POPE JOHN PAUL II SAID
"WE ARE AN EASTER PEOPLE
AND ALLELUIA IS OUR SONG".
WE SHARE HOW THE JOY OF
EASTER GIVES STRENGTH IN
THE SUFFERINGS OF LIFE.

Christ whom I encounter in my everyday life is not a historical figure who once walked upon the earth, but a God who died on the cross personally for me – who rose from the dead and who lives even today. This immense joy of Easter opens my eyes of faith to see my Lord daily in my Personal Prayer, Word of God, Holy Mass, frequent Eucharistic adorations and confession. During a phase of life where I was discerning to know whether I was doing the Lord's will regarding the man I was to marry, I would tearfully place my anxieties before Him. In times of fear, confusion & loneliness, He filled me with hope and courage, and above all, His ever-abiding sense of peace and love. The Lord took me by my hand and walked me from hurt to healing, from fear to faith, from tears to joy.

ASHLEY JOHNSON / IRELAND



For me, Easter was about going to Mass and having dinner with family and friends until I decided to dig deeper and discover what it's really all about. It's a time of hope, a joyful season, to celebrate Christ's victory over sin and death! Even at times when I feel down, it's this realisation of the Triumph that energises me, making me really want to sing out, 'ALLELUIA!!' The great news is that it's not only one day of the year that can give us this joy – but every Sunday Worship we take part in, each week. Now I know how to CELEBRATE Easter and how to face my problems using this JOY!!

NEENA THOMAS / IRELAND

The twists and turns of our lives often push us to the edge of our resources and wits. Thanks be to God, the empty cross is no longer the sign of suffering, but of the resurrection and His victory over death. The ultimate battle belongs to the Lord and my life in Him gives me the strength to face my today with a smile, trusting in His providence to take me through.

AJJO JOHN / MUMBAI, INDIA



Hope is important. Only if there is suffering can there be hope. And we can overcome all suffering when hope exists. When I was 16, my father died and I was the eldest of the family and the responsibility of my family came on my shoulders. This was a difficult time. I went for a retreat soon after where I had an encounter experience, and God revealed to me that He was my father. From that moment I had hope and despite the hard situation I could look forward with confidence. No Good Friday, No Easter.

JACOB / CANBERRA, AUSTRALIA

The cross, symbol of the ultimate suffering on earth is now the new sign of hope. When we make the sign of the cross, we are proclaiming our eternal union". The idea of finding joy in suffering, although I could see it in the lives of many saints, was something I failed to experience or even understand. However one day – filled with the usual confusions and worries of life, I was in our university chapel when the above words broke into my heart. It was at that moment I recognized the underlying love of the Trinity at the most horrific and painful moment of our Messiah's life – the cross. Even today, when I have to endure little sufferings, a glance at the cross reminds me of the great love that binds us all together with the Holy Trinity. It is this unity that brings forth springs of joy in the midst of sufferings.

JESVIN JIMMY / IRELAND



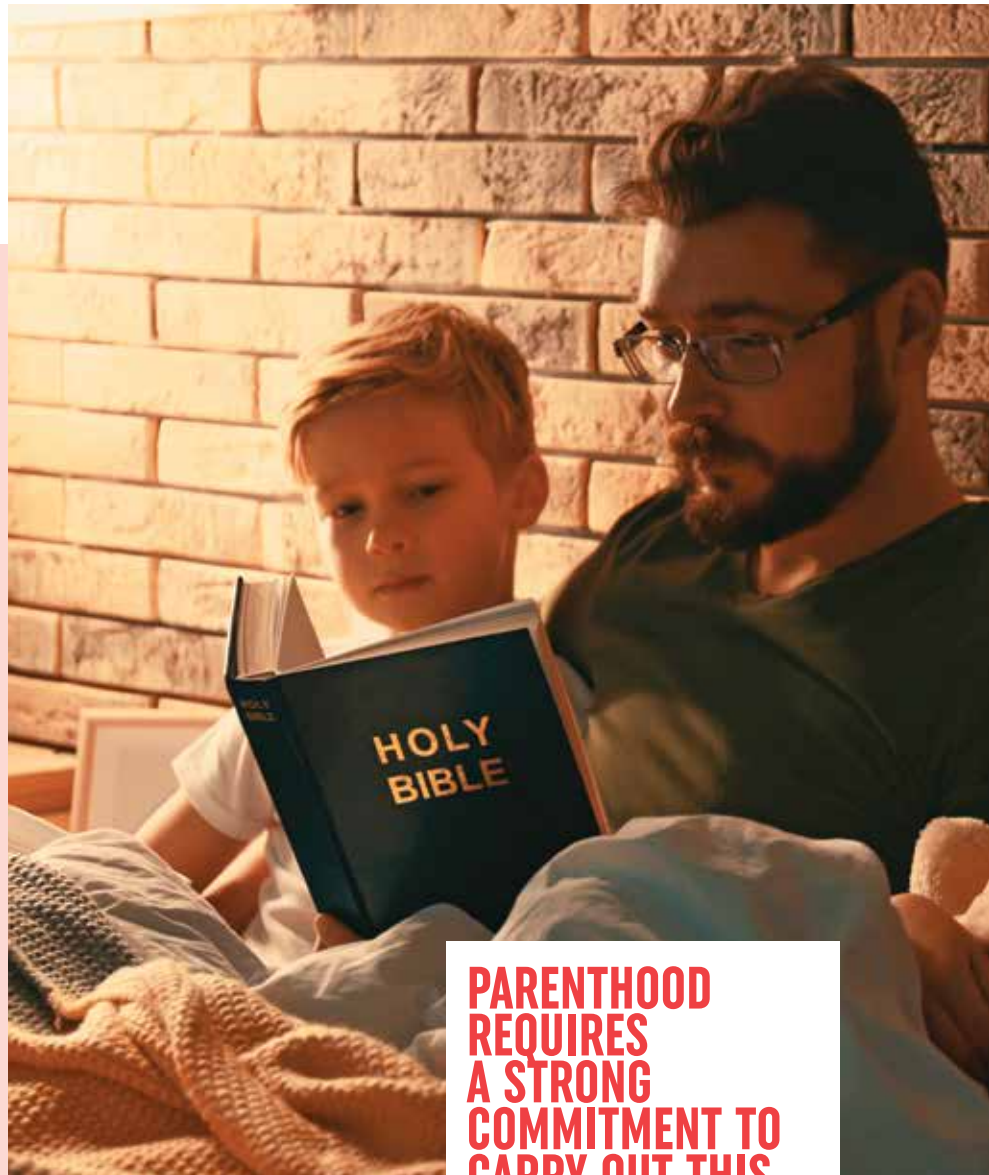
FAMILIA

CATCH THEM YOUNG

Elsa Vijay shares about the responsibilities of a family in providing opportunities for growing in holiness

"CATCH THEM YOUNG" is a famous saying, having great relevance in the current world. It has been the motto of the Catholic Church to catch young ones and to hold them tight to Jesus. Family is the perfect setting, where parents are entrusted with this Divine responsibility of introducing Jesus into the lives of little ones as early as possible.

