

# KARDI

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## Being Fruitful & Faithful

■ DR FINTO FRANCIS

# I AM PRO LIFE

DINO PAUL



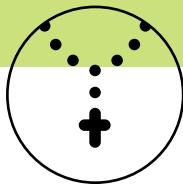
ALSO ↓

## POPULATION EXPLOSION: MYTH OR TRUTH?

■ DR SINDHU NADARAJAN



## MARY MY BELOVED MOTHER



O Mother, you who protected the baby in your womb even at great risk to your own life, help us your children to reject the false securities of this life and to say yes to the plan of God. Strengthen us in our endeavours to build a culture of life, rejecting the culture of death. Our lady of Guadalupe, pray for us.

# EDITOR'S ROOM

DR. CHACKOCHAN J NJAVALLIL

 @readkairos



**TODAY'S  
GENERATION MAY  
NOT BE REJECTING  
GOD, BUT NOBODY  
IS TELLING THEM  
ABOUT THE LOVING  
PRESENCE OF GOD  
AND HELPING THEM  
TO EXPERIENCE HIM**

## HOW CAN PEOPLE HAVE THIS KIND OF INVERTED OR PERVERTED VALUES.

**G**reen and environmental consciousness is the order of the day. All segments of people are much concerned about the need for protecting mother earth, and they do everything possible for that. But how can they fail to understand the preciousness of unborn child.

Animal lovers are also in plenty. There are various International organisations doing all things possible to ensure the well-being of animals. Even those who find the lives of animals precious, doesn't often think that human lives are to be considered as precious as animals. I have to sincerely admit that I don't understand these wrong priorities followed by many leaders of organisations and countries around the world, of over emphasising on the protection of environment and/or animals, and a failure in understanding the cruelty, inhumanity and immorality involved in the killing of innocent children before their birth.

Magazines and TV channels often report and broadcast programs about people saving a bird, feeding an animal, institutions providing safe location for animals etc and rightly so. Due to the inclusion of environmental awareness in school curricula, today's children are conscientized strongly and are concerned when even a single tree is cut. One of my colleagues was telling about his children who stopped eating fish after having an opportunity to see and play with live fish for some time.

But still, why does a large number of mothers kill their children who are in their womb? Definitely it cannot be just ignorance. Science and medical profession give funny names to pretend that it is not killing, but actually it is murder / assassination. Statistics on abortions around the world are staggering.

Recently I heard about a very traditional catholic grandmother in Kerala who was apparently so offended to hear the news of her daughter's fifth pregnancy, that she did not even talk to her for several months. There can be various reasons at play here. One may be today's all too prevalent culture of self-interest – not the least bothered about others, even one's own children, but concerned only about oneself. The other may be, as Pope Francis has said, that today's generation may not be rejecting God, but nobody is telling them about the loving presence of God and helping them to experience Him.

There is no doubt that an all-out effort is needed to make people aware that abortion is nothing less than brutal killing – murder and assassination of children. I am very well aware that taking a stand for life and against abortion is not the only aspect coming under the purview of being pro-life. Taking care of the elderly, physically and mentally challenged, extending care to the abused persons, donating organs, preserving the nature are all various dimensions of it.

Dear readers, please do everything possible to help people realise the preciousness of human life.

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**Also  
LOOK  
OUTFOR**

**18 A Failure to Love**

**22 Being Fruitful  
& Faithful**

**32 Wise in our  
relationships**

 God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it." (Gen 1:28)

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## POPULATION EXPLOSION MYTH OR TRUTH?

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### BEING FRUITFUL & FAITHFUL

DR FINTO FRANCIS



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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. I am engaged to a wonderful young man with strong catholic faith and morals. We are looking forward to our marriage next year. We meet and talk often. Some friends suggested that it is ok to get physically intimate as we are destined to be husband and wife in the future. They say it will help us emotionally connect & understand each other better. We know that it is a sin. How best can we explain our stand to these friends?**

While speaking about the distinction between being engaged and being married, Pope Francis made reference to the physical intimacy some couples share before marriage, reminding that the “powerful symbols of the body hold the keys to the soul. We cannot treat the bonds of the flesh lightly, without opening some lasting wound in the spirit”. The Pope further warned that the current “consumer culture” tries to turn love into an “object of consumption”, whereas, the period of engagement ought to allow a man and a woman to mature in the responsible decision regarding something so big that cannot be bought or sold.” The Church maintains such distinction between engagement and marriage in order to protect the profound meaning of the sacrament of marriage.

The teaching of the Church distinctly and clearly expresses chastity as an entirely positive phenomenon. “Those who are engaged to marry are called to live chastity in continence. They should see in this time of testing a discovery of mutual respect, an apprenticeship of fidelity, and the hope of receiving one another from God. They should reserve for marriage the expressions of affection that belong to married love. They will help each other grow in chastity” (CCC 2350). The Bible condemns fornication, which is the carnal union between an unmarried man and an unmarried woman (Mk 7: 21; Mt. 15:19; CCC 2353). Instead, the Church invites people to live the virtue of chastity. A healthy

marriage is impossible without chastity, that virtue by which we are in control of our sexual passions rather than it controlling us. It is true that chastity is a tough virtue to develop. While being engaged if sexual passion can be mastered, when such passion is at a certain height, it is mastered for a lifetime, a lifetime that will provide challenges of all sorts and intensities. So, the period prior to marriage is an important time to accomplish this positive virtue of chastity.

Some concrete steps towards this great task:

- Avoid the near occasions of sin. For example, when spending time alone together, be in public places like parks, malls and other social settings which allow you to be more inclusive than exclusive.

- Avoid any inappropriate emotional dependency on each other, which degenerates love into a sentimental attachment that prevents one from getting to know the other. Some signs of such dependency are: talking for hours on phone and can't wait till the next call; if the call is not returned you go into crisis, thinking your friend does not love; you feel that you must do everything together; your daily schedule is planned in such a way as to be in constant contact.

- Virtue of purity is an important means by which one can keep ones mind and heart clean of lust. Young people can master this virtue through patient practice, cooperating with the grace of God, and with the assistance of the sacraments.



YOUCAT 280

## WHAT REASONS DO CHRISTIANS GIVE FOR HUMAN DIGNITY?

**Every person, from the first moment of his life in the womb, has an inviolable dignity, because from all eternity God willed, loved, created, and redeemed that person and destined him for eternal happiness. [1699-1715]**

If human dignity were based solely on the successes and accomplishments of individuals, then those who are weak, sick, or helpless would have no dignity. Christians believe that human dignity is, in the first place, the result of God's respect for us. He looks at every person and loves him as though he were the only creature in the world. Because God has looked upon even the least significant child of Adam, that person possesses an infinite worth, which must not be destroyed by men.



# POPE talk...

Dr. Kochurani Joseph  
Animator, National Professional Ministry, India



Setting up the Christmas crèche in our homes helps us to relive the history of what took place in Bethlehem. Parents should share this nativity tradition with their children so that one's childhood memories of the joy and wonder of the nativity will help one to recall the "precious gift" of faith passed down within families. As we contemplate the Christmas story, we are invited to set out on a spiritual journey, drawn by the humility of the God who became man in order to encounter every man and woman. We come to realize that so great is His love for us that He became one of us, so that we in turn might become one with Him.

## Inclusive capitalism leaves no one behind

An inclusive capitalism that leaves no one behind, that discards none of our brothers or sisters, is a noble aspiration. An economic system that is fair, trustworthy and capable of addressing the most profound challenges facing humanity and our planet is urgently needed. A glance at recent history, in particular the financial crisis of 2008, shows us that a healthy economic system cannot be based on short-term profit at the expense of long-term productive, sustainable and socially responsible development and investment.

## We must always build bridges, always reach out

Always ask the Holy Spirit to teach us to build bridges with culture, with those who do not believe or with those who have a creed different from ours. Always build bridges; always reach out, never aggression. Let us ask God for his ability to delicately inculcate the message of faith, placing on those who are in ignorance of Christ, a contemplative gaze, moved by a love that warms even the most hardened hearts.

## Disabled people are not in humanity's minor 'leagues'

A culture that considers some lives to be 'League A' and others 'League B' based on their physical or mental abilities are a social sin. We are called to recognize in every person with a disability, even with complex and serious disabilities, a unique contribution to the common good through their original life story. Recognize the dignity of each one, knowing that it does not depend on the functionality of the five senses.

## Catholic entrepreneurs must live out Church's social teaching

Catholic business owners have both a grave responsibility and an opportunity to promote the Church's social teaching in a difficult atmosphere.

families with the payment of a just wage. The Second Vatican Council's Gaudium et spes gives a criterion for discernment.

## The role of laity

Christianity from the beginning was preached by the laity. St Paul speaks of the "community that gathers in their house" which becomes a 'house of the Church', a 'domus ecclesiae', a place of listening to the Word of God and of celebrating the Eucharist. Among the many collaborators of Paul, Aquila and Priscilla, emerge as 'models of a married life responsibly committed to the service of the entire Christian community' and remind us that, thanks to the faith and commitment to the evangelization of so many lay people like them, Christianity has come down to us. The laity, are responsible for your Baptism to carry on the faith.

## PRAYER INTENTIONS FOR JANUARY

### PROMOTION OF WORLD PEACE

We pray that Christians, followers of other religions, and all people of goodwill may promote peace and justice in the world.

The evangelical values that you want to implement in directing your companies, as well as in the many relationships you have in your activities, are the occasion of a genuine and irreplaceable Christian witness. Some of the challenges that come with working in the business world, or with owning a business, are the decisions which impact the survival of one's company and the support of employees and their

Pope Francis says...

- Evangelization must start with encountering Jesus
- This is the drama of today: houses full of things, but empty of children.
- The meaning of life is not to accumulate.
- To protect life one must love it
- For God you are always welcome. For Him we are never strangers.
- Choose prayer and charity over consumerism

# JESUS YOUTH



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

## Jesus Youth is Youth for Life



The time was mid 1990's and this young doctor was a regular visitor to my place.

Her weekly day off was on Tuesdays and we would meet to discuss her dreams. Prolife work was Dr. Sindhu's passion and she had quite an ingenious approach to promoting this positive awareness. She would gather groups of youth, together with them prepare promotional materials and engage in various prolife campaigns. A well-made set of prolife exhibition materials she kept at my place, which youth from near and far would take to conduct awareness sessions. In brief, hers was a tactic of 'learning by doing' or a hands-on-approach to learning, and this creative method was helping many youth groups take up a strong stance for protecting life. Jesus Youth has always been prolife, but Dr. Sindhu's initiatives ushered in a new focus and fervor in the movement's mission to protect life.

The life and teachings of Pope John Paul II had immense influence on Jesus Youth movement. It was in 1978 that the first major effort to network young people in the Renewal movement started (which would eventually become Jesus Youth), and it was in the very same year that the saintly Pope commenced his papacy. No wonder the movement is deeply indebted to the vision and spirituality of this saintly

pope, especially on its perception of the modern-day 'culture of death' and the possible solutions. Naturally, prolife concerns has been central to the various activities of the movement.

### PROLIFE DYNAMICS IN JY

"What are some of the distinguishing marks of JY?" I asked a group of teenagers. "JY families have a lot of children and many of them do home schooling". This discussion was in the US and so homeschooling came up because that is a growing trend there. But large family is surely a Jesus Youth character in most parts of the world. Now, what are certain best practices that promote prolife attitudes in Jesus Youth movement?

#### • A commitment to know and live God's will:

Forming an active Christian conscience is central to Jesus Youth movement. This often starts with an encounter experience and continues through a variety of faith formation efforts. Two important thoughts should guide the life of an active Christian - firstly, asking 'What is God's will for my life?' and secondly, the firm decision to say 'I don't want to do what is not pleasing to God'. Perhaps the foundation of prolife attitude in the movement is this continuous practical faith formation that goes on in the movement in its prayer groups, retreats and formation programs.

• **Shining models:** These days we often hear that young people go astray because they lack good role-models. But in Jesus Youth circles one very positive thing is that there are plenty of individuals and families that are well committed to safe guarding life. There are numerous families with six, seven or more children. There are so many in the movement who even at great risk to their own lives decided not to have an abortion. In Jesus Youth groups most people know these ordinary heroes and joyfully talk about them. In all the gatherings of Jesus Youth, the radiating joy of big families is a visible presence. No wonder the new generation wants to follow these good examples.

#### • A positive pro-life message:

Whenever the Rex Band has taken the stage for public concerts in the past, there has been this very captivating solo presentation by Beena, 'The Cry of the Unborn' - a fetus killed in the womb of its mother narrating the harrowing experience with a musical refrain "Let me live". Over the past three decades through hundreds of Rex Band shows, innumerable people have witnessed this 'voice of the unborn' and almost everyone has been moved to tears watching this deeply touching presentation. Leo's short film 'Tree of Life' was another very effective media initiative in Jesus Youth that effectively highlighted the prolife message.



**What is most noteworthy in the movement is the general culture of prolife that prevails throughout and a very positive attitude that it is able to build among other young people**

Prolife exhibition has become an integral part of all major Jesus Youth programs. In all JY circles the message is loud and clear that from the moment of conception, human life is sacred and that any attempt against it is surely a most heinous crime.

**• JY Healthcare professionals:**

Doctors and Nurses networks are quite active in Jesus Youth. JY groups in Medical Colleges and Nursing schools become effective nurseries forming committed pro-lifers. No wonder the movement has enough resource persons to conduct excellent prolife sessions, as many of these doctors and nurses come out as excellent healthcare professionals and committed guardians of life. Naturally the wider church circles depend on Jesus Youth input for effective prolife campaigns.

**• Different creative initiatives:**

When Shalini, an active Jesus Youth got elected as the Chairperson of the city's famous college she persuaded her team of union leaders to take up 'Life' as the theme of their year long activities. The college witnessed some very special programs during the year, most of them with a strong prolife

message. In another place, a series of webinars on the theme of prolife was organized by a group of Jesus Youth. Prayer campaigns, poster making sessions, street plays and a variety of other innovative approaches have been tried by enthusiastic JY groups to communicate to their colleagues and friends the message of the importance of safeguarding life.

In Jesus Youth, there is also a dedicated Prolife Ministry that focuses on spiritual campaigns, imparting prolife trainings, arranging counselling for the needy and preparing trained personnel and groups for interventions of different sorts. But what is most noteworthy in the movement is the general culture of prolife that prevails throughout and a very positive attitude that it is able to build among other young people, not looking at prolife work as something strange and exceptional, but a sign of being a loving and joyful Christian.

