

KAIROS

GLOBAL

PRIVATE
CIRCULATION
ONLY

ALSO ↓

UNIQUE AND
GIFTED

■ SHARROL JOSE

**Spiritual
communion**

■ ADOLF GOLDWYN

DEPICTING
**THE
DIVINE**

ELSA VIJAY



MARY MY BELOVED MOTHER



O Mary conceived without sin, pray for us your dear children as we raise our struggles, sufferings and entire lives into your immaculate heart. Present them as a fitting offering to the most sacred heart of Jesus, in whose mercy alone we have placed all our hope. Our Lady of all nations, pray for us.

EDITOR'S ROOM

DR. CHACKOCHAN J NJAVALLIL



THE ESSENCE OF ART, MUSIC, LITERATURE AND ENTERTAINMENT IS CREATIVITY AND IT IS NO WONDER THAT THE ENTIRE POPULATION, ESPECIALLY THE YOUNG ARE SO HOOKED TO IT.

WOULD YOU DARE TO BE THAT LEAF?

One of the questions we frequently encounter about Kairos is regarding its design. Kairos Global is designed by Mustard Tree - a group of youngsters from Delhi, India. The Kairos Malayalam edition, for years has been designed by Mr. Shaji Joseph, who previous to this, has worked with various professional advertising agencies. The readers are always very impressed by the cover pages and the design of Kairos magazines, which communicate the theme of that month's edition with creativity and artistic excellence. It is true that creativity is something which touches the heart of the people. The recently launched YouTube channel and audio magazines of Kairos Media, are also responses to the call for creativity in sharing the good news of Jesus to today's generation.

One of the new projects under development at Kairos is a magazine for children aged three to twelve. One thing we realised is that, making a creative and interesting magazine for the above mentioned age group is more difficult than the publications for the older age groups. Today's children are exposed to a whole lot of interesting and creative content from many sources. Therefore, we need to be much more creative in presenting the Gospel and its values in an attractive form to them.

I think it was in connection with one of the first ever large-scale Jesus Youth campus gatherings, which took place in 1988, that this simple pamphlet was brought out. It was green in colour and had shades of lots of leaves on it with one leaf darker in shade. There was a challenging question at the end which said 'Would you dare to be that leaf?' It was so simple, but meaningfully and powerfully communicated the message of the gathering. More than 1500 college students participated in that conference and it finally resulted in the Jesus Youth movement spreading to many new places.

Creativity is very powerful, especially for the youth. The essence of art, music, literature and entertainment is creativity and it is no wonder that the entire population, especially the young are so hooked to it.

In this issue of Kairos Global, we are looking at various initiatives from around the world which creatively share the good news. Subscribers and readers are welcome to share creative ways to make Kairos Global reach new heights.

Let us pray to the creative Spirit of God, to guide Kairos Media in touching the hearts of today's generation with the message of God.

EDITOR-IN-CHIEF

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Also LOOK OUT FOR

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Anil Israel



Do not neglect the gift you have, which was given you by prophetic utterance when the council of elders laid their hands upon you.
1 Tim 4:14

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**PERFECT
LOVE**

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ASK



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FR. BITAJU

➤ **Q. In the Apostles Creed, why do we bow only at the portion of Virgin Mary, and not any of the other significant/important articles?**

AVEENA / SINGAPORE

Thanks for the question. In order to answer the question, we need to understand different kinds of bows and their purposes during the liturgy. The General Instruction of the Roman Missal (GIRM 137, 275) which explains the prayers and actions during the Holy Mass delineates different kinds of bows and their intentions. We are asked to bow and make other signs at different times during the Mass. There are two kinds of bows we make during the Mass – a simple bow of the head and a more profound bow of the body. Then there is the act of adoration of our God, which is known as genuflection.

“The bow signifies reverence and honor shown to the persons themselves or to the signs that represent them” (GIRM 275). The same number further explains that a bow of the head is made when the three Divine Persons are invoked and at the name of Jesus, of the Blessed Virgin Mary, and at the name of the saint whom we honour during the Mass. Before the reception of the Holy Communion also we bow our head.

A profound bow of the body is made during the Creed, as mentioned in your question, in order to honour the most important act in the history of humanity – God becoming man.

This is the kind of bow we make to the altar, when passing in front of it or entering the sanctuary. There are other occasions when priests and deacons make profound bows during the Mass.

We genuflect toward the Eucharistic Lord. We are expected to genuflect upon entering and leaving Church toward the Tabernacle – if and when the Eucharist is present. The same is done by the priests and servers when they enter and leave, but not during Mass. On the Solemnities of the Annunciation and of the Nativity of the Lord (Christmas), all genuflect, instead of bowing during the Creed.

From the above discussion it is clear that we make a profound bow at the words of the Creed, “by the power of the Holy Spirit he was born of the Virgin Mary, and became man.” And here the profound bow is not to the name of the Blessed Virgin Mary, but to the great mystery of our salvation – God becoming man. This profound bow signifies our great respect and gratitude to Jesus Christ who, though God, did not hesitate to come among us as a human being, participating in our human condition in order to redeem us from sin and restore us to friendship with God.



YOUCAT 461

HOW DOES ART MEDIATE BETWEEN BEAUTY AND TRUTH?

The true and the beautiful belong together, for God is the source of beauty and also the source of truth. Art, which is dedicated to the beautiful, is therefore a special path to the whole and to God. [2500-2503, 2513]

What cannot be said in words or expressed in thought is brought to light in art. It is “a freely given superabundance of the human being’s inner riches” (CCC 2501). In a way that closely approximates God’s creativity, inspiration and human skill are combined in the artist so as to give a valid form to something new, a previously unseen aspect of reality. Art is not an end in itself. It should uplift people, move them, improve them, and ultimately lead them to worship and thank God.



POPE talk...

Dr. Kochurani Joseph
Cochin, India



Listen to the call to mission

In this year marked by the suffering and challenges created by the COVID-19 pandemic, the missionary journey of the whole Church continues in light of the words found in the account of the calling of the prophet Isaiah: 'Here am I, send me.' This is the ever new response to the Lord's question: 'Whom shall I send?' Let us ask ourselves: are we prepared to welcome the presence of the Holy Spirit in our lives, to listen to the call to mission, whether in our life as married couples or as consecrated persons or those called to the ordained ministry, and in the everyday events of life.

Christians be united as 'witnesses to mercy'

Being forced to observe social distancing and to stay at home invites us to rediscover that we need social relationships as well as our communal relationship with God. Far from increasing mistrust and indifference, this situation should make us even more attentive to our way of relating to others. Dear friends, we must give in turn the gift that we have received: we are called to share the comfort of the Spirit, the closeness of God. Now as never before we need a vision rich in humanity. We cannot start up again by going back to our selfish pursuit of success without caring about those who are left behind.

Prayer opens the door of hope

Men and women who pray know that hope is stronger than discouragement. As Psalm 8:4-5 says the praying man contemplates the mystery of existence around him, sees the starry sky above him – which astrophysics shows us today in all its immensity -- and wonders what design of love must be behind such a powerful work. Yet in the whole universe the human being is the only creature aware of such a profusion of beauty. Prayer as the first impetus of hope, saying that those who pray are able to see that, despite its difficulties, life is filled with grace. The relationship with God is man's greatness: his enthronement. By nature we are almost nothing, small, but by vocation, by call, we are the children of the great King.

People of all religions should pray for end of pandemic

Everyone prays as he knows as received from our own culture. We are not praying against each other. Prayer is practiced by people of every religion, and probably also to those who profess none. We are all united as human beings, as brothers, praying to God, according to our own tradition and according to our beliefs. God called Nineveh to proclaim a fast and repent, since there was 'some pandemic,' we do not know, in the city of Nineveh,

a 'moral pandemic' perhaps. This prayer today to ask the Lord to stop this pandemic must make us think of the other pandemics in the world. There are many like pandemic of wars, hunger and many others. In the heritage of our faith there are no expressions such as subjection, slavery or vassalage; rather words such as covenant, friendship, promise, communion and closeness.

Intimacy with Jesus is not just for mystics

Intimacy with Jesus is not something reserved for mystics alone. Jesus calls all Christians to form a deep relationship with him. It is a relationship of intimacy, a mystical relationship, a relationship without words. Jesus declares that he is "the true vine" and his disciples are the branches, asking them to "Remain in me, as I remain in you". This remaining is not a passive remaining, a falling asleep in the Lord: this would perhaps be a 'beatific sleep'; but it is not this. This remaining is an active remaining, and it is also a reciprocal remaining. Jesus, "needs" us to bear witness to his name, because faith, the Gospel says, grows by witness.

Pope Francis says...

- Our vocation is to be bearers of joy.
- The antidote to worldliness is Christ.
- Creation bore the "signature" of a loving God.
- God's peace gives hope, not 'anesthesia' against hard times.
- Christians can pray to the Father without fear.
- Christianity has banished from the bond with God any kind of 'feudal' relationship.
- Christianity is the religion that continuously celebrates the 'manifestation' of God, the epiphany

JESUS YOUTH



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

'If only the others knew the openings we get in Jesus Youth!'



**SURELY, JY GROUPS ARE
EXCELLENT CRADLES
FOR GROOMING YOUTH
TALENTS AND LEADERSHIP**

'I am from a backward fishing family and grew up facing all kinds of deprivations. But, none of that stopped me from dreaming.' Sabin enthusiastically narrated his personal journey. Three things he ought to pray whenever he visited a new Church – his father always told him. And he would pray faithfully – for a high-quality camera; that he would be the best cinematographer; and to do some great media work. If anyone had heard about these big dreams of a poor boy from a sea-side village in India, they would have laughed. So, he never told anyone about it. "The great turn in my life happened with my coming into an active Jesus Youth group. Now I am only 23 and, can you imagine, talent wise, professionally and by way of having opportunities to handle expensive equipment, I have done marvelously. All this happened through the unimaginable opportunities and contacts I get in this movement."

I met Sabin in the context of Covid 19. To tell you a little background, many months back Kerala Jesus Youth leadership wanted to develop some clear plans for different talent groups. Main leaders of JY Music, Dramatics, Art and Media started

meeting regularly. I never missed any of those extremely interesting Emmaus Gatherings. They planned a big 'Talents Meet' in April. Then came the bolt from the blue, the Corona Virus. All were confused about the future of these plans. But then, discussions were shifted to online platforms and, once again, everyone became busy and enthusiastic. Leaders, once again, began meeting together and trainings for specific skill-areas were organized separately, all online. This young-man Sabin is a front-runner of the media section and, after one such meeting he was sharing with me about his background and the importance of grooming talents in Jesus Youth style.

LIKE A NURSERY FOR YOUNG PLANTS

I remember, one of the first trainings we had was in February 1978, and we proposed a preparatory work for the participants. They were coming from 16 zones and each group was to come prepared with some creative presentation. Those of us from Ernakulam prepared a musical drama entitled 'The Call'. And youth from each zone came with different presentations. These were very small steps, but one thing was clear, when many other renewal groups were focusing solely on prayer and preaching, Jesus Youth groups reserved a special place for

talents. What was the vision behind it? Discovering various God given talents and creating platforms to develop them was as important as growing in prayer and holiness.

'Jesus Youth '85' was an unforgettable event for almost everyone, not only because of the very interesting preparation that led to the program, but more because of the unexpected color, sounds and mirth in it. The whole crowd came alive with an awareness and display of talents. From that time onwards every Jesus Youth program has been an opportunity for many talent specific groups to gather, dream, practice and present something beautiful.

When young people come into Jesus Youth everyone of them see something fascinating: musicians see many excellent music bands starting with the Rex Band, art enthusiasts witness different kinds of exhibitions and beautiful stage arrangements that youth do, those who like dramatics and dance notice highly creative skits and dances, those who want to try their hands on writing see how attractive brochures and magazines like Kairos are born through youth effort, and when they go on online platforms, there too are innumerable signs of Jesus Youth creativity.

In brief, many youth who come to Jesus Youth groups see plenty of



Many youth who come to Jesus Youth groups see plenty of avenues to develop their talents, and that too with a clear focus and mission.

avenues to develop their talents and that too with a clear focus and mission. The result is, over the years so many talented experts, attractive initiatives and men and women of high leadership emerge out of the movement. There is something here that help build people in personal excellence launching them on to a path of continuing growth. But what are some of these talent promotional elements in the movement?

- For a person, his/her walk with

the movement starts with someone introducing Jesus and spirituality in a creative and interesting way

- When they come to groups, they receive much support for inner maturity and to overcome personal conflicts, this in turn unleashes one's creative energy
- While in most other places one's talent or usefulness is focused, here the attention is on the person and his/her wholesome growth
- Programs and conferences become easy canvases for using of talents, with rich variety and abundant freedom
- There are a lot of opportunities in the movement, even freshers, to move closely with experts of different professions, in a warm and friendly setting
- As there is almost zero material remuneration or reward, even professionals don't receive any payment for the work or take credit for excellence of output

Before he put the phone down Sabin told me, "Eddy chetta, today's youth spend unbelievable sums of money to study their dream courses,

and then run around for a mentor or an opportunity to try their skills. I couldn't afford any of that. But in Jesus Youth groups I got unimaginable opportunities. Conferences became best forums of skill training for me." While out there in the society youth must impress everyone to get an opening, in Jesus Youth there are not only rich avenues, but here all are so helpful and accepting. Here even experts will tell you, 'Try your hand and don't be afraid to commit mistakes!' One thing more, many highly talented youth end up in bad habits and addictions, ruining their career. But in Jesus Youth you are provided with a safe shield, a shield of faith and healthy habits of mind, heart and body. Finally, he said, "this is the reason why I try so hard to bring my talented friends to Jesus Youth. And I want them to stick on here."

.....

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

ENGAGE

My Father And Yours!

Sherin Alexander narrates how it was a loving sentence from her father that made her realise the power of lies dominating her life

A few months after our wedding, my hubby and I visited my parents' house. At the end of the weekend, before we left the house, I kept a letter I had written for them on their dresser in their room. Our wedding day and the few weeks following it had given me a strong realisation and feeling of gratitude for being their beloved daughter. So, in the letter, I thanked my dad for being a good reflection of Father God in the way he loved, protected, provided and cared for me and I thanked my mom for being a good reflection of the Church through her nurturing, selfless and tender care for me.

Towards the end of last year, during one of my personal prayers, I had received a message of healing and restoration from the Lord for me in the year 2020. It was further confirmed when a friend gifted me





"It is my duty and my privilege to give you all the graces you need for the journey"

the book "Be Healed" by Bob Schuchts. Since I could use some physical and fertility healing, I was especially relieved to receive the message of healing.

A few months ago, I emailed my flight itinerary information to my dad telling him that I would be coming into Chicago from Florida for my friends' wedding, but I would be arriving at midnight on Thursday since that was the only flight that worked for me. I was sad to be of inconvenience to him since we wouldn't get home till at least 1am and he had to work the next morning. Dad replied saying he was happy that I was coming into town and the arrival time of the flight was not inconvenient for him to pick me up. The email ended with "It is my duty and my privilege." This sentence ignited a series of reflections in me.

First and foremost, that took me to God the Father's love for me. In my prayer, I imagined Father God saying to me "It is my duty and my privilege to shower good things on you. It is my duty and my privilege to love you and provide for you and protect you. It is my duty and my privilege to give you all the graces you need for the journey." I never thought about it that way: that Father God would consider it his duty and his privilege!

Further prayer and reflection based on this thought along with my spiritual readings led me to recognize certain lies I had long believed and did not know about: the lie that my strong personality and convictions are a burden to others... that I was often a financial burden with my big dreams and medical conditions. The reality is that no one has ever said these things to me and yet, somehow I believed these lies, unknowingly.

My dad's statement was truly a reminder for me of how precious and

valued I am also to Father God. It reminded me of my status as the beloved daughter in an even more deeper and newer way. It spoke the truth to a hidden area in me that was convinced of lies of being a burden. I felt an urgent need for confession as I realized this.

I used a resourceful pamphlet to help me prepare for this confession. It explained that at the root of the seven deadly sins (pride, envy, greed, gluttony, lust, anger, sloth) could be lies we have believed, which often cover our deeper fears in our hearts. The pamphlet had a prayer model for renunciation of the lies and fears identified. Using that model, I prayed, "In the name of Jesus, I renounce the lie and fear that I am a burden, which has led me to the pride of self-reliance, invulnerability and protective mechanisms. Father, I trust that You are always with me and that I am precious, accepted and valued as I am in your eyes."

After confession, as I walked out of the confessional, I felt lighter and renewed. I was glad that it was with this that the Lord wanted to start off His promise of healing me this year!

When I shared my reflections and experiences with my friends, I realized how common this lie is and how this lie takes different forms in people's lives. May God's unconditional and merciful love reach all the hidden, dark and unknown areas of our lives and may we experience renewed joy and confidence in our sonship and daughter-ship. ■



Sherin Alexander, a physician assistant at a family practice, and a certified Marquette Model natural family planning instructor lives with her husband in Florida, USA.

EVOLUTION

SCIENCE & CHRISTIANITY

from a Catholic scientist's perspective

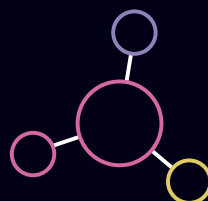
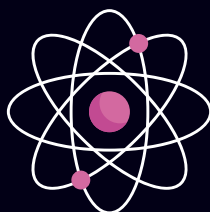
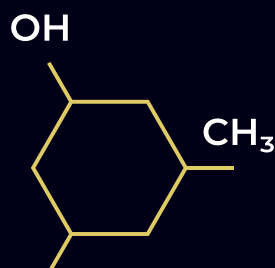
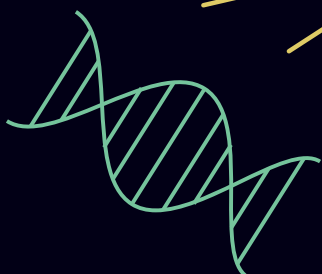
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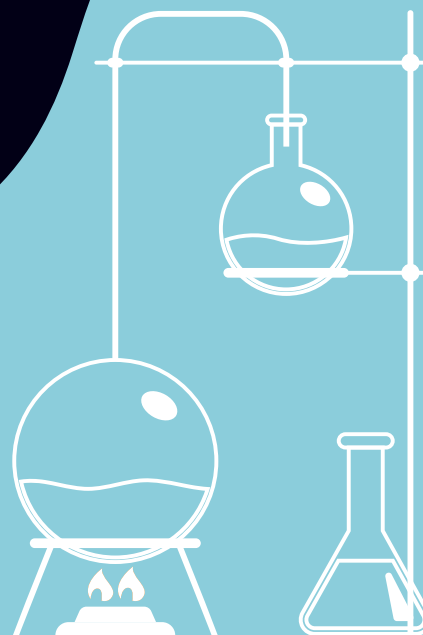
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Elizabeth Suk-Hang LAM encourages us to view christianity and science as two sides of the same coin rather than two different entities.



While many may have placed science and religion on two extreme polarities, as a Catholic scientist, or a scientific Catholic, I have always seen them as complementary rather than contradictory. As one who has been brought up by a pair of loving parents with education of reasons and rationales, the grace of the Lord has trained me to be a PhD chemist/scientist. So, whenever I've heard people putting science and religion on different polarities, I'd always respond with a smile. I'm not an expert in theology, nor an expert in every aspect of science, but I would like to draw from my own experience why science and christianity (as I am a Catholic) are not opposite ends but rather, go hand-in-hand in our truth-seeking process.

One of the biggest similarities between science and christianity is that both strive to seek the truth.¹ In other words, instead of trying to disprove one another, both have a common goal. As Albert Einstein puts it, "Science without religion is lame, religion without science is blind".

Science and christianity are both complementary in our quest to find and understand what the truth is. While science builds understanding based on observations in the physical world, christianity deepens it through the human race's experience of divine love. Both of them neither come out from nothing nor from pure imagination. Both of them are built upon a basis, and interpolate/extrapolate using our current intellect. Both are not rigid doctrines: advancement in technology and scientific understanding may overflow old theories and hypothesis – it is like quantum physics contrasting classical mechanics; and the relationship between man and God deepens as human experience of divine love intensifies.

Another similarity is that there are still huge perplexities in the understanding of both science and christianity. Where do we come from? What was out there before the Big Bang? Is string theory true? There are always so many questions when we trace back to the very beginning. In such uncertainties, scientists would set up postulates - a proposed theory that is accepted until it has been rebuked by proofs or evidence stating otherwise. This could be faith in science. It is not a blind faith, but is based on proofs and evidence to develop into them. In christianity on the other hand, there are always unanswered questions regarding God, and the divine world. The analogy of scientists in the church is perhaps the religious fathers, who have studied and researched history, to develop christian doctrines based on spirituality, observations and a bunch of solid studies.

The acceptance of this unrevealed reality draws both scientists and christians to a common ground - humility, to accept that we are limited so we must learn and grow. And in both science and christianity, we are seeking to grow in the truth.

Perhaps one might argue, that science does not prove that God exists, while in christianity we believe in the existence of God. So, what/who is the God in Christianity? This God is perhaps not the God who is now being commonly illustrated by people in the world. God is not the existence of a supreme being who is an item in the world or above the world. God is also not a distant object who has wound things up and gone into retirement.² Instead, in the book of Exodus, God tells Moses,

ONE OF THE BIGGEST SIMILARITIES BETWEEN SCIENCE AND CHRISTIANITY IS THAT BOTH STRIVE TO SEEK THE TRUTH.

"I am who I am." One might say 'this does not illustrate anything'! But according to St. Thomas Aquinas, God's nature is to 'be'.³ He is not the one being among many, nor the one contingent among many. He is the being. This is perhaps why we can experience God even when we are still. (Psalm 46:10). We need not learn to experience Him, or do anything to get a taste of God. Because by definition, God is the sheer act of being itself.

The Bible is not a scientific book that is composed by factual history but is one that contains inspirational insights. In

Genesis, God creates the world from nothing. He does not impose His will on some rival power nor on His creation. But rather, through a sheerly generous, non-violent act of love, God gives rise to all things. And the creatures, as the bible describes, are a relationship to God.²

The worm transitions to a butterfly, tiny seeds grow into giant trees and little babies become mature adults. The world continues to evolve and we continue to grow in God's nourishment. St. Thomas Aquinas says, God is still in continual creation. He is still at work and He is still creating. Our deepest centre was created by God and so therefore we are all interconnected by our bonding with God. A God who is provident and not distant.

It is divine love and grace which opened my eyes to appreciate the beauty of nature. And it is through this beauty that I have been immersed deeply in divine love. ■

¹ Polkinghorne, J. C. (2007) *Quantum Physics and Theology: An Unexpected Kinship*. (2007) Yale University Press.

² Bishop Barron, R. Word on Fire. Accessed by: <https://www.wordonfire.org/study-programs/catholicism/>

³ Humphries, T. L. (2019) *The Oxford Handbook of Catholic Theology*. Ed. Ayres, L. Volpe, M. A. Oxford University Press.



Elizabeth Suk-Hang LAM works as a scientist in Hong Kong.

UP CLOSE

UNIQUE AND GIFTED

It is said that God has a tendency of picking up 'Nobody' and making them 'Somebody' without consulting 'Anybody'. This proves true in **Ashani Perera's** life as she shares with **Sharrol Jose**

ASHANI PERERA is not your ordinary Catholic youth. She is an epitome of hope to those who have lost hope in serving the Lord as a “normal” person. Born premature, she developed an infection from a vaccine, which eventually paved way for some physical deformities. However, it didn’t stop her from having a joyful life with Christ.

Today, she’s the National coordinator of Jesus Youth in Sri Lanka, fervently leading the youth towards a Christ-centered life.

Q. Ashani, could you share your miraculous journey as a new-born?

A. I was born three-months premature and was kept in an incubator until I had gained enough weight. I was vaccinated for BCG three months after my birth. That vaccine had been affected by a germ which turned the tone of my body to purple colour within 24 hours, and my mom noticed that both my legs and arms along with the neck had collapsed. I had been left with a tiny breath and was almost dying. The doctors who examined me suggested that she leave me in the hospital, because I was not going to live more than a couple of days. My mom was an uneducated woman who could hardly read or write. But she was a fighter and never accepted defeat easily.

She took me to the Army hospital, and a panel of specialists took over my case and diagnosed that the Cerebrospinal Fluid was infected by a strong germ. They informed my mom that I might be a child with deformities. Though they could save my life, I was never going to be a normal child anyway.

My mom had a great devotion to Mary and an incredible faith that God will answer her prayers. Surprising the doctors, I recovered miraculously. Today, that child who was meant to be totally deformed is 34-years-old, with

a deformed left hand and a weak right hand and is a graduate teacher. Yet, that doesn’t stop me in the mission of proclaiming the love of God before the world.

Q. In spite of your physical problems, you are managing on your own now. Please share how your mother equipped you to overcome your physical challenges.

A. My mother is my role model and my inspiration in life. Today, I am who I am because of her incredible faith in me. She equipped me for life both mentally and physically; she believed in me and was always proud of me. That kept me from feeling inferior.

Amma took great pains to teach me to walk and do other physical activities. When I was in Middle-School, she taught me to wash my clothes. I found it difficult to do it with a single hand and she would say, “Not only your hands, but your feet were also created by God, so why don’t we try to use it?” Together we invented many new ways and means of doing things on my own. She taught me cooking, as well. From scraping coconut to laying the table, from cleaning the bathroom to mopping the house, from sweeping the house to working in the garden, she got me involved in most of the chores around the house. No matter what, she never stopped training me for life.

I had short hair and when I grew older, I wanted to grow my hair but never realised that I was going to add another job to Amma’s list. Since my hair was curly it was impossible for me to handle it single handed. But with so much of love, she did my hair and she continued to do so until her death. Not only did she train me physically but she also gave me a good vision about life. After my ordinary level exam, I wanted to do a computer course but we couldn’t afford it. My mother sold her tiny gold chain and said, “Nothing is more important than education.” Amma taught me how to love and sacrifice; how to find happiness in giving and letting go. Every single thing she taught me is making a huge impact on my life today. Her contribution is so immense that I can even write a book about it.



Q. Can you share your personal encounter with Christ? How did you come to know about the Jesus Youth movement?

A. Though I had a very unique encounter at my birth, it took me more than 20 years to recognize it. Today, I meet Him daily in my personal prayer, Holy Mass, Confession, Word of God, and sometimes in the people I meet, in life incidents; it also gives me the road map for the day. He keeps my smile unchanged no matter how gloomy or bright the day is.

In 2012, I was working as a tutor in St. Sebastian's College, Moratuwa. One day, the primary school Principal, Rev. Fr. Daya Darshana Perera called me and asked if I could stay back on Friday evenings and be with a few students who were coming together for a prayer meeting. I said "Yes" because I was free on Friday evenings. These prayer meetings changed my life. I came to know that they were Jesus Youth, and from there a new chapter of my life began. Today, Fr. Daya is the Chaplain of Jesus Youth, Sri Lanka.

Q. You are the National Coordinator and in spite of all the challenges, you are a strong witness to the youth and old alike. Could you tell us the secret behind this.

A. It's a public secret. You can call it 'Amazing Grace'. Becoming the coordinator of Jesus Youth Sri Lanka was totally unexpected. It's said that God has a tendency of picking up 'Nobodies' and making them 'Somebody' without consulting 'Anybody'. It is just His grace and providence in abundance that I am able to do anything for HIM.

There were a few things which made a great impact on my lifestyle. On the very day that I said 'Yes' to this new calling, the Holy Spirit compelled me to find a theme for my life; "Create a pure heart in me, oh God and put a new and loyal spirit in me" (Ps 51: 10), eventually, this became my constant prayer. On the same night when I was in prayer, this line from a hymn struck my soul, "I will hold your people in my heart" and I pledged and claimed it before the Lord.

During one of the retreats, I chose Jeremiah as my favourite prophet. Though I didn't know much about him, I started reading about him, which paved the way for reading and studying the scriptures a little more in my daily routine.

In a casual chat with one of our senior leaders, I learned that the personal holiness



THOUGH I HAVE MY OWN STRUGGLES, BATTLES OR IMPERFECTIONS, I KNOW THE LOVE OF THE FATHER FILLS ME WITH HIS GRACE AND WHEN HIS LOVE OVERFLOWS, ALL MY IMPERFECTIONS ARE WASHED AWAY

Ashani Perera on various occasions with Jesus Youth in Sri Lanka



of the leader or coordinator has great say on the growth or the downfall of the ministry. This conviction had a ripple effect. I longed to make confession, and that created a thirst to visit the blessed sacrament often and also a hunger for the Holy Communion, which gave me a great desire to attend daily mass. You see, without my knowledge, I found myself strictly following the six pillars. This drew me closer to Jesus and to depend on him for anything and everything. Though I have my own struggles, battles or imperfections, I know the love of the Father fills me with His grace and when His love overflows, all my imperfections are washed away.

This journey was never an easy one. The challenges made me depend on HIM totally. Many transformations happened in my life. My team, elders, animators, cellmates, prayer partner – everyone has been by my side to support me. So when I am in the midst of all these graces, and when I'm always protected by His providence, I forget about my physical disabilities. As I claim, "I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong." (2Corinthians 12:10)

Q. What are your dreams for your region?

A. I love to dream and there are certain dreams which have already come true.

For many years, Surali (another Jesus Youth), and I had the responsibility to do intercession and make tea during retreats. We used to make tea and wash cups while praying. Both of us dreamt about having intercession as a separate ministry and also to have a praying kitchen, where cooking and intercession happen together. Today, we are blessed with a strong intercession ministry and we also have a praying kitchen.

I have a long-cherished dream to take this Jesus encounter experience to the differently-abled people. I believe as a movement, we are called to take this light to them. I'd love to name it 'Gifted Ministry'. Because I have a strong conviction that differently-abled people are truly a gift, who shows us a different dimension of the love of God. But unfortunately, some are not given the opportunity to recognize it. I want them to accept the truth from the hands of God and to see His unique plan for each life. The same God who created me and uses me has created them and is going to use them too, to shout out to the world and tell about his unfailing love. **■**



Sharrol Jose has been actively involved with Jesus Youth movement since her college days and is currently part of the International Formation team and the Executive Editor of Kairos Global. She lives with her husband and three children in Chennai, India.

IN FOCUS

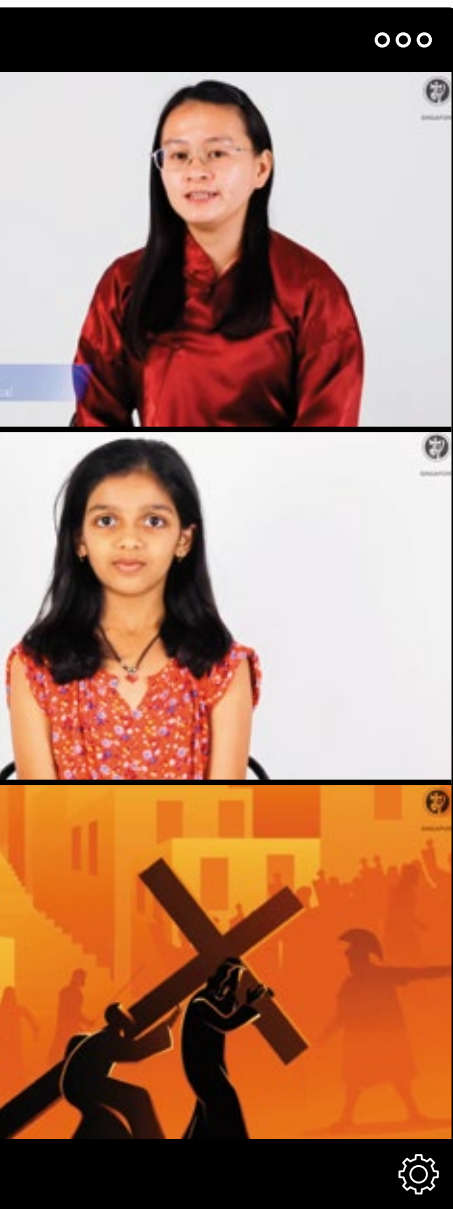


IN A NEW DIRECTION

Seema Thomas reflects on how the lockdown, rather than stifling the initiatives of Jesus Youth Singapore, has encouraged more creativity to flourish.

The Covid-19 pandemic has brought the whole world to a stand-still. Disruption to normal life has affected everyone – young and old. Families are spending more time together, since parents are working from home and kids are doing home-based learning. Mundane tasks like cooking, cleaning and hanging up the clothes to dry have become family projects; giving everyone a chance to put themselves in each other's shoes. We have found it within us to appreciate the so-called insignificant people in our lives – like the house maid, newspaper man, the gardener and even the occasional annoying neighbour who comes to visit. And it has been proven beyond doubt, that difficult situations like the one we are in now can dampen just the times, but not the spirit!

It is said that boredom sparks creativity; new



It has been proven beyond doubt, that difficult situations like the one we are in now can dampen just the times, but not the spirit!

avenues of the mind are being explored, new ways of spending time personally and collectively have emerged and communities have begun exploring new media platforms to connect for prayer, discussion and fellowship.

One young mother in Singapore started writing down the Bible word-for-word as she was reading, and has been able to connect to the living Word in the most surprising way! Her love for the Bible was triggered by a retreat that she attended before the Covid-19 crisis, but it became flesh for her when she was inspired to use every free minute during the day to continue writing the verses. With her husband now working from home, she has enough support to look after her two young kids and still find time to sit with her Bible,

book and pen. Her prayer is that the Word of God may transform her completely and bless her with grace and direction in life.

The night vigil organised by Jesus Youth Singapore (JYSG) has been a source of grace and miracles for many; the community meets for sacraments and prayer overnight every second Saturday of the month and it is undoubtedly the most talked about event of the month. Since February this year, the team was forced to cancel the gathering for safety reasons and to enforce social distancing. But to cancel meant not having a source of input and fellowship, which inspired the team to think of an online platform where young people could still connect and spend the night in prayer. The first time, they divided slots among the people and offered different prayers until dawn. The next time, they improvised and had a whole programme

planned using Zoom, which included Bible sharing, intercession and even a fun online quiz using 'Kahoot'. To everyone's utmost surprise, we even had overseas participants from Malaysia and Uganda who prayed with the Jesus Youth in Singapore! The team plans to build on this further in the coming months.

Crucis Singapura (CS) is a flagship event for JY Singapore and this is the 10th year of the annual Lenten event. During CS, young people are encouraged to walk barefoot across the length and breadth of Singapore, in paths forming the shape of a Cross, while praying the guided Way of the Cross. Over the last nine years, this event has brought together people of different

ages and communities to partake in the suffering of the Lord and is usually held on the day before Palm Sunday so as to inspire a prayerful Holy Week. This year, however, the physical walk had to be cancelled; but the team was inspired to revamp and reload the event in a whole new way. What if we could invite Jesus Youth and friends all over the world to join us online in praying the Way of the Cross? What if we could use media to post our session online and make it accessible for all to watch and pray together? The media team took up this challenge and with the support of the content team and strong intercession, they launched Crucis Singapura 2020 – A Virtual Way of the Cross. The hour-long session that first went live on 4th April 2020, was packaged with touching testimonies and soul-stirring worship, all sequenced within a guided Way of the Cross. The pre-recorded video testimonies focused on the Jesus Youth lifestyle and living out the six pillars – by children, families and working professionals. Within the first few days, there were already about 1000+ views; the session stayed online for about six days until Good Friday. People from all over the globe sent feedback appreciating the content and remarked how wonderful it was that they were able to pray with Jesus Youth from across the world through this initiative. After this positive experience, the media team in JYSG has vowed to work more in the direction of using media to reach out to evangelise and to share the gospel to the world.

With the disaster of the pandemic looming above our heads, it certainly does not seem like a time to enjoy. But with the varied kind of personal and community initiatives coming up, one cannot help but smile and enjoy the moment. The hope is that the pandemic fades away, but the wonderful initiatives and good practices that have emerged may continue – until they are forced out by more creativity!



Seema Thomas is a mother of two young kids and a medical engineer by profession. She lives in Singapore

DEPICTING



Psalms by Elsa Vijay



THE DIVINE

ELSA VIJAY PORTRAYS HOW GOD CAN SPEAK DIRECTLY TO OUR HEART
THROUGH A PIECE OF ART THAT WAS INSPIRED BY THE HOLY SPIRIT



ADORNING THE WALLS PSALMS

“From the greatness and beauty of created things comes a corresponding perception of their Creator” (Wisdom 13:5). God reveals himself to mankind through the universal language of creation, which is the work of his Word. The author of beauty created everything in his own delight as an artist.

Nature is God’s artwork and it reveals the supreme artist. Recapturing nature’s beauty on canvases can direct the minds of the viewers to the ultimate and eternal beauty that is God.

Wall decor with a scriptural theme is sure to bring inspiration and encouragement and it can have a deep impact on our lives. God can speak directly to our heart through a piece of art that was inspired by the Holy spirit. In addition, an exterior piece of art can also definitely lift our hearts to interior worship.

Adorning a house in the spirit of Christian belief is something that evokes calmness, reminding the dwellers of their connection with the divine. It can truly transform the entire interior design, enhance its charm and will provide reasons for constant contemplation of the Word.

WALLS PROCLAIMING THE MAJESTIC NAME ‘I AM’

From Genesis to Revelation we find the name of our God as ‘I AM’. In the New Testament Jesus confirms himself as ‘I AM’, through the seven ‘I AM’ statements. The more we ponder them, the more awesome they become. This oil painting set of the seven ‘I AM’ inspires one to spend a lot of time meditating the majestic truths wrapped in the name of God. Jesus, the epitome of all teachers makes continual use of nature as a channel of communication and teaching aid.

I AM by Elsa Vijay



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



Perfect Love
by Rose Mary Tom



Perfect Love

Rose Mary Tom, through this painting, lifts us into the embrace of His loving care!

I completed this painting while I was trying hard to recover from a broken phase of my life, a time when I was filled with disappointment and had a hard time trusting in the Lord.

I realized that I could only find relief and peace when I visited Jesus in the Blessed sacrament. I used to sit for hours just to have that peace of mind. It was during that time that I came to know about an art exhibition organized by our Archdiocese. The theme was 'Love is the language'. I desperately wanted to shift my thoughts and focus on something positive so I entered my name for the exhibition. While pondering on the theme before the Blessed Sacrament, I imagined how God was lifting me from this hard phase and the love I felt from Him. I chose the Bible verse - 1 John 4:18 "There is no fear in love, but perfect love casts out fear" and titled the painting as Perfect Love. Through this painting, I wanted everyone to understand and realize that there is no one out there who can or will love you or care for you more than the Lord. I wished that all, especially the ladies out there who are having a tough time, know that God will lift you up in His time. He is taming us to be stronger than ever. He has loved us with a perfect love.

On the day of the exhibition, I felt a sense of peace and accomplishment. But my joy multiplied, when one young girl walked up to me and told me that she could relate to the painting as she had gone through a similar rough experience. The Lord had used my art to speak to another soul, He had used my brokenness to lift another soul. I was overwhelmed with his perfect love again that day, and He still continues to surprise me each day!



Rose Mary Tom is an Engineer who lives in Singapore with her husband Daniel. She is part of the music ministry in Singapore.

REPRESENTING CHRIST IN DIFFERENT WAYS

Sujatha Joseph encourages us
to play our part in God's plan by
doing what he has committed
to us with great love.

WE ARE ALL CALLED FOR EVANGELISATION AND TO REPRESENT CHRIST IN DIFFERENT WAYS AND IN ALL CIRCUMSTANCES OF OUR LIVES.

Years ago, I started my new journey with Christ in a Charismatic Renewal office where I was assigned the job of putting stamps on the packets of a Charismatic Renewal magazine to be sent out. I used to go to the office with my friends during our spare time to put stamps on these magazine packets, so that the message of good news could be delivered to the people in different areas of the world. We didn't think much of it other than an expression of our love for our Lord. The act of spending our spare time to place a small stamp on the covers of the packets seemed insignificant in our eyes, but it surely was not trivial in the eyes of our Lord. Most of us who participated in that mission still stays united in different parts of the world and are actively involved in the Lord's ministry in different ways.

Our calls are unique. Not everyone is given the charism to preach, write, or act. But we are all called for evangelisation and to represent Christ in different ways and in all circumstances of our lives. It is the desire that we have in our hearts, that brings the best image of Christ in us, so that the people around us can be drawn closer to him. We can be at home, doing our house chores and be representing Christ by giving thanks in everything we do, and by being caring and merciful to the people around us. Even though we have moments in our life where we fail pathetically, our Lord is capable of lifting us up.

A garden is made beautiful by adding a variety of plants that brings out different colours and fragrances. Each plant and flower has a role in making the garden picturesque. Likewise, in our human body, each part has a specific role and each organ must do its role as it is supposed to, for the body to function perfectly. Today when the world is attacked by this invisible enemy, the 'Corona virus', everyone is trying to do

their part to achieve one goal by eradicating this tiny pathogen and creating a 'Corona-free world'. We see the health care workers being praised as heroes for taking care of the sick, risking their own lives. It is a call specific to them since we know that people with no or limited medical education or knowledge cannot be health care workers. It is amazing to see how others are participating in this mission by various means: like making masks and other personal protective equipment, by sending out encouraging words and messages to those who are on the front line to keep them motivated, and praying fervently, doing fasting and offering all the prayers that they know. Working together towards the same goal, by fulfilling each one's role will help us to achieve the common goal.

God has a plan and purpose for our lives. I think that 'being like Christ' where we are planted, is the initial step of representing him. Representing Christ involves knowing and experiencing Christ as a person. No words can contain who the Lord is except "I am who I am" (Exodus 3:14). We can see that Christ was compassionate, merciful and courageous; one who stood against evil and at the same time bore his cross for others without questioning. If we assimilate his nature, we will be able to see how he would act or react in situations that require his message.

A few years ago, I met a guy in front of an abortion clinic where he was standing on the sidewalk along with a few others, holding a board that said, "Abortion kills innocent children". Being curious to know about this young man's mission, I asked him what motivated him. The sum of his life story is that he was moved by God's love for him and wanted to be God's representative in the world. Out of the many possible areas where he could represent the Lord, he felt called to work to end abortion. His decision to respond to his call, resulted in the loss of his million-dollar business and caused issues in the family. After confirming his call, he decided to follow the Lord by spreading the message of God's love for his children, using all his God-given abilities. During this process, God blessed him in beautiful ways fulfilling his physical and material needs – particularly with what he needed to do this ministry.

In conclusion, I think representing Christ in different ways involves identifying our call and responding to it while trusting the Lord completely. He may be calling us to stay where we are right now and be the salt of our house/earth by our way of living, or he may be calling us to leave our homes to be his hands and feet to spread his love. Whatever our mission is in this world, identify it and be that what he wants us to be. During this process, he may have to prune us to yield the best out of us so that he can use us in the greatest way possible. So, responding to his call to represent him is also a call for allowing him to mould us as he meant us to be. "For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance, that we should live in them" (Ephesians 4:10).



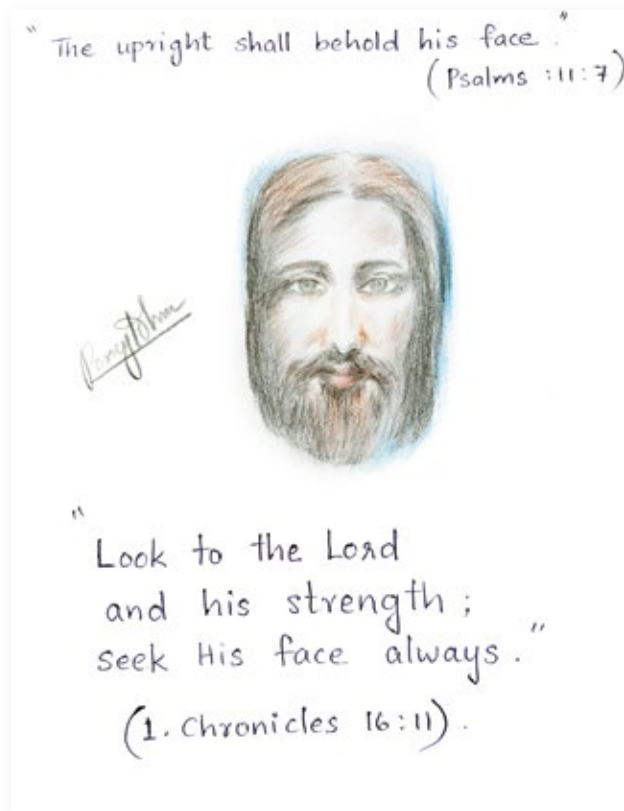
Sujatha Joseph, a nurse by profession, lives with her husband and three children in Dallas, USA.

When Holy Spirit became the drawing teacher

Poncy Wilson shares a few drawings which she drew when the Holy Spirit inspired her.

I used to draw pictures in my childhood. But since I didn't get an opportunity to study drawing, I stopped for many years. Once I heard that we have to use our talents to praise God, I restarted my drawing but I could do only a few. After I attended a Jesus Youth program in February, I felt a strong urge again to resume drawing pictures. I soon realised that reflecting on the Word of God and drawing pictures came naturally to me. The Spirit of God was teaching me and inspiring me to draw. Finally, I got my drawing teacher!!

Holy Face of Jesus: A small attempt to draw the face of Jesus, of the shroud of Turin.



Holy Mary and Baby Jesus



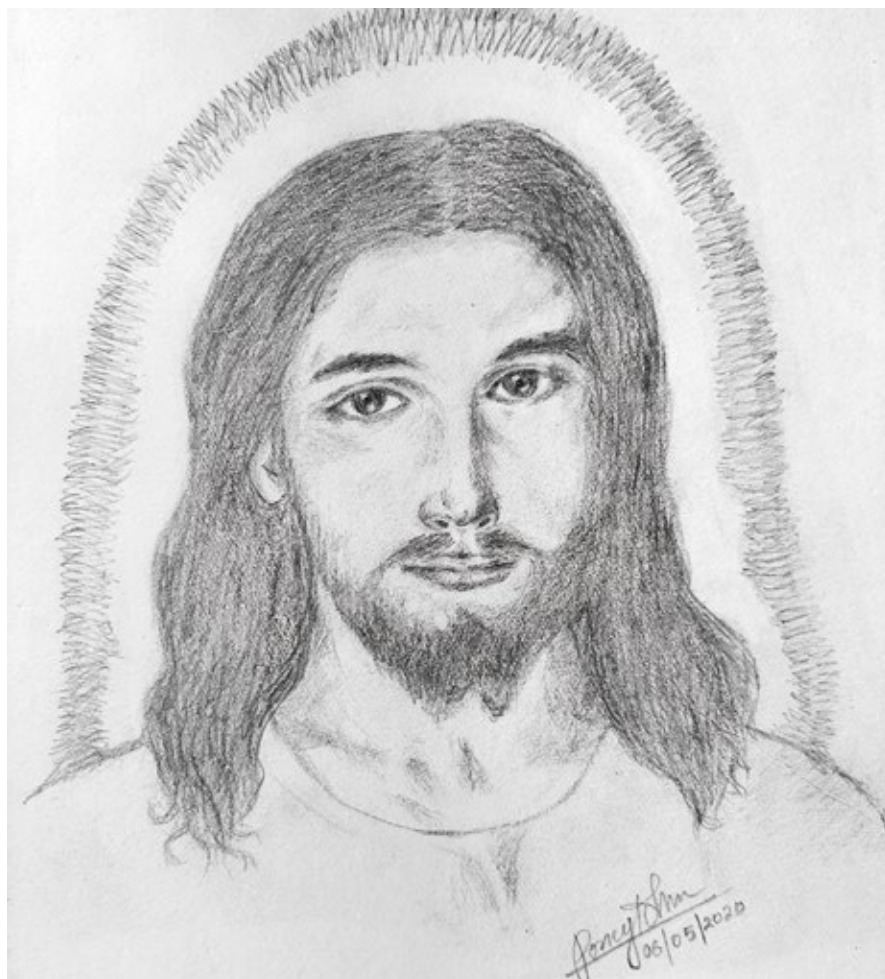
The Praying Ant: Praying humbly to God for a clean heart and renewal of the Holy Spirit.



The wounded palm of Jesus: The wound, which heals our inner wounds.



Merciful Jesus: After a session of praise and worship, I had a strong feeling to draw this picture. I finished this drawing within 2 hours and felt that Jesus himself helped me by holding my hands to draw.



Poncy Wilson is a Jesus Youth living in Chennai, India with her husband and son.

Soul Cafe

Art is a profound way of having a relationship with Christ. Many of our saints were also poets. St John of the Cross, St Teresa of Avila, St Thomas Aquinas were just a few of them. Their poems were deep-rooted, so much so, even after centuries their emotions resonates within our soul. There's no better way to evangelize than through powerful words.

Entirety Of A Soul

Through each and every breath of my wounded life
 Where deep sorrow and darkness prevail
 And I feel a dearth all over
 I hear a soft whisper, too content
 Like a solace to my weeping heart
 He's been there always, like an unseen mystery
 The warmth of my broken soul
 The holy of holies, dwelling in me from the very beginning
 His unfathomable love envelops me all day long...
 Oh how poor and miserable soul will I be
 To be always defiling the purpose and nature of thy will
 Thou seem to be my unfailing hope
 Oh lord! Thou art my merciful spouse
 My very reason of existence
 Gazing at you, unveils the scar of your love for me
 Oh my beloved, your wounds have cleansed me
 Thy excruciating pain has paid my debts
 Your incarnation made me the Chosen One
 Oh poor soul abandoned in anguish
 How long could I endure this?
 Falling apart at times of temptations
 Oh lord how deep were your afflictions
 Your torments were beyond words
 How could you bear them all in flesh?
 You looked upon death as a virtue
 Your shame and pain was my gain.
 The beauty of my life rests in your mercy.
 Oh how forgiving is your identity.
 With at most lenience you look upon my sinful life.
 Your benevolence draws me closer and closer
 With thy Grace, I learn to love
 Keeping aside my flaws, I desire to live for you
 With your spirit living in me
 I'm obliged to live my life in holiness
 When I chose to follow you
 My prayers were then scripted by your wisdom
 I was completely conceived in your Divinity
 Your love empowered my inner self.
 The abundance of your grace lighted my path
 Your care overwhelmed my inequities.
 Oh fountain of unconditional love
 Thou art mine true love, who fetch me to Eternity
 Like the blessed Mother and her most beloved son
 In awe, I proclaim, let thy will be done in me
 Till the end of times.



Masks

Masks- today's weapon of defense for all mankind
Covered, we walk upon those empty pavement sides.
What was earlier filled with busy swings and slides,
Lays now fearfully naked for none to stop by.

Masks- anxious and scared we hide our deep fears.
A sneeze or a cough brings furious stares.
What was once worn by battlement of medical care
Has now become a trendsetter of this new year.

Masks- have we not worn them before in our everyday lives?
Hiding away our sinful, shameful lives?
Invisible to many, we carried them in our insides,
Happy and hoping that none would be seeing.

Masks- for how much longer do we hide?
From our Father, who seeks to love us day and night.
For nothing is blind to His mighty sight,
And "Come back, oh child", he calls to us this night.

Masks- not meant to cover our evil insides.
So ripping them off, surrender it all
Asking for help, to the One by our sides,
His mercy and grace shall fill all our lives.

LIMI KALAPURACKAL, NETHERLANDS

Christasy

Last night my dreams were colourful
They felt real and came deep from my heart
All seven colours and it was cheerful
Then I saw daybreak, bringing a new start

It was as though I was in a euphoric bliss
Let it flow, let it flow through my thoughts
Beauty of this world took me to the abyss
I stayed still in awe as it unfolded the knots

Then I heard sweet whispers and murmurs
Gentle crisp calming cascades
Chirping swallows and singing nightingales
Soothing wounds of decades

Never before I felt so light and fluffy
I drifted along the meadows and valleys
I had no care in the world and I wasn't fussy
Leaving behind my sins and dark alleys

Then it dawned on me, how can it be?
There must be a reason for this
How can a wretch like me?
There has be a reason for this

And then I was waken up by screaming kids...!!
But I love them to bits....

NISHAN MATHEW, BRISBANE, AUSTRALIA



SPECIAL

SPIRITUAL COMMUNION

Adolf Goldwyn gives us a clear and concise understanding of what Spiritual Communion actually is and how we can prepare ourselves to receive it worthily.

No one could have imagined even a couple of months ago that we would have to live our lives as Catholics without access to our parish church and without the sacraments. And yet, here we are grappling with this dreaded virus and finding new ways to live out our faith during these testing times. Even in the midst of all this suffering and chaos, the Church through live telematic broadcasts has ensured that we have the possibility of participating in the Holy Mass online, listen to the Pope's Urbi et Orbi address as well as receive the apostolic blessing and be able to adore the Eucharistic Lord online. Many dioceses have reported a manifold increase in participation during daily Masses and other spiritual practices.

While this large online attendance has been an incredibly positive sign, we must also keep in mind Pope Francis'



words that “this is not the Church”. It is dangerous, he said, because people could start living their relationship with God “for just myself, detached from the people of God.” I’m sure all of us are looking forward to the time when we can get back to our parishes and sit in those pews along with our fellow parishioners participating in Mass and reciting the prayers together, being able to receive sacramental absolution for our sins, and going back to our prayer meetings and fellowships. I pray that those days may soon be upon us.

One of the phrases we hear quite often during this time of online Masses is ‘making an act of Spiritual Communion’. I had honestly not given this enough thought in the past, although I now realize how important it really is and how integral it is to the way we should be practicing our faith. In this article, I try

to answer some of the questions we may have about Spiritual Communion.

St. Thomas Aquinas explains Spiritual Communion as “an ardent desire to receive Jesus in the Holy Sacrament and a loving embrace as though we had already received Him”. Many saints have written about the multifold benefits of Spiritual Communion. St. Teresa of Avila writes, “When you do not receive Communion and you do not attend Mass, you can make a Spiritual Communion, which is a most beneficial practice; by it, the love of God will be greatly impressed on you”. Or as St. Josemaria Escriva wrote, “What a source of grace there is in Spiritual Communion! Practice it frequently and you’ll have more presence of God and closer union with Him in your life.” It is this passionate desire for God, which is at the heart of Spiritual Communion. Spiritual Communion is not something we must practice only

during the Holy Mass but frequently, even ‘hundreds of times a day’.

SACRAMENTAL COMMUNION AND SPIRITUAL COMMUNION

St. Augustine talked about two sets of people, receiving the Eucharist; Sacramental –in which the good and bad eat of it, and Spiritual –in which only the good eat. Many times in the past I have been guilty of receiving the Eucharistic Lord even though I was not disposed to receive Him. That is when I became an example of what St. Augustine talked about the ‘bad’ receiving Sacramentally.

The Council of Trent (Session XIII, Ch.8) taught a threefold manner of receiving communion; Sacramentally, Spiritually and the third who receive both Sacramentally and Spiritually.

- Sacramentally – “Such are those sinners who do not fear to approach the holy



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mysteries with polluted lips and heart, who as the Apostle says, eat and drink judgement upon themselves”

- Spiritually – “they are those, who inflamed with a lively faith which works by charity, partake in wish and desire of that celestial bread offered to them, from which they receive, if not the entire, at least very great fruits”

- Sacramentally and Spiritually - “they are those who having proved themselves, and having approached this divine banquet with the nuptial garment, derive from the Eucharist the most abundant fruits”

Fr. Paul Keller OP in his article, Is Spiritual Communion for everyone? writes “The person who makes a Spiritual Communion should also make a Sacramental Communion if he or she is properly disposed. However, it cannot be the case that someone who is not properly disposed to make a Sacramental Communion could be thought to be able to make a Spiritual Communion, no matter the circumstances.”

What we can thus infer from the above is that the graces of Sacramental Communion can be received only if we also make a Spiritual Communion. These two acts go together!

How do I receive the ‘great fruits’ of Spiritual Communion in these times?

When we are rightly disposed to

receive Holy Communion! That is:

- when we are in a state of grace
- we are not conscious of any mortal sin which we have committed and for which we have not yet been forgiven in the Sacrament of Penance
- we are desirous of receiving our Lord in Holy Communion but are unable to do so, as at these times

That is when we unite ourselves spiritually with the Holy Sacrifice of the Mass, praying to our Eucharistic Lord in the words of Saint Alphonsus Liguori: “Since I am unable now to receive Thee Sacramentally, come at least Spiritually into my heart.”

But what if I have committed a mortal sin and do not have access to the Sacrament of Penance? Should I suffer the loss of not being able to make a Spiritual Communion until the Sacrament is available once again? No! The Catholic Church through the merits of the crucifixion, death and resurrection of Christ has given us a way out even when we are not able to go to confession amid this pandemic. We can still make an act of Spiritual Communion if we have perfect contrition!

PERFECT CONTRITION

Perfect Contrition is the sorrow for one’s sins based on the selfless motive of love

of God and sorrow for having offended Him. This form of contrition has the power to obtain forgiveness of mortal sins if it includes the firm resolution to have recourse to Sacramental confession as soon as possible (CCC. 1452). Thus, an act of perfect contrition disposes our soul for Spiritual Communion. This is opposed to Imperfect Contrition or Attrition, which is a contrition of fear and can only be absolved through Sacramental confession.

4 STEPS OF SPIRITUAL COMMUNION

After we are truly sorry for our sins, we are better disposed to make an act of Spiritual Communion using the following 4 steps:

- Make an act of Faith – make a prayer expressing our faith in the real presence of Christ in the Eucharist
- Make an act of love – make a prayer thanking God for His infinite love for us and expressing my love for Him
- Express your desire to receive Him – Spiritually since I am not able to receive Him Sacramentally
- Invite Jesus to come into your heart – with a humble and contrite heart, implore the presence of Christ in us just as we would if we had the opportunity to receive Him Sacramentally

All these 4 elements are present in the Act of Spiritual Communion prayer that St. Alphonsus Liguori gave us and which we repeat while seeing Mass online. If we do not remember this prayer, we can always say the simple but faith-filled prayer that the centurion made: “Lord, I am not worthy to receive You under my roof, but only say the word and my soul shall be healed.”

Spiritual Communion thus has the power to fill our lives with great fruits and graces when we are truly prepared. I pray that this time of being deprived of the Sacraments may bring us to a deeper thirst and longing so that when this pandemic is finally over, we may be able to receive the Sacraments with renewed love and devotion. ■



Adolf Goldwyn, lives with his wife Lucy and daughter in Auckland, New Zealand. He is currently the National Formation Coordinator for New Zealand.

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?



1. MISSION PROJECT

There are many Jesus Youth in mission countries who cannot afford to buy a magazine but eagerly await any means to grow in Christ. You could sponsor a fixed amount every month for these youth or a onetime amount

2. ENLIGHTEN CAT YOUTH

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

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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SEND A GIFT**

Inform us by e-mail or WhatsApp, the name and mobile number of the recipient of your gift subscription or sponsorship and the bank transfer details.
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Buried Treasure

A well-read bible is a sign of a well-fed soul. **Anil Israel** shares tips on how to enrich our souls with this buried treasure, which could be accumulating dust somewhere on the bookshelf



Many of us who have been privileged to grow up in a Catholic environment might still find ourselves less familiar when it comes to the Bible, even though we might have been to every Sunday Mass and never missed Catechism in Sunday school or in a Catholic school. Somewhere along the course, we seemed to have missed preliminary instruction with respect to our own Holy Book, the Bible – Basic Instruction Before Leaving Earth. Regular reading and familiarizing ourselves with God’s Most Holy Word somehow missed receiving its due emphasis during our initial formative years.

My dad gifted me a personal copy of the Bible when I was in the 11th grade. Somehow, I carried a false impression in my mind that, this is something I can

devote time to, at a later point in time, when I am left with plenty of time, after everything else was more or less in place in life. By God’s grace, I accepted a self-imposed challenge to read the Bible in a year, when I stumbled on the internet and ordered for myself a free copy of how to read the bible in a year. This happened to be God’s way of helping me prepare myself for the Holy Matrimony at the end of that year and 1 Cor. 13:4-8 became a part of my personal prayer ever since. I haven’t read the Bible in a year for over a decade, until a few years ago, when I became convinced that this is the ‘one necessary thing’ (cf. Lk.10:42) we all need to be doing daily for our entire lifetime.

So why do we need to form a habit of reading the Bible daily? Firstly, to grow in faith. For ‘faith comes from hearing’

'PUT ON THE WHOLE ARMOUR OF GOD' > EPH. 6:11



Only when we 'dwell' on His Word, will it take root in us. Only when we 'meditate on it day and night,' can we allow it to sink into the depths of our hearts and allow it to bear fruits in our lives

the Word of God (cf. Rm.10:17). When we read, we hear God speaking to us and it becomes spiritual nourishment for our starving souls. Secondly, it is an essential part to follow the Master – to be His disciple. To follow Him, we need to 'be with Him' (Mk.3:14), not only before His Real Presence in the Blessed Sacrament, but also investing time in journeying with His Most Holy Living Word. For, "if you abide in my word, you are truly my disciples" (Jn.8:31). Only when we 'dwell' on His Word, will it take root in us. Only when we 'meditate on it day and night' (Joshua 1:8; Ps. 1:2), can we allow it to sink into the depths of our hearts and allow it to bear fruits in our lives, rather than merely retaining it as a memorized verse in our minds. Finally, for spiritual warfare. We are all called to 'put on the whole armour of God' (Eph.6:11). The only weapon in this spiritual arsenal is the 'Sword of the Spirit' (Eph.6:17). The rest of the armour is for our defence, but to counteract, we need to rely on the sword. Just as Jesus overcame temptation, because He knew the Holy Scripture. Like the psalmist, may we too learn to say, "I have stored up your word in my heart, that I might not sin against you" (Ps.119:11).

How do I go about forming this challenging habit? We can choose to follow one of the many ways available at our disposal. They say if we read on an average 4 chapters a day or 20 minutes daily, we can read the entire Bible in a year. Often, it is really motivating, when we are aware that there are others pursuing the same journey. Personally, I am indebted to a WhatsApp group, wherein the moderator posts every day, the portion to be read for the following two days. Whenever I lag, I try to invest additional time on certain days and catch up. Sometimes I can foresee that I will be falling short of time in the coming days due to other prior plans, then I try to read a little bit extra in advance, to avoid the portions from being piled up. When our fifth child was born, I ended up needing an additional three weeks. The following year, I finished three days before time.

"Devote all your time to studying the Lord's commands and thinking about them. He will give you the insight and wisdom you are looking for." (Sirach 6:37) This scripture verse further motivates me to pursue this journey of embracing Christ in Holy Scripture.

In this digital age, we are truly blessed to carry the Bible in our smartphones. While travelling or even when we are waiting, the Word of God is within reach and easily accessible. The DBRM (Daily Bible Reading Mission) App – a JY initiative, is an added blessing as it additionally rewards us with a new wallpaper every day, with a scripture verse from the portion of the day, and I gladly use it as my lock screen for the day. Bible study groups, physical or virtual, further help us grow and mature along this beautiful journey.

Last year, as part of our family new year resolution, we were inspired to write down one scripture verse on a post-it, from the scripture passage that we read during our family prayer and paste it on a visible place in the living room. We also record it in our family prayer journal. We praise and thank God for having instilled in us this desire for the Word of God and are amazed to see our children too fall in love with scripture at an early age in their life.

Charles Spurgeon, wisely remarked, "A Bible that's falling apart usually belongs to a person who isn't." A well-read bible is a sign of a well-fed soul. May we all enrich our souls with this buried treasure, which could be accumulating dust somewhere on the bookshelf or abandoned as an unused App. May the Eternal Word continue to nourish our souls. As scripture says, "Man does not live on bread alone" (Mt.4:4; Deut.8:3). ■



Anil Israel is a computer engineer by profession living in Mannheim, Germany with his wife

Sunitha and their 5 children.

CREATIVE EVANGELISATION COMPETITION

As part of the creative evangelisation theme
we have a few contests!! Here is a chance to show your
creativity to the world through evangelisation!
Participate in these contests and stand a chance
to showcase your talents in Kairos Global.



THE ARTIST

A drawing contest for kids aged 6-12:

Draw/doodle/paint/illustrate or any other artistic way - a picture depicting any bible story. The best 3 entries will be featured in an upcoming edition of Kairos Global. Send us a good picture of your work, your name, photo, age and contact details to editor@kairos.global

KAIROS GLOBAL

THE INFLUENCER

A social media evangelisation contest for 18 and above:
Post a story you cherish of evangelising or being evangelised to with your picture on any social media platform using the tag **#InfluencerKairos** and tag us. **FB @ReadKairosGlobal; Instagram @readkairos; twitter @readkairos**. Send us a screenshot of your post, name, age and contact details to **editor@kairos.global**. The top 3 posts will be featured in an upcoming edition of Kairos Global.



THE WRITER

A story writing contest for teens aged 13-17:
Send us a short story – Imagine you are living in the times of Jesus and you meet Jesus before his public ministry. Share your interaction with Jesus. The 3 best entries will be featured in an upcoming edition of Kairos Global. Send us your story, your name, photo, age and contact details to **editor@kairos.global**



LIGHT IN THE DARKNESS

Neha Ann Manoj shares a beautiful testimony of how she experienced the presence of God during a traumatic event in her life



NEHA ANN MANOJ

"I can do all things through him who strengthens me" (Philippians 4:13)

We all have a story. The one God writes for each one of us. No matter where we are in the journey of our lives, there is a plan and a purpose for whatever happens in our lives and I want to illustrate this by sharing my story with you.

I am an ordinary girl who has been brought up in a Catholic family. I received my sacraments, attended catechism classes, sang regularly in the Church choir, attended the weekly Jesus Youth teens gatherings and activities and participated actively in the regular family prayers. However, I never experienced or felt the work of Jesus in my life until last November.

Everything was fine on that day. We had guests at home and after breakfast, my father went to drop them at the Church for a youth gathering. After they had left, my brother and I went to study as we had exams going on during that time. All of a sudden, I started feeling a pain in my abdomen. The intensity of the

pain started rising and gradually it reached a stage where I could not bear it at all and I started rolling around on the floor. My mother panicked and called my father to return as fast as he could, and I was immediately rushed to the hospital. I still remember that when I got inside the car, I behaved abnormally as the pain was unbearable. A few minutes later, we reached the hospital and I was admitted to the emergency ward.

The doctors initially thought that it could be due to kidney stones and gave me a dose of painkillers. However, the pain didn't subside even after an hour. They tried giving me various doses of painkillers and simultaneously did a couple of tests for diagnosing the reason for the pain. Doctors wrote off the possibility of kidney stones and appendicitis after the tests. During these hours, I was at my worst period of time. I noticed the helpless and clueless faces of my parents and the nursing staff. My mother was by my side reciting 'Hail Marys' relentlessly. Even during my intolerable pain, the image of my mother praying gave me some peace.

Meanwhile the doctors decided to do an ultrasound scan to know the reason for my



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pain. By that time, around four hours had passed, but these four hours felt like four years for me because of the excruciating pain. Finally, the doctors diagnosed it as a cyst which made my ovary twist and recommended emergency surgery. My parents were given only 15 minutes to decide and I could hear them discussing about the operation. When I heard about the surgery, I was not scared because I just wanted to be rid of the pain; it was beyond my limit of suffering.

Later I was shifted back to the emergency room and there I saw my mom's colleague and close friend, Renny, who was also my sponsor for the sacrament of Confirmation. She stood near me, kept her palm on my forehead and started praying for me. From then on, I gained

more courage, even though my pain had not reduced. I could feel someone giving me more strength to bear the pain, and telling me not to be worried or tensed. When the nurses saw me lying down relaxed, they asked my parents whether my pain had reduced because for all of the hours before that, I was yelling and shouting due to the pain. I knew it was not because of the pain reducing but because I felt that I was in the lap of Jesus.

During this time, preparations for the surgery were going on. I came to know later that the doctor for this surgery had taken leave that day and was supposed to go to another town. However, something stopped him and he decided not to go which is when he received an emergency call from the hospital for my surgery. Later, the doctor told my parents that he did not know why he decided not to go that day. Now I realise how my Jesus kept me safe and sound by arranging everything for me that day.

After nearly an hour or so, I was taken to the surgery room. On the way to the operation theatre, I could see my anxious father, brother and my tearful mother, but I was relaxed even during those painful moments. I could feel the touch of a divine power consoling me and taking me through to the theatre.

After I got discharged from the hospital, we went for a follow-up meeting with the doctor. The doctor told us that usually such cases are very critical and complex. However, according to him my surgery went very smoothly.

This whole experience has opened a new page in my life. I was able to realise the work of Jesus, my Lord, in me. I could really feel him near me and with me throughout.

I had my Year 10 board exams last month. All through the exams, I walked along with Jesus and during the time of examination, Jesus took care of me very well. Never in my life, have I had such confidence and satisfaction after writing any exam. Now I am not worried about the marks or the result because I know that Jesus is working in my life. He will not let me down and he has a definite plan for me. Having gone through this blessed and special experience, I am now able to get a deeper understanding of all the 'Jesus experiences' people have shared about during our teens gatherings.



Neha Ann Manoj just completed her Year 10 and is actively involved in the Teens ministry in Muscat, Oman.



SOUNDREPLY



MOVIE

THE KING'S SPEECH (2010)

his listeners in. Bertie (as he is known to his family) is fed up of having tried multiple physicians before, all to no avail and yet, at the insistence of his encouraging and supportive wife, as a last attempt agrees to meet the Australian-born speech defects therapist Lionel Logue.

Although Bertie is far from impressed by Lionel's methods and mode of treatment, he decides to continue the treatment on seeing the result of an experiment that Lionel did by making Bertie read Hamlet's 'To be or not to be' soliloquy while listening to classical music, whence he was able to recite without any stammer. Meanwhile, a constitutional crisis is brewing in the Kingdom as King George V dies and Bertie's elder brother David ascends the throne as King Edward VIII. However, David is intent on marrying the twice married American divorcee Wallis Thomson, although such a marriage would be contrary to the laws of the Church of England, of which the reigning Monarch is head. And even though it becomes increasingly apparent that Bertie, the second-in-line to the throne would have to ascend the throne, his fears, including that of his stammer, prevent Bertie from taking a decision.

As the movie progresses, we see the friendship developing between Bertie and Lionel and how through this friendship, Lionel helps Bertie overcome his fears, and how Bertie in turn, taking the name King George VI on his coronation, through his radio-broadcast speeches at

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the beginning of the war, and throughout the Second World War, inspires hope and gives voice to a nation in its darkest hour.

Although the movie has taken artistic liberties with many of the historical narratives, it remains true to its central theme of healing and redemption – that nothing and nobody is beyond redemption, even when sin in its various manifestations fills the world around us. Most of us suffer – some to a greater degree than others, the consequences of the actions or inactions of the people around us; most times those capable and responsible to protect us are the ones who have hurt us most. Yet, the movie is a potent reminder that through love, friendship and trust, healing is possible, even when one feels all is lost and there is no hope left. And for this great message of redemption, The King's Speech stands out as an outstanding movie experience. ■

Pope St John Paul II, in his letter to artists in 1999 wrote that artists, in a way give voice to the "universal desire for redemption". To be redeemed – from the debilitating constraints and circumstances of our lives, thus transcending into the realm of peace, joy and tranquillity that our hearts yearn for – is indeed the universal desire of humanity. St Paul would even say that the whole of creation is groaning in labour pains for this redemption to be accomplished (Rom 8:22-23).

The King's Speech is an Academy award winning historical drama directed by Tom Hooper, in which Colin Firth masterfully plays the role of the future monarch, King George VI. The film opens with Prince Albert, the second son of King George V, addressing the crowd at Wembley stadium at the close of the British Empire exhibition. Because of his stammer, the Prince despises public speaking as he is sorely self-conscious of his own humiliation as well as the difficult position it puts



REVIEW BY
**Joseph
Anthraper**

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

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FEEDBACK



When the Global Kairos started, it was one of my dreams come true. Kairos Global always stands up like any other international magazine. Many of the articles very much heart touching & inspiring. Q&A was great help to know the Church and it's theologies in depth. Recent article about "When praying becomes meaningless routine" by Fr. Charbel was a great eye opener. It helped me to understand how to improve my prayer life.

Jetson, Kuwait

Hallelujah!! "Christian life is a love story with GOD!!" While reading this, I really could feel the joy that I experience while praising our lord and spending time with him. I feel like it make me more and more innocent and light like a child. Dear Fr. Charbel, I am so happy to read from your article that these are facts all that are in this meeting and conversation with lord experience. As you mentioned, perseverance is something that one really need to focus in order to be always in this joy, one particular thing I personally miss too!! Thanks a lot Fr. Charbel for this inspiring writing.

Riya - Berlin, Germany

A word of appreciation for the Kairos global team who Amade the May edition online. I have loved the entire magazine themed on Mother Mary. I write this to mention about that one article which I loved personally - mission talk with Evangelin. The way in which she describes her mission experience in Delhi is commentable. I wonder how someone like her who is based in UAE could leave her gadgets behind home to step down to the slums of Delhi and undertake the mission entrusted in her. I look up to her as a model for youngsters who are willing to take up mission activities in remote areas.

Remya Nixon - Kerala, India

The article which inspired me personally was "When praying becomes a meaningless routine" by Fr Charbel. This was something I could relate in my personal prayer life. Prayer is only possible through faith not by feelings. Father mentioned it beautiful why we have to worship our God because we are creatures and beloved children of God. And the importance of prayer being dialogue and not monologue, not only being a speaker but also a listener, which is possible through the help of Holy Spirit to understand God's will through the word of God. And worshipping shows our complete dependancy on God and

not on our ability reminded me of how important it is to include worship in my personal prayer.

Lessa - Bremen, Germany

My Mother, My Model! This article is so apt for this month with the images of Mother Mary, that the writer instils in our hearts truly reflects images of her that we absolutely adore. As the writer takes us on her journey of learning from the Mother, we are reminded of how Mamma Mary had taken upon herself the most unbelieving responsibility - of bearing the man who shall bring salvation. She signed up for everything that could possibly make anyone grieve and complain, but Mamma Mary was beyond all that. She patiently, silently and hopefully waited for the fulfilment of the Lord's plans for her. Who wouldn't want to be a little more like her? I cannot agree more to the writer when she says "My Mother, My Model!"

Crisilda Luke- GCC

My heartfelt thanks to the author of the article which refused to leave my head days after reading it. The article written by Sruthy Jimeesh was heart touching. During these uncertain days of Covid 19, we tend to think and pray more for our nurses and other health care professionals. This article reminds us how wonderfully can Jesus make us a blessing in our professional lives. I was deeply moved by her writing that I even started visualizing the entire incident in my mind. I found myself praying beside Sruthy outside the NICU, witnessing Rosemol praying for her and playing along with Antony. Don't know why, I couldn't control my tears while reading the article. Her affection for Rosemol was overflowing throughout. My prayers for you Sruthy. God bless you.

Rejeena R Sebastian - Kerala, India

The April issue of Kairos Global had a wonderful and beautiful article, "Leaning on" by Sujatha Joseph, which really helped me to understand how to react and respond when I face struggles and sufferings in our lives. We may have uncontrollable circumstances that weaken us. The most significant issue is what we do during such circumstances or how we react to such incidents in our lives... When we hand over the steering of our lives to Jesus, we don't have to become disappointed or be scared of facing any challenges or sufferings. He will definitely drive us along the safe paths and even though the roads are rough or aren't well paved, we don't need to be scared or frightened, because our driver is Jesus. So, let's turn to him always. Thank you Sujatha for this wonderful thought.

Manoj Manuel - Ruwi, Oman



Friends of Kairos

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

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



You can make your contributions online through www.kairos.global
For more details contact **Rani George** - +91 9446563335 finance@kairos.global





Creative ways of EVANGELISATION

Middle Schoolers fellowship, though in quarantine, has a lot to share about creative ways to evangelise. Lets take a sneak peek at their ideas.

for others. It is something Mother Teresa did. Mother Teresa showed charity to other people, especially the poor. There are a lot of charity organisations: Lumen Vitae, Catholic Relief Services, Outreach Child Support, and many more. We, as a team, can bring Jesus to people. We can try to change the

world with charity, little by little, every day. So go ahead and make it a challenge to change the world with charity. -Allen Salby

HEALTHCARE MINISTRY

Illnesses often bring people in search of God and through sickness, God can soften hearts. Health care workers can help instil God's message in people. Even if the person might be "walking through the valley of the shadow of death", at least they can have hope and faith; faith that they will be raised again. When the Gospel enters their hearts and because they believe, they can have confidence and trust in him who sees their pain. All this could happen just from a nurse's or doctor's words: "God sees you and loves you. Will you love him back?" Health care workers play an important part in evangelisation. They can reach a struggling soul and give them hope. Let us pray for all health care workers who are always ready to help whether it is spiritually or physically.

-Jessa Jaison

MUSIC

Music is one of the most common ways that the faith is spread. Music is known to heal people in emotional therapy but it can also be used for spiritual therapy. Everyone can relate to music and everyone finds a certain connection to some

THEATRE AