

KADROS

GLOBAL

PRIVATE
CIRCULATION
ONLY

ALSO ↓

LESSONS FROM
MINISTRY

■ SHERIN ALEXANDER

**Dreaming
with God**

■ BEENA MANOJ



*Feminine
Genius*

JISMY JUDATHADEVUS



MARY MY BELOVED MOTHER



O Mary, you are the new Eve whose Fiat brought forth Jesus Christ, our Lord and Saviour, intercede for us your daughters that following your example, we may attain joy and fulfilment in our lives, blossoming into the fullness of beauty and love to which our loving Lord has called us, by fully surrendering to His plans.

EDITOR'S ROOM

DR. CHACKOCHAN J NJAVALLIL

 @readkairos



IT IS VERY CLEAR THAT WOMEN WERE PLAYING A VERY SIGNIFICANT ROLE AMONG THE 'CHOSEN PEOPLE OF GOD'

WOMEN IN MINISTRY

There are three books in the Bible with women's names. They are the book of Ruth, Esther and Judith. I was always fascinated, though not sure about the reason, with the stories of these dynamic women. There are also other notable women described in the Old Testament including the mother of the seven sons who were tortured and killed by the terrible king in the book of Maccabees.

When we go through the letters of St Paul, we will come across a St Paul who is speaking positively about a number of women and it seems that nobody else has done it in such a magnitude. From all these it is very clear that women were playing a very significant role among the 'chosen people of God' both during Old Testament times and in New Testament periods.

God has created men and women as equal. In my association with youth ministry for the last 35 years, I had the privilege to work and associate with numerous women leaders. Without any doubt and apprehension I have to admit that I am supported, motivated, encouraged, challenged, corrected and inspired by many of them. Some of them continue to be powerful leaders and influencers in the ministry.

There are a few women leaders who are celebrated and appreciated in the ministry, church and Society. In this issue of Kairos Global we are also making an attempt to look at the contributions from women. We are aware and admit that there are thousands of others who never get noticed and acknowledged. Many men are active and contributing in the ministry and church. The major reason for their availability and involvement is the sacrifices made by women. From Kairos Global, this is a humble attempt to encourage and appreciate all women who are contributing to the building of the ministry, church and society. Today's world realities are demanding a large number of leaders who have faith, are rooted in values and principles, from among both men and women. Of course, it is a challenging and demanding requirement but the world is in need of it.

John 12:24 Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.



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Our Lady of
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steadfast love



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 There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female; for you are all one in Christ Jesus. Gal 3:28

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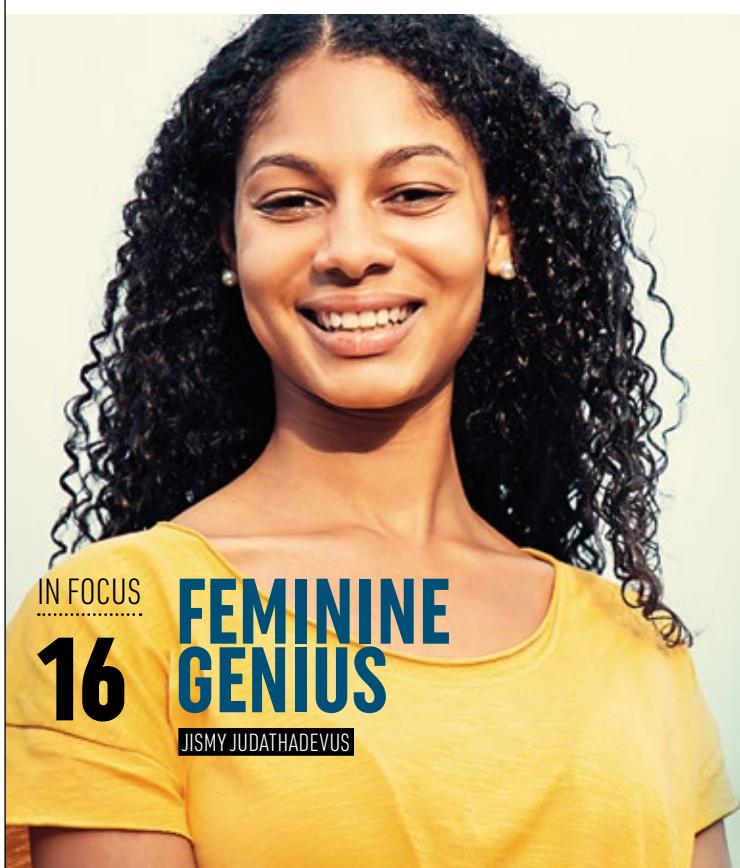
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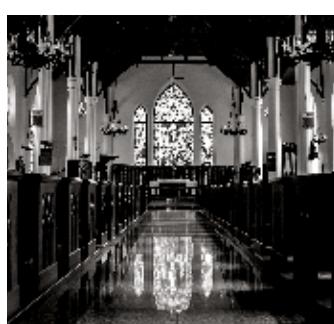
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ASK

FR. BITAJU



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

Q. If God already loves us unconditionally, why are trials and tribulations put in place in order to go back to Him?

REMYA PRAKASH / EDINBURG, TX

It is a great question and I believe that some clarity on God's unconditional love, Christian meaning of suffering, and chastisement or discipline as God's call to return to his amazing love will help us to explore this question further. In his apostolic letter *Savifici Doloris* (SD 1984), St. John Paul II explored beautifully the Christian meaning of human suffering. Suffering in one form or other is part of human existence. Human beings suffer in a number of ways: physically, socially, psychologically and spiritually. Therefore, trials and tribulations in life naturally lead to questions such as, 'why do I suffer?' 'Why do others suffer' and 'Is there any meaning to suffering'?

The profound meaning of suffering can be discovered only in the light of the revelation of divine love. For love is the fullest source of the answer to the question of the meaning of suffering. This answer God gave to man in the cross of Jesus Christ (SD 13). 'For God so loved the world that he gave his only Son' (Jn 3:16). Furthermore, 'God shows his love for us in the fact that while we were yet sinners, Christ died for us' (Rom 5:8).

A deeper reflection help us to understand that suffering is present in order to 'unleash love in the human person'. In a certain sense we can say that 'man owes to suffering that unselfish love which stirs in his heart and actions' (SD 29). Though suffering has a meaning as punishment when it is connected with a fault (e.g. laziness leads to lack of achievement or smoking leads to

lung diseases), it is not true that all suffering is the result of faults or has the nature of a punishment (SD 11). Old Testament gives us the example of Job the just man, and in the New Testament, Christ teaches the same truth by his suffering and death on the Cross.

The Christian approach to the problem of pain and suffering has always been one of compassionate efforts to alleviate human suffering through charitable works. The parable of Good Samaritan (Lk 10:25-37) and the passage on final judgement (Mt 25:34-35) are powerful examples.

The truth of God's unconditional love for his people is that it continues for eternity, for it comes from God's loving nature. But sin entered the scene requiring Father's corrective mode. Chastisement is seen as serving a greater purpose and therefore it is good and necessary. "For those whom the Lord loves He disciplines, and He scourges every son whom he receives" (Heb 12:4-6). God's disciplining is a call to return to His love. God safeguards his relationship with his children by chastisement. In other words he loves us enough to chastise us even if it hurts! Because the preservation of the relationship is more important than the temporary pain. The Bible presents us with the same eternal and unconditional love of God using the necessary discipline to preserve and bless his ongoing relationship with his people. God did not design us for suffering but for joy; he did not design us for death but for life.



YOUCAT 257

IS IT Demeaning to women that only men may receive the sacrament of holy orders?

The rule that only men may receive Holy Orders in no way demeans women. In God's sight, man and woman have the same dignity, but they have different duties and CHARISMS. The Church sees herself as bound by the fact that Jesus chose men exclusively to be present at the Last Supper for the institution of the priesthood. Pope John Paul II declared in 1994 "that the Church has no authority whatsoever to confer priestly ordination on women and that this judgment is to be definitively held by all the Church's faithful".

Like no one else in antiquity, Jesus provocatively affirmed the value of women, bestowed his friendship on them, and protected them. Women were among his followers, and Jesus highly valued their faith. Moreover, the first witness to the Resurrection was a woman...



POPE talk...

Dr. Kochurani Joseph
Cochin, India



Jesus taught in parables, stories taken from everyday life.

Human beings are storytellers. From childhood we hunger for stories just as we hunger for food. Sacred Scripture is a Story of stories. It shows us from the very beginning, a God who is both creator and narrator. The Bible is the great love story between God and humanity. Every generation should memorize the most significant episodes recounted in Sacred Scripture to better communicate its meaning as we read "That you may tell your children and grandchildren" (Ex 10:2). We need wisdom to welcome true stories and courage to reject false and evil stories.

The beatitudes should be considered "a Christian's identity card"

Inaugurating a new cycle of catechesis dedicated to the Beatitudes, Pope Francis reflects on Jesus' invitation to conduct a life of humility, poverty and mercy. Jesus taught the Beatitudes as a part of his "Sermon on the Mount," adding that the mountain is an allusion to Sinai, where God gave Moses the Ten Commandments. The beatitudes should be a defining feature of a

Christian's identity because they reveal the face of Jesus himself. There are eight beatitudes. It would be nice to learn them by heart to repeat them, to have precisely in mind and heart, this law that Jesus gave us. The beatitudes are a message for all of humanity.

Jesus does not impose anything, but reveals the path to happiness

Christian doctrine is not a rigid and closed system in itself, but neither is it an ideology that changes with the passing of the seasons; it is a dynamic reality which, remaining faithful to its foundation, is renewed from generation to generation and is summed up in a face, a body and a name: the Risen Jesus Christ.

We are blessed not by our present situation, but rather by the new condition that is ours by God's grace to a secure path to happiness that the Lord proposes to us.

The power of God's word can never be chained

Luke ends the Book of Acts not with Paul's martyrdom but by describing his tireless proclamation of the Gospel, showing the power of God's word which can never be

PRAYER INTENTIONS FOR MARCH

CATHOLICS IN CHINA

We pray that the Church in China may persevere in its faithfulness to the Gospel and grow in unity.

chained. Despite his condition as a prisoner Paul could meet with notable Jews to explain why he was forced to appeal to Caesar and to speak to them about the kingdom of God. He tries to convince them about Jesus, starting from the Scriptures and showing the continuity between the newness of Christ and the 'hope of Israel'.

Civilized society recognizes the value of human life

Warning of the modern tendency to judge human life on the basis of utility rather than dignity, Pope Francis urged the need to protect the lives of the smallest and most vulnerable. Human life is increasingly evaluated on the basis of its efficiency and usefulness, to the point of considering 'rejected lives' or 'unworthy lives' as those which do not meet this criterion. Human life, because of its eternal destination, retains all its value and dignity in all conditions, including precariousness and fragility, and as such is always worthy of the utmost consideration.

Pope Francis says...

- Even if Church is persecuted, it never tires of announcing God's love.
- Keep a Bible close to you for daily inspiration.
- The dignity of each person imposes a duty to never abandon anyone.
- Every human story has an irrepressible dignity.
- To follow Jesus, mere good works are not enough; we have to listen daily to his call.
- Parents need not to worry if their children cry at Mass. It is a beautiful homily

JESUS YOUTH



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

Normal Christian Life - be ordinary, but with a difference - 3

→ The 'First Line' group used to gather at Snehanilayam, near Ernakulam city. Every month about two dozen of us - young and not so young from different parts of Kerala, would come together for some joyful fellowship and mutual edification. After the weekend we would go back with ideas and plans for animating the youth groups we belonged to.