Family is the paradise on the earth where God declares His unending mercy and providence. Jesus Himself entered this world through the Holy Family of Nazareth, making Himself more connected and indispensable to all families. Through families each parent is privileged to take part in the Divine work of creation. Each baby is a 'master piece' of God designed for heaven. We have to raise them up for

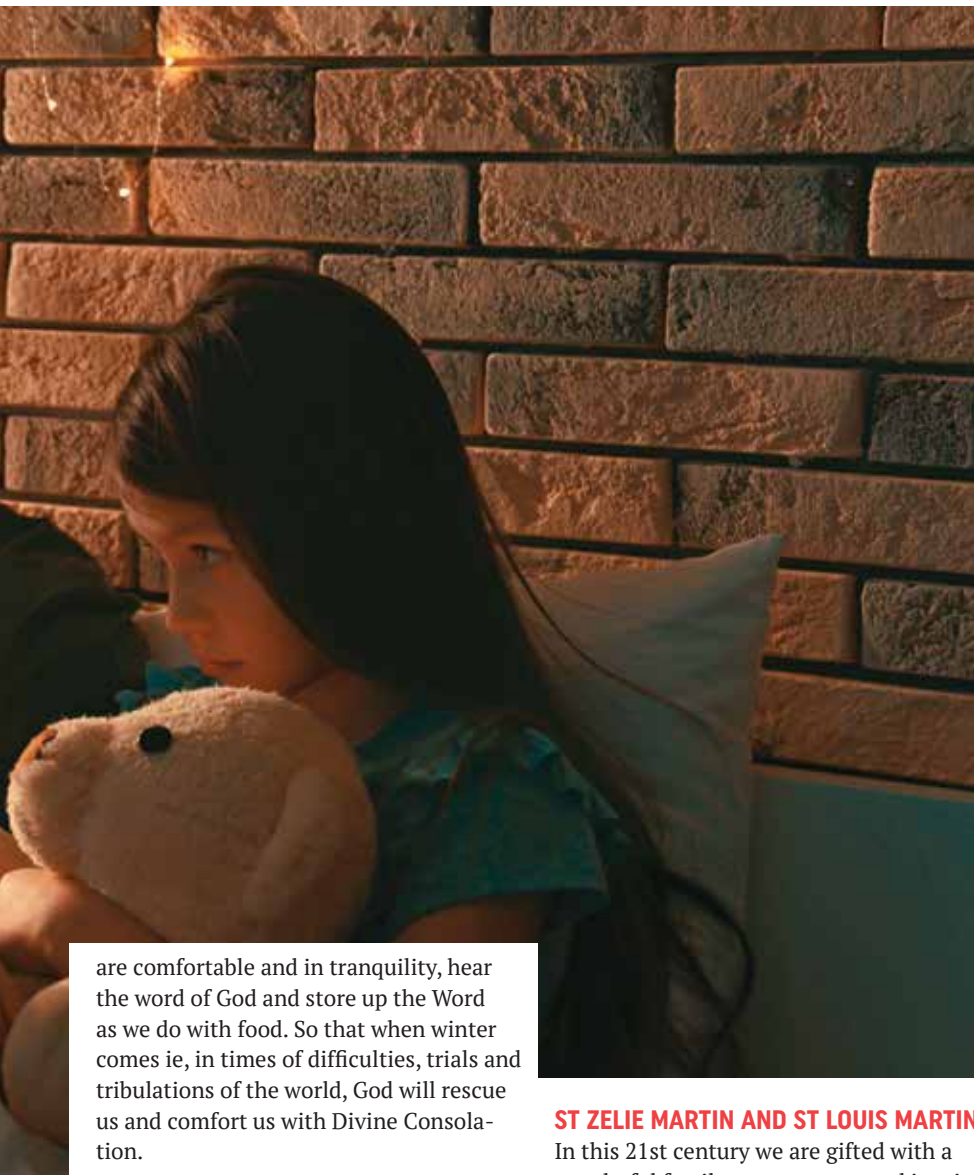


eternity. This is a great blessing! a blessing with responsibility. Responding faithfully to this call can be made possible only through the Grace of God. As Our Lord Himself says in Mathew 19:11 that this can be "possible only with those who have received Grace." The present world and its events are posing great challenges and are trying to intrude into this paradise. Hence setting our desire on the Word is the only option before us. Yes the Word of God is the sure foundation of all families.

Deep desire for the Word, Reading and meditating the Word, Receiving the Word in Sacraments, Acts of Charity are some of the ways through which we could invest in the Word of God. It will be a prudent investment as we will join the company of the Wise man who built his house on the Rock.

**PARENTHOOD
REQUIRES
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IN THE
CONTEMPORARY
WORLD**

St Augustine in his Expositions on the Psalms exhorts us to work hard, for storing up Word of God, by illustrating the story of a 'prudent ant'. And what is it that the ant does? She stores up food in summer, which will be useful to her in winter. The simple ant is giving us a great lesson. In summer, in times of prosperity, while everything is well with us, while we



are comfortable and in tranquility, hear the word of God and store up the Word as we do with food. So that when winter comes ie, in times of difficulties, trials and tribulations of the world, God will rescue us and comfort us with Divine Consolation.

"EACH IN HIS OR HER OWN WAY"

Parenthood requires a strong commitment to carry out this responsibility, which has assumed various characteristics in the contemporary world. As each family is a unique creation "Each in his or her own way" has to respond to one's call. Pope Francis, in his apostolic exhortation (*Gaudete et exsultate*, paragraph 11-13) warns us on the danger of copying and blindly imitating others in our journey. The important thing is that each believer discern his or her own path, in order to bring out the very best of themselves. The testimonies of saints are meant for encouraging us to give our best and to embrace that unique plan that God willed for each of us from eternity. It is in the family we find abundant opportunities for growing in holiness, by accomplishing ordinary actions in an extraordinary way.

ST ZELIE MARTIN AND ST LOUIS MARTIN

In this 21st century we are gifted with a wonderful family to encourage and inspire us –the couple saints St Louis Martin and Zelie Martin, parents of St Theresa. They belonged to 19th century in France, in an atmosphere where the religious, political and social background were poisoned and not that favourable for a pious life. They give us a picture of parenthood that expresses the fear and worries of every ordinary parent. But amidst of all those trials they kept an oasis of faith at home rooted on the Word. Various dimensions of their spirituality are worth mentioning.