.....

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

ENGAGE

# I AM PROLIFE



**DINO PAUL SHARES**  
 PASSIONATELY ABOUT THE NEED  
 FOR PROLIFE ACTIVISM, THE  
 IMPORTANCE OF INCREASING  
 AWARENESS OF THE TEACHINGS  
 OF THE CHURCH AND ALSO  
 THROWS LIGHT ON SIMPLE  
 ACTIONS THAT PROMOTE LIFE.

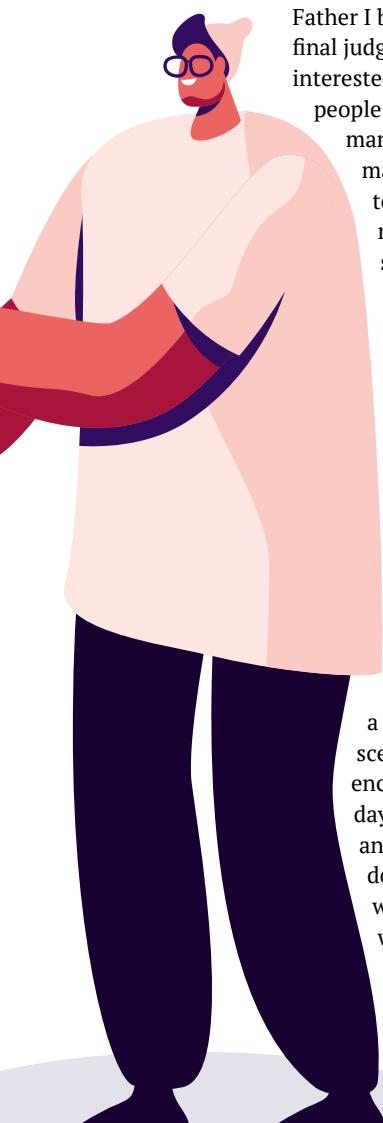
## EVERY

Jesus Youth is called to be Prolifer, NO, in fact every human being is called to be a Prolifer because this ministry promotes the value of life of human beings which should be our basic call regardless of our cast, creed and religion. Why Prolife? Why do we need such a ministry? We live in a world today which usually promotes that we are the owners of our own lives and our own bodies and we can use/abuse it the way we like. Most advertisements today make a business out of demoralizing the value of life and sexuality. The world today teaches us that sex is only for pleasure and you can use it the way you like, with whomever you like, wherever and whenever you want it. The world teaches that the baby in the womb is not a human being and is just a part of the mothers body, so the mother can decide whether to give birth or kill the baby. The world teaches that its absolutely fine and normal to masturbate.

This is a culture of anti life spreading across the world. If this continues for a few more decades,

then a time will come where society will lose all its morals and values of life and sexuality. By then it may be too late to make a change. This where people like you and me, instruments of God are called for a greater purpose in life to stand up for the morals and values of basic human life. The Catholic teachings on the morals and values for life and sexuality are amazing. However its very sad to know that our people only understand these teachings in its peripheries and not in detail. If you spend some time, effort and prayer into learning this you will unleash the beauty of the church's teachings on the different ProLife and Theology of the Body concepts. People say church teachings are not practical and only possible in theory. Seldom do they understand that church teachings are backed and supported by science, logic and statistics. Be it abortion, contraception, immoral sexuality, pornography, ProLife clearly explains all these from a theological, logical, scientific and statistical perspective. We need you all to learn this and spread this Gospel of Life and Love to save our fellow brothers and sisters in Christ. We are responsible for their lives and souls.

ProLife ministry has two aspects, one is awareness creation and the other is activism. Awareness is created by teaching people the beautiful concepts of Prolife. How can we spread

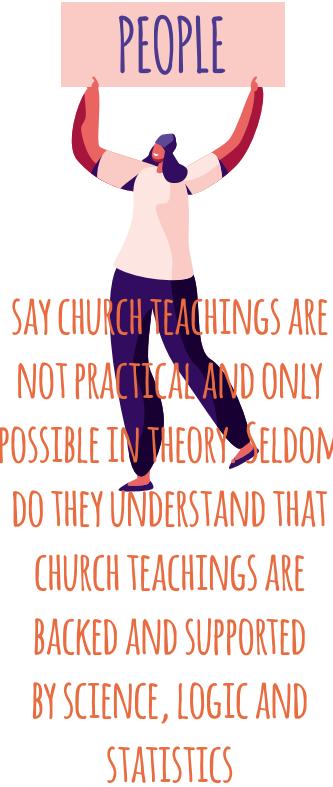


awareness? We can take sessions, conduct exhibitions, write prolific articles, use social media like, facebook, instagram, twitter etc to promote the culture of life. All Jesus Youth across the world should have the knowledge on ProLife because this is one of your primary responsibilities to promote and protect life and to save souls even if you are not a part of the ProLife ministry. When our time comes to leave this world to our heavenly Father I believe that during our final judgement God will be more interested in knowing how many people we have helped, how many lives we saved and how many souls we were able to bring back to God. How many have you helped or saved or brought to Jesus so far? Creating good awareness is the first step of ProLife and soul saving mission. Our people live in darkness of sin due to ignorance of the value of life.

The next step of ProLife mission is activism. Prolife awareness in itself covers some part of ProLife activism, but I would like to emphasize a little more on real scenarios which we need to encounter and handle on a day to day basis to promote and protect life. Provided we do the awareness part well we can rest assured that we will encounter people who approach us, asking our guidance and support from their different types of brokenness in life related to abortion, pre marital sexuality, pornography, suicidal

thoughts, substance abuse etc. We need to help and support them and guide them in the right way or lead them to people who are experienced in handling such situations.

Different countries need



different types of ProLife activism based on the rules and regulations in that country. In an Indian context we can speak to a woman contemplating on abortion, offer her help and support to save the child. Jesus Youth Bangalore ProLife ministry has saved more than 60 babies from abortions so far. We speak and try to convince against abortion and if they agree, based on the need (if unmarried) take them to a convent for crisis pregnancy and they stay there till delivery and once the baby is born, the mother can take the baby if she wants else the baby is placed for legal adoptions. There are very few mums who took back their baby and are leading a single parent life and one of them still sends us photos of her son on his every birthday and thanks us for our support in saving that life. In a US context you could pray outside abortion clinics within the legal limits allowed. We need to guide our young men and women addicted to pornography, masturbation, pre-marital sexuality, contraception and

homosexuality, accompany them in this difficult journey and lead them back to Jesus and help them to lead a peaceful catholic life. To do all these we need to learn and be equipped how to handle these situations and also need to identify the different options, centres, experts, elders available in our areas to help people who are in need of such issues.

We all often get a prayer request like, "a lady planning for abortion, please pray". We all usually pray and forward the message, but that's just not enough for a Prolifer. We need to pray as well as trace back to the source, find the person and try to speak to her and convince her to save her child, offering all the help we can. This is what a Prolifer is supposed to do. Prolife does not mean only doing big things, Prolife means simply sharing God's love to others. Even as small as making a depressed friend happy, or helping an old person to cross the road is a ProLife activity. Prolife activism is not easy. It's challenging, requires risk taking, is tiresome, demanding and stressful. It takes us out of our comfort zones. This pain and suffering to save another life and soul is similar to what Jesus did on the cross. One of the key requirements for the success of ProLife activism is a strong prayer life, intercession and personal holiness. If you work for ProLife, your lives could be transformed to a better prayer life and holiness, without which it's difficult to sustain this challenging ministry.

It was 9 years ago when my first son, Mighael was battling for life in the Neonatal ICU, that I committed my entire life for this ministry to God. I made a deal with God on that day that all my life I will work for this mission to save lives and souls. I will try to be a ProLifer always. ■



Dino Paul lives in Bangalore, India with his wife Soumya and three sons Mighael, Raphael and Gabriel. He is the coordinator of Jesus Youth Prolife ministry in India.

# AS THE DEER PANTETH FOR THE WATER...

**James Parker** leads us on a very personal and intimate journey of his transformative experience of the Christian faith; a faith at once embracing and liberating.

I am father to an eleven-year-old daughter. Like every parent, I live constantly observing the multiple messages she is bombarded with from mainstream and social media. She and her peers are being told that how they feel overrides biology and even scientific fact; that there are numerous genders they can choose from; that to believe in heterosexuality is not only unhealthy but abnormal, bigoted and intolerant.

In my opinion, no messaging is as powerful as LGBTQ+ ideology which has the power to lead my daughter and all her peers down a glitzy yet dead-end path. Am I bigoted for writing this? Definitely not.

You see, I was a gay activist for many years in my early adulthood. I came out as gay to my parents and schoolfriends when aged 17 back in the 1980s. I threw myself into preaching that being gay was not only good, but was shaped by the hand of God Himself. How could I have believed any differently? I had only ever been wholly and utterly same-sex attracted from my earliest memory.

I was one of the lucky ones – or blessed as I would say today. When I told my parents that I was gay, their response was one of total acceptance of me as a person. They told me they loved me, that their home remained my home, and that they would be there for me. They also told me that the house rules remained the same for me as for my older brothers and sisters, that is, no sex or sharing of bedrooms before marriage. The message I received was that they loved me without condition, but that the boundaries of family life would not be changing to suit my feelings. I came to see this as excellent advice.

I left home at 18 and threw myself into the London queer scene, lobbying for gay and lesbian rights, getting involved in Gay Pride, attending the Lesbian and Gay Christian Movement (yes, my childhood faith still remained important to me) – and desperately looking for someone to love. I eventually settled down with a long-term boyfriend, my “man-for-life”.

During this time, I was asked by a fellow university student, “do you want more love in your life?” The answer of course was “yes”. Who wouldn’t respond in an affirming way? This same student invited me to attend a gathering of young people who were engaging in a Life in

the Spirit Seminar, where there was an opportunity for attendees to place their entire lives into the hands of Jesus. I followed the instructions given to me, born out of my desire to know Jesus not just as head knowledge but in a personal way. I prayed the sinner’s prayer. I asked Jesus to be Lord of my life. I opened my whole person to the Holy Spirit who, I had hoped, would “teach me all things”, as God’s Word promised.

My boyfriend soon saw the changes in me, so much so that he too entered into a personal relationship with Christ. Overnight, we became a model Christian couple within the London gay culture. We jointly preached that God loves gays and that being gay is okay.

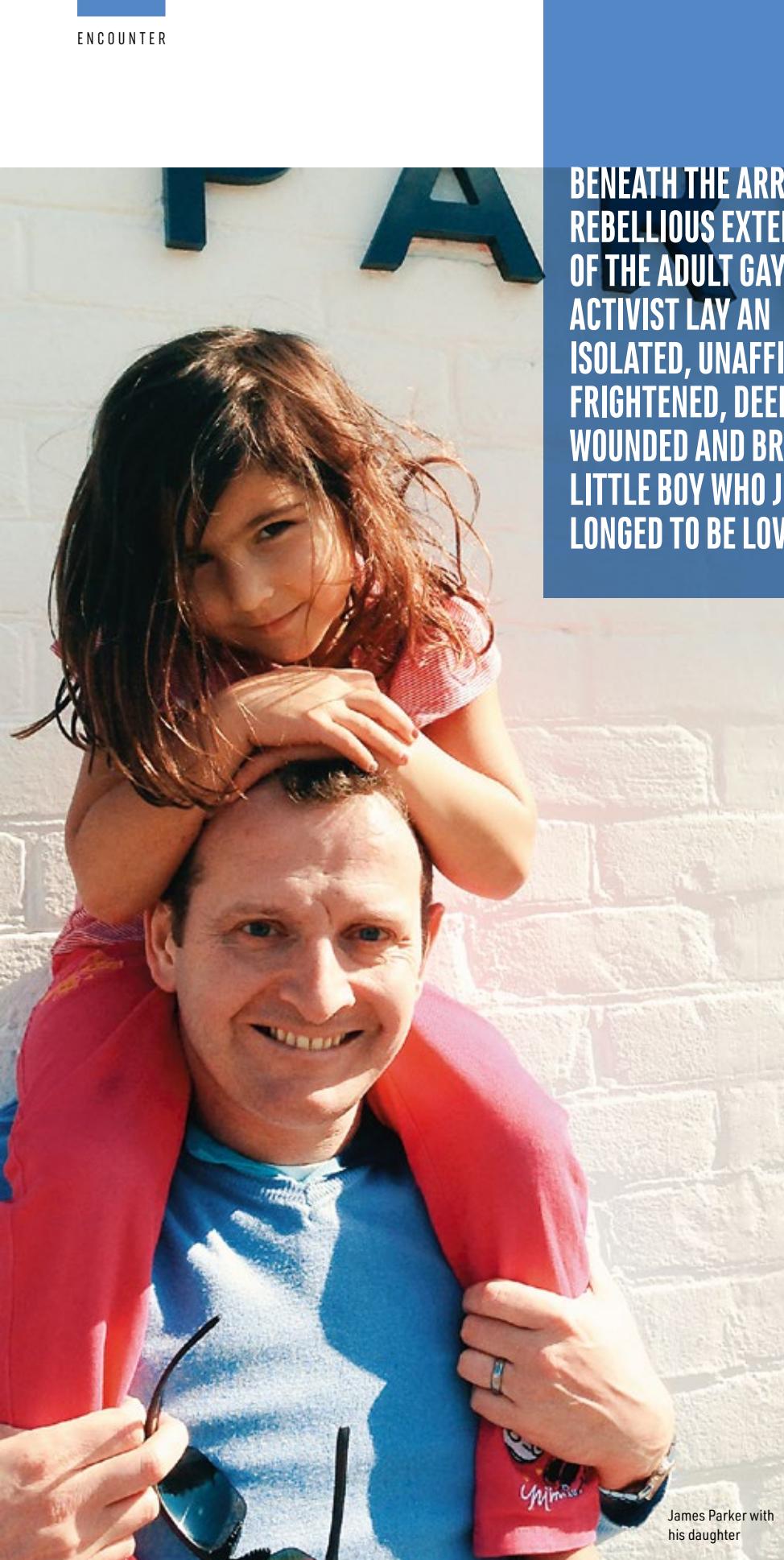
As I quietened my soul in Jesus’ presence, the more my inner world began to unravel – and all for the good.

I slowly became aware that I had been seeking affirmation of myself as a man from another man who also needed affirming, and that for the most part we were looking for affirmation in a sexualised way. I came to see that, although we had a deep and intimate bond, friendship between two men had never been created to be eroticised. I left my boyfriend. I left the gay community and culture. I made the Church and fellow Christians my new home.

But hear this loudly and clearly: no one every preached to me or challenged me about my homosexual practice or same-sex attraction during this time of personal revelation. The Holy Spirit was leading me. I came to learn that many people had been quietly interceding for me and that their goal had been to point me towards Jesus and in the direction of holiness. Heterosexuality and marriage never, ever entered the conversation.

I went on a journey of incredible recovery where the Holy Spirit really began to “teach me all things”. He showed me I had repressed profound pain from my past, some of it deeply traumatic. I faced the effects of years of childhood sexual abuse at the hands of many older men alongside a constant exposure to pornography. I addressed issues relating to being abandoned at birth, being fostered, orphaned and adopted.

I came to see that the very root of my so-called “homosexual identity”



## BENEATH THE ARROGANT, REBELLIOUS EXTERIOR OF THE ADULT GAY ACTIVIST LAY AN ISOLATED, UNAFFIRMED, FRIGHTENED, DEEPLY WOUNDED AND BROKEN LITTLE BOY WHO JUST LONGED TO BE LOVED

James Parker with  
his daughter

had begun as a vow made deep, deep within my heart to never, ever trust men based on my earthly father breaking my heart and therefore my trust at such an early age. I repented of making the vow and asked the Lord to restore me – and He did.

Over time, I came to be attracted to women. I eventually married a woman and became a father. I had been told as a teen and young adult that this would be impossible, but for God “all things are possible”.

So, beneath the arrogant, rebellious exterior of the adult gay activist lay an isolated, unaffirmed, frightened, deeply wounded and broken little boy who just longed to be loved. With his heart shut off, he was trying to find his place in the world in his own strength through his body and through a false ideology. He needed more tender care and love than most children, even in his adult years.

How do you respond to those who say they are LGBTQ+? Do you reject them, and speak down about them? Or do you see their present and history through the eyes of Christ?

My parents had it right, as did the Christian community around me, loving me without condition, and never judging me. They witnessed to me, as fellow sinners, what it means to embrace humility, not pride, which leads to “life to the full”. When someone you know says they are LGBTQ+, maybe God is calling you to draw alongside them, to go the extra mile with them and to witness to them God’s unconditional love? As Jesus died for you, so He died for everyone.

As a father, I seek constantly to protect my daughter. But more so, I have a heart constantly vulnerable and open to loving her without condition, whilst entrusting her into God’s mighty hands.



British-born James Parker lives in Western Australia and is a Catholic convert. As an abuse survivor and former gay rights activist, he is passionate about the spiritual restoration of men and women.

IN FOCUS



# POPULATION EXPLOSION: MYTH OR TRUTH?

Dr Sindhu Nadarajan provides a thorough and detailed study exposing the fallacy of population explosion, providing Catholic couples guidance to choose their family size.

**A**s a third year medical student, I met a child with a serious illness while doing rounds in the paediatric ward. I took a detailed history of the patient and discovered that the child had many siblings! In my efforts to educate the mother about the need to control the number of kids for the well-being of that poor family and also of the world; I explained the different methods of family planning including sterilization, etc. After listening to all I had to say, I was humiliated as the mother, a woman in her thirties snapped back and said, "Doctor, I appreciate your service for my child who is sick, but whatever you have advised me regarding the size of my family is totally unacceptable since I'm a catholic and it is against my conscience and the teachings of my Church. I'm sorry, please don't interfere in my personal matters." It was like a blow to my face! This uneducated woman turned down my magnanimity to help, that would enable her to get out of their 'misery'! While moving to the next patient, I tried to console myself that it was just the mutterings of an uneducated, poor, and old-fashioned 'Christian'!

In a unique turn of events, years later I became a Christian myself. During my fourth pregnancy, while on a trip to India, one of my relatives asked me, "Dear Sindhu, aren't you a doctor and you still don't know about these things?! Or is it not available in America like we have in India?" I knew that the 'things' she meant were contraceptives! So I responded, "Aunty, I know very well about these things, and it is freely available all over the world. But we prayed and desired for each one of our children. We conceived them in our hearts before they were born in my womb, and we know exactly when we conceived each child. We want a big family and God willing, we will have more

kids!" She shook her head and put her hands on her head, "How are you going to bring them up? Isn't it expensive? I explained, "Children are the best assets that any family can have. I can't bring with me to heaven, for all eternity, all the material good I've laboured for; but I can bring my children!" As she went away, I could hear her mumbling "I can't believe that these kinds of people exist, even in this modern age, that too in America!"

I remember hearing for the first time about the Malthusian Theory and the Population Explosion Theory in high school, sitting on a bench in my class worrying about the impending doom created by the presence of too many people!

#### MALTHUSIAN THEORY AND ITS AFTERMATH

In a 1798 treatise, "Essay on the Principle of Population", English political economist Thomas Robert Malthus observed that population tends to increase geometrically whereas food reserves grow arithmetically leading to competition for scarce resources and differential reproductive success, the driver of evolution. The beliefs that "It is better to be cruel than to be kind" and "Those in power know best, what is good for the vulnerable and weak" led directly to legal actions based on questionable Malthusian science. For example, the English Poor Law implemented by Queen Elizabeth I in 1601 to provide food to the poor was severely curtailed by the Poor Law Amendment Act of 1834, based on the Malthusian reasoning that helping the poor only encourages them to have more children and thereby exacerbate poverty.

The problem with Malthusians, is that they "cannot let go of the simple but clearly false idea that human beings are no different than a herd of deer when it comes to reproduction."\* However, humans are thinking animals and when faced with difficulties, we find solutions, like Norman Borlaug and the Green revolution. The outcome of this is the opposite of what Malthus predicted; food production grew faster and many countries like India became exporters of food products. Dr Verghese Kurien, the father of the White Revolution in India, also known as Operation Flood, instituted innovations in the 1970s to make India self-dependent in milk production. Currently India is the world's largest milk producer.



#### POPULATION EXPLOSION THEORY: A DEFUSED BOMB!

No one was more influential or more terrifying than Paul R. Ehrlich, a Stanford University biologist, among the demographers. His 1968 book "The Population Bomb," sold in the millions opens with this statement, "The battle to feed all of humanity is over."\* Dr. Ehrlich also warned in 1970 that "sometime in the next 15 years, the end will come." By "the end," he meant "an utter breakdown of the capacity of the planet to support humanity."

He was daring enough to make comments like, "Allowing women to have as many babies as they wanted, is like letting everyone throw as much of their garbage into their neighbour's backyard as they want." When I read this aloud, my daughter Jacinta, who just turned 13 shook her head and said, "Babies are garbage!!!! Poor Ehrlich! Has he ever heard or paused to think about the dignity of a human being?!" Needless to say time has proved all these predictions wrong. England is still with us and people didn't die of starvation in America. Instead, books on how to reduce weight always hits the top seller list in US and India has one of the most promising economies in the world.

God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it." (Gen 1:28)

Fred Pearce, a British writer who specializes in global population, admitted his concern is not that the world has too many people. The solution to overpopulation is not to force people to have fewer children. China's one-child policy showed the futility of that experiment. Demographers warn that China's population will begin to shrink in the next decade, potentially derailing the world's second-largest economy, with far-reaching global impact. China's birth-rate last year was at its lowest since the founding of the People's Republic in 1949, with 15.23 million births, dramatically lower than the 21-23 million officials had expected. By 2050 as much as a third of the country's population will be made up of people over the age of 60, putting severe strain on state services and the children, who bear the brunt of caring for elderly relatives.\* We see that many countries all over the world are way below the total replacement rate of 2.1 children per family to replace the population. The world is in a crisis.

In Mr. Pearce's view, the villain is not overpopulation but, rather, overconsumption. In 2011, he said, "We can survive massive demographic change. Rising consumption today far outstrips the rising head count as a threat to the planet. And most of the extra consumption has been in rich countries that have long since given up adding substantial numbers to their population, while most of the remaining population growth is in countries

**F**or people who are afraid of the rising world population, every child is a burden: one more mouth to feed! They never recognize that every child also has two more hands to help, one beating heart to love, and a mind that can change the course of the world!

with a very small impact on the planet." "Let's look at carbon dioxide emissions, the current biggest concern because of climate change," he continued, "The world's richest half billion people — that's about 7 percent of the global population — are responsible for half of the world's carbon dioxide emissions. Meanwhile, the poorest 50 percent of the population are responsible for just 7 percent of emissions." The worries about the planet's well-being could be a motivator for finding solutions, much as demographic fears may have helped defuse the population bomb.

#### THE CATHOLIC RESPONSE: HAVE MANY CHILDREN?

In 2015, aboard a flight, Pope Francis bluntly stated, "Some people believe that — pardon my language, in order to be good Catholics, we should be like rabbits... No... 'Responsible parenthood'". Section 10 of Pope Paul VI's 1968 encyclical, 'Humanae Vitae,' reads, 'With regard to physical, economic, psychological and social conditions, responsible parenthood is exercised by those who prudently and generously decide to have more children, and by those who, for serious reasons and with due respect to moral precepts, decide not to have additional children for either a certain or an indefinite period of time.' This can be translated as every couple should consider these three factors: health, wealth, and need of the nation, while deciding to have or not to have children. The above statistics clearly argues for more children (need of the nation-prudence). However, if a mother has a serious health problem, the couple should use prudence in having more children at the risk of the mother's health. Such extreme cases are rare and the church states that in the attempt to save the mother's life, if the life of the child is lost, as in cases of tubal pregnancy, it is not a sin (doctrine of double effect). On the other end of the spectrum, we also have many saintly women in the church who offered their lives for their children, like St Gianna Molla, Chiara Corbella, and our own Swapna Tracy Joju. "There is no greater love than to lay down our life for those we love." (Jn 15:13).

During our wedding homily, Fr George Mankuzhikkary said, "Married life is to be spent for your children and each other." It has always stayed with me and given me encouragement to choose my spouse and children before my interests and conveniences. In the particular situation in US, if I also had to go for work, we may have had to hire somebody else to take care of our kids. I had to let go the intellectual satisfaction of a challenging job, to the beautiful and more challenging job of Christian formation of our kids. Our oldest daughter went to college this year

after 12 years of home-schooling, and when she returned for her first vacation, she hugged me and said "Mom, thank you for choosing to be with us sacrificing your career and dreams ... when I look at the troubled lives of many of my friends, I can't thank God enough for the security and richness your presence gave to my life"! Even though my husband used to thank me and encourage me frequently, this was one of the best trophies that I got in the past 20 years of my secret life as the mother of 5 children.

Wealth could be relative for many. Who is rich? Only the one who has something to share with others! Even if you have millions of dollars in savings and have nothing to share with others you're the poorest! My parents, who didn't even have one-tenth of our income or infrastructure had 3 children, and all of us progressed into a better economical situation than them. When my older brother fell seriously ill, it was us two younger sisters who supported his family. For people who are afraid of the rising world population, every child is a burden: one more mouth to feed! They never recognize that every child also has two more hands to help, one beating heart to love, and a mind that can change the course of the world! Pope Francis says, "People who are poor or in poorer countries have an easier time recognizing a child as gift than wealthy people in wealthy countries oftentimes." Instead of having fewer children and showering them with all kinds of luxuries, a child will progress and become responsible if given a chance to grow up with many siblings. Life lessons are acquired by taking care of their younger siblings, sharing their things, and time with each other. Yes, the best gift we can give to our kids are their own siblings, who will be there for them all through their lives.

I recommend that every Catholic couple should form their consciences by studying the Catechism of the Catholic Church, church documents such as *Humanae Vitae*, *Evangelium Vitae*, and St. John Paul II's Theology of the Body. What do we think God is calling us to do in our situation? As St. Augustine says, "There are three goods in marriage: the good of fidelity, the good of indissoluble unity, and the good of offspring." The good of offspring is more than just having children, it's raising them to know, to love and serve God. It's forming them in love and helping them to grow to be responsible citizens who are able to know God's call for them. This calls for a sincere commitment that will leave a legacy to remain even after our death; even unto eternity! ■



Dr Sindhu Nadarajan, a doctor by profession and a pioneer of the Jesus Youth Prolife ministry lives in Florida, USA with husband Sunil and five children. They are currently fulltime missionaries and Dr Sindhu is part of the International Mission team.

# A Failure to Love



**Camille Pauley counters some common arguments made to make abortion look ethical by getting to the very root of the issues and bettering our focus.**



**B**etween the years 1932 and 1972, the United States Public Health Service conducted an experiment to learn more about the effects of syphilis on African-American men. The experiment came to be known as the “Tuskegee Syphilis Project.”

At the time, there was no known cure for syphilis, so the study started out well enough. But then, in 1947, right in the middle of the study, it was discovered that penicillin was an effective cure for syphilis. Not wanting to interrupt their study or the funding they were receiving, the scientists prevented their subjects from receiving penicillin, and from even knowing that there was a cure.

Fortunately, in 1972, word leaked out about what the researchers were doing. Unfortunately, by then, 28 of the men had died of syphilis, 100 died from related complications, 40 of their wives had been infected with the disease, and 19 of their children were born with congenital syphilis. This is a stark example of a very important philosophical principle, “the ends do not justify the means.”

Most students I speak to react to this shameful bit of American history with shock and disdain. Yet, when I point out that we aren’t much better when we justify the killing of unborn children as a means to grant women increased freedoms, I am met with hostility.

Students will sometimes argue that abortion isn’t about seeking a good end. It’s about preventing a greater evil – suffering. But how is killing one innocent human being an ethical solution to preventing the suffering of another human being?

At other times, they will try to argue that abortion can actually be good for the child because it will prevent untold suffering to children who would otherwise be born with genetic abnormalities. I wonder if anyone has bothered to ask these children whether they would prefer to be killed than to live with their genetic abnormalities. Perhaps it wouldn’t be so difficult for people to live with abnormalities if the rest of us loved them a little more.

I have actually debated an abortionist who justified aborting children with Down Syndrome on the grounds that, “Since so many children with genetic abnormalities die spontaneously prior to 20 weeks, abortion just takes the place of what nature has failed to do.”

It is a perverse sort of callousness to claim that people with Down Syndrome are a failure of nature. I know several people with Down Syndrome. One of them, a young friend of mine named Eric Matthes, has spoken articulately and intelligently in public forums to dispel the discriminatory myths that surround people with Down Syndrome. I would encourage anyone who holds the “failure of nature” belief to spend time with people like



*Perhaps it wouldn't be so difficult for people to live with abnormalities if the rest of us loved them a little more.*

Eric. Like you and I, they certainly experience bad days. But they are also quite capable of experiencing the fullness of human life, of forming deep friendships; of participating in creativity, generosity, and compassion. They have profound human experiences of faith, hope, and love. And they forgive us for our failures a lot easier than we forgive them of theirs. Where is the good that will come from exterminating these humble-hearted, joy-filled people from the planet? This isn't about a failure of nature. It's about a failure to love.

But the debate on abortion isn't just a question of how we treat others. It gets to the very heart of how we see ourselves.

In the mid 1500s, a Spanish Dominican friar by the name of Bartolome de las Casas rose to prominence after debating the subject of human slavery. He was defending the Native Americans against the Spanish conquistadors who were enslaving, torturing, and even killing them on the grounds that they were not as developed as the Spaniards. Las Casas formulated the critical ethical principle that every human being deserves to be valued according to the full level of development he or she could achieve if

allowed to reach his or her highest potential – not according to the level of development currently achieved.

This principle is the only justification for any kind of a doctrine of equal rights. If we are not equally valuable simply because we are human beings, then there is no such thing as equal rights for any of us. Our rights will be determined according to a cold calculus of how you measure up, according to whatever arbitrary standard is being utilized at the moment.

If we are to apply this principle consistently, it is difficult to avoid the conclusion that the unborn child is a human person with full human dignity and equal rights. The stage of development of the child becomes completely irrelevant. What matters is that the child could achieve the same level of morally significant development that any of us can achieve – if allowed to reach his or her highest potential.

Sometimes abortion advocates attempt to take the wind out of this principle by using the “Burning Clinic” example. If you were in an IVF clinic and it caught on fire – who would you save from the fire – a five-year-old little girl, or ten embryos stored in a tube of liquid nitrogen? Their hope is to trap you into admitting that you would save the five-year-old, thereby proving that pro-lifers do not really believe unborn children have equal rights.

This scenario reveals precisely why we should not be storing human beings in liquid nitrogen in the first place, as it causes us to lose sight of the fact that we are dealing with eleven human beings, not merely one. Nevertheless, I could easily use another analogy. Let's say you have a 7-year-old daughter attending the local school, and the building catches fire. Does the fact that you would give priority to saving your own daughter somehow diminish the value and worth of the lives of the other children? Of course not.

In over 25 years of professional pro-life education, I have found that the argument against abortion can prevail, but only if we challenge our students to be logically consistent and morally formed. Mere facts and statistics will not do it. Reliable data alone will not do it. What we need are pro-life advocates who are willing to keep asking the uncomfortable question, “Is the unborn child included in the human family, or not? And if you answer not, why not?”

That's the inescapable, all-important question. Asking that question is uncomfortable because it's a bit like looking in the mirror. We are not just asking our students to look at the unborn child and say, “Are YOU part of the human family?” We're also asking them to look at themselves and ask, “What makes ME part of the human family? What is it that gives me dignity? What is it about myself that requires other people to respect my rights, and me to respect theirs?”

The integrity of our own human rights is inextricably linked to how well we protect the human rights of the most vulnerable members of the human family. We must have the courage to insist that our students confront this issue head-on – even if it demands great sacrifice from them. Even if it demands that they rise above the prevailing cultural myths about love, freedom, and suffering. Anything less will betray not only the unborn children we claim to speak for, but the students we seek to convert as well.



Camille Pauley is the founder and President of Healing the Culture. She lives in Seattle, Washington, U.S.A.



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MY SOUL  
THIRSTS FOR  
GOD, FOR THE  
LIVING GOD.  
WHEN SHALL I  
COME AND BE-  
HOLD THE FACE  
OF GOD?

PSALMS 42:2




## YOUTH RETREAT

LED BY FR. KURIAN MATTOM

Jan 10th - 12th, Feb 7th - 9th,  
Mar 13th - 15th, Apr 3rd - 5th

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686604

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Rajesh James +91 9847837474

# Being Fruitful & Faithful

*Based on his experience  
practicing as a gynaecologist,  
**Dr Finto Francis** looks at the  
reasons and logic behind the  
Catholic Church's teachings on  
abortion and contraception.*



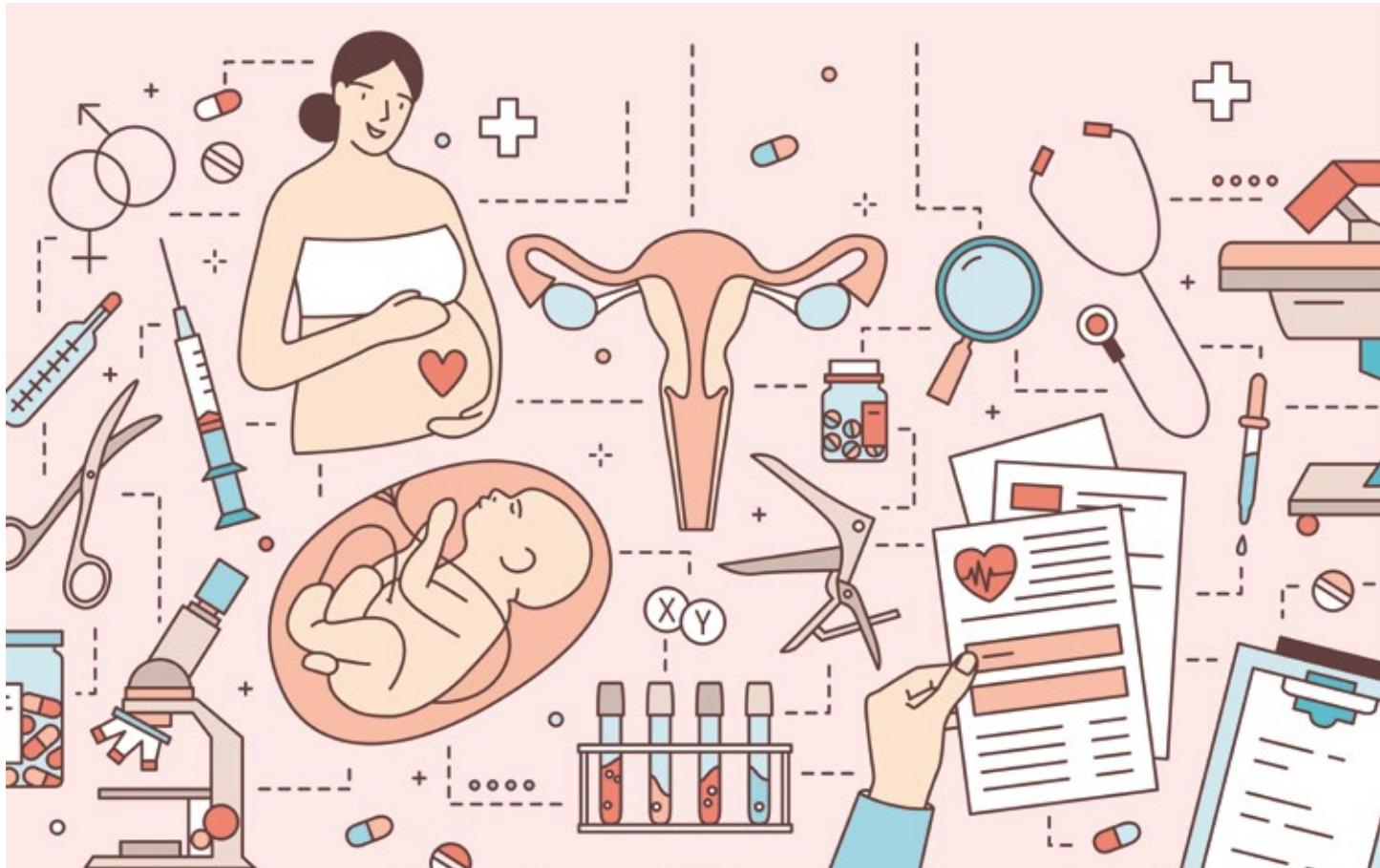
I have been practicing as a gynaecologist for many years. It is very difficult to come out of a government medical college with a specialization in gynaecology strictly adhering to the catholic ProLife teachings. We were supposed to be a part of abortion, sterilization and contraception during our learning curve. I did my MBBS in a government medical college. With strong ProLife values I was in a dilemma, if I didn't comply with these practices in college, I may never get my degree with which I wanted to save thousands of lives. So I was confused and I prayed one day in front of the Blessed Sacrament requesting God's discernment. Suddenly I heard a voice in my ears, "I would like to see you without spot and blemish". This was a miraculous experience for me, everything was so clear, that God does not want me to do anything unholy even with the intention of being holy in the future. I took a firm decision, that regardless of whether I got my MBBS degree or not, I would never do or assist in any anti life activity. The years ahead were not easy where I was asked to do or assist in these things and I had to struggle, hiding in the men's restroom, running out of college, scolding's from my HOD etc. Eventually they gave up on me and

understood that come what may, Finto will not do any of these things even at the cost of his degree. By the grace of God, I got the chance to do my post graduation at a catholic medical college. Eventually God made the impossible possible, I got my postgraduation in OBGYN and I started practicing as a ProLife gynaecologist.

Years passed in my career and I realised that Lord is making use of me in wonderful ways to save the life of so many babies in the threat of abortion. When people realised that children are a blessing of the Lord and not a burden, many of them changed their mind and turned away from contraception and sterilization. I wanted to help couples who had undergone sterilization, but later regretted their decision and wanted to restore their fertility. Since tubal recanalization is a microsurgery, it was costly. That is how I started doing tubal recanalization surgery at the hospital where I am working, in a cost effective way.

Soumya and Antony (names changed) came to my OPD and wanted to know about the recanalisation surgery. They had two children, but the first child died in an accident. Both her deliveries were through the caesarean section. The first child was a girl. When





they were admitted for their second delivery, they were offered sterilization along with the caesarean. But they didn't consent, because they wanted more children. Their second child happened to be a baby boy. They were again advised about sterilization. The doctor told them that the lower part of uterus is relatively thin. So there is chance if uterine rupture in a subsequent pregnancy. They were frightened to hear such things and gave consent for sterilization. Unfortunately when their daughter was around four years, in a road traffic accident she was seriously injured and died. They were very upset, but slowly accepted the fact that their daughter was no more with them. They came to know about recanalisation surgery through which she could restore her fertility. That is how they came to me for consultation.

I explained to them about tubal recanalisation surgery which is a medical procedure in which through microsurgical techniques we reattach the fallopian tube on both sides which were cut during the sterilization procedure. We can expect around 60 to 70 percentage success of a subsequent pregnancy after the procedure. However the husband was worried about the chance of uterine rupture in a subsequent pregnancy. It is estimated that the incidence of uterine

rupture in an elective caesarean is less than 0.05%. It is actually less than the chance of getting into a road traffic accident in Kerala roads which is estimated at 0.4% per year, if one is travelling every day. The couple was convinced and the wife underwent recanalisation surgery and they give birth to 2 more children after that, through elective caesarean.

The most important complication couples have to face is post sterilization regret. It is estimated that 14 % to 40% of couples regret their decision about sterilization due to one or many of the below:

- Loss of one or all of their children due to illness or accident
- Change of marital status due to death of the spouse
- Changed financial status of the family
- Loneliness after their children goes to school or college
- Spiritual reasons

#### STERILIZATION CAN ALSO CAUSE BELOW MEDICAL ISSUES

- Increased incidence of ectopic pregnancy- sterilization increases the chance for a subsequent pregnancy to be in the fallopian tube. Incidence of ectopic pregnancy is estimated to be 0.7% - 3%, over the subsequent 15 years after sterilization. Ectopic



pregnancy is a life-threatening condition for the woman.

- Increased incidence of hysterectomy - those who underwent sterilization have 4.4 times increased risk for hysterectomy, compared to others.

Sadly many of our couples have done sterilization after having 2/3 kids as they are unaware of these facts, and that it's not right as per the church teaching to do it.

## CATHOLIC TEACHING ON CONTRACEPTION AND STERILIZATION

The sexual act is meant to renew the marital covenant, repeating over and over again, "I give myself to you entirely, unreservedly, holding nothing back." Sterilization and contraception sever the procreative from the unitive aspect of sex, thereby rejecting one of the three characteristics of married love—fruitfulness. This means every time a couple comes together, either using contraception or having been sterilized, their bodies are speaking a kind of half-truth to each other, unable to give full expression to the love they have for each other.

The modern world considers that church teachings on contraception are impractical and illogical. Seldom have they understood that church teachings on

It has been so reaffirming to me that the teachings of Catholic church on life, love and sexuality are practical, logical and moreover better for human beings to lead a peaceful and joyful life

contraception are logically explained and statistically validated. It is frequently asserted that contraception, if made safe and available to all, is the most effective remedy against abortion. The Catholic Church is then accused of promoting abortion, because she obstinately continues to teach the moral unlawfulness of contraception. When looked at carefully, this objection is clearly unfounded. It may be that many people use contraception with a view of excluding the subsequent temptation of abortion. But the negative values inherent in the "contraceptive mentality" (which is very different from responsible parenthood-lived in respect for the full truth of the conjugal act) are such that they in fact strengthen this temptation when an 'unwanted' life is conceived. Indeed, the pro-abortion culture is especially strong precisely where the Church's teaching on contraception is rejected.

Certainly, from the moral point of view contraception and abortion are specifically different evils: the former contradicts the full truth of the sexual act as the proper expression of conjugal love, while the latter destroys the life of a human being; the former is opposed to the virtue of chastity in marriage, the latter is opposed to the virtue of justice and directly violates the divine commandment "You shall not kill". But despite their differences of nature and moral gravity, contraception and abortion are often closely connected, as fruits of the same tree.

It is true that in many cases contraception and even abortion are practised under the pressure of real-life difficulties, which nonetheless can never exonerate from striving to observe God's law fully. Still, in very many other instances such practices are rooted in a hedonistic mentality unwilling to accept responsibility in matters of sexuality, and they imply a self-centred concept of freedom, which regards procreation as an obstacle to personal fulfilment. The life which could result from a sexual encounter thus becomes an enemy to be avoided at all costs, and abortion becomes the only possible decisive response to failed contraception.

"Every action which, whether in anticipation of the conjugal act, or in its accomplishment, or in the development of its natural consequences, proposes, whether as an end or as a means, to render procreation impossible is intrinsically evil" (CCC 2370).

## NUMBER OF CHILDREN

Parents wants to give the best for their children. So some parents find it difficult to accept one more child, since they may have to deny certain material benefits and comforts to their children. St. John Paul

II addressing young families says "Even if you have to deny certain comforts for your children, never deny them the presence of brothers and sisters. Because the presence of brothers and sisters, will help them to grow in humanity and to realise the beauty of life in all its ages and all its variety"

#### ADVANTAGES OF HAVING MORE CHILDREN

1. Incidence of fibroid uterus- With each pregnancy and delivery the chance of fibroid uterus, which is the main cause of ill health and hysterectomy in females comes down. For a lady who has not given birth to children, the chance that she will develop fibroid uterus by the age of 50years is 50%. But for a lady who has given birth to 5 children, the chance becomes 1/5 , means around 10%.
2. Incidence of Breast cancer- The lifetime incidence of breast cancer is around 10%. By each pregnancy and delivery, the relative risk for developing breast cancer comes down by 10%. If a lady gives birth to 5 kids, relative risk is reduced by 50%, means incidence becomes 5%.
3. Incidence of Ovarian cancer-By giving birth to one more child, the relative risk of ovarian cancer comes down by 30%.
4. The incidence of Endometrial cancer is 80% less in those ladies who has given birth to 4 or more children
5. Loneliness- the biggest problem of the present world is loneliness leading to depression. Having more children will give you more chances that you will not be lonely in your old age.

#### NATURAL FAMILY PLANNING(NFP)

Couples may wish to space their pregnancy when there are serious reasons. But their desire should not be motivated by selfishness. They can make use of less fertile days for marital act, abstaining on the fertile days. NFP is an open to life mentality which means that in the event of conception during NFP the couples will accept the new life and not abort the baby which is a contraceptive mentality. The NFP methods respect the bodies of the spouses, encourage tenderness between them, and favour the education of an authentic freedom. CCC: 2373 , 2367, 2368 ,2370

Let me conclude. With my medical experiences as an OBGYN so far, it has been so reaffirming to me that the teachings of Catholic church on life, love and sexuality are practical, logical and moreover better for human beings to lead a peaceful and joyful life. The Catholic Church teaches these concepts to us, not to restrict or make our lives difficult, but to make our lives better, easy and free from the slavery of lust and anti-life mentalities. The encyclical 'Evangelium vitae' says Respect, protect, love and serve life. Only in this direction you will find true happiness, development, justice and peace. Let us strive to build the culture of life in our society in our own little ways



Dr. Finto Francis, gynecologist by profession is actively involved in the Jesus youth Prolife ministry. He lives in Thrissur, India with wife Dr. Asha and four children.



# THE DOCTOR ANSWERS



**Dr. Finto Francis** answers some of the questions of our readers regarding pregnancy and child birth.

We were pregnant 2 years back and the scan at 8 weeks showed that the baby is not having cardiac activity and the doctor said the baby is dead. We followed the instructions of doctor and took tablets and the baby was evacuated. Later when I discussed with another doctor he said there is a chance to miss the heart beats in early scans and you could wait for another 10 weeks. Later during discussions in our circle similar experiences were shared with me. What is your opinion in this regard?

☞ The viability of the intrauterine baby at 8 weeks pregnancy is determined through ultrasound parameters. Usually we expect the cardiac activity of the foetus to appear when the crown-rump length (length of the baby) is 4 mm or above. If the crown-rump length is less than 4 mm we have to wait till the time it reaches that point. On ultrasound, gestational sac is the first parameter of the baby to appear. It will grow 1 mm per day. Once

it reaches 25 mm, we will be able to see the fetal pole inside it. When the fetal pole length reaches 4mm we expect the baby's heart beat to appear. So if in the first scan the fetal pole is not seen and the gestational sac is less than 10 mm we have to wait for another 2 weeks and do a repeat scan. If the gestational sac is more than 25 mm or if the crown-rump length is more than 4 mm and cardiac activity is not seen, it denotes spontaneous miscarriage. We always do a repeat scan to confirm miscarriage. There is no problem in waiting for one or two weeks to confirm a miscarriage.

**We have not conceived for the last 10 years of trying. We tried IVF 2-3 times and failed. During a retreat we came to know that IVF is not advised by church. Now we are confused what medical ways we can opt in this regard according to Church teachings. Kindly help.**

☞ Catholic teaching clearly states babies are to be born through natural marital act. Since the unitive aspect of the husband and wife is absent in IVF, the Catholic Church doesn't approve it. The Church approves medical treatment which enhances the fertility potential of a marital act. It includes treatment for increasing the quality and quantity of sperm, ovulation induction using tablets or injections, laparoscopic surgery to correct tubal problems or ovarian cysts, surgery to correct fibroid in uterus, treatment for any difficulty in marital act etc. Detailed evaluation by a specialist who adheres to Catholic principles can help you.

**My eldest child was born by Caesarean section and he is now one year old. I have conceived now. Can I continue to breast feed my child and can I try for a normal delivery this time. I dream of having a large family. Is it possible for me?**

☞ Since your baby is already one year, the inter delivery interval will be more than 18 months so it is okay to try for a normal delivery this time (vaginal birth after caesarean-VBAC). You can continue to breast feed your child till you complete five months of pregnancy, however you should take adequate calcium rich food like milk. In a hospital which allows VBAC, we can expect a

success of about fifty percentage for normal delivery. Even if it happens to be a caesarean delivery, still you can dream of a big family. Multiple repeat caesarean sections are proven to be relatively safe.

**We hear a lot about breast cancers nowadays. Is it because we are using aluminium utensils for cooking.**

☞ The average life time incidence of breast cancer is estimated to be around 10 percentage in our societies. Giving birth to a child and breast feeding for one to two years will reduce the relative risk by 9 to 13 percentage. So, a lady giving birth to 4 to 5 children in her life time, will bring down the incidence by 50 percentage. Our previous generations were having five to ten kids in every family. So the chance of breast cancer was relatively less. It has got no connection with using aluminium utensils. Regular self breast examination and mammograms after the age of 40 at regular intervals will help to identify breast cancer in early stages, which is treatable.

**Is there any problem in delaying pregnancy after marriage. I am recently married and planning for higher studies. I would like to delay pregnancy for two to three years.**

☞ We always promote trying for conception as early as possible after marriage. One reason is that age at which women marry is going up. It is estimated that after the age of 30, there can be a reduction in fertility chance by three to four percentage points every year for females. The second reason is that couples tend to put on weight after marriage. This can cause irregular menstrual cycles in women which can cause difficulties in conception. Some girls develop antisperm antibodies. Usually it takes 6 months for developing antisperm antibodies after exposure to sperm. So when trying for a pregnancy after two to three years this antibody has already been developed. They may find it difficult to conceive later.

Dr. Finto Francis, gynecologist by profession is actively involved in the Jesus youth Prolife ministry. He lives in Thrissur, India with wife Dr. Asha and four children.



# *Living the truth of sexuality*

**Dr Mammen P Cherian** discusses the divine gift of human sexuality as well as the devil's perversions and aberrations, which drains from it true meaning and joy

**S**ister Lucia wrote to Cdl. Caffarra, "Father, a time will come when the decisive battle between the kingdom of Christ and Satan will be over marriage and the family."

Imagine going into the kitchen while your mom is cooking your favourite food. Now, if we start eating the ingredients one by one while she cooks, we can't feel the real taste of the final dish. In a way, that is what the 'thief' (Jn 10:11) does. He steals the ingredients for us, not letting us experience the real taste and goodness of sexuality, as God intended it.

Sexuality is one of the ingredients of life that makes it meaningful, joyful and beautiful, when it is experienced at the right time. If we taste it before time, we can't enjoy the real taste of it as we lose the real meaning and beauty of it. So, it is always our choice to let our sexuality be handled by the devil or by the Holy Spirit. What is ultimately true and good is from God. So, like a wise man who built his house on a good and strong foundation, our life should be built by placing sexuality where it belongs, in the right time and place. This can be achieved only with the help of God, which makes our call perfect and meaningful, be it celibacy or marriage.

Perversions are never from God, but mostly from the evil one – when we surrender ourselves to temptations, which later become habitual when repeated. Surrendering our sexuality to God will liberate us. Let us examine how bad these perversions like masturbation, pornography, living together and premarital sex really are.

Sexuality is a divine gift given from God for us to mature in love. The conjugal act between married couples is primarily designed for the couples to grow in love, and ordered towards the procreation of children through this participation in Divine love. Our sexuality plays a vital role in helping us relate with the world around. By moulding our masculinity and femininity, sexual hormones play a vital role in equipping us to become the people we are called to be, and thus serve others around us.

We are all in search of new love (Lam 3:22-23). The devil deceives us and we start searching this new love in wrong places, getting trapped in his tricks, enticed by forbidden fruits. What's the trap? Masturbation and pornography – offering an instant emotional elation just like narcotics. It seeks ways to satisfy our sensual pleasures (which is not love for love is about sharing), and selfishness sprouts. We eventually forget the beauty of 'loving by giving'. This will affect our social as well as marital relationships.

Addiction is caused by two brain chemicals, dopamine and endorphins. Dopamine is a neurotransmitter which helps one experience pleasure while endorphins are hormones that are released during times of stress and physical activity. Endorphins help us in the recovery process. When one masturbates, the body releases dopamine, the chemical that enables to feel sexual pleasure, and endorphins, once masturbation is done. Over time, the release of these brain chemicals becomes a frequent need for the body. Endorphins and dopamine are stress relievers. So, those who experience more stress are more likely to become addicted to masturbation for the release of these chemicals.

Most neuropsychological studies show some kind of direct or indirect consequence in executive function possibly as a consequence of prefrontal cortex alterations in a person, that leads to slow but visible changes in his behaviour, relationships, education, performance and attitude. This eventually messes up one's life. Sometimes such persons may not feel this change but people around him/her do sense it. Any attempt from the well-wishers including the partner to change them is usually met with intense resistance, even leading to breakup of the relationship so that they can hide behind these issues.

Love is all about giving. When one receives the 'new love' from God and gives it to the partner, their relationship is transformed into the image of trinitarian love. When one starts giving oneself to his/her partner, the love is reciprocated, and it takes you on an upward spiral path of love with God. When a person starts operating his sexuality with the sole purpose of enjoyment, he gets accustomed to the way of self-loving. As when a right-handed person fumbles when asked to write with the left hand, a person addicted to masturbation finds it difficult to share

*"A time will come when the decisive battle between the kingdom of Christ and Satan will be over marriage and the family."*

his sexuality with the partner, as he/she is not used to it. This creates a huge problem. Since the person seeks his/her own satisfaction primarily, and is seldom concerned with the wellbeing of his/her partner, the person can only receive a pleasure which is usually less than or at most equal to what he/she is already getting through one's own methods. So even when the partner is craving for love, the addict is roaming around without any issues as he/she is deceived by the counterfeit pleasure offered by the devil. So, he/she unknowingly loses the banquet and ends up with the pods in the pig farm. The devil is happy now.

Pornography is enjoying watching a sin! It builds up a high expectation in a person about the marital act. Being an industry, porn movies purposefully create a choreographic excellence to keep the viewers excited and stimulated by exaggerating sexual acts beyond reality. Inside marriage when one expects the same 'performance' from one's partner, they miserably fail and find their partners substandard and useless. The bitter fruits of this disappointment can destroy a marriage. It is beyond the scope of this article to discuss about the destructive impacts porn industry has made to the moral, cultural and social elements of the whole world.

We were discussing the impacts or future effects of pornography and masturbation in a person's life, from which we could easily conclude that these are not ultimately good and thus is not from God as His plans bring life in its fullness, and not the destruction of beauty and life. By any kind of analysis, be it ethical or psychological, we cannot arrive at a different conclusion. Even though sometimes we feel that pornography provides instant gratification, a deeper analysis would bring out the fact that it is ultimately taking a person away from God's masterplan. The prudent choice is to stay away.



Dr. Mammen P Cherian is a practicing pain and palliative care doctor from Thiruvalla, India and is a resource for the Prolife Ministry and family apostolate. He is the coordinator of Kerala Jesus Youth Prolife Ministry.

# BUILDING A CULTURE OF LIFE IN TODAY'S WORLD

**THE**

written word has influenced the mind of man and the sculpting of society for millennia. Plato's 'The Republic', considered to be one of the greatest works of philosophy and political theory ever written, shaped western thought for thousands of years. Similarly, Marx and Engels 'The Communist Manifesto', one of the founding pillars of communism, has influenced the lives of millions of people either directly or indirectly over the last 150 years.

Today's written word may not come in inked tomes bound in leather, but rather on handheld devices encased in glass and polycarbonate. Nonetheless, the written word continues to shape ideas, drive narratives and influence action. The narratives we read and are influenced by are not penned by a single person but by an increasingly diverse number of people from across the globe. That almost every person who is connected to the internet can produce content and anyone can become an influencer goes without saying. But before we set about trying to build a culture of life or become an influencer, we need to learn and prepare.

**Dr. Jacqueline Michael**

explores the knowledge and attitude required and the method and means with which to build a culture of Life in today's contrary world.



As we already know, the culture of life does not exist in a vacuum. It exists closely interrelated to each and every aspect of daily life. For example, it is related to how we eat and drink, how we make love, how we take care of our environment, how we consume products, how we travel, how we relate to one another, how we communicate and so on and so forth - all these and more need to be probed, learned and assimilated in the light of God's will, God's word, and the church's teachings.

Formation for this unique ministry has two distinct phases, namely the phase of Internal Preparation and the phase of External Execution. Sometimes one follows the other and at other times they may run concurrently.

The Phase of Internal Preparation is vital to inform and equip us for this ministry. This phase has two steps.

In Step 1, we explore ourselves to discover what it is that we wish to impart. We begin by examining our understanding and knowledge about the various aspects of the culture of life. As mentioned earlier, a culture of life is a way of living. Once we identify the gaps in our understanding we should strive to educate ourselves on how to live as a witness to this culture.

The second step is to truly understand the vital role of authenticity and love in this ministry. This is the Petra – the foundational stone upon which the fruits of our ministry will depend. Here again we begin by self-examination. We become cognisant of our own personal strengths and failures. We then utilize this self-realisation to help us grow in compassion and empathy.

Self-righteousness is abhorrent to the Lord and should never be the fuel used for evangelisation. We need to humbly acknowledge and understand that our experience of the culture of life was gifted through grace to us. Our ministry to promote a culture of life, should stem from a deep love and empathy for our brother or sister who is our co-passenger in this journey called life.

The second phase of External Execution deals with the nitty gritty of the actual work - building a culture of life in today's world. This has two parts.

In the first part we need to learn how to be an influencer, an apostle for life, in the real world that we live, work or study. We do this by witnessing the culture of life in our own personal lives. The love and grace that flows out from us should attract people to

▼

***Today's written word may not come in inked tomes bound in leather, but rather on handheld devices encased in glass and polycarbonate. Nonetheless, the written word continues to shape ideas, drive narratives and influence action***

+

the living Gospel of Christ. It is within this context that we share, teach and encourage those around us to uphold the preciousness of life. We should not be afraid to share this culture with strangers and friends alike. We can use the power of words – spoken or written – to form opinion and mould consciences. But remember always to remain in love and never to fall into aggression or anger however much you may be provoked.

Secondly we look to harness the vast potential of the world wide web to help build a culture of life. Social media and all other avatars of digital media are ubiquitous today. But most often people of faith shy away from it. Even when they do engage, many do so with a narrow focus almost entirely centred on faith and religion. This is one of the greatest drawbacks that we face. In real life we interact with people with a diversity of thoughts, inclinations, and opinions. But in the virtual world

many of us limit ourselves to a narrower scope of reference.

To be effective, we need to break out of our comfort zones and begin to engage with people and groups of varying ideologies, character and colour. We can use social media for professional work-related connections and hobbies or special interests-based connections alongside spirituality-based connections. Let your web of friends, connections and groups be as diverse as possible.

What happens then? Of course, you will come across perspectives and views which are contrary to a culture of life. Learn how to respectfully engage and share your experience and views without getting into heated debates. Show compassion, love, and empathy at all times. But respectfully continue to offer a different perspective. Use prudence. Sometimes little is more but be consistent and show integrity in all your social media posts and opinions by supporting the intrinsic goodness and value of man.

When we begin to stand for life, we are also standing for the dignity of nature and of mankind. Our generation stands in need of such a cultural revolution. The only question remaining is – Are you ready? ■



Dr. Jacqueline Michael, a Doctor, Writer and Lifestyle Medicine advocate currently lives in Sydney, Australia with her husband and 3 Children.

# Wise in our relationships

**Dr Mammen P Cherian** tackles the contentious issue of sex before marriage from his vast experience as a marriage counsellor as well as a medical professional.

*"If you keep yourself pure, you will be a special utensil for honourable use. Your life will be clean, and you will be ready for the Master to use you for every good work. Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace" (2 Tim 2:21-22)*

I was attending a medical screening camp for migrant workers at a construction site with my medical team. In between, a gentleman came to me and introduced himself as an engineer and supervisor at that site. He requested for some time to talk in private when the camp got over. As the day wound down, he rushed to me and took me to his private cabin. I waited for him to break his silence, which was a good few minutes in coming. He started, "Sir, I think I am HIV infected". "What makes you think like that", I asked. "A year back, we friends went on a Bangkok trip and there we tried out sex with some girls". "Oh, so that's what is troubling you?" I retorted. "Sir, they were



# *Sexual experience for women and men are different and it creates different types of imprints about the sexual act in their hearts.*

certified – but I am anxious” he continued. “Certified? What is that?”, I was now perplexed. “Sir, the sex workers gave us a recent report of their HIV blood test when we approached them”. “So, if that is the case, why do you worry now?”, I asked in puzzlement. “But sir someone told me that these reports can be forged, and that HIV can spread in spite of taking preventive measures during intercourse! Now I am doing tests every month, and since my marriage has been fixed, I am not able to sleep properly”! Since I was pressed for time and our consultation was so short to arrive at any meaningful conclusion, I referred him to a Psychiatrist.

This situation is not so uncommon. Now-a-days, the number of premarital and extramarital affairs are increasing, leaving many of us in a confused state of mind. It is even more confusing especially when it is about having sex with the person to whom one is going to get married.

As per Catholic moral teaching, sexual act is restricted to the sacrament of marriage. According to Bishop Fulton J Sheen, it takes not two, but three to get married – the groom, bride and the Trinity. All sacraments, as we know, are visible signs of invisible grace. So logically, since the sacrament is not received, sex before marriage is without God and the promised divine grace. So, sex with anyone who is not your husband or wife is fornication (1 Thes 4:3).

Firstly, sexual experience for women and men are different. It creates different types of imprints about the sexual act in their hearts. While sexual experience inside marriage creates an imprint that helps the couple to grow stronger in their relationship together, the imprints left by sexual relations outside of marriage doesn't do so. The man gets connected to the pleasure of the act than to the other person, which makes him seek the pleasure than the wellbeing of the partner. This destroys the beauty of relationship and she becomes an object of pleasure for him.

**A** month back I was called to the Diocesan Family Apostolate to talk with a couple. They had only been married for 3 days, but were not able to get along with each other. After a session of counseling, I could understand that they were facing the consequences of compromising their sexual purity before marriage – including pornography, masturbation and premarital sex. The husband was struggling to make love with his wife. Whenever he wanted to express his love to her, he failed miserably. Then he started to seek his pleasure only, which hurt her. Every sin has its consequences unless we reconcile with God. So, keeping our chastity sane is of great value that makes one's marriage life more meaningful.

When we are in a relationship, if it is out of real love it should persuade us to seek the goodness of the other. Consequently anything that damages his/her soul will not be our intention rather; we will do everything to keep our souls holy and sound. If we are approached or tempted by the other for a sinful act of any kind, it is prudence to say a big NO to that person out of love for them, rather than compromising our sanctity in fear of losing the relationship. Otherwise it can tamper the holiness of the relationship, as well as that of the persons involved. Even when we compromise our chastity in fear of losing the relationship, the fact is that we have already lost it – not only we lose this relationship, but also the one with Lord.



Dr. Mammen P Cherian is a practicing pain and palliative care doctor from Thiruvalla, India and is a resource for the Prolife Ministry and family apostolate. He is the coordinator of Kerala Jesus Youth Prolife Ministry.

CULTURE OF LIFE

A newborn baby is lying in an incubator, connected to a ventilator tube. A hand is gently holding the baby's head. The background is a warm, orange-tinted floral pattern.

# Persever

Dino Paul narrates a heartrending account of a helpless little baby who crowned in grace now intercedes for us.

# ving Love

In 2007, a bunch of vibrant JY who had a desire to love and serve babies in the womb facing the threat of abortion came together to start a ProLife ministry in Bangalore. However they were new to this and didn't know what to do. So they decided to offer up their desire in prayer, to start and promote a ProLife culture, beginning with a strong intercession every week. The group gathered every Saturday for around 2-3 hours to pray in front of the Blessed Sacrament, specially offering up the unborn.

It was not long, before the group was informed by a JY nurse, about a baby who was delivered at seven months and left without any support to help thrive. A seven month old baby in the womb is not fully developed, and needs extra care and hospitalisation to survive if born. However this child was not given any by the parents or doctors. Fully understanding that the intention of the delivery was not to respect life and unable to bear seeing the baby struggling to survive, this nurse called the Jesus Youth ProLife team in Bangalore. The ProLifers, on reaching there, they got a written consent from the parents to take the baby with them. After receiving the baby, they admitted her to St.

John's Medical College, Bangalore, where the doctors advised that the baby would need expensive ventilator support but the chances of survival were minuscule. The ProLifers did not have any funds to pay for the treatment but nevertheless boldly decided to go ahead, raise the amount and treat the baby not worrying about the outcome. The baby soon started receiving treatment and the ProLifers swaddled her with all their tender love and care. The sisters at St. John's baptised the baby and together named her Josephine Maria Rose.

Josephine thus became the first baby to whom the ProLifers of Jesus Youth, Bangalore were the spiritual parents. Josephine, however, had a greater purpose and left us within a few days to join her heavenly father. Teary eyed and with heavy hearts, the ProLifers bade her farewell. She was buried at the Sacred Heart cemetery in Bangalore. After Josephine, the ProLifers were very sad but they were also at peace knowing they had done everything they could in their nothingness to save this baby. What they didn't anticipate however was this incident was to mark the beginning of a new era for the ProLife Ministry of Jesus Youth, Bangalore. The team was inspired to approach doctors to try and



Mighael

*They believed that Josephine could be a patron saint for the ministry interceding for them from heaven, and so soon every prayer started to end with "our dear Josephine pray for us"*

convince them against abortion. This time, they heard about a doctor who was doing 30 abortions every month. And, the team was inspired to speak to her. Not knowing what to speak or how to speak, but deciding to put their complete trust in our all-powerful God, the group decided to head out. They split into two, and while a few members went to the hospital to meet the doctor, the rest kept interceding for them. And, God intervened! The ProLifers met with the doctor and spoke to her about the value of life and how abortion is a murder of an innocent human being. The doctor was convinced and decided to stop aborting babies from that day on. Today, this doctor has referred many abortion cases to the ministry, which has then in turn helped save many more babies. Josephine's death sparked a new fire and renewed strength within the Bangalore ProLife ministry making the team very active. They believed that Josephine could be a patron saint for the ministry interceding for them from heaven, and so soon every prayer started to end with "our dear Josephine pray for us". This continued and a lot of babies have been saved after.

I joined the ProLife ministry after all this in late 2007 and became the Jesus Youth ProLife Coordinator in Bangalore in 2008. I got married to Soumya Paul in January 2010 and she conceived our first baby in April 2010. Soumya had a pretty peaceful pregnancy period so she used to go for Holy Mass every day and even went on her due date. On December 20, 2010 Soumya got admitted to St. John's Medical College, Bangalore for delivery. And, after what was a very stressful but normal delivery our baby boy (Mighael) was born. Mighael had multiple complications like meconium aspiration, hematoma, Erb's palsy and shoulder dystocia following the stressful birth and he was taken to Neonatal ICU (NICU) for observation due to his rapid breathing. Although he was handed over to us later on during the day, he had to be readmitted again after two days due to hypoglycemia (low sugar). After days of pain and struggle we were finally discharged from the hospital after spending Mighael's first

Christmas also in NICU.

We were relieved and did not know that there were more challenges ahead lying in store for us. Mighael used to vomit most of the days while feeding and we thought it was quite normal. It was on our first wedding anniversary, when Mighael cried an inconsolable high-pitched cry, uprolling his eyes we knew something was wrong. Before we could even cut the cake to celebrate our special day we rushed him to the hospital. The doctor there understood that Mighael was having several episodes of seizures and admitted

him to the NICU again. A CT Scan was done and it revealed bleeding in brain, which resulted in hydrocephalus. We were shattered! Never did I expect to go through such a tough and painful situation in my life. The news spread and we received a lot of prayers and support from many Jesus Youth across the world. The whole Jesus Youth family and whoever knew us kept praying for Mighael and our family. Finally the doctors decided that Mighael needed a brain surgery to save him. We had to make a choice. During all these days of our turmoil, I used to call a spiritual counsellor, to pray for Mighael. During one such prayer calls, He suddenly asked me who Josephine was. Those days no one knew about Josephine except for Jesus Youth ProLifers in Bangalore. So I told him about the only Josephine I knew and what he told me in reply was astounding. It uplifted me and felt divine. He said, "I can see Josephine praying for your son like an angel in heaven". I had no words. It was a moment of inexplicable peace and joy for me. Josephine was there interceding for all our needs. Our years of faithful belief that Josephine was our patron saint became a truth in this Holy Spirit inspired vision and our team was elated. Mighael's surgery turned out to be a success and he was discharged after 40 days in the NICU. The doctors however warned us that Mighael might not grow up as a normal child, considering the impact all these complications would have had on his infant brain.

We were worried, but there was nothing more we could do, apart from praying and believing in God's mercy and love. Mighael had regular medical reviews and follow-ups for two years, and to everyone's great joy he grew up as a normal kid, healthy and fine as a living testimony of God's love and mercy. Mighael is now 9 years old and did face a related health issue in 2016 due to high pressure from brain. However, God has been merciful and healed him by the protection of His Precious Blood. We continue to pray for his good health and future everyday, hoping that he will grow up as a child of God and become a chosen instrument of God in the future. We also believe that Josephine continues interceding for all Jesus Youth ProLifers and it is great joy and responsibility being a part of this ministry to save lives and souls for Jesus.



Dino Paul lives in Bangalore, India with his wife Soumya and three sons Mighael, Raphael and Gabriel. He is the coordinator of Jesus Youth Prolife ministry in India.

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# Chandeliers

## MODERN SAINTS

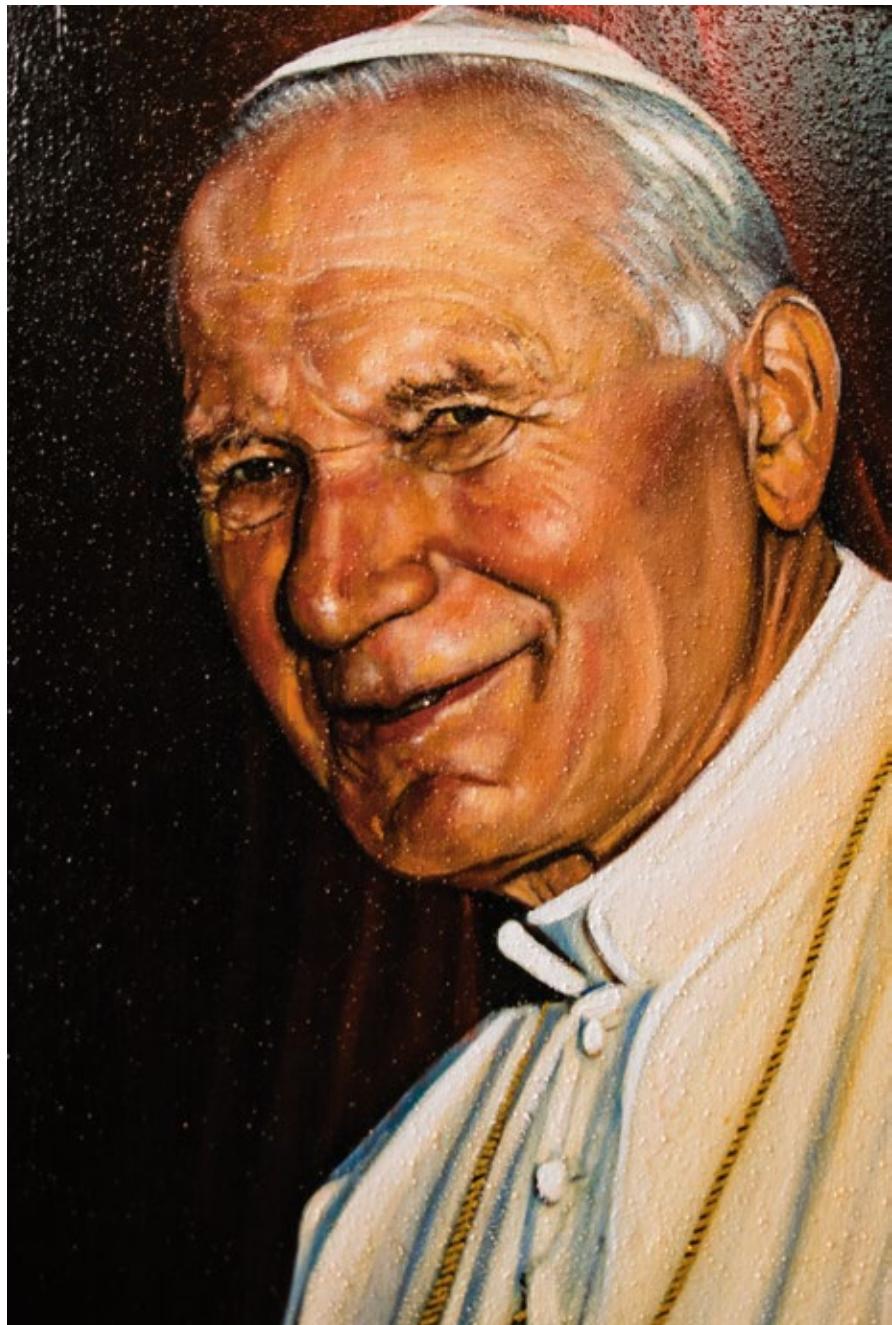
### ★ Saint Pope John Paul II

Born Karol Józef Wojtyła on May 18, 1920, in Wadowice, Poland, Pope John Paul II's early life was marked by great loss. His mother died when he was nine years old, and his older brother Edmund died when he was 12.

Growing up, Karol Wojtyła was athletic and enjoyed skiing and swimming. He went to Krakow's Jagiellonian University in 1938 where he showed interest in theatre and poetry. The school however was closed the following year by Nazi troops during the German occupation of Poland. Wanting to become a priest, he began studying at a secret seminary run by the archbishop of Krakow. After World War II ended, he finished his religious studies at the Krakow seminary and was ordained in 1946.

Karol Wojtyła then spent two years in Rome where he finished his doctorate in Theology. He returned to his native Poland in 1948 and served in several parishes in and around Krakow. Karol Wojtyła became the bishop of Ombi in 1958 and then the archbishop of Krakow six years later. Considered one of the Catholic Church's leading thinkers, he participated in the Second Vatican Council. The council began reviewing church doctrine in 1962, holding several sessions over the course of the next few years. As a member of the council, Archbishop Karol Wojtyła helped the church to examine its position in the world. Well regarded for his contributions to the Church, Archbishop Karol Wojtyła was made a cardinal in 1967 by Pope Paul VI.

In 1978, Cardinal Karol Wojtyła made history by becoming the first non-Italian pope in more than four hundred years. As the leader of the Catholic Church, he travelled around the world, visiting more than 100 countries to spread the message of faith and peace. But he was close to home when he faced the greatest threat



**Born:** 18 May 1920

**Died:** 2 April 2005

**Feast:** 22 October

By Linu Deepak

to his life. In 1981, an assassin shot Pope John Paul II twice at St. Peter's Square in Vatican City. Fortunately, he recovered from his injuries and later forgave his attacker.

A vocal advocate for human rights, Pope John Paul II often spoke out about suffering in the world. He held strong positions on many topics, including his opposition to capital punishment. A charismatic figure, he used his influence to bring about political change and is credited with the fall of communism in his native Poland.

His travels to over 129 countries earned him the title of "The Pilgrim Pope", and won the hearts of billions as he called upon the faithful to advance a culture of life. Pope John Paul II innately understood the darkness of the struggle for the right to life for children in the womb. He is called the Prolife Hero and Saint John Paul II will help us to "have no fear" as we defend life from womb to tomb, and work to advance a culture of life through law and policy.

Evangelium vitae, the papal encyclical promulgated by Pope John Paul II deals with issues pertaining to the sanctity of human life, including murder, abortion, euthanasia, and capital punishment.

Among all the crimes which can be committed against life, abortion has characteristics making it particularly

*Pope John Paul II innately understood the darkness of the struggle for the right to life for children in the womb. He is called the Prolife Hero*

serious and deplorable. The Second Vatican Council defines abortion, together with infanticide, as an "unspeakable crime." In his encyclical letter he declared that direct abortion, that is, abortion willed as an end or as a means, always constitutes a grave moral disorder, since it is the deliberate killing of an innocent human being. This doctrine based upon the natural law and upon the written Word of God is transmitted by the Church's tradition and taught by the ordinary and universal Magisterium.

In his later years, Pope John Paul

II's health appeared to be failing. At public appearances, he moved slowly and seemed unsteady on his feet, visibly trembling at times. One of his doctors disclosed in 2001 that he had Parkinson's disease, a brain disorder often characterized by shaking. But there was never any official announcement about his illness from the Vatican.

Pope John Paul II died on April 2, 2005, aged 84, at his Vatican City residence. More than 3 million people waited in line to say good-bye to their beloved religious leader at St. Peter's Basilica before his funeral on April 8. Inspired by calls of "Santo Subito!" ("[Make him a] Saint Immediately!") from the crowds gathered during the funeral Mass, Pope Benedict XVI began the beatification process for his predecessor, bypassing the normal restriction that five years must pass after a person's death before beginning the process. This decision was announced on 13 May 2005, the Feast of Our Lady of Fatima, and the 24th anniversary of the assassination attempt on Pope John Paul II at St. Peter's Square. The beatification ceremony of Pope John Paul II was held on 1 May 2011 and was presided over by Pope Benedict XVI. On 4 July 2013, Pope Francis confirmed his approval of Pope John Paul II's canonisation and set the date for canonisation on 27 April 2014, Divine Mercy Sunday. Pope John Paul II was canonised together with Pope John XXIII.

The announcement of Pope John Paul II's canonization came after the Vatican revealed that two miracles were attributed to the late pope. After a dying French nun, Sister Marie Simon-Pierre Normand, prayed to Pope John Paul II during her battle with Parkinson's disease—the same illness that killed the pope—she was cured. The second miracle involved a 50-year-old woman, who was cured of a brain aneurysm after a photograph of Pope John Paul II spoke to her.

#### Quick Facts:



Born in  
Wadowice,  
Poland



Died at Apostolic  
Palace,  
Vatican City



Beatified by Pope  
Benedict XVI



Canonized by  
Pope Francis

# Newswatch



## JESUS YOUTH UAE JUBILEE 2019

January 2019 marked the beginning of the Jubilee Year for Jesus Youth UAE, with the inaugural mass being held on 11 January 2019 near the same venue, the basketball court, where the first JY gathering took place 25 years ago.

Every Jesus Youth across UAE began to prepare with prayer and thanksgiving for the Jubilee. Jubilee prayer cards and candles were distributed to everyone. The Jubilee was lifted up in prayer during group meetings and at homes. More than 1000 Jesus Youth including families, youth and teens participated in the monthly night vigils, which started from June and continued every second Thursday of the month.

The first phase of the Jubilee, the RECOLLECT phase, commenced in March. Material for reflection was handed out with an invitation to spend a few hours completely devoid of distractions; to sit, reflect and recollect each individual's journey with the movement so far. The Jubilee cross carrying soil from the 8 regions of UAE was also blessed and began its journey from Al Ain, moving across all regions before finally reaching the

venue in Ras Al Khaimah on the eve of the conference.

The second phase of the Jubilee - RECONNECT started after the recommitment day. Reflection was based on material that focused on four areas, reconnecting with God, others, nature and myself. This found Jesus Youth reconnecting with old members, who had migrated or lost contact with the movement for various reasons and brought in a renewed zeal, which served as a platform for reconciliation with Jesus Youth worldwide enabling a joint celebration of the Jubilee.

The final phase of the Jubilee called REJOICE then began. Just as the name, Jesus Youth from all over UAE eagerly waited in joyful anticipation, for the Jubilee conference that was fast approaching, rejoicing over the gift of the movement.

The culmination of all the phases, the preparation, effort and graces was all

seen at the much awaited Jubilee Conference which took place from November 30 to December 2 in St. Antony of Padua Catholic Church, hosting over 3000 delegates. Every single day of the Conference could be described as blessed, with an abundance of joy, thanksgiving, prayer, music and dance. Various bands performed and speakers gave talks across five streams- Family, Youth, Teens, Pre-teens and Kids.

There were also delegates from other GCC countries, Africa and Jordan, including Jesus Youth Priests. Apart from Stage events, several offstage events such as Exhibitions, Game Zones, Stalls, Treasure hunts, Virtual and Augmented reality initiatives by the Media Booth, brought out a unique Conference experience for everyone.

The Jubilee had the privilege of being one of the first Catholic conferences that had its program venues spread across churches of different denominations, even covering the land in between! It was also the first Jubilee that was celebrated on a foreign soil after the movement crossed the borders of the country where it started. Smooth running of every event was ensured by the tireless efforts of more than 300 volunteers. Rightly named 'Jubilee Warriors', they were ready, at any moment, to extend support for any requirement and assisted the participants throughout the days of the conference. Adding to all these blessings was the Vatican approving Plenary Indulgence for all those who attended the Jubilee conference either in person or through online streaming platforms.





## YESHU RAPHA 19 -Doctors Retreat, Kerala India

YESHU RAPHA 19, Jesus Heals, a retreat for doctors, was held on the 16 and 17 of November 2019, at the scenic and serene Maria Rani centre, Trivandrum, Kerala, India.

130 doctors with their families attended the weekend stay-in retreat that was organized by the Doctors' stream of the Jesus Youth Professional Ministry Initiative. The retreat was the result of a yearlong chain of prayer, intercession and planning. Doctors from varied specialties working in government, private, corporate, mission hospitals and teaching institutions, from across Kerala, participated with great zeal and a deep desire to join together in fellowship and worship. Reverend Fr. Daniel Poovannathil, Rev. Fr. Adarsh, Rev. Fr. Shoji, Rev. Fr. Johnson Thaivilayil and team directed the Spirit filled sessions. The core message of the talks was to be outstanding witnesses for Christ in the work place. We were encouraged to read the gospel every

day, and live the gospel to evangelise. Dr Dave, Dr Mathew Marian and Dr Mathew George shared their personal journeys with Jesus, devotion to mother Mary, their struggles and the mighty hand of God guiding and sustaining them in their personal and professional lives. Our mentor Rev. Fr. Dr. Mathew Abraham, a medical doctor who is a community medicine specialist and Director of Catholic Health Association of India (CHAI), Hyderabad, spent the entire two days with the doctors celebrating Holy Mass and helping in the organizational planning for doctors' stream.

The weekend gathering of doctors was a memorable and deep experience of personal growth in the love of God, fellowship and was a new anointing for all, thus living up to the theme of the retreat "But for you who revere my name, the sun of righteousness shall rise with healing in its wings" (Malachi 4:2)



## Jesus Youth India National Trainings 2019

The 2019 National Trainings were held at St. Joseph Vaz Spiritual Renewal Centre, Goa. The resources were Subin Jacob, Dr. Vinoy Thomas OP, Jacob Jose, Manoj Sunny, Dr. Edward Edezath, Rajju Varghese, Shoy Thomas and Jose Sebastian. **National Leaders Training** was held from November 1 - 10. 22 participants attended the training and were deeply enriched with sessions based on various topics like integrity, paradigm shift, biblical leadership, stewardship, using charisms, knowing the vision and working style of the movement, planting and building youth ministry, public speaking etc. **National Animators Training** was held from November 4 - 10. The program focused on Growing in Holiness, Today's Youth, Ministering to Youth, Knowing Jesus Youth in depth, Role of Laity and Ecclesial Movements in the Church, Peacemaking, Mentoring, Being a pastor, Being an Elder, Functioning of Jesus Youth teams and other important topics. The participants were commissioned by Bishop Alex Vadakumthala, Ecclesiastical Advisor to Jesus Youth India.

# SOUNDREPLY



MOVIE

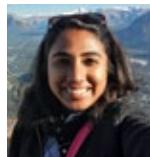
## THE SKY IS PINK

I can either choose to be happy and try to smile through all of my difficult times, or I can choose to be miserable.

**Y**ou can colour the sky any colour you want!" says Aditi to her son Ishaan who is scolded by his teacher for painting the sky pink.

'The Sky is Pink' is Shonali Bose's third feature film based on a true story, spanning 25 years and takes us on a roller coaster ride with the Chaudhary family. The real life characters Niren and Aditi, played by Farhan Akhtar and Priyanka Chopra respectively, wrestle with agonizing losses in their marriage but endure it all, together, despite the seemingly unending turmoil it has on their lives.

The film keeps us glued to the screen as it takes us on a sentimental journey beginning from the womb, then delving into individual perceptions about terminal illness, pro-life decision making and the sacrifices a family has to make to keep their family 'normal'.

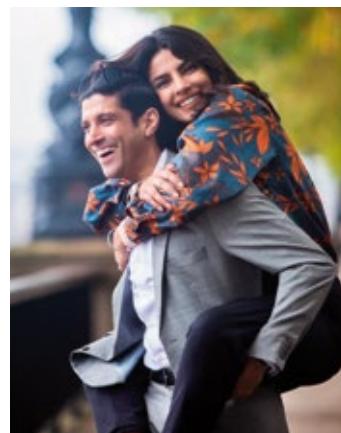


REVIEW BY  
Rhea Jose

She is from Delhi and part of National Campus Team, India. She is currently pursuing her masters in Social Work.

It gives an uncommonly calm and collected take on the life and death of Aisha who is born with a rare congenital disorder. And the parents, despite having a premonition that this child they've conceived might be born with the same fatal disorder that snatched their first child Tanya, away, still CHOOSE LIFE!

In an era where standing for life and choosing to endure suffering for others is looked



down upon, Niren, Aditi and Ishaan (Aisha's elder brother) show us beautifully what lies when we go beyond our own selves for others' sake and that the most important purpose of life is to live for each other.

Aisha Chaudhary who narrates the story, has a rare immune deficiency disorder she is almost cured of; but later develops pulmonary fibrosis and must decide whether to go down the route of a lung transplant, which may prolong her life by 10 years. Aisha is against the idea and when questioned by her father, replies, "You think it will be easier to die at 28 than 18?" This gives us a rather new outlook about death and losses. About death, Aisha says, "Get over it. It's quite cool actually. You'll see when you get here." Such strong statements make Aisha come out as this optimistic teenager filling the screen with a lot of positivity.

During a TEDx Talk in 2014 Aisha said, "the only thing that truly matters to me is being happy. Happiness is a choice one makes. I can either choose to be happy and try to smile through all of my difficult times, or I can choose to be miserable. If I have to have pulmonary fibrosis, I choose to have a happy pulmonary fibrosis."

The movie 'The Sky is Pink' very subtly puts forward the message to choose life even in a crisis, to make sacrifices for the good of the family and of course to not be afraid of death. After all, love and sacrifice are closely linked, just like the sun and the light. We cannot love without suffering and we cannot suffer without loving.



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.

### 5. GIFTS

You can gift a subscription of Kairos to anyone known to you or send a subscription of 10 or 20 copies of the magazine for a year, to a Parish or any other such organization involved in mission service.

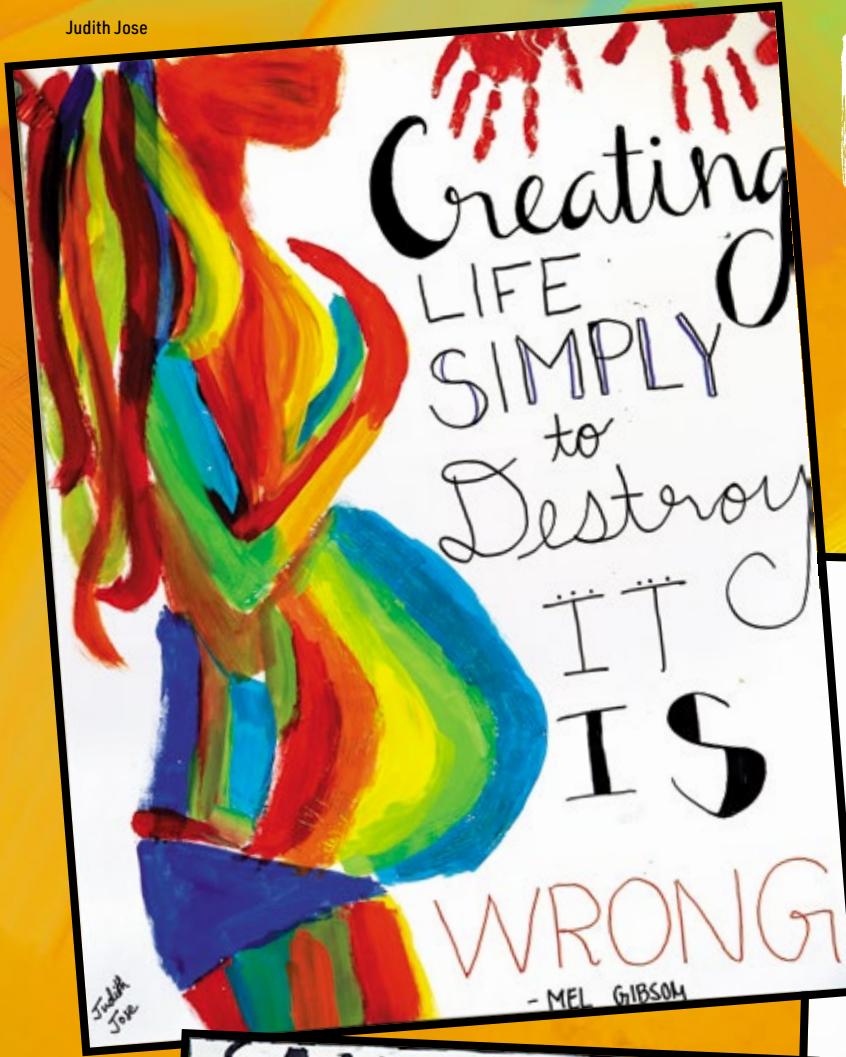


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Judith Jose

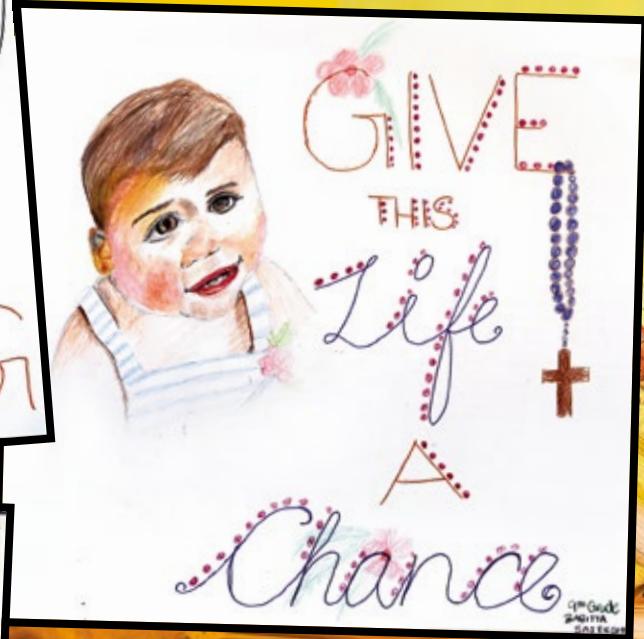


Albert Shoji - 5th Grade

# Life is precious!

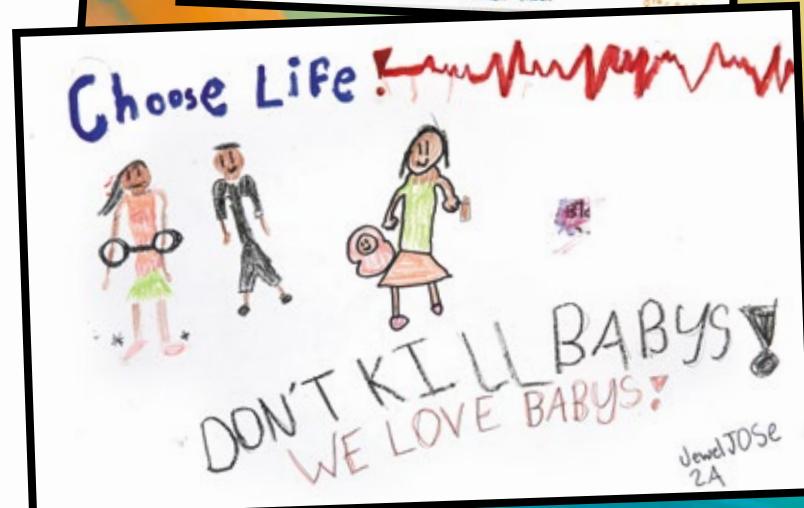
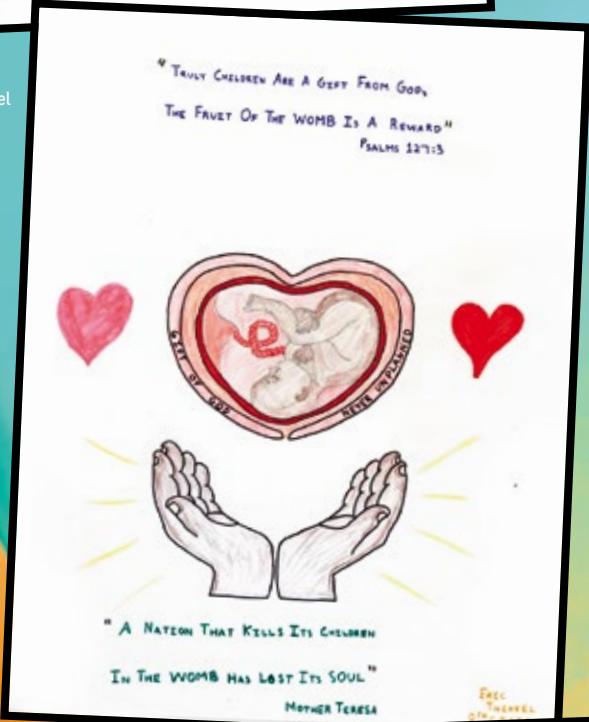
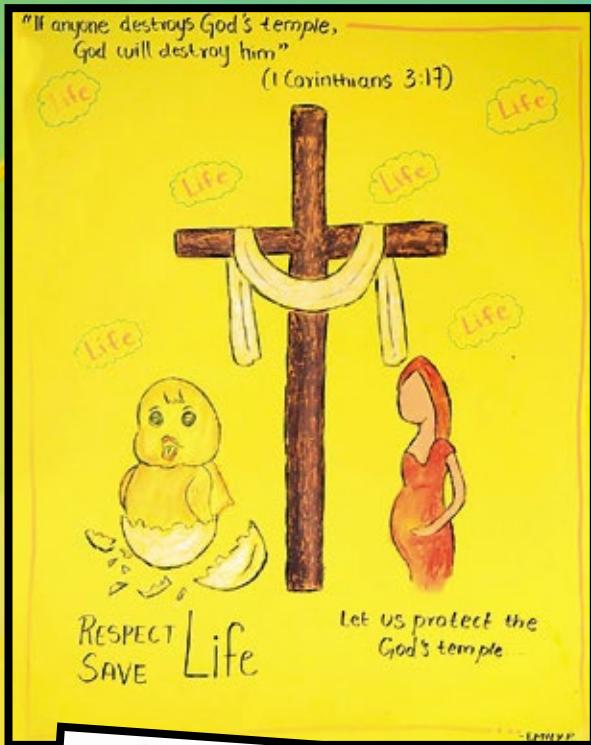
Life is defended, respected, celebrated and proclaimed with a few strokes and shades of colours by young missionaries from Houston, USA

Babita - 9th Grade



Jeslin Mathew  
9th Grade

Emily P

Jewel Jose  
2nd Grade

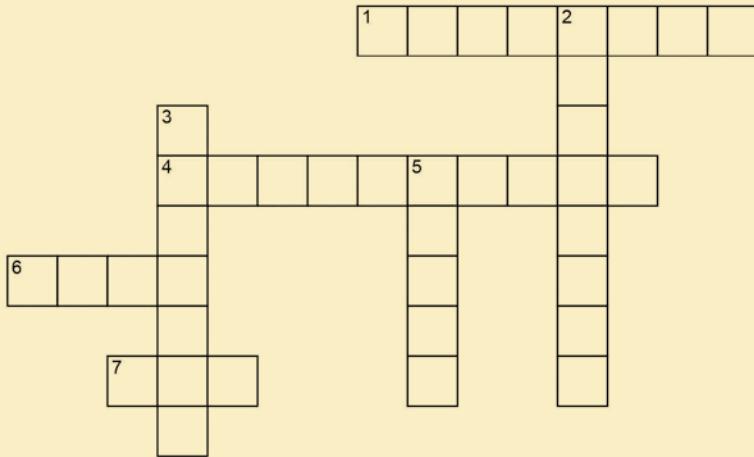
# Quiz Time



Mail your answers to [quiztime@kairos.global](mailto:quiztime@kairos.global) before 31st January.  
The winner will be rewarded with 1 year subscription of Kairos Global

## PART A

### Crossword



## ACROSS

- While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me \_\_\_\_\_ and Saul for the work to which I have called them." (Acts 13:2)
- And do not grieve the Holy Spirit of God, with whom you were sealed for the day of \_\_\_\_\_. (Ephesians 4:30)
- And hope does not put us to shame, because God's \_\_\_\_\_ has been poured out into our hearts through the Holy Spirit, who has been given to us. (Romans 5:5)
- \_\_\_\_\_. poured out the Holy Spirit abundantly on us through Jesus Christ our Savior. (Titus 3:6)

## DOWN

- And I will ask the Father, and he will give you another \_\_\_\_\_ to help you and be with you forever. (John 14:16)
- Now the Lord is the Spirit, and where the Spirit of the Lord is, there is \_\_\_\_\_. (2 Corinthians 3:17)
- But you will receive \_\_\_\_\_ when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth. (Acts 1:8) power



## PART B

### Match these Psalms with their themes

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

## ANSWERS TO QUIZTIME ISSUE 22

### Part A

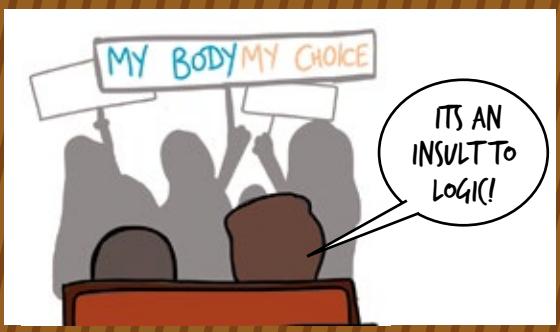
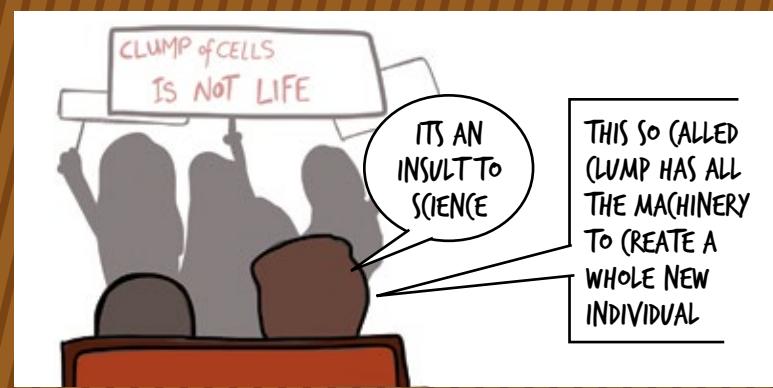
- Pope Saint Linus; 2. Pentecost; 3. Nicea; 4. Saint Helena; 5. AD 313; 6. Antioch; 7. Pope Paul VI

### Part B

- Abel; 2. Issac; 3. Joseph; 4. Rahab; 5. Enoch; 6. Noah; 7. Abraham; 8. Moses

# Lukas and Ray

By Steffi Andrat Faria





# ASPAC 2020

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