Those were the days when Charismatic Renewal was fast spreading, and many new 'preachers' were emerging on the horizon. Many of them had their 'holy airs', and very serious and solemn in all that they did. In their dressing and in the way they spoke and related with the others, these spiritual leaders showed some marked difference. But our First Line group was a veritable 'leveller', making many pompous ones into smiling and playful normal people. Ever since, the movement has placed a healthy emphasis on appearing normal, ordinary and simple - yet having depth and difference.

THREE: USING CHARISMS, YET BEING NORMAL

"In praying in tongues, there is a kindergarten level, primary stage, secondary stage and high school level," Fr Marcelino used to instruct us. For those of us who were active in the

late 1970's, he used to be an attentive mentor and teacher. During most of our gatherings he would organize a quick practice session for praying and singing in the Spirit: "those of you who want to pray in tongues, please gather in the chapel during the next tea-break", he would announce. And there along with some of us, Father would introduce youth to this simple and joyful form of praying from the heart in any sound or songs that the Spirit gave.

People often get introduced to praying and singing in Spirit at Charismatic Retreats, and continue using this gift in personal life and in groups. Father used to tell us that when you listen to people praying you can easily understand if they are at the initial levels of using this gift or have progressed in maturity. Early in their walk, they would be quite noisy and often irritating for the listeners. But if properly guided this gift can grow into a very joyful and pleasing prayer from, helping many to sing in a melodious and enjoyable way. This is all about 'making a joyful noise to the Lord' (Ps 98:4; 100:1; 66:1, etc.), because our 'God is not a God of confusion' (1 Cor 14:33)

My experience is, this growth continuum and evolving into a joyful pattern is true not only of the charism of tongues, but of every other charism. 'Charism' literally means a gift, here

it means a 'gift' or ability one receives from the Holy Spirit. With the coming of Charismatic Renewal there was the rise and popularity of many gifts of the Spirit, which are very often mentioned in the Bible (1 Cor 12, 14; Rom 12; Eph 4:7-12; etc.) and seen in the life of many saints. So, in Charismatic circles we hear of gifts of physical healing, emotional healing, receiving messages through prophesies or visions, gifts of knowledge and discernment, gift of tongues and so on.

When a person first comes and witnesses these gifts in operation, he or she is often quite baffled and is touched by certain of its external aspects. So, in the initial phases of using these charisms people become quite showy. 'An empty vessel makes the most noise'. Gradually they come to realize that for the Spirit to work we needn't put in too much of an external show, instead we bear the fruits of the spirit (Gal 5:22), being gentle and pleasing as 'still waters run deep'. Over the years in the Charismatic Renewal I have seen many experienced leaders praying for healing in a gentle and joyful way and people getting deeply moved and healed.

AIM FOR A HAPPY BALANCE

"You all are charismatic leaders, yet quite simple and normal," this priest told us during lunch break, "you are



Using of charisms is essential for a Jesus Youth to be in tune with God's plan and carry out the divine task of building His Kingdom.

committed, yet not crazy". We were at this recording studio for three days and this priest in charge of the centre was closely observing us. First, he was criticizing some aspects of the Charismatic renewal, but then we didn't react. Slowly many of us were sharing about what each of us was doing by way of Christian witness and on the third day he turned into a good friend of Jesus Youth.

Father's main difficulty with the Renewal was about the showy and quite shallow way of prayer and using gifts. Hearing his positive remarks, I was wondering if I should feel happy or sad. If he means that we are not using the Charismatic gifts, then it is very bad; but if his reference is aimed at a balanced, humble and joyful Charismatic Spirituality, then it is very positive.

Spirit gifted charisms are vital for Christian mission. As Second Vatical Council states, "he also distributes special graces among the faithful of every rank. By these gifts he makes them fit and ready to undertake various tasks and offices for the renewal and

building up of the Church" (Lumen Gentium, 12). Using of charisms is essential for a Jesus Youth to be in tune with God's plan and carry out the divine task of building His Kingdom. Or else we would be just doing some worldly project. But the same document urges for a balance, "Extraordinary gifts are not to be rashly desired, nor is it from them that the fruits of apostolic labours are to be presumptuously expected."

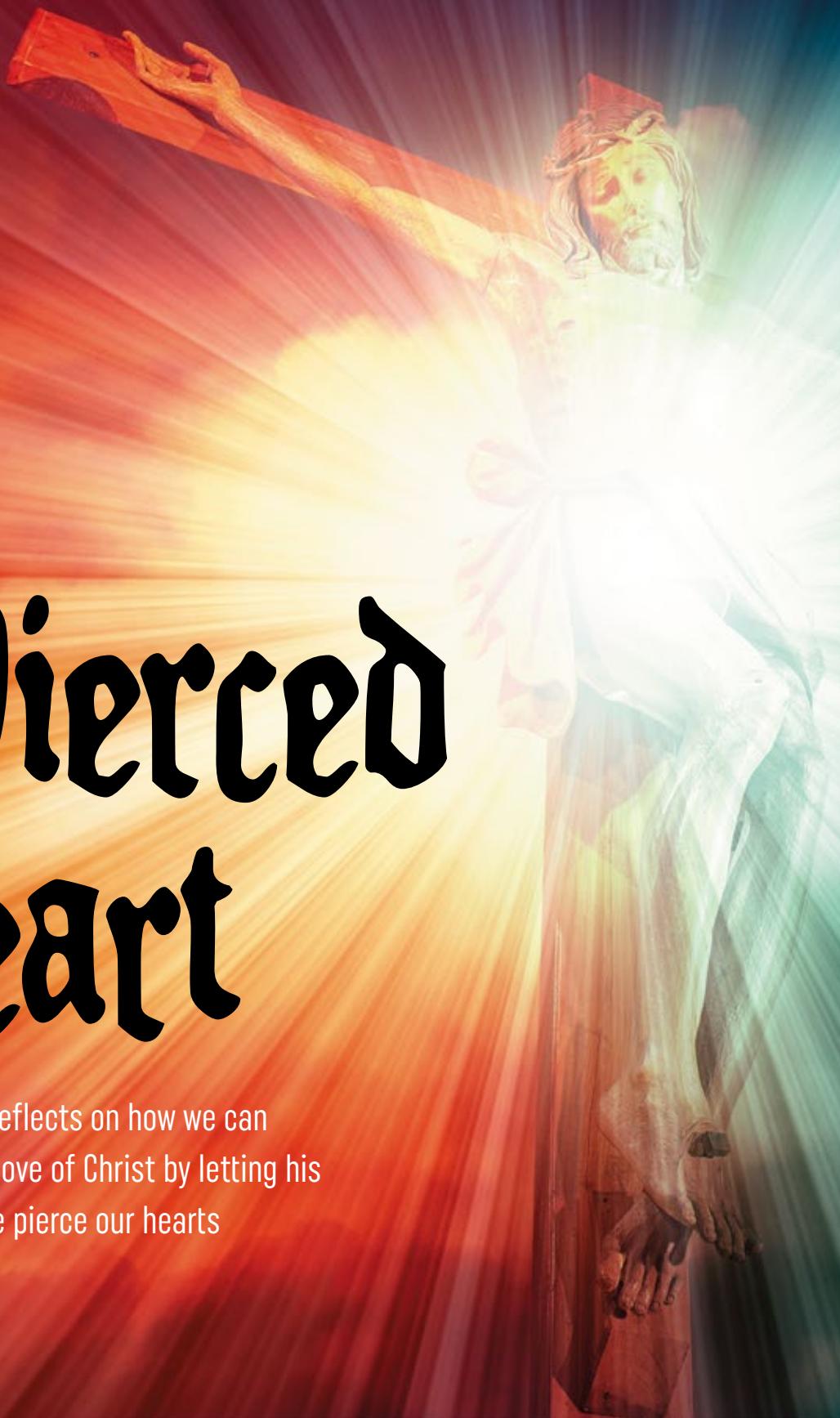
In his humorous way, Fr Marcelino would say, "I never realized, there is chapter 13 in between 12 and 14". The latter two chapters of the First Corinthians talks a lot about charisms, but the in-between 13 is all about love and charity. Surely, forget not the use of the wonderful gifts of the Spirit, but using them in a humble, normal and joyful manner should be the test of maturity in Jesus Youth movement. ■

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

ENGAGE

Pierced heart

Anil Israel reflects on how we can
imitate the love of Christ by letting his
lance of love pierce our hearts



Pondering over the price paid on Calvary to redeem us, I realised that the ‘piercing of the heart’ was essential to fulfilling God’s plan of salvation. It even prompted the centurion to proclaim, “surely this man was the Son of God!” (Mk 15:39).

Over the years, we may have gone through several seasons of Lent and prayed the Stations of the Cross innumerable times. We might have felt sad that Jesus had to endure not only the piercing of the nails but also the piercing of the lance. It pains at times to realise that in spite of our repeated resolutions to turn away from sin, due to our fragile nature, we find ourselves once again in the sludge of sin which we resolved never to return to.

Only when we experience this ‘piercing of the heart’ ourselves, can our lives truly be transformed. It could be a glance of Christ, like Peter saw after his denial, that made him “weep bitterly” (Lk 22:62). It could be a scripture verse, as in the lives of saints like St. Augustine, St. Anthony of Egypt or St. Francis of Assisi, which helped them to shed their former self. This ‘piercing of the heart’ has got the capacity to bring about a total transformation of our soul – a radical reorientation of our life.

But this is the Lord’s doing. It is all his grace and mercy. We must only put ourselves at the receiving end. We only need be open and willing to embrace this ‘lance of love’. Love changes everything. Love will never let us be the same. How often do we allow ourselves to be at the receiving end of grace? How often do we choose to submerge ourselves in the unfathomable ocean of his mercy? We ought to thirst frequently to embrace his ‘touch of love’.

Baptism makes us a child of God. A heart ‘pierced with love’, helps us to live as a true child of God. Only after a conversion of the heart can we follow our crucified Master. Only after encountering the love on the cross with arms open wide, can we be willing to abandon our lives to do his Will. Only out of sheer love for him, can we embrace trials without grumbling, endure wrongs patiently and let go of the selfishness we have been clinging on to for so long. Only when we

allow our brokenness to crumble, like the grain of wheat that chooses to die to self, can we start living by faith and begin the journey to eternity; for “faith is already the beginning of eternal life” (CCC 163).

When we allow ourselves to be drenched in his love, we allow love to take over our lives. When we allow love to reign in our hearts, we allow God to reign in our lives for “God is love” (1 John 4:8). When we let our thirst for love be quenched by the living waters of the wellspring of life, then we start living a life for him who gave his all for us. When we choose to be crucified with Christ, then it is no longer we who live but Christ who lives in us (Gal 2:20).

The life of a Christian is a call to be crucified with our divine saviour; to “love until it hurts for [then] there can be no more hurt, only more love” (Daphne Rae). Then, we too can become an instrument of his love – a channel to let his grace flow through. To let our hearts be pierced, is choosing to be his love. When I choose not to satisfy my selfish desires, I choose to let go of my distorted love of self and embrace the ‘lance of love’, thereby opting to be a victim of love and allowing his love to flow through my heart, pierced out of love for him.

As we reflect on the pierced heart of Jesus, may we pray for the grace to humble ourselves. May the grace that flows from the cross on Calvary compel us to deny ourselves and carry the crosses sent our way. Let us decide daily to let go of our selfish love and live lives of selfless love. May his crown of thorns remind us that sacrifices ought to be embraced lovingly. May his arms open wide teach us that the measure of true love is love without measure. May his pierced side teach us to be willing to empty ourselves to pour out his unconditional love unceasingly on our aching mankind. May we be Christ to a world thirsting for love.



In one of the scenes from the movie ‘The Passion of the Christ’, ‘a soldier pierces Jesus’ side with a spear, bringing a sudden flow of blood and water’ (In 19:34), fulfilling the Old Testament prophesy “they will look upon him whom they have pierced” (Zech 12:10). This piercing of the heart opened the floodgates of Mercy for mankind.

In the Divine Mercy chaplet, we pray, “O Blood and Water, which gushed forth from the Heart of Jesus as a ‘fountain of mercy’ for us, I trust in You” (Diary, 84). Jesus revealed to St. Faustina about the light emanating from his heart, that “the two rays denote Blood and Water. The pale ray stands for the Water which makes souls righteous. The red ray stands for the Blood which is the life of souls. These two rays issued forth from the depths of My tender mercy when My agonised Heart was opened by a lance on the Cross” (Diary, 299).



Anil Israel is a computer engineer by profession living 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 of Germany.

ENCOUNTER



DREAMING WITH GOD

*Looking through the prism
of her own life, Beena Manoj
lovingly encourages young
people to seek God's big
dreams for them.*

“ **I** have a dream, a song to sing...” So began a song by ABBA, a pop group that was the rage when I was in school. It was a song I could sing from my heart and I won several prizes singing this song. As a schoolgirl I had two dreams - one to become a singer, touring the world with a huge fan following and another to become a doctor. The first of these sprang from my heart and was my greatest desire; the second dream was my father's, and I made it my own for the simple reason that I liked the sound of the title 'Doctor' before my name!

Having dreams and being hopeful is good and necessary. But very often it puts pressure on young people and can lead to frustration, disappointment and even despair when long cherished and deeply desired dreams are not realised. And that's exactly what happened to me when I failed the medical entrance

examinations and had to live a life devoid of the music I so loved for much of my college life. And then one day as a second year undergraduate student, I stopped dreaming altogether! It was not out of a sense of hopelessness or despair, though. It was from a deep conviction that I gained following a retreat, that God was truly alive and able to act in my life and that He had created me out of love and for a great purpose - that He had BIG DREAMS for me: "plans to prosper [me] and not to harm [me], to give [me] a future and a hope" (Jeremiah 29:11).

It's now close to 30 years since I made it my life's mission to live out God's dream for me by seeking His will and guidance in every step I take and every decision I make and to go wherever he leads me, always listening for His voice. Looking back on my journey as a Jesus Youth in these 3 decades, I realise how much this movement, which has drawn me close to the heart of the Church, has helped shape my identity as a woman. Stepping gingerly into the unknown waters of Jesus Youth as a young student in college, I was swept away by the current, soon to find myself confidently riding the waves. Such was the liberation and empowerment I experienced as the movement reached out to embrace me, giving me space to grow, the sunshine of fellowship to warm my heart and opportunities galore to put my talents to good use. Across the years, it has also given direction to the way I live out my vocation as wife, as mother and as teacher. It is my journey with Jesus in the Jesus Youth movement that has taught me what it means to be a woman and how to nurture life at home, on the job or in the culture.

The six pillars, is what kept me rooted in Christ and His church. And if it were not for Jesus Youth I might never have adopted an evangelistic lifestyle which is a hallmark of the movement. The prayer meetings, cell groups, fellowship gatherings and programmes in the early years instilled in me a great desire to witness to my faith and lead people to a personal encounter with God particularly in my workplace. I was convinced from the time I started out, that teaching was a vocation and not merely a profession - that this was something God had called me to; that each student was entrusted to me in a special way. In fact my Principal told me even as she handed me my appointment letter that she was placing the spiritual well-being of the college in my hands - a big mandate for a junior lecturer - one that I've tried to live out in all my years at St. Teresa's College. Not only has the Lord used me and given me ever so many opportunities to reach out to my students, he has also enabled me to see it bearing fruit in their lives. Often I am astounded by the testimony of students when they come to see me - sometimes several years after their graduation. It is amazing how God uses



**WHEN I SET ASIDE
MY DREAMS FOR
HIS, AND TOOK
DELIGHT IN DOING
HIS WILL, HE MADE
MY LITTLE DREAMS
PART OF HIS OWN
BIG DREAM FOR ME.**

Jesus You

our words and deeds whether big or small to transform lives. As St Paul says, "We are Christ's ambassadors, as though God were making his appeal through us." (2 Cor. 5:20)

So, then, what became of my dreams as a young girl? Truly, I can only stand in awesome wonder before the greatness of God's goodness and mercy. As the lead singer of Rexband I have toured 20 countries, sung before thousands of youth from across the world at 6 World Youth Days and even sung before our dear Saint - John Paul II! As for my second dream, I was the a University topper for BA and MA, got a job in St Teresa's College where I'm still teaching as the Head of the Department of English; and with the conferring of a Doctoral degree in English Literature, I also got the title

'Doctor'! God is ever loving, ever giving, ever faithful. When I set aside my dreams for His, and took delight in doing His will, He made my little dreams part of His own big dream for me. And am I glad I stopped dreaming and decided to seek out God's dream for me! For His dream is way bigger than mine and far more beautiful - with plenty of space to accommodate even my smallest desires. And when at times the going gets tough, as when I lost my first baby, or challenges threaten to crush me, I remind myself to pray: "Lord, in Your will alone is my peace".

So I would encourage all the youth, particularly young women, to simply go ahead and do as the psalmist says: "Delight in the Lord, and He will give you the desires of your heart. Commit your ways to the Lord; trust in Him and He will bless your plans" (Ps 37: 4,5). ■



Dr. Beena Manoj, a Jesus Youth from her college days, is currently the Head of the Department of English, St Teresa's College, Cochin, India. She is a lead singer of Rex Band and lives in Cochin, India with her husband Manoj Sunny and two sons.

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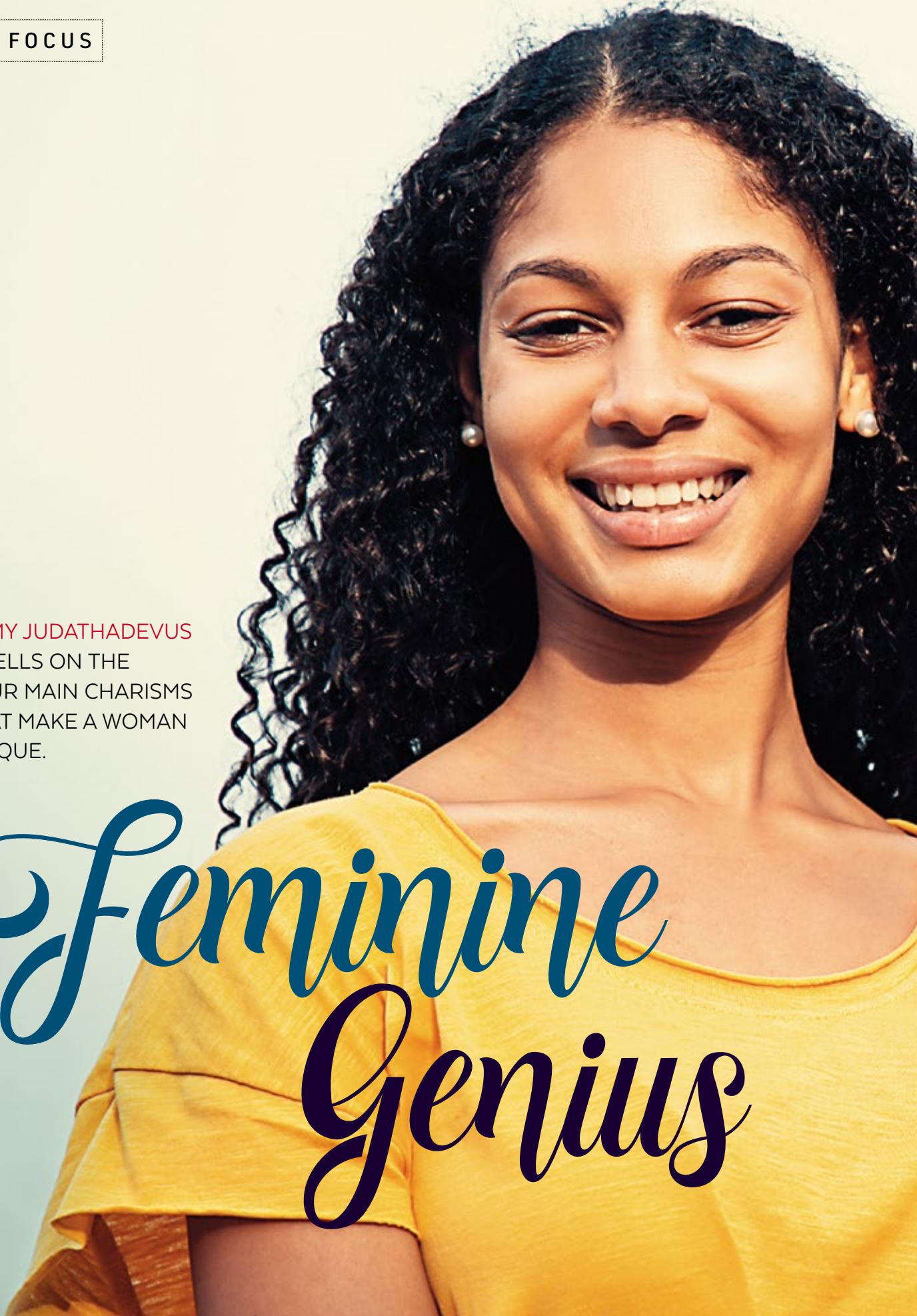
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IN FOCUS

JISMY JUDATHADEVUS
DWELLS ON THE
FOUR MAIN CHARISMS
THAT MAKE A WOMAN
UNIQUE.

Feminine Genius



It was during a young women's road trip that I first came across this term- 'Feminine genius'. We were having a picnic by York Cathedral, when an elder surprised us with roses she brought for each one of us. "I want to remind each one of you that you are beautiful, and you are valued for who you are. Your dignity as a woman is not defined by what you do but by just 'being'", she said. Deeply moved and amazed at the same time, I remember just sitting there looking at that rose she gave me.

"Thank you, every woman, for the simple fact of being a woman"! St. John Paul II writes in his letter to women, written in 1995. He emphasizes the unique gifts and potential of womanhood, the 'Feminine Genius!'. In today's culture, true femininity is often misunderstood as being weak if it is not in competition with masculinity. A woman's feminine genius is unique and indispensable to the society and to the church. Although there are various qualities to the feminine genius, the main four aspects are receptivity, sensitivity, generosity and maternity.

RECEPTIVITY:

Receptivity is at the heart of feminine genius. It is not passive, but actively saying yes to the gifts of life and love. It is about receiving the love of God and understanding that our dignity as a woman is rooted in our identity as a daughter of God. Receiving this gift of love needs trust in the giver and belief that he is good. Our Blessed Mother, the woman who first received the son of God, is the perfect example that receptivity is not passive but an expression of cooperation with God.

SENSITIVITY:

Sensitivity is the ability to see and understand the needs of others. Women tend to be more intuitive and attentive. In the Gospels we find women who show a special sensitivity to Christ and his mission. Not only are they present at the foot of the cross, but they are also the first at the tomb at the dawn of the resurrection.

Sensitivity is not an emotional weakness, but comes from a heart that is willing to shift focus from oneself and is attentive to the deeper needs of others. St. John Paul II says that "our time awaits the manifestation of that "genius" which belongs to women, and which can ensure sensitivity for human beings in every circumstance: because they are human! - and because "the greatest of these is love" (1 Cor 13:13)". A woman's sensitivity results in a response of love and lends itself to generosity

GENEROSITY:

In Mulierius Dignitatum St. John Paul II wrote, "A woman's dignity is closely connected with the love which she receives by the very reason of her femininity; it is likewise connected with the love which she gives in return." "Freely you have received, freely give" (Mathew 10:8). If we are able to receive the generosity of the Lord and acknowledge it in our life, we are able to give more freely. Generosity places great value and dignity on the human person, which is founded in the conviction of one's own dignity in God. In giving themselves to others each day, making a gift of herself, women fulfil their deepest vocation.

"THANK YOU, EVERY WOMAN, FOR THE SIMPLE FACT OF BEING A WOMAN"! ST. JOHN PAUL II WRITES IN HIS LETTER TO WOMEN, WRITTEN IN 1995

MATERNITY:

Nothing demonstrates generosity more fully than maternity (both physical and spiritual). Women have the incredible gift of being life bearers, both in spirit and body. St. John Paul II writes, "God entrusts the human being to her in a special way. Of course, God entrusts every human being to each other human being. But this entrusting concerns women in a special way - precisely by reason of their femininity."

The other aspects of the Feminine Genius- Receptivity, sensitivity and generosity, all take tangible forms in the beauty of maternity. St Teresa Benedicta of the Cross expresses the beauty of spiritual motherhood- "The woman's soul is fashioned to be shelter in which other souls may unfold.". What an incredible gift!

Regardless of the vocation, each woman possesses the feminine genius and is called to live this out in her individual walk of life. "If you knew the gift of God" (John 4:10), says Jesus to the Samaritan woman at the well during one of the most remarkable conversations in the Gospels. Understanding the unique gifts of the feminine genius allows us to embrace authentic womanhood in its full potential.



Jismy Judathadevus, having completed her degree in Physics is currently serving as a full-time youth volunteer for Jesus Youth UK. She lives in Eastbourne, UK with her parents and sister, Jitsy.

ENTERING THE NARROW GATE

Shelina Guedes shares about her informed decision to follow the Lord and to live out her life choices in the face of all that seemed sane.



“But

seek ye first the kingdom of God and his righteousness, and all these things will be added to you – Matthew 6:33” is my reply to people who confront me to settle for a life that fits in with the norm. Jesus says “I have come that you may have life and life in abundance – John 10:10”. So, my question is why should I settle for a mediocre life when God has called me to live a life witnessing to Him and where I find freedom and joy. This, is what motivates me to live a Christ centred life and serve Him through various ministries in the church and in the Jesus youth movement.

I encountered Christ as my personal saviour at the age of 19. Since then I have been involved in various ministries primarily in the music ministry. During my University days I was faced with the challenge that I was too young to be travelling around for ministry work especially being a girl it wasn't considered safe. At the age of 22 I graduated, got a job providing enough and more to fuel my car thinking now I am independent, therefore I don't need to rely on anyone to continue my ministry work. I was so wrong because now the challenge was “you are getting old? Shouldn't you be looking for a husband and settling down in life instead of running around aimlessly every weekend”. The point I'm trying to make here is GIRLS!!!! You will never not have a challenge when you have to serve Christ. This is ongoing and is an important part of growing in a closer relationship with Christ.

There will never be a perfect age or state of life to do ministry work. Also, there is no point comparing ourselves to others as we all have our own individual journeys and God given missions that we must get on with. I recently read a book called “The Monk Who Sold His Ferrari” by Robin Sharma. It says “there is nothing noble in being superior to your fellow man; true nobility is being superior to your former self”. Isn't this what God

IF I HAVE ONE MESSAGE TO SHARE WITH WOMEN OF ALL AGES, IT WOULD BE THAT GOD HAS MADE YOU BEAUTIFUL INSIDE OUT.

desires from each one of us? For me, serving Christ through various ministries has led me into a deeper relationship with Christ and is helping me to be the best version of myself.

To put this into context I would like to share about my year spent as a full-timer. This has been the best decision I have made till date. Yet, when I look back at the time, when I was still in the process of discernment for the fulltimership programme, it didn't seem rational. I was a 26-years-old, with a full-time job making a decent salary and at the prime age for marriage. It was purely the grace of God that my parents supported my decision despite receiving a great deal of negative pressure from society. Do

I regret the decision? Not a single moment. In fact, I proudly share my experience with others and encourage all young men and women to take up this beautiful opportunity. If it wasn't for that year of fulltimership, I would not have experienced loneliness, rejection, disappointment, confusion, pain and struggle. On the other hand, I would not have experienced God's faithfulness, his mercy, his love and his comfort the same way as I did during that year. You may be wondering “well I can experience all of the above even in the comfort of my home”. Actually that's not true because when you are challenged to go beyond your comfort zone things don't get easy.

If I have one message to share with women of all ages, it would be that God has made you beautiful inside out. When you say yes to serving Him, he will use you to your full potential; your age, your beauty, your gifts and talents, your weaknesses and your foolishness: all of it. When you commit to God you have to give it your all or nothing. Being lukewarm is boring; I have been there and it's not very fulfilling. Giving it my all to God has brought out the best and worst in me. In this process God is breaking me, moulding me and transforming me every day. Sometimes when things don't go so well, I lie in bed at night and think to myself “why did I make that dangerous prayer – God use me”. It's so easy to fall into the trap of the devil and give in but I'm strengthened by the word of God. Jesus says “if anyone would come after me, let him deny himself and take up his cross and follow me – Matthew 16:24”. Then it all makes sense. Jesus never promised a life of luxury if I follow him but he did promise a life of abundance.

Ministering is not easy but it's fulfilling and rewarding. Ministering is not showing off but letting your light shine so that others may see and give glory to your Father in heaven. I was truly inspired by the life of Fr. Richard Ho Lung - the Founder of the Missionaries of the Poor Brothers. In his book 'Candles in the Dark' he said “My life will testify that Jesus is alive”. For me that is the beauty of ministering – to live Christ! I am eternally grateful to the Jesus Youth movement that set me on this challenging yet beautiful journey to know God, love God and serve God. ■



Shelina Guedes lives in Peterborough, UK with her parents and is an integral part of the music ministry in UK. She did her international full-timership in Canada during 2017-18 and works as a pharmacist.

Lessons from Ministry

Sherin Alexander's heartfelt and honest recounting of her journey of finding purpose, both as a believer and as a woman



For the past few days, I have been mulling over different ideas regarding women in ministry. The more I thought about it, I started to wonder: what do I know about women in ministry? What experience and authority do I have to write about it?

Finally, after much brainstorming, by the time I sat down to write the article, I am on a flight from Tampa to Houston, with my husband, to help out with a marriage preparation course. I started to think about my own journey in this ministry.

During my college days, I attended a FOCUS women's event where they talked about Creighton Model female cycle charting method. I vividly remember being intrigued by it. When I was doing my graduate schooling as a Physician's Assistant, I found myself being especially interested in hormone health. It was during my PA school that my second wave of conversion happened. When my dream program didn't make me happy and fulfilled like I had hoped it would, I turned to the teachings of the Church for answers and I came across *Mulieris Dignitatis* and *Letter to Women* by Saint Pope John Paul II. Those documents led me to a deeper prayer life and a stronger rootedness in my identity as the beloved daughter Father God. From that flowed a desire to share that good news with other



women. This led to a young women's group that gathered for prayer, study and fellowship. I also found a new and renewed understanding of my career in the medical field; I started to see it as more of a vocation and less like a job. I desired to serve the Lord and his Kingdom through my profession. I remember discussing my inspirations about wanting to be a Natural Family Planning instructor with my spiritual director at the time. He affirmed that my calling is where my heart's deepest desire meets the need of the time.

When I first ventured to think about what my ministry should be like, I founded it entirely on the basis of my abilities and limitations. Now, almost a decade later, when I look at my journey in the ministry, I am surprised and grateful in equal parts for the ways in which the Lord has led me. I really didn't think the Lord would lead me into a public ministry nor did I desire it. It really is true that the Lord doesn't call the equipped rather He equips the called! I have experienced my own heart, abilities, dreams and faith expand as I grew in this ministry.

I often found myself wondering if there really is a need for women (mostly me) to be ministering. I have seen many women (especially married women) think on the same lines. Unfortunately, many of us lack the confidence and direction or discernment in this area of our lives. Some women feel unworthy and irrelevant or useless as a minister. Saint Pope John Paul II made it very clear



SAINT POPE JOHN PAUL II MADE IT VERY CLEAR IN HIS 'LETTER TO WOMEN' THAT THERE IS A GREAT NEED FOR THE FEMININE PRESENCE IN DIFFERENT FIELDS

in his 'Letter to Women' that there is a great need for the feminine presence in different fields. We bring a gentleness and a focus on the person, that is much needed in the Church and the world. The strength and faith of a woman can convert many souls.

I am reminded of the example of a Jesus Youth mother, who in spite of her full life of caring for her family and homeschooling several kids found time in her daily schedule to give a ride to an injured friend to go to daily mass along with her family. This JY mother packed her car with her kids and drove to the friend's house to pick him up daily until he was better. This friend still shares about the power of that feminine care in his journey of faith, years after her ministering.

As the demands of married life increased, I recognized through prayer that I was still called to minister. My ministry, however, took a different form. As a family we sought discernment about our family mission and we found prayerful affirmation in a combined women's and men's ministry: a young family ministry. We recognized that the time and availability we are gifted with now, especially during this time of our infertility, is a call for us to actively respond to our spiritual parenthood. I see that in our ministry of our spiritual children is making us parents; spiritual parents!

The biggest challenge I have noticed as a married woman ministering is the need to continually discern and prioritize. I realised that I often have the time to engage in the activities of the ministry but lack the discipline to manage my time and commitments.

When I look back, the greatest help I received (apart from the Lord and my husband) was from my Jesus Youth community. My spiritual director and my close friends were vital in helping me recognise my own abilities and in fostering them. Whenever I felt insecure or was overcome with fears, they held me up with their supporting hands and continued prayers.

As my flight descends into Houston, I thank the Lord for calling me to be a minister in His Kingdom and giving me continued strength and support in different ways to respond to it.



Sherin Alexander, a Jesus Youth, a Physician Assistant at a family practice, and a certified Marquette Model Natural Family Planning instructor lives with her husband in Florida, USA.

MY TOP 10

TIPS TO BOOST PRODUCTIVITY



Dr Annilyn Sebastian
shares a few tips on
how she manages
a large household
and still finds time to
pursue her passions.

Lots of people ask me how I manage to do a lot, despite managing and caring for a household of 11, on top of homeschooling, ministry and other activities that we are actively involved in. The truth of the matter is that I don't manage to do all the things on my list, but I can say with confidence that I do have my methods to make me as efficient as I can be.

Talking about efficiency, I do have to mention that there are times when I fail; like the week I overlooked the start date for the community college classes my 2 high schoolers had to take at the college campus. It almost turned out to be a disaster! But luckily God intervened and I was able to drop them off right on time for their second class. So yes, I do have my days, and times when my methods fail me for I am not a foolproof efficiency machine, by any means. But, I would love to share some tips that I find useful in my own life.

1 **My first and foremost productivity booster is spending time with God and understanding what He wants me to do that day.**

If our actions are in sync with God's plan, then we are off to a great start. My less achieved days are the ones that I started off without consulting God. When we let Him direct our path, we actually achieve much more than what we think we would have achieved on our own.

Throughout the years, I have felt God nudging me to do something that was very relevant at the time, by giving me a certain 'timely' passion. For example, the

time I was thinking of starting my blog, "Efficient Living With Grace From Above", I had the passion to spend hours and hours trying to learn from scratch how to set up a blog, as I had no background whatsoever about anything web designing related. I was soon able to implement it. There have been so many other instances in my life like that.

However, there has also been several times when I felt my 'productivity' hindered because I had to do something 'extra' like console a crying baby or attend to another who would be more clingy than usual or deal with some character issue. Although frustrating at the moment, these are the moments that God want us to be addressing them instead of seeing as a hindrance to achieve other things on our list. He calls us at that precise moment, to attend to the matter with our full attention, as this is what He wants us to see as most important at the time. And so, we shouldn't feel that we are wasting our time in doing so because as Pope Francis puts it, we have to 'waste' our time for our precious family. It is when we give our full attention to our family when they need us the most, that we are actually very productive! We then would have achieved way more than what we would have achieved doing our routine, mundane tasks. Or, at least we will be one more step closer to holiness, which I guess is what matters the most.

2 I stay away from social media.

The only 'social media' I use is WhatsApp group chat, in which I don't open 80% of videos or forwarded text. I however do reply to incoming text and thus reachable for the most part. I think in today's culture, social media is the number one time killer as well as productivity decliner. Though I am an introvert at heart, I do love company and enjoy the fellowship of those around me. But by not engaging in social media, I have all that extra time to channel into other positive things.

3 I always make it a point to keep the kitchen counters clean and the house reasonably organized.

This is itself a great productivity booster. I find it hard to function when there is stuff all over the house especially where they don't belong. For me, a cluttered house leads to a cluttered mind. All our kids pitch in to keep the house clean, with their assigned chores.

4 After attending to the essentials needed to manage the family and house, I utilize the gaps of time.

I fill time gaps with things on my 'wish list', whatever God prompts me at that moment, or insights I get during prayer time. If I feel I need to rest, I do so without feeling guilty, as rest is also very important.

5 I check email only once or twice a day.

I have turned off push notifications on my phone. However, when I am expecting an important email, I check more frequently.

6 Sometimes when I have the extra motivation and energy, I go into a 1 hour decluttering or cleaning frenzy.

By setting a timer and working really fast, I get a considerable amount of work done.

7 By being a fast worker

By nature, I talk and walk very fast; but on top of that, I also deliberately work on routine things at a fast pace – when you move around fast, it's good exercise too, so you can kill 2 birds with 1 stone!

8 I love entering things I need to do on an app or notebook, and check off as I do them.

The mental satisfaction from checking off actually motivates me to do more work efficiently.

9 I always have a reading booklist handy

When I am not doing anything physically, I'll be reading something during my resting time, which is also probably something I had wanted to do anyway.

10 I utilize appliances and gear that help me save time

I save time in the kitchen by using handy, timesaving equipments.

By keeping our focus on God, adopting ways to save time, understanding our number one time killers and trying to avoid them, it will not be hard to achieve more in a day. One thing to remember, however, is that we should never compare ourselves to others, or even our own past. I have been super productive at different seasons of my life, and not so in some others. We just have to understand the season of life that we are in now, embrace it fully, and live in the moment. For those who feel that the only thing they ever do each day is taking care of very basic household necessities, or taking care of little ones, just remember that one day "this too shall pass". I oftentimes need this reminder myself! ■



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

SPECIAL



With Love, Our Lady of Medjugorje...

.....

Anu Pinheiro sat down with Sr Emmanuel when she last visited India, discussing in detail Our Lady of Medjugorje, the Marian apparitions and its relevance in today's world.

In June 1981, the Blessed Virgin Mary appeared to six teenagers from the village of Medjugorje in Bosnia-Herzegovina. Every day the Gospa (the Croatian word for Our Lady) would appear to the children giving them messages for themselves, for the parish, and for the world - messages of peace and the need for conversion. It's been 38 years and Our Lady continues to give messages through the six visionaries (three of them continue to see Our Lady every day, the others once each month or year).

Sr. Emmanuel entered the Catholic Community of the Beatitudes in 1976 and has been living in Medjugorje since 1989. She has written numerous books and travels the world promoting the messages, miracles and happenings at Medjugorje. She visited India in November 2019.

Q. Many youngsters today are searching for the purpose of their lives. How can they go about figuring out what God wants them to do?

There is one answer. You have a Creator who has a dream for your life. The plan of the Creator for your life is unique in the world. So, the best way to know God's plan for your life is to grow closer to Jesus in prayer. Our Lady said very clearly, "Dear children, in prayer you will know the will of God". The Lord will speak to your heart. Maybe He will give you some ideas

through someone - for example when you see a very holy priest, you may think maybe priesthood is for you. It might be a sign from God but He will give the call to you in your heart. Mother Mary asks us to pray more and deeper, and from the heart. Once she asked a prayer group consisting of young people to pray only the 'Our Father' for one month, and to think when they prayed if there was any part of the prayer that made them uneasy. All found at least one thing they couldn't pray from the heart. Our Lady asked them to take that phrase and work on it with help from the Holy Spirit, till they could pray the 'Our Father' with all their heart.

Prayer is food for your soul. It is hard because the world is very noisy and loud. Jesus speaks in the intimacy of the heart. For young people now, with the constant music and messages, they have lost the silence that is necessary to hear the voice of God. And this is why they go astray or get lost because they are living a superficiality of their being and that is the best way to be unhappy.

Q. You say silence is necessary to hear God. But aren't most people today, especially the youth almost afraid of silence?

Yes, they are not used to it and are afraid of emptiness. So, when a young person becomes silent to listen to God, they get a special grace. Usually they will feel



the emptiness and run away. But they have to face the emptiness and cry to God, "Lord, I feel empty, do something, reveal yourself". You don't have to choose beautiful phrases or holy words. No. If you get bored, just say "Lord, I'm getting bored in prayer". You tell the truth to God. He is expecting your truth. "Lord I can't stand my dad. Help me Lord, it's impossible to live with him". God is your greatest friend. Feel free with Him. "God, what do you to say about that?" Question him. I have a very good example for that. I knew a girl in Paris before I entered the community. There was a prayer group in my apartment and this girl was healed of a lot of anxieties and anguishes during the prayer. Now she had a boyfriend who was a non-practicing Jew. One day he knocked at my door and said that he had noticed that his girlfriend had changed a lot - she was happy and joyful. She was not tormented any more. So, he asked her what had happened and she told him that Jesus had healed her. He had now come to me as his girlfriend had gotten that grace in my apartment. He told me he was also very tormented and needed a healing too. He said, "But the problem is that I am a Jew and Jesus is nobody for me. What can I do?" I said to him, "If Jesus is nobody for you, know that you are somebody for Him. Just make a test. Speak to Jesus and say 'Jesus if you don't exist, it's okay, we remain like

this. But if you exist, please reveal yourself to me". Be true with Him. And in two weeks' time, this boy had the faith. He was devouring the gospel. He became a better person. He was also freed from his torments and to make a long story short he became a priest.

Q. What is the role of families in helping youngsters and youth live their faith?

A lot of victories are obtained if parents are witnessing the joy, peace and love of God. For example, you can't be upset and then tell your child it's time to pray. The first thing a kid sees is the example of his parents. Our Lady said, "Your children do not need your material goods, they need your peace and your love." Take time for your kids. Listen to them. Ask questions. Show that you are interested in what they experience. If they are in pain, sit with them and console them. Show tenderness to them from a young age, even from the womb. That's important because the little one in the womb is like an antenna getting everything that is the soul and heart of his mother. When you are pregnant pray with the little one and talk to him/her. Of course, he won't understand your words but your love will come to him. Let the parents be attentive to what the children read or listen to. Don't just say - don't do this or that. Explain to them that if they read or watch



*The value of the Rosary
depends not so much on the
repetition of prayers but
on contemplation of Jesus
within each mystery*

certain things, it will poison their minds. Another very important thing is to speak about the lives of saints to children. Have these conversations during meal time and they will desire to be a saint. Or else they will go after the fake things of the New Age.

Q. Today families do not find time to pray together; traditions like praying the Rosary together as a family are diminishing rapidly. Why is praying the Rosary so important?

The value of the Rosary depends not so much on the repetition of prayers but on contemplation of Jesus within each mystery. The families who pray the rosary every day are very blessed - less drugs, satanism, pornography, divorce, abortion, evil. This is phenomenal. One very surprising and interesting thing Our Lady said was, "When I was on earth, I was praying the Rosary constantly". So, the visionaries asked her, "How could you pray the rosary when there was no rosary in your time?". And she said, "When I was on earth I had constantly the eyes of my heart focused on the life of Jesus my Son". And this is the Rosary.

Q. What is the relevance of Medjugorje in today's modern world?

The goal of Our Lady on coming to earth is to draw all humanity closer to the heart of Jesus. Day by day she would instruct the visionaries on their faith because they were totally uneducated. They did not even know about Lourdes or Fatima. So, when they saw her, they were all the more surprised. Pray every day - pray from the heart. Go to confession and renounce sin. Go to Mass, if possible, every day and live the Mass. Pray the Rosary together in the family. Read the Bible every day. Our Lady tells us repeatedly that these are the ways to fight against Satan and the tools to become holy.

One thing I'd like to say is that Medjugorje is a very special place in the world today that God has been willing to give to humanity. So, I would recommend that we all be attentive to the voice of Our Lady because she comes from heaven every day to bless us and intercede for us. I recommend that you register your email address so that you will be receiving the messages twice a month. Read these messages and put them into practice because she speaks to the heart. When you read the messages there will always be one part that touches you - work on that part, meditate on it and put it into practice. That's the best way to walk hand in hand with her; she will protect you always and will lead you to heaven.



Anu Pinheiro has been part of Jesus Youth since her college days. She lives in Cochin with her husband, Shelton and daughters - Andrea & Isabel.

Living life

The most influential woman in my life



I am one of those who believe that mothers play a crucial role in building the character of an individual. I remember my mom telling me that when I was in her womb, she would pray with her hands on her tummy and ask God to make her child a saint of this new world. I hope, I am on the journey of fulfilling her prayers. Growing up, she would ensure that each night before bed I would join my hands and thank God for the blessings he has showered on our family. Even now when she would sense that there is something troubling me, she would send these bible verses on my WhatsApp, helping me to get back on track. She has been an influence not just for me and my brother, but also for my wife. My better half ensures that each night before we go to bed, we would pray this beautiful prayer; **"God we offer this womb of ours. Plant your saints in this womb and give them the conviction to do only your will".**

VIVIN VARGHESE / DELHI, INDIA

From a young age I saw my mum being the pillar of our family through her prayers and hard work. When she got sick suddenly I started questioning God and why he was letting all this happen to our family. My mum even in the mist of her suffering and pain remembered to hold Jesus close to her heart, she never complained. She continued praising and thanking God. I didn't know someone could love God like this even through the toughest times in her life. She told me these small sufferings can't be compared to all the blessings in our life. She taught me to count the blessings I failed to notice in the midst of small sufferings in my life.

SNEHA BABU / CORK, IRELAND

When I started getting more involved in the youth ministry, my mindset was that of a project manager, "There is an event, do the event, move on and forget about the whole thing". Fortunately, that's just not how Jesus Youth works. Our focus is on the individual; we are the sort of people who would leave the ninety-nine to find the one that is lost. This was not something that I could get my head around, but my sisters in the ministry here are pros at it. They seem to have this innate ability to see the individual, to intercede for them, to journey with them, to be, in essence, a Jesus Youth in their lives. Of all the things that the women in Jesus Youth UK have taught me, this is what I am most grateful for, because I receive this highly individualistic level of formation and follow up from them every day.

AJISH JOSHY / CROYDON, UK



Rudyard Kipling said that "as God could not be everywhere, he made mothers". Mother is the name for God in the lips and hearts of little children. For me she is indeed God on earth, the most influential woman in my life who gave me Jesus and his mother Mary. What I am today is because of my mother. She taught me to value eternal life above all, and use this earthly life to serve others and do the will of God. She lives a life showing God as the father, best friend, savior and all in all. She taught me to sing hymns, pray, read bible, strictly attend Sunday mass and daily mass, share everything with others, sacrifice my own interest for others, see God in others and walk with God. My mother is like mother Mary who submitted to the will of God, and like the mother of seven kids who refused to dishonor God and was killed after telling her children that 'I am just the vehicle for you to come to earth, and your father is God'. My mother who demonstrates such a profound spiritually healthy life is like the woman of Proverb 31, who instilled in me the love of God and prepared me to die for God.

SONEY ABRAHAM / DALLAS, USA

JESUS TEACHES US
THAT THE GOOD NEWS,
WHICH HE BRINGS,
IS NOT RESERVED
TO ONE PART OF
HUMANITY; IT IS TO BE
COMMUNICATED
TO EVERYONE.

-Pope Francis

**Do you
want to
share
Christ with
youth who
cannot
afford a
magazine?**



3. SCHOOL/COLLEGE PROJECT

Distributing Kairos magazines to catholic schools and colleges is a great way to introduce Christ to students and teachers of all religions. A small amount each month will go a long way.

4. ZONAL PROJECT

Sponsoring 50 Kairos magazines for each zone, to be distributed through household gatherings and JY prayer groups among people who cannot afford to buy it.

2. ENLIGHTEN CAT YOUTH

Enlighten Cat Youth is a project distributing Kairos magazines free to all middle and high school catechism students through their classes every month. Sponsors can donate a fixed amount every month for this project.

5. GIFTS

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FAMILIA

MARRIAGE AS A PATH TO HAPPINESS. (IV)

The sacrament beyond social conventions and family traditions



Fr. Charbel challenges young couples preparing for marriage and married couples to give more importance to the sacrament than to worldly traditions and habits.

In every culture and every family, the celebration of weddings and the life of married couples are both avenues where tradition and current trends meet. These cultural or familial habits related to marriage range from genuine meaningful traditions which express the beauty and importance of the union between man and woman, the depth of the commitment and the sacred character of their union; to some others that are unimportant yet harmless, to some which are downright disrespectful of the dignity of the human beings involved or clearly opposed to the wisdom of God as expressed in the sacrament. To take extreme examples: forced marriage (where freedom of choice is not respected) or marital violence are clearly opposed to the dignity of the human person and to God's design in marriage. But in the case of some other habits and traditions, it might not be so clear, which means that discernment is needed. We cannot be satisfied in blindly following cultural habits or current trends.

Sacrament?

That is to say that we should give priority to marriage as a sacrament. What is a sacrament? A sign which realises what it signifies, a gift of God which confers a special grace on those receiving it. It means that it is much, much more than just a sign or a symbol; even much more than a simple blessing or a sacramental. Pope Francis explains that "the sacrament is not a "thing" or a "power", for in it Christ himself now encounters Christian spouses... He dwells with them, gives them the strength to take up their crosses and so follow him, to rise again after they have fallen, to forgive one another, to bear one another's burdens. Christian marriage is a sign of how much Christ loved his Church in the covenant sealed on the cross, yet it also makes that love present in the communion of the spouses."¹ Through the sacrament of Marriage, the union between man and woman becomes for them the privileged means to live personally and to witness to others the union between Christ and his body the Church. To speak in more concrete terms, to love one's spouse becomes for each of them the way to come closer to Jesus, to grow in holiness.

*... to love one's spouse
becomes for each of them
the way to come closer to
Jesus, to grow in holiness*

From the creation of man and woman to the gospel

Marriage is not only a set of conventional rules made up by the Church. It is instituted by God himself and it expresses something of the wisdom of the creator, and so the truth of what human beings are – created in the image and likeness of God. Let us be clear; there are conventions, human and even infrahuman aspects present in marriage, because of the limitations of our nature marked by sin; but the reality of the mystery at work in marriage, the reality of the grace which is given and of the sanctification at work through the day to day struggles and joy of married life, the mystery of that radiating charity typical of family life is to be distinguished from all the secondary, accidental, or even corrupted aspects of marriage. Petty selfishness under so many forms – jealousy, domination of man over woman, all kinds of violence and alienation of the person, abuse of authority and possessiveness of parents toward children are all deviances. St. Paul goes far in describing the mystery at play in the union between man and woman. After describing the mutual relationship of husbands and wives in the light of the mystery of Christ crucified, he writes "this mystery is profound, and I am saying that it refers to Christ and the church" (Eph 5:32). This is the mystery to be lived in marriage but very often it is overlooked or forgotten and the grace of God goes in vain. However, this is not a fatality. The newness of the gospel has to be chosen anew by youth planning to get married and by married couples. God is faithful and through all our limitations and weaknesses he will guide us without ever giving up on

us. With his help we can open our hearts and allow his grace to be fruitful in us.

The celebration of wedding: have the courage to be different!

Pope Francis gives us very practical hints: "Short-term preparations for marriage tend to be concentrated on invitations, clothes, the party and any number of other details that tend to drain not only the budget but energy and joy as well. The spouses come to the wedding ceremony exhausted and harried, rather than focused and ready for the great step that they are about to take. (...) Here let me say a word to fiancés. Have the courage to be different. Don't let yourselves get swallowed up by a society of consumption and empty appearances. What is important is the love you share, strengthened and sanctified by grace. You are capable of opting for a more modest and simple celebration in which love takes precedence over everything else. Pastoral workers and the entire community can help make this priority the norm rather than the exception. ²Let us choose to go beyond worldly show-off and vanity. Let us choose boldly to try living the gospel and then relativise or even discard what in human traditions and trends is not genuinely human. What is not genuinely human cannot be evangelized. A new balance in these matters is to be found. It demands autonomy and discernment to set priorities right. As Jesus said in Matthew 13:52 "Every scribe who has become disciple of the kingdom of heaven is like a master of a house, who brings out of his treasure what is new and what is old." Each one of us is called to do the same: not to despise human traditions, to keep in them what is good and beautiful; but also to be bold enough to make different choices to let the newness of the gospel be an effective agent of change.



¹ The joy of Love 73

² The Joy of love 212



Fr Charbel, originally from France and from the community of St John, is currently living in

Pondicherry, India. He goes around preaching retreats and actively supporting youth and young families, especially with marriage issues and discerning vocation. He is currently the Chaplain for JY Tamilnadu.

CULTURE OF LIFE



Glimpses of ASPAC 2020

Dino Paul and Dr. Deepthy Mathews
reflect on their time at the 22nd Asia-Pacific
Conference on Faith, Life and Family.

DINO PAUL

National Prolife Cordinator, India

→ ASPAC 2020, the 22nd Asia-Pacific Conference on Faith, Life and Family was a prolife conference held in Kerala from 17th-19th January, 2020 and organised by Human Life International, along with the Marian Pro-life Movement of the Diocese of Irinjalakuda and supported by the Jesus Youth Pro-life Ministry

This was one of the best pro-life conferences I have ever attended. Considering the prayer support this event had - 1,000,000 Hail Marys and 100,000 Creeds offered up - the fruits of the event were not surprising. Around 550 participants came for the event from 18 countries, with over 60 international delegates. There were Human Life International (HLI) delegates from across the country as well as representatives from different dioceses and from 12 Jesus Youth regions in India. The inauguration ceremony was one

which many will cherish for a long time. The lighting of the lamp was done by three special families: 25-year old Dereena Jose who was born with a disability, and her parents; Drs. Sonia and Reju Varghese Kallelil, a couple with six children; and Martin Nunez with his wife Linette, who has undergone eight C-sections so far to deliver their eight babies. It was a grace-filled moment seeing these real-life missionaries lighting the lamp for this international event. All country representatives came with their flags and traditional attire for the inaugural ceremony and the entire auditorium looked very colourful for this event fittingly called the 'entrance of colours'.

The theme of the conference was John 10:10. The speakers from different countries included priests, religious sisters, bishops, doctors and other lay missionaries. Over the three days, the participants were enriched with inspiring sessions covering all the different areas of pro-life including dignity of life, sacredness of marriage and family, parenting, sexuality,

abortion, pornography, social media usage, activism and euthanasia. Parallel breakout sessions were conducted to cater to the varying interests of the participants. The program also included a brief introduction about Jesus Youth, its history; the pro-life ministry of Jesus Youth in India and our global collaboration with other pro-life ministries. All the sessions were powerful and taken by extremely strong and reputed Catholic speakers across the globe, who spoke with conviction and total clarity. This conference has covered the breadth and width of the different areas to promote a culture of life and love across the globe.





Each day of preparation had its challenges, which proved that pro-life is an area of spiritual warfare

We had a rosary procession on the evening of the second day. It was a great blessing to have on board the family band of the six siblings known as the 'Joyful 6' who performed their famous song for us. Moreover, it was a wonderful sharing of their life testimony by their parents Shegin and Smitha who explained about their total faith in God during times of trials and how Shegin sacrificed a great job to ensure that he is able to be with his family every day. As is traditional in ASPAC, the evening of the second day had a cultural show and this was conducted by the Cross Toc music band who gave us a stellar performance. A banquet dinner was also arranged for all in the open lawn with lights and fireworks which added more colour and life to that night.

Dr. Ligaya (the regional director of Asia and Oceania at Human Life International) announced that Philippines would host the next ASPAC in November 2021.

DR. DEEPTY ANN MATHEWS

MBBS, DPM, Dept. of Psychiatry, Christian Medical College Vellore, India

→ The beauty of the ASPAC2020 lay in the fact that it was coordinated with a strong base of intercessory support from around the globe. Each day of preparation had its challenges, which proved that pro-life is an area of spiritual warfare and that without his grace, nobody can hold on to the concept of 'life' in today's world. The fellowship that existed among those who gathered for ASPAC 2020 gives testimony to the presence of the Holy Spirit. Lay missionaries and religious, young and old, single and married persons, speakers and delegates – all assembled in one Spirit, in His Love, with one motto - to uphold the dignity of human life, from the moment of conception until natural death.

The topics discussed at ASPAC 2020 ranged from preventing abortion to post-abortion ministry, the perils of pornography to the divinity of sexuality, from the objectification of human beings

through contraceptive measures to responsible parenthood and so on. The inputs from the international speakers helped to shed light on how the faithful from various cultures were united in their viewpoints when it came to pro-life concepts. The presence of pro-life witnesses was probably the highlight of the conference, with all delegates being able to interact with them easily during one-to-one interactions and panel sharings.

Personally for me, this pro-life conference was the first of its kind that I attended. I was blessed to meet experts who preached the gospel of life based on scientific principles, and I was inspired by the lives of those who proclaimed the culture of life through their real-life testimonies. It was a huge relief and encouragement to see hundreds of people gathered together motivated by the same theme. That in itself was an inspiration to delve deeper into understanding and preaching about

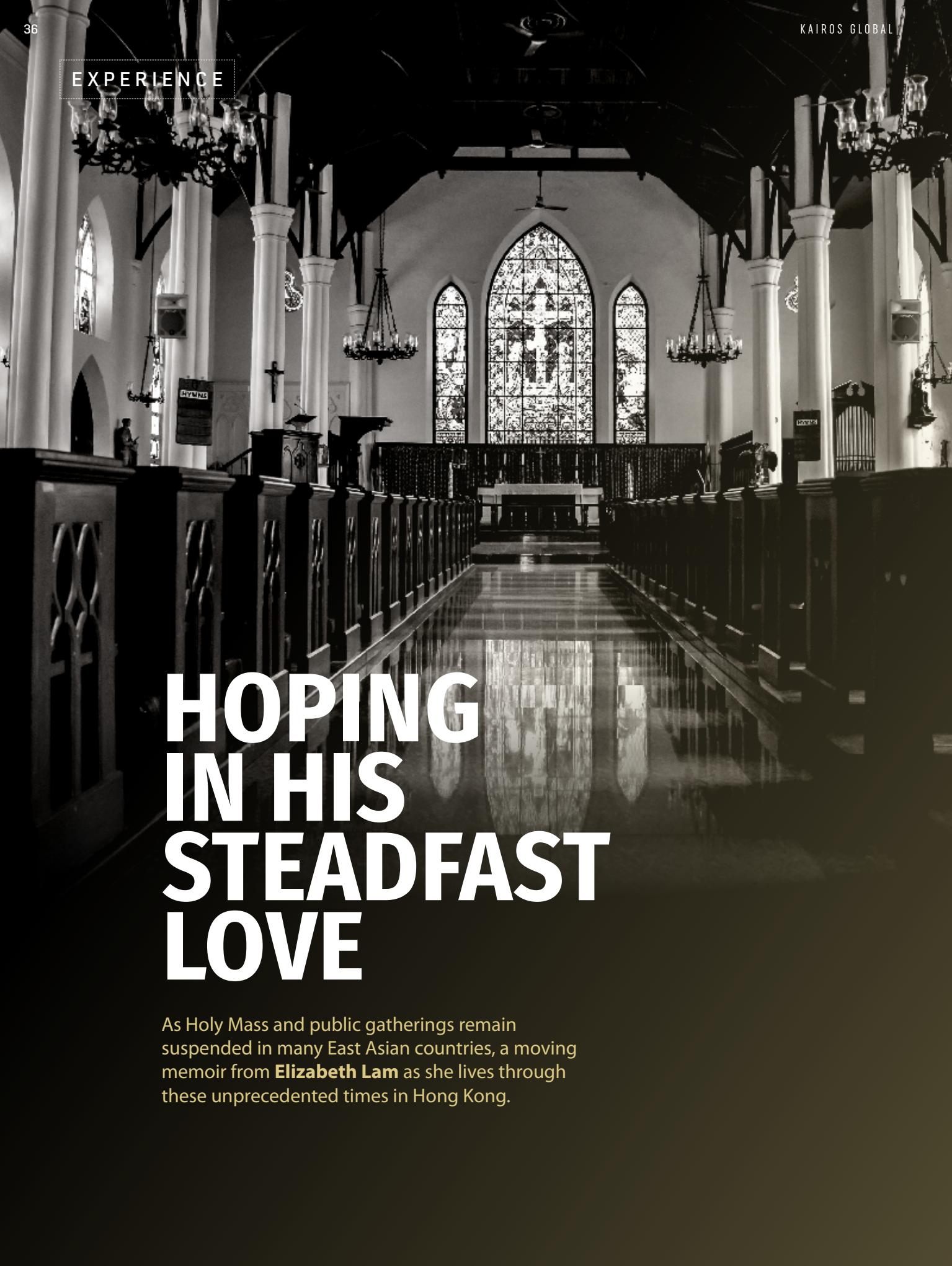


pro-life There were youngsters who were able to discern their vocation to marriage after attending the conference. Even for those already called to the Sacrament of marriage, participation in the conference gave new meanings to their divine call in life. I also understood that the fulfilment of one's mission is dependent on one's spouse also walking along the same path, and loving each other through mutual sacrifices as part of God's divine plan.

In short, through the love of our lord Jesus Christ, I have renewed my vows to become a pro-life missionary at all costs, because I am led by his grace and mercy. As Pope St. John Paul II reminds us in *Evangelium Vitae*, let us all “respect, protect, love, and serve life, every human life!”



EXPERIENCE



HOPING IN HIS STEADFAST LOVE

As Holy Mass and public gatherings remain suspended in many East Asian countries, a moving memoir from **Elizabeth Lam** as she lives through these unprecedented times in Hong Kong.



Can you imagine a day when there would be no Holy Mass celebrations anymore?
 "The lights in the Church are off,
 The choir is silent
 Just as an empty church,
 The only light that glows is the candle
 beside the Eucharist stand..."

This is what is happening in the modern societies of Hong Kong, Macau and Singapore now.

Since my birth, my loving parents have guided me to church every Sunday. And this has now become a habit and a family gathering, and even more a grateful moment and a spiritual union with Christ. Like most people, I do have moments of feeling bored, distracted, critical or rebellious while attending Mass. Yet, the love of God has never departed from me, not even during those times of my mischievous behaviour. His Temple has always been the most comforting home wherever I go. Whenever I have been to a strange country or region, I can always find consolation in the Church, and the Holy Communion has the indescribable power to strengthen and comfort me in a foreign place.

I guess for most practicing Catholics living in a modern society, there is a tendency for Sunday mass to become a habit or a ritual. There are various timeslots for mass every Sunday and it sometimes becomes our 'choice' whether (or which Mass) to participate in or not. Yet, today because of the Coronavirus epidemic, some well-known cities have suspended Holy Mass until further notice, which is an unprecedented situation that even my parents' generation have not experienced.

Perhaps it is only when we are deprived of certain things, that we begin to be grateful for everything we had.

Yet, God did not lock us in darkness. He has granted us wisdom and adaptability to use modern technology to attend Mass and Eucharist Adoration online in such difficult times. Even though we cannot be physically united with Christ in and through Holy Communion, He let us receive Him spiritually through the Act of Spiritual Communion.

And this period is also awakening in me a desire to deepen my relationship with Christ, and I have started reading the books long-standing on the bookshelf. How many books are there untouched and even covered in dust? This is the time to revisit and deepen our relationship with Him through spiritual reading. And indeed, there is a sea of unexplored treasure out there. This is the time to get a better knowledge of who we are in God's eyes and how we are loved. This is the time to restructure our lives so that we can once again become the cheerful beloved children of God. And the more I read, the more I experience His peace and grace embracing me.

Perhaps this is indeed a blessing in disguise.

The shortage of face masks is a well-known issue, not just locally but also globally. Perhaps we too have asked the Lord, "Where in such a place can we get sufficient for everyone to have enough?" (Mt 15:33). However, through a recent campaign asking people to donate face masks to those in need, the church and various charities have collected thousands of face masks. In the face of such a global inadequacy, people are still willing to donate what little they have. Isn't this the real-life example of the "widow's little offering"? (Lk 21: 1-4) Thank you Lord, for letting us witness the miracle of Five Loaves and Two Fish on earth.

He has granted us wisdom and adaptability to use modern technology to attend Mass and Eucharist Adoration online in such difficult times

Although we are deprived of the physical bonding with one another, God has restored our connections and binds us together with His fellow children in a deeper way. With no possibility of physical gatherings, we have moved our spiritual sharing and gatherings online. Video conferencing is not a gimmick or privilege for young people only, it has become a useful tool for church meetings for all ages (and huge compliments to my parents who have managed video conferencing pretty well!). Perhaps, this adverse time has opened new insights for the local Church – that as long as God's children are active and proactive, we can adapt to any adversity.

For this, I can proclaim:

Nothing is impossible in the eyes of God, (Luke 1:37) but He often surprises us in the way He fulfils them. (Pope Benedict XVI)

He said,

Be still, and know that I am God (Psalm 46:10)

And I know you by name. (Exodus 33:17)

And I am with you always till the end of time. (Mt 28:20)

Written on Feb-16, 2020 (The first Sunday of suspension of Holy Mass)



Elizabeth Suk-Hang LAM works as a scientist in Hong Kong. She became involved with Jesus Youth when she was in Australia doing her Masters in Science & Communication.

Chandeliers

WOMEN SAINT

★ St. Helen

St. Helen was the mother of St. Constantine the Great, and was born at Drepanum (Helenopolis) in Asia Minor to parents of humble means. She married Constantius Chlorus, and their son Constantine was born in 274. However Constantius divorced her in 294 to further his political ambitions by marrying a woman of noble rank. But, after he became emperor, Constantine showed his mother great honour and respect, granting her the imperial title "Augusta."

After St. Constantine became the sole ruler of the Western Roman Empire, he issued the Edict of Milan in 313 which guaranteed religious tolerance for Christians. St. Helen, who was a Christian, may have influenced him in this decision.

In 323, when he became the sole ruler of the entire Roman Empire, he extended the provisions of the Edict of Milan to the Eastern half of the Empire. Now, after three hundred years of persecution, Christians could finally practice their faith without fear.

The emperor deeply revered the victory-bearing Sign of the Cross of the Lord, and wanted to find the actual Cross upon which our Lord Jesus Christ was crucified. So he sent his mother, Helen, to Jerusalem, providing her with a letter to St. Macarius, Patriarch of Jerusalem.

Although St. Helen was already in her declining years, she set about completing the task with enthusiasm. Searching for



Born: c. 246/48

Died: c. 330

Feast: August 18



By Linu Deepak

the Life-Creating Cross, she questioned both Christians and Jews, but her search remained unsuccessful. However, in 326, she was directed to an elderly Hebrew named Jude who stated that the Cross was buried at the Temple of Venus. St. Helen ordered that the pagan temple be demolished. After praying, the ground began to be excavated. Soon, the Tomb of the Lord was uncovered. Not far from it were three crosses, a board with the inscription ordered by Pilate, and four nails which had pierced the Lord's Body.

In order to determine the cross on which the Savior had been crucified, St. Macarius alternately touched the crosses to a corpse. When the dead man was touched by the True Cross of the Lord, the body came to life. Having beheld the raising of the dead, everyone was convinced that the Life-Creating Cross was found.

Christians came in huge throngs to venerate the Holy Cross, beseeching St. Macarius to elevate the Cross, so that even those far off might reverently contemplate it. The Patriarch and other spiritual leaders raised up the Holy Cross, and the people, saying "Lord have mercy," reverently prostrated themselves before the Venerable Wood.

While in Jerusalem, St. Helen performed a variety of good works, including giving money to the poor. She

Because of her great service to the Church and her efforts in finding the Life-Creating Cross, Empress Helen is called "the Equal of the Apostles"

also ordered that all places connected with the earthly life of the Lord and His all-Pure Mother be freed of all traces of paganism, and directed that churches be built at each of these places. St. Helen gave the Life-Creating Cross to the Patriarch for safe-keeping, and took part of the wood and nails back to Constantinople.

St. Helen continued to journey to the holy places connected with the earthly life of the Saviour, building more than eighty churches – at Bethlehem, the birthplace of Christ, on the Mount of Olives where the Lord ascended to Heaven and at Gethsemane where the Saviour prayed before His sufferings and where the Mother of God was buried.

Emperor Constantine gave orders to build at Jerusalem a majestic and spacious church in honour of the Resurrection of Christ, also including under its roof the Life-Giving Tomb of the Lord and Golgotha. The temple was constructed in about ten years.

St. Helen did not survive to see the dedication of this temple. She died around 330AD. The church was consecrated on September 13, 335. On the following day, September 14, the festal celebration of the Exaltation of the Venerable and Life-Creating Cross was established.

The Orthodox Church commemorates the Uncovering of the Precious Cross and the Precious Nails by the Holy Empress Helen on March 6. Because of her great service to the Church and her efforts in finding the Life-Creating Cross, Empress Helen is called "the Equal of the Apostles."

St. Helen of the true cross is an Epitome of faith. She travelled herself to the Holy sites in prayer to find the Holy relics. She had both Power and riches at her disposal but she did not let them be a hindrance in reaching heaven rather she used it to give honour and Glory to the almighty God.

Quick Facts:



Born at
Drepanum,
Asia Minor



Gave birth to
Constantin



Discovered the
Cross and tomb
of the Lord



Died

Newswatch

NATIONAL CONFERENCE OF JESUS YOUTH OMAN



EVOLUTION OF THE CONFERENCE:

Under the guidance of Holy Spirit, through a series of prayerful meetings, the National Conference Oman (NatCO-2020) evolved as a Conference of conferences, each based on the six pillars,

- › Spiritual Conference
- › Biblical Conference
- › Sacramental Conference
- › Fellowship Conference
- › Evangelical Conference
- › Serving Conference

The main objectives of this conference were to:

- Have a common national vision in accordance to the Catholic Church,
- Share and appreciate new initiatives of Jesus Youth,
- Thank and celebrate our fellowship with God,
- Realize activities of Church and Jesus Youth across globe.

SPIRITUAL CONFERENCE

The Spiritual Conference was launched in

the month of July focusing on Daily prayer, with around 60 Constants Practicing Groups (CPGs), including about 8 Jesus Youths in each group. Thus around 500 Jesus youths from various regions of Oman encouraged each other and passionately practiced personal prayer.

BIBLICAL CONFERENCE

Once prayer had become a lifestyle, the Biblical Conference was launched in the month of August, with a focus on Prayer and Bible reading. Mission-89 was started with the intention of reading and meditating on a chapter-a-day from the Gospels, and thus finish reading the four Holy Gospels by January 3, the first day planned for Fellowship Conference.

SACRAMENTAL CONFERENCE

In December during the Christmas season, the Sacramental Conference was initiated aimed at the third pillar of Jesus Youth, the Holy Sacraments. Every Jesus Youth was encouraged to attend Holy Mass daily and go for frequent Confession.

FELLOWSHIP CONFERENCE

With the blessed presence of His Excellency Bishop Paul Hinder (Apostolic Vicariate of Southern Arabia) throughout the conference and priests from various parishes of Oman, Fellowship Conference was held at Sts. Peter and Paul Catholic church, Ruwi during January 3-4, 2020. Around 600 Jesus Youths from around Oman gathered for the conference, with separate streams for adults, toddlers, children, pre-teens and teens in this premise. Adv. Raiju Varghese, JY Mission Director, led the Fellowship Conference leading the participants with invigorating and soul awakening sessions.

Jesus Youth Oman is going through the Evangelical Conference now with various plans for outreach programs in alliance with Mission team. In addition, we are commemorating the 20th anniversary of Jesus Youth Oman, which began in 1999 in Ruwi, and has now spread across other regions like Ghala, Nizwa, Sohar and Salalah.

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SOUNDREPLY



MOVIE

IDA (2013)

The movie is a grand exploration of the choices or lack thereof in life, that drive humans to do extreme things, either way surrendering his/her freedom for a life of guilt.

only surviving relative. Although hesitant, Anna steps out from the silence and security of her convent into the open world – a world that is busy, impersonal, sensual, noisy and bustling with activity.

Her aunt Wanda – a chain-smoking, hard-drinking, promiscuous state judge, though, is less than impressed to see her niece and reveals to Anna the shocking truth about her Jewish ancestry – that she is a Jew and her real name is Ida Lebenstein, whose parents were killed during the war. Ida wishes to find and visit the grave of her parents and although Wanda is initially dismissive of the idea, she soon joins Ida and together they take the harrowing journey to dig deep into the past, revealing and unearthing far more than either of them bargained for.

Ida gradually comes to know how her aunt 'Red' Wanda, as she is known in communist circles, left her son with Ida's parents to fight with the Polish resistance fighters during the war, only to find on her return

that all of them had been killed. Her no-nonsense character and alcoholism, is her own way of dealing with the pain and loss of her life, trying hard to drown the pain, emptiness and the lack of meaning in her life with frivolous distractions and wealth, which is in sharp contrast to the peace and composure of Ida.

Ida is not an easy watch, yet is a masterclass in moviemaking and recommended for mature audiences (young adults and above). The entire film is shot in black and white, in a way portraying a lack of colour in the Poland of 1960's, reeling under the horrors of the Nazi occupation and the Communist rule, and still grappling with a lingering sense of guilt, of the many sins of commission and omission during those dark and evil times the nation had gone through and is still going through. The movie is a grand exploration of the choices that each man has to make, or the perceived lack of choices that drive humans to do extreme things, either way surrendering his/her freedom for a life of guilt.

And so, it is telling that the movie which doesn't have any background music throughout its length, portraying the deep inner peace and serenity that Ida (Anna) has, in the final scene should have Bach's famous composition "I call to You, Lord Jesus Christ" as the background score as a way of showing how she has now lost the peace that was her's, along with her sleep, her destination and her joy. Now she starts running, although against the world, still running, yet not reaching.



REVIEW BY
Joseph
Anthraper

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

Canticles of Joy

* * *

What a great Father we have
What a grand Giver we have

*Down these narrows lanes, I stroll
As dusk comes by, and the day closes by.
Many thoughts, yet only one stands high -
What a great Father we have,
What a grand Giver we have.*

*The poke of a thorn may make us whine,
The pain of our hearts may make us cry,
Yet, how deep is the love to let one's son die?
What a great Father we have,
What a grand Giver we have.*

Blinded we walk astray, like a child at a market fair
Not guilty, not sorry, for little do we care.
Gruesome and grey...one day we go back to pray.
He hugs us tight and tells us...it's all okay!
What a great Father we have,
What a grand Giver we have.*

*market fair = funfair



BLOOMING KIDS



Rosary in my life

**JOEL JOMY
SHARES HOW
THE ROSARY IS
A PART OF HIS
LIFE AND ITS
RELEVANCE**

D

aily Rosary has been an integral part of my family prayers since I can remember. There is never a day when we miss out on this prayer. And yet during my elementary years, I used to ponder on why we say such a long prayer each day. The beauty of being a Catholic, as explained by my parents is that we give such reverence to Mother Mary. When we go through the stations of the Cross, we realise her pain and the depth of her sacrifices. The events leading to Jesus being sentenced – to Jesus being taken to the cross and having to carry such a heavy cross, is a manifestation of the sacrifices he made for us, but what we often ignore is how a Mother had to see her son being taken all the way to the cross and being crucified. How difficult would it have been for a mother to stand so helpless and see her son being crucified?

When I live those moments of the crucifixion, it makes me introspect on Jesus and his suffering. In the world we live today, where technological advancements have made so much progress, we get little time to appreciate and thank god for the numerous blessings God has bestowed upon us. The Rosary has made me humble, and makes me appreciate the small things we have in life. When we appreciate the small joys, the small blessings and the small gifts, we learn to also acknowledge that there are many who are less fortunate. It drives us to be more giving and generous.

The Holy Rosary in my personal life has guided me in every decision and step that I take. It makes me to try and do what is right, and even if I did not, helps me realize my mistake. There have been many situations in my personal life and in my academic life where just having the Rosary around has made me choose the right path. As we pray daily, it helps me take the path of truth, honesty and righteousness.

When I wear the Rosary it protects me, and I strongly believe that it guides my path. As children we are surrounded by various temptations, and the moment we realize that our parent's perseverance to see us growing in faith is aimed at our overall growth, then the rest of the things in life become magical. As my parents often say the one thing that keeps our lives guarded from evil, from temptations, from abstaining from sinful things, is when we pray the Rosary. As students, I believe that we all need to be a part of a family that prays the Rosary each day, and that's what makes us unique as Christians, where we believe that it's the intercession of Mother Mary, who makes us what we are, as Catholics.



Joel Jomy is a seventh grader, passionate about Artificial Intelligence, Computers & Robotics. Joel is a prolific Pianist and part of the school choir. He lives with his parents in Houston, USA

QUIZ

DO YOU KNOW

- 1** What is the original meaning of Lent?
- 2** What forms does penance take in Christian life?
- 3** Which is the last Sunday of Lent?
- 4** Which feast day always comes during Lent?
- 5** How is ash for Ash Wednesday made?
- 6** Which devotion has special place during Lent?
- 7** Which two people appeared with Jesus on the Mount of Transfiguration?
- 8** Which three disciples went with Jesus to the Mountain?

Did you get all the answers? Send your answers to editor@kairos.global before 31st March with your Name, Age & Place. The names of all those under 12 years, who get the correct answers, will be published here.

Quiz Time



Mail your answers to quiztime@kairos.global before 31st March '20.
The winner will be rewarded with 1 year subscription of Kairos Global



PART A

Passion of Jesus

Arrange these events related to the Passion of Jesus according to their order of occurrence in the Gospel of Matthew

- Jesus Eats the Passover with His Disciples
- Jesus Sentenced to Die
- Jesus before the Council
- Judas Agrees to Betray Jesus
- Jesus Anointed at Bethany
- Peter Denies Jesus
- The Death of Judas
- Jesus Prays in Gethsemane

PART B

Find the odd one out from these lists of saints

1. St. Thérèse of Lisieux, St. John of the Cross, St. Francis de Sales, St. Augustine, St. Francis of Assisi (Clue : Doctors of the Church)
2. St. Mariam Thresia Chiramel, St. Padre Pio, Saint Damien of Molokai, St. Francis of Assisi, St. Catherine of Siena (Clue : Stigmatists)
3. St. Stephen, St. Sebastian, St. Lucy, St. Agatha, St. Augustine (Clue : Martyrs)
4. St. Gregory the Great, St. Thomas Aquinas, St. Ambrose, St. Augustine, St. Jerome (Clue : Church Fathers)
5. St. Joan of Arc, St. Sebastian, St. Alphonsus Liguori, St. George, St. Florian (Clue : Soldiers)
6. St. Francis of Assisi, St. Ignatius of Loyola, St. John Bosco, St. Thérèse of Lisieux, St. Mother Teresa of Calcutta (Clue : Founders of religious orders)
7. St. Teresa of Avila, St. John of the Cross, St. Francis Xavier, Saint Faustina, St. Padre Pio (Mystics)

ANSWERS TO QUIZTIME ISSUE 23

Part A

1. Barnabas; 2. advocate; 3. freedom; 4. redemption; 5. power; 6. love; 7. God

Part B

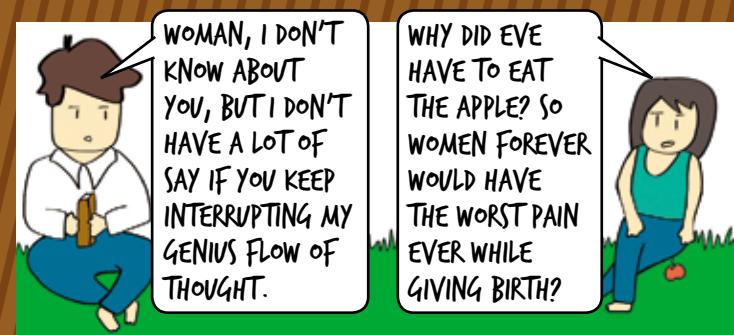
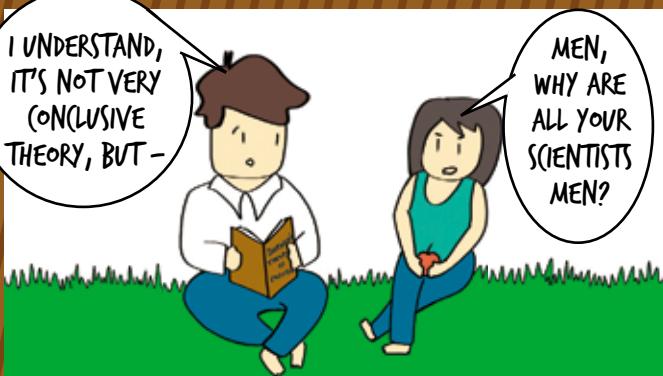
Psalms 119- The Glories of God's Law
 Psalm 23- The Divine Shepherd
 Psalm 16- Song of Trust and Security in God
 Psalm 91- Assurance of God's Protection
 Psalm 42- Longing for God and His Help in Distress
 Psalm 136- God's work in Creation and in History
 Psalm 84- The Joy of Worship in the Temple

Lukas and Ray

By Steffi Andrat Faria

THE CONTRIBUTION OF MEN TO SCIENCE IS OVERWHELMING. IT'S INTERESTING HOW THIS RUDIMENT THEORY OF EVOLUTION BY DARWIN STILL MAKES SOME-

URGH.



M A R C H 25

*International Day of the
Unborn Child*

Spiritual Adoption Prayer

*Jesus, Mary, Joseph, I love you very much. I beg you to
spare the life of the unborn child that I have spiritually
adopted who is in danger of abortion. Amen.*

Archbishop Fulton J. Sheen

Spiritually adopt an unborn child and pray for the child
and mother for nine months