Responding to the Word in faith

Louis and Zelie welcomed all children as a gift from God and responded in great faith to the Word of God. Raising up 9 children (lost 4 of them at an early age) was not an easy task. The daily struggles and the loss of 4 children was unbearable for them. Yet their faith sustained them in these ordeals through the power of

the Word. Zelie always wanted the best for her children and was often found disappointed. In her letters, Zelie discloses how she was worried about Therese and Leonie (third oldest) and their future. But Zelie did not give up. She maintained a spirit of faith and hope, daily working for the salvation of her children. Finally, she succeeded in winning the souls of her children. Surprisingly the two children Zelie worried about the most, are now recognized most for their heroic love. Therese canonized as a saint and Leonie declared as a servant of God.

TAKING DELIGHT IN "HIM".

In their married life Zelie and Louis could set their hearts' first desire on God. Their time, resources and everything were organized around "Him" and for "Him". Their tastes and interests were same and complemented each other well, as their focus and delight were same. The truth is that nothing in this world will ever satisfy a human heart other than God. Many families now a days suffer because they are unaware of this amazing truth.

RESPONSE IN SUFFERING.

Zelie and Louis were ordinary couple but their genius lay on how they accepted their powerlessness and weaknesses and trusted fully on Grace. What made them different was their attitude to suffering, looked everything through the eyes of faith; and never wasted suffering, instead offered everything for the salvation of souls.

LIFE OF GRATITUDE.

Instead of doing one or two outstanding things or mighty works they did many "little things" very well with gratitude. St Therese herself reveals that it was her mother who taught her the "little way" of performing small and insignificant duties with great love and obedience.

Let the testimony of this zealot family be a source of great inspiration to all families. May the ever living Word be our Rock and Mountain: Refuge and Help. "I lift up my eyes to the mountain, where does my help come from? My help comes from the Lord". (Psalm 121:1)



Elsa Vijay, a teacher by profession is currently a homemaker. She lives with her husband and three children in Muscat, Oman.

CULTURE OF LIFE

Just As Gold Refined By Fire...

SMINU JOSEPH AND REEBA SHARE THEIR EXPERIENCE OF HAVING THEIR BABY ROSE DURING DECEMBER 2018, WITH ALL ITS JOY AND SUFFERINGS



LAST Christmas was a profound and memorable journey for us, a journey which reiterated in our hearts and in our lives, the immeasurable and unfathomable love of our God. We, Reeba and myself have been waiting and praying for a baby, ever since Reeba had a miscarriage in 2014. And faithful as he is, God heard our prayers and at the opportune time – our first baby born on 2 December, 2018 and we named her Rose.

After the delivery we were discharged from the hospital and came home on December 5, and thought everything was going to be alright. But God had different plans for us. During childbirth, a few blood vessels in Reeba's abdomen had broken, with blood oozing to the nearby tissues and getting clotted there. Medical professionals might know this as haematoma. However, we didn't know this until it became infectious. Reeba got very ill and had to be admitted to the

hospital again. The haematoma became extremely painful for Reeba – much more than her pain at childbirth.

We trusted God and in His perfect plans for us. We made sure that these sufferings would not go in vain, and held it close to the Holy Cross for the souls in Purgatory. The doctors decided to give Reeba antibiotics and see how the infection would respond, but in a few days, it went from bad to worse causing Reeba profound pain and agony. Her blood pressure dropped very low, heart rate went up to 150 and she had extremely high temperature during the night. We all got very scared, and in our anguish cried out to the Lord. Our God is a loving God and He never forsakes us.

I kept asking God, 'what is happening?' and He kept on telling me right in my ear, "Be still and know that I am God" (Ps 46:10). The doctors decided to take Reeba to the theatre for surgery, and the infected pus was removed immediately. She was finally relieved from all the pain, but the wound was so deep that they said it would need three to four months to heal completely. We were still at the hospital, with Rose and Reeba's mother even a fortnight after the delivery. After all the antibiotics and medications, we finally got discharged on December 22nd.



Satan for sure wanted us to blame God for allowing these sufferings in our life, but we knew that this was an opportunity for us to get closer to God and we made good use of it

Relieved, we came back home and thought the worst was behind us. However, Reeba started having temperature spikes again on December 24th. We didn't know if this was because of another infection or because the first one hadn't subsided properly. We went back to the hospital again and Reeba was admitted once more for another round of antibiotics. Eventually we were discharged on the night of December 31st and praise be to God, she has felt much better since.

The wounds still need to be dressed every day until things get better, and it might take a good few months to fully recover. Yet, in and through all this, we thank and praise our Lord Jesus for holding us so close to His heart during all our struggles and trials. Satan for sure wanted us to blame God for allowing these sufferings in our life, but we knew that this was an opportunity for us to get closer to God and we made good use of it.

We also witnessed and received the selfless service of so many people around us during this time, in terms of prayers, food, support and transportation. We could really see God sending some wonderful doctors and nurses to take good care of us. Words cannot adequately explain the love and protection of God that we felt and experienced.

Often, we asked God why our baby's first Christmas was like this – without any celebration or good food or wishes from friends, or visits from any near and dear ones! We stayed home with baby Rose hardly for three days after her birth until the new year. I remember being on my knees on Christmas day asking Jesus all these questions and Jesus gave me a beautiful answer. He said "I want you all to spend this Christmas with me, you don't need anyone else, you don't need good food, you don't need any wishes from others – but ME and My grace is sufficient for you. Be with me in my presence for this Christmas". It filled our hearts with an overwhelming sense of joy and peace, even in the midst of all the sufferings we were going through. And I am sure, this Christmas was an experience for us – a true Christ experience.

"When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you." -Isaiah 43:2



Sminu Joseph and Reeba live in Manchester, UK and have been married for 5 years. Both Sminu and Reeba are very active in Jesus Youth UK, with Sminu currently serving as the UK North Region Coordinator.

SPECIAL FEATURE

SEVENTY TIMES SEVEN

Read the incredible story of Carmel, who's life is a testimony of God's healing love. When it comes to forgiveness, she applied the "seventy times seven" instruction in a most profound way in her personal life



I am a victim of sexual abuse within the Catholic Church. I was 16 and very, very innocent. I was the youngest of three daughters to a practicing Catholic family and attended an all-girls Catholic high school.

We loved to attend the younger set dances that were run by the Catholic Church. They were very well supervised. This particular night, after the dance, we all went for coffee and were discussing how we would get home. Usually my dad would come if necessary. The priest there found out that I lived near his Presbytery and offered to take me home.

Once in the car, he insisted on showing me the presbytery as it was a really lovely old building. Though I asked him to take me home, he drove to the presbytery. Once inside, he started telling me how beautiful I was, 'You are so beautiful, do you know how beautiful you are?' He then proceeded to sexually abuse me. I was completely powerless and felt

totally overwhelmed. All I could do was sob and ask him to take me home.

Once home, I remember weeping and looking in the mirror and saying, 'You are not beautiful, you are ugly!' I was so filled with self-hate and just wanted to die. I made a decision to never tell anyone and to push it down as deep as I could within me. I built a very high and deep wall around the hurt. And there it stayed for over 40 years till about eight years ago when my close friends from school had a get together. We were talking about the horrific things that had been reported about paedophile priests in Newcastle and I suddenly blurted it out. They were completely shocked and horrified. The priest who had sexually abused me was now dead.

News of this spread fast and I was approached by Fr Mulhearn, from Towards Healing (An organisation set up



by the church to support victims of abuse). He was my teacher, a friend, and had also officiated our marriage. He was deeply upset and asked forgiveness. He asked if there was anything that I wanted to do. At first, I said no, but after some thought and discussion I decided I would like to go to the grave and tell the perpetrator that he had no right to do those things to me.

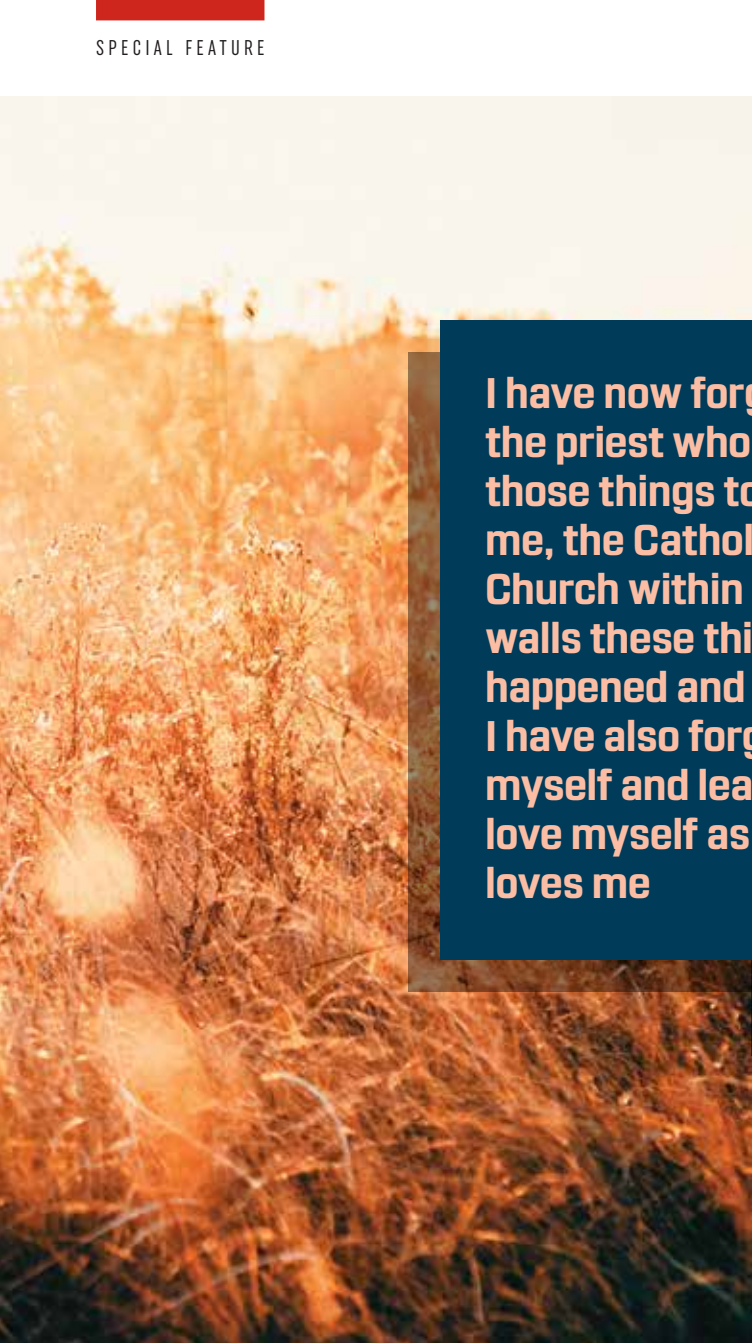
We arranged a date when my husband and I could travel from Canberra, where we now live, to Newcastle.

In the meantime, I was praying about it and contemplating what I would say. I had an image of the crucifixion and Jesus in his utter agony saying, 'Father forgive them.' This deeply impacted me. I then recalled Peter saying to Jesus 'How many times do we forgive, 7 times?' and Jesus answering, 'No 70x7.' I then recalled

the women caught in adultery who was thrown at Jesus's feet and Jesus saying, 'Let he who is without sin cast the first stone.'

I knew that Jesus was calling me to forgive. I made a small flag with 70x7 written on it. We travelled to the grave with Fr Mulhearn and I had asked him if I could have the Sacrament of the Sick at the grave. Once at the grave, I started to tell my perpetrator that he had no right to do these things to me. I was 16 and so innocent, He betrayed me and stole that innocence, and filled me with shame and self-hate. It was very emotional and cathartic.

I then said, 'I want you to know that I forgive you and I release you from my judgement. I said to Jesus that if he had been kept out of heaven because of this then could He now take him into heaven.' I placed my little flag with 70x7 written on it in a small vase that was on his grave. I had written all the negative emotions that I had experienced as a result of this abuse on a piece of paper and we set it on fire and scattered the ashes on his grave. Fr Mulhearn then administered the Sacrament of the Sick



I have now forgiven the priest who did those things to me, the Catholic Church within whose walls these things happened and now, I have also forgiven myself and learned to love myself as Jesus loves me

and as we said the 'Our Father', I fell into my husband's arms sobbing in pain and regret for how this had massively impacted our marriage. I asked him for forgiveness.

The next month, I attended the Share the Holy Spirit Conference in Sydney, where I received healing and deliverance. In the coming months and years, at various occasions, God continued to pour out his healing into my heart especially through the Eucharist and songs.

The following year at Pentecost Mass we were gathered around the altar after Mass kneeling when suddenly I felt this intense anger rising in me. I realised that this anger was directed against the church for what had happened to me. I went up to the Parish Priest after Mass and he agreed to talk to me. I explained everything, and he asked for forgiveness on behalf of the church. After a lot of tears and prayer I was able to forgive the church.

I had now forgiven the priest and the church.

During Lent, 2017, I heard a song on the radio called 'See

inside you're beautiful'. Suddenly I was very emotional as it was as though Father God was saying those words to me. 'You've built your walls so high that no one can climb them, but I'm gonna try. Will you let me see inside you're beautiful?'.

Then the following Friday night Mass, which is a healing Mass, the priest sang the words 'the greatest love of all is learning to love yourself.' He then talked about our need sometimes to forgive ourselves. I knew that I was being called to forgive myself and see myself as Father God saw me, His beautiful daughter, no longer ugly, no longer despised.

I received healing prayer for this. The following Sunday the Gospel was the story of Lazarus and as the priest said "Lazarus come forth!" Then, "Unbind him, let him go free." It was as if he was speaking those words to me. I was dead, and he was bringing me back to life.

In 2017, I travelled to Rome to celebrate 50 years of Charismatic Renewal in the Catholic church. We started our pilgrimage in Assisi with three days of prayer. There, I felt all the burial bandages come off me as had happened to Lazarus; I was washed in the living water flowing from the temple and from Jesus's heart. On Pentecost Sunday as 30,000 Charismatic Catholics from around the world celebrated Mass with Pope Francis, I had the deepest conviction that I was proud to be a Catholic.

I have now forgiven the priest who did those things to me, the Catholic Church within whose walls these things happened and now, I have also forgiven myself and learned to love myself as Jesus loves me.

I believe this is what needs to happen in the Church for us to emerge from the ashes of this shameful catastrophe within the Church. We need to be a people with a humble and contrite heart, asking our God for forgiveness and loving as Jesus loved, full of mercy. We need to forgive our church within whose walls these horrific things have happened, and we need to learn to love our church again.

Despite what happened to me, I can now proclaim that I love my Church and that I will stand for my church no matter what!

Then Peter came to Jesus and asked, "Lord how often shall my brother sin against me, and I forgive him, up to seven times?" Jesus said to him, "I do not say to you, up to seven times, but up to seventy times seven."

EXPERIENCE

SOWING THE SEEDS OF FAITH

Arun Sebastian shares about his Kairos journey; how a magazine proved to be a powerful tool of evangelization

It was 2018, and I had only one more year left in Trivandrum. It was at that time that I got the opportunity to lead Campus Meet 2018. Though it was very challenging, I couldn't resist taking it up for Christ. Even though we had to go through many hurdles, it ended up gracefully and we could see the faces of the participants lit up with joy.

But after this huge venture, a deep emptiness came over me. I wasn't satisfied having completed a major task and did not feel like I was now ready to rest. I was totally disturbed and wanted to do more for Christ before my studies and time in Trivandrum was over, and I wanted to do all that was possible within the short span. But whatever I did, what I wanted most was, that it should be sustained for a longer period. Even when I leave, it should help someone get closer to Christ. But I had no idea what to do.

It was at this point that I happened to call one of my friends who was shifting from Trivandrum to Thrissur, and during our call she said there were Jesus Youth in the new place where she was going and it was found by her parents who were in no way connected with the movement. They in fact got to know about it through Kairos Magazine where there was an

article about the prayer group in that place. She said her parents used to read Kairos and they got to know more about the movement and its beauty through it. Also, my friend added that it was through Kairos that she came to know about the movement first; it helped her to come closer to Christ.

Suddenly, it struck me. This is an opportunity for me to do something which can have a long-lasting impact. Until then, my attitude towards Kairos had been negative. I mostly took it only to see pictures. I personally didn't feel like it was benefitting me. But after our chat, I realised that even if I never read it and it was not benefitting me, it did not mean that it would never benefit others.

Thus, if we bought the magazine it could inspire and enrich others whether they be our friends, siblings, parents or teachers. I saw a huge possibility here. If we got these magazines into hostels it's reach would be huge and I felt it might help students in the hostels to get to know about Christ and Jesus Youth. I was convinced that this is a good evangelization tool and it can inspire anyone at any time. And I still remember a senior Jesus Youth asking me to get these magazines in all the hostels of

I believe it will be a light for many in the dark, and its results, though they can't always be measured, could create a huge impact especially among the youth





Trivandrum but at that time I didn't do it, as I wasn't convinced of the need of doing this. But now, I understood.

So, moving forward, I contacted Kairos team and they helped me out to do it really well. Later during December 2018, just before the Christmas vacation, I happened to get two days leave and decided to go to hostels in Trivandrum along with one of my friends in Jesus youth to talk about Kairos and get them to subscribe it. As we started our journey, we submitted every hostel to mother Mary before we entered to talk about Kairos to the respective persons there. Most of the hostels we entered were Catholic

hostels and they were very welcoming. We also used it as opportunity to talk about Jesus youth and the possibility of starting prayers groups there. It was a wonderful experience, as we could visit many hostels and interact with people and observe different responses about the magazine, Jesus Youth, the church etc.

Out of 15 hostels we visited, we were able to get subscriptions from 12 of them. This filled me with a deep joy as I could do something more for Him and I believe Kairos will make an impact on many in these hostels. God will do miracles through this.

Kairos is a huge opportunity for

Evangelization, especially now that it has come up in a new style which is more appealing to youth. Just as we sow seeds, we must sow Kairos wherever possible with prayer. I believe it will be a light for many in the dark, and its results, though they can't always be measured, could create a huge impact especially among the youth.



Arun Sebastian is a final year student at Government law college Trivandrum, India. He is actively involved in campus ministry and is a member of Kerala Campus Team.

Chandeliers

MODERN SAINTS

☼ St. Maria Goretti

By Sharrol Jose



Born: Oct 16, 1890

Died: July 6, 1902 (aged 11)

Feast: July 6

Maria Teresa Goretti was born on October 16, 1890 in Corinaldo, Italy to Luigi Goretti and Assunta Carlini. She was the third of seven children. When she was five, her farmworker father moved his family to Ferrier di Conca, near Anzio. They lived in a building, “La Cascina Antica,” which they shared with another family Giovanni Serenelli and his son, Alessandro. When her father died of malaria, Maria’s mother had to struggle to feed her children. While her mother and siblings worked in the fields, Maria would cook, sew, watch Teresa her youngest sister, and keep the house clean. It was a hard life, but they were very close and loved God.

On July 5, 1902, Maria was sitting

*Her concern
for her enemy
extending
even beyond
death - and
the miracle
her forgiveness
produced in
his life*

outside the steps of her home sewing Alessandro’s shirt while he threshed beans in the barnyard. Knowing she would be alone, Alessandro returned to the house, surprised her and grabbed her from her steps. When he tried to rape her, Maria cried that it was a mortal sin and warned he would go to hell. She fought desperately and kept screaming, “No! It is a sin! God does not want it!” He first choked her, but when she insisted she would rather die than submit to him, he stabbed her eleven times. When she attempted to reach the door, he stabbed her three more times then fled.

Maria’s family returned home and found her bleeding on the floor. They quickly took her to the nearest hospital in Nettuno, where she underwent surgery without anaesthesia. Unfortunately, her wounds were beyond doctors’ help. Halfway through the surgery, the surgeon told her, “Maria, think of me in Paradise.” She looked at him and said, “Well, who knows which of us is going to be there first?” The surgeon replied, “You, Maria.” She said, “Then I will think gladly of you.” She also mentioned concerns for her mother. The next day, Maria forgave Alessandro and said she wanted to see him in Heaven with her. She died that day while looking upon an image of the Virgin Mary and holding a cross to her chest.

Alessandro Serenelli was captured shortly after the attack. He admitted Maria was a physical virgin as he was unable to assault her. He also admitted he had attempted to persuade her to accompany him to bed on several occasions in the past and had attempted to rape her before. He was sentenced to thirty years in prison. He remained unrepentant and uncommunicative from the world for three years. He then had a dream in which Maria gave him lilies, which immediately burned in his hands. It was a turning point for him where grace entered his heart. From that point on, he lived a beautiful and



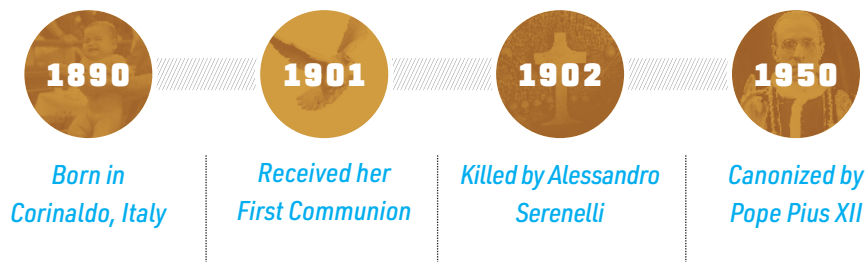
*Dear St. Maria Goretti,
little patron saint of chastity and
purity, please pray for us to keep
our thoughts and actions pure.
May we always think of God alone.
In this world today there are
many temptations. Please ask
God to send His protection and
wisdom to guide us and our friends
through every situation.
Amen.*

converted life of holiness, eventually becoming a Franciscan lay brother.

Maria was beatified on April 27, 1947 by Pope Pius XII in the presence of her mother Asuntha. On June 24, 1950, Pius XII canonized Maria as a saint. Assunta was present at the ceremony, along with her four remaining sons and daughters. Alessandro was also present at the ceremony to celebrate her canonization.

Saint Maria Goretti is a martyr because she fought against Alessandro's attempts at sexual sin; however, the most important aspects of her story are how she forgave her attacker - her concern for her enemy extending even beyond death - and the miracle her forgiveness produced in his life. She is the patron saint of chastity, rape victims, girls, youth, teenage girls, poverty, purity and forgiveness.

Quick Facts:



Alessandro Serenelli died on May 6, 1970 in the Capuchin convent of Macerata. He left the following testimony, dated May 5, 1961, as his legacy:

I'm nearly 80 years old. I'm about to depart.

Looking back at my past, I can see that in my early youth, I chose a bad path which led me to ruin myself.

My behaviour was influenced by print, mass-media and bad examples which are followed by the majority of young people without even thinking. And I did the same. I was not worried.

There were a lot of generous and devoted people who surrounded me, but I paid no attention to them because a violent force blinded me and pushed me toward a wrong way of life.

When I was 20 years-old, I committed a crime of passion. Now, that memory represents something horrible for me. Maria Goretti, now a Saint, was my good Angel, sent to me through Providence to guide and save me. I still have impressed upon my heart her words of rebuke and of pardon. She prayed for me, she interceded for her murderer. Thirty years of prison followed.

If I had been of age, I would have spent all my life in prison. I accepted to be condemned because it was my own fault.

Little Maria was really my light, my protectress; with her help, I behaved well during the 27 years of prison and tried to live honestly when I was again accepted among the members of society. The Brothers of St. Francis, Capuchins from Marche, welcomed me with angelic charity into their monastery as a brother, not as a servant. I've been living with their community for 24 years, and now I am serenely waiting to witness the vision of God, to hug my loved ones again, and to be next to my Guardian Angel and her dear mother, Assunta.

I hope this letter that I wrote can teach others the happy lesson of avoiding evil and of always following the right path, like little children. I feel that religion with its precepts is not something we can live without, but rather it is the real comfort, the real strength in life and the only safe way in every circumstance, even the most painful ones of life.

Newswatch



Jesus Youth Senior Leaders' Formation Course

The “Jesus Youth Senior Leaders’ Formation Course” was held at Niveditha, Ernakulam from February 28 to March 3, 2019. 77 senior leaders who have been journeying with the movement for more than 25 years came together to reflect and share on how “Christ may be formed in them”. They reflected on Personal Prayer, Word of God, Forgiveness, Inner Healing, Discipleship, Mission, and other relevant topics for a deeper relationship with HIM.

It was a time of joy and renewal for these participants, many of whom have been

with the movement since Jesus Youth’85. The presence of the pioneers, Fr Abraham Pallivathukal, Prof CC Alicekutty, Dr Edward Edezhath and Mr Baby Chacko was indeed a blessing. It was a time to reminisce as well as dream for the future of the movement. At the end of the program, His Grace Most Rev. Dr. Samuel Mar Irenios led the participants including 13 priests to take a formal commitment in the movement. This was a historical event in the movement as this was the first batch of Jesus Youth to take the formal commitment.



Jesus Youth Bahrain - 10th Anniversary

JESUS YOUTH BAHRAIN CELEBRATED A GRACE FILLED 10TH ANNIVERSARY OF THEIR PRESENCE IN THE KINGDOM OF BAHRAIN ON MARCH 9TH 2019.



Around 135 Jesus Youth came together to celebrate this great milestone. The gathering was graced by the Parish Priest of Sacred Heart Catholic Church Fr. Xavier Marian D'Souza and the Chaplin of Jesus Youth

Bahrain, Fr. Saji Thomas. The event started with a beautiful time of worship, followed by incredible dance performances by JY Kids, Teens and Youth. People took this momentous occasion to

look back at their journey with the movement, and shared some of their life changing experiences. Fr Xavier applauded the youth for their enthusiasm and commitment to the church. Fr Saji shared

his admiration for the missionary spirit and joyful presence of JY wherever they are present. The chant of "Every Jesus Youth is a Missionary" resounded in the halls as the day ended in great fervour and love.



JESUS YOUTH KUWAIT NATIONAL ASSEMBLY

The National Assembly was held on 25 Feb 2019 at Holy Family Cathedral and the assembly was attended by 166 elected members from all over Kuwait. The reconstitution for the 2019-'22 National Council was conducted and overseen by Mr. Shoy Thomas [JY International Coordinator]. The new National coordinator is Rajeev Chacko and Jiss Jose is the assistant coordinator.

SOUNDREPLY



MOVIE

PADDINGTON 2

Bear' fictional series written by Michael Bond. Everything that is good in the British society is anthropomorphised in Paddington Bear – he is kind, polite, patient, always cheerful, always helping and kind hearted – aka, he is quintessentially 'British', as Britain would want to see and portray herself.

Picking up the story where the original movie ended, Paddington Bear is now living happily with the Brown family, and with Aunt Lucy's hundredth birthday approaching, Paddington is looking for the perfect gift for her. He stumbles upon a unique pop-up book of London at Mr Gruber's antique shop, and as it was an unfulfilled dream of Aunt Lucy to someday visit London, Paddington sets on to make the money to buy this rather expensive one-of-a-kind book. Enter Phoenix Buchanan (masterfully played by Hugh Grant) – the narcissistic neighbour of the Brown's, a one-time famous actor now doing dog-food commercials, who longs and dreams of a return to the West End. Phoenix learns from Paddington about the

pop-up picture book and steals it as he believes it contains the clues to finding a long-lost secret treasure, which he hopes would help him relieve his financial struggles and relaunch his career. However Paddington witnesses the theft and in the ensuing scramble is arrested for the theft as the Police mistakenly believe that it was he who broke into the antique shop and stole the pop-up book. The Judge convicts and jails Paddington as the evidences are against him. Struggling to stay positive, Paddington meets and befriends Knuckles and some other convicts in prison, and the rest of the story narrates the struggles of Paddington and the Brown family to clear Paddington's name and nab Phoenix before it's too late.

Though there are bad things and bad people in the movie, interestingly there are no villains in Paddington 2. Even with all the bad things people end up doing, the movie also explores the goodness in each of them, whether it be Phoenix Buchanan or Knuckles McGinty. As Mr Brown says, "Paddington looks for the good in all of us and somehow finds it" and the movie does just that. Striking to note that even with all the atheism around, the world longs for his voice that says, "I have come to call not the righteous, but sinners to repentance" (Lk 5:32).

Paddington is an endearing and very much a feel-good movie. Like Paddington's mantra – "If we're kind and polite the world will be right", this is a movie that one can watch and come out with just that kind of a feeling – that well, somehow everything is going to be alright! And of course it would be, for "we know that in everything God works for good with those who love him, who are called according to his purpose." (Rom 8:28).

IF only 'being good' was a bit easier! In our heart of hearts, most of us want to be good – to be known as 'good people', yet as we grow out of our childhood entering into the hard grind of everyday life, shedding our innocence and childish naivety along the way, we soon realise the need to be shrewd and astute, lest we fall behind in a world that is fast-paced and highly competitive. Our world and our communities cherish success, and has no time to waste on them who have fallen by the wayside – the also-ran's. Conditioned as we are by our societies and communities, for most of us then, being successful becomes more important than being good.

'Paddington 2' (the sequel to the original Paddington movie), is an academy winning live-action animated film that is very much centred on the theme of goodness. Directed by Paul King, the movie is based on the famous 'Paddington

Even with all the bad things people end up doing, the movie also explores the goodness in each of them



REVIEW BY

Joseph

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

Nick & Liz

BY SHARON SIBY

LIZ: Hey what are you doing next weekend? Pat is having a Easter party. It'll be so cool. You wanna come?

NICK: Nah fam, I don't think I can. I have to go to church in the morning.

LIZ: Why? I mean it's just Easter, it's not even Christmas or anything.

NICK: Dude, Easter is so important, it's the day of Jesus's Resurrection.

LIZ: Is that important? I mean, didn't he do it again? Or was that ascension? Why is Easter so important?

NICK: Fam, first of all, no, they are not the same thing. But let me tell you the importance of Easter.

LIZ: Shoot.

NICK: Okay, according to the CCC para 638, "The Resurrection of Jesus is the crowning truth of our faith in Christ, a faith believed and lived as the central truth by the first Christian community; handed on as fundamental by Tradition; established by the documents of the New Testament; and preached as an essential part of the Paschal mystery along with the cross".

LIZ: So, what I'm getting is that the Resurrection is the cornerstone of Christianity? And dude is CCC the Catechism of the Catholic Church? I've heard about it but I don't really know what it's about.

NICK: Yeah, yeah, that's it! And yeah, dude it's a really good book to have cause you can look in it if you have any questions about our faith. The YOUCAT is also really good.

THE RESURRECTION OF JESUS IS THE CROWNING TRUTH OF OUR FAITH IN CHRIST

LIZ: Oh okay. Back to the topic of the Resurrection tho, how do you know that it actually happened? I mean like can you find the bones of Jesus like you can of some of the saints?

NICK: Nope, no, that's not it. First of all, you can't find the bones of Jesus on Earth because he ascended into Heaven and the Resurrection is a real event cause there are witnesses and it's historically verified. St. Paul talks about how Christ died for our sins and that he was buried and rose up on the third day. Jesus then appeared to the disciples in Cephas and to the apostles (CCC 639).

LIZ: So, they saw a ghost of Jesus?? Dude that is so creepy! I would have screamed and ran away if I saw that.

NICK: Dude what??? Of course, they didn't see a ghost of Jesus! He appeared to them in flesh. Don't you remember the story of St. Thomas?





Nick
&
Liz

LIZ: No fam. What happened?

NICK: Well, he was not with the other disciples when Jesus appeared and so when the other disciples told him that Jesus appeared, he said that he wouldn't believe it until he saw and felt the wound of Jesus.

LIZ: Man, he sounds like he really didn't believe them and was calling them out.

NICK: Yeah, he really didn't. But Jesus did appear again, and this time St. Thomas was with the other disciples and Jesus told St. Thomas to put his finger in his wound and told him "Because you have seen Me, have you believed? Blessed are they who did not see, and yet believed" (John 20:29).

LIZ: Ohhhhhh, so Jesus was really there!! Dude that's so cool. So, I get that Resurrection is important but why tho?

NICK: Well one of the big reasons why its so important is because through the Resurrection, Jesus liberates us from our sins. Through Resurrection, we are able to enter into the new life and it is the source of our future Resurrection (CCC 654-655).

LIZ: I get it, the Ascension of Jesus is really important.

NICK: No, we were talking about the Resurrection of Jesus.

LIZ: Aren't they the same thing?

NICK: Nope! They are two very different things. The Resurrection of Jesus is Jesus overcoming the bonds of death and corruption (CCC 657). The Ascension of Jesus is the entrance of Jesus' humanity into God's heavenly domain (CCC 665).

LIZ: Is that important too?

NICK: Of course, fam! The Ascension is Jesus being taken up to heaven and being seated at the right hand of God the Father. It shows that Jesus, as the head of the Church, precedes us, the members of the Church, to enter into the Kingdom of God. Through this we have hope of entering the Kingdom of God and being with Jesus. Entering into heaven, Jesus plays the role of the mediator and constantly intercedes for us and sends the Holy Spirit to guide us (CCC 666-667).

LIZ: I remember that part in the bible! Jesus tells the disciples that there are many rooms in his Father's house and so he will go and prepare a room for them (John 14: 2-3).

NICK: Yeah, exactly!

LIZ: Wow! I just realized the importance of this, I guess I'll have to skip the party. I have to go to church.

NICK: Great fam! See you there!

LIZ: Bye dude!

NICK: Bye!

THROUGH
RESURRECTION,
WE ARE ABLE TO
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RESURRECTION

Quiz Time

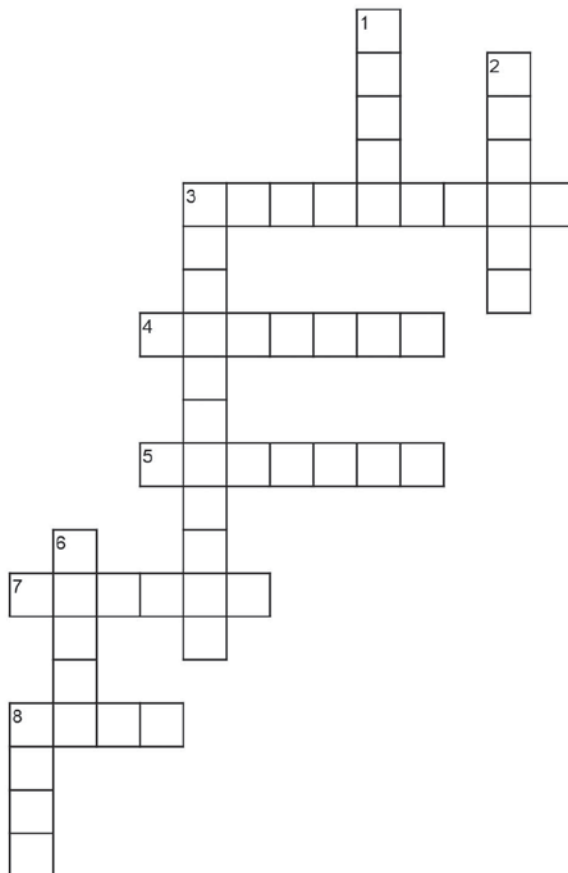


Mail your answers to quiztime@kairos.global before 30th April
The winner will be rewarded with 1 year subscription of Kairos Global

PART A

Identify the special Bible characters

1. About whom does God say to Satan, "There is no one on earth like him; he is blameless and upright, a man who fears God and shuns evil".
2. The Bible mentions that this person 'walked with God'.
3. He was a very humble man, more humble than anyone else on the face of the earth.
4. "I tell you, among those born of women there is no one greater than ____". Who is mentioned in this bible verse?
5. 'The Lord has sought a man after His own heart and appointed him ruler over His people'. Who is that man?
6. 'There has never been a day like it before or since, a day when the Lord listened to a human being'. Who is that human being?



PART B

Identify the saints based on the clues

ACROSS:

- 3 - Doctor of the church, counselor to two popes
- 4 - Parish priest of Ars
- 5 - Maternal grandfather of Jesus
- 7 - Lepers of Molokai
- 8 - Patroness of soldiers

DOWN:

- 1 - Volunteered to die during World war II
- 2 - Italian pediatrician
- 3 - Bearer of Christ
- 6 - Teenage saint, non-martyr
- 8 - Born Angelo Giuseppe Roncalli

ANSWERS TO QUIZTIME ISSUE 13

I. Prophets - Who or Which book?

1. Jonah 2. Obadiah 3. Micah 4. Elisha 5. Malachi 6. Isaiah
7. Jeremiah 8. Ezekiel 9. Daniel 10. Elijah

II. Miracles as per the order in which they appear in the Gospel of Luke

- 2-5-1-4-6-3



Easter

JESSA JAISON GEORGE SHARES HER THOUGHTS ON EASTER



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WHEN ONE THINKS OF EASTER, the Easter bunny, chocolate, candy, and eggs come to our mind. But I think there's a deeper meaning to all this.

Easter and Lent seasons are about how much Jesus loves us. The time we spend as Lent was the hardest part of Jesus's life. Jesus got crucified because he loved us so much and wanted us to go to heaven even if we were sinners. Someone so important, the only son of God, died for our dirty sins.

1st Peter 2:24 says: "And he himself bore our sins in his body on the cross". Jesus did it all out of LOVE.....

Easter Sunday....the day he rose again.....he conquered death and we got saved from our sins. He said in John 14:6 "I am the way, the truth and the life" He made a way for us to him through his death and resurrection. We know he lives because in Job 19:25 it says: "I know that my redeemer lives" and Matthew 28:6 it says: "He is risen."

Jesus did all of this for us and we can never thank him enough for what he has done for us. We can start by doing little deeds of kindness like helping out around the house, giving to the poor, sharing and praying for others.



Jessa Jaison George is a 10 year old from Texas, USA. Very caring, loving and a strong sister to her 3 brothers, She loves to read, bake and spend time with her family. Jessa wants to be a scientist.

QUIZ

DO YOU KNOW

- 1** What was the name of the hill where they crucified Jesus?
- 2** What animal did Jesus ride on when he entered Jerusalem the week before his death?
- 3** Easter celebrates the resurrection of Jesus Christ. How many days after his crucifixion did Jesus rise?
- 4** Who was the first person to see the risen Christ?
- 5** What kind of cloth was used to wrap the body of Jesus?
- 6** How many angels were guarding the sepulcher?
- 7** What did Jesus say just before he died?
- 8** The rising from the dead has a special name. What is it?

Did you get all the answers? Send them to editor@kairos.global before 30th April 2019 with your name & age and place. The names of all those under 12 who got correct answers will be published here.

ENLIGHTEN CAT YOUTH



Enlighten Cat Youth is a project distributing Kairos Global magazine free to all middle and high school catechism students through catechism classes on Sundays every month. Currently we are distributing Kairos to 1300 catechism students in 10 parishes in USA. This project is sustained by sponsors in each parish. Most of the sponsors (JY Families, Catechism teachers, Parish members, Parish leaders, etc) donate \$50/month for this project through our auto payment system. Through this project Kairos Global can reach every family in your parish!!

HOW CAN YOU DO IT IN YOUR PARISH?



1. Discuss this project with your Parish Priest by gifting Kairos Global and get permission to distribute the magazine to all middle school and high school students.
2. Get total count of students from Catechism coordinator and calculate total cost for the project for your parish (Kairos Media will give discounted rate for this project).
3. Identify few Sponsors from your parish who can donate a small amount every month to meet total cost of this project.
5. Identify a point of contact for your parish (Parish POC) to distribute the magazine every month.
6. Contact Sanish Abraham, Circulation Manager, Kairos office with total counts, payment information and address of Parish POC. (Sanish Abraham - +91 6238105775)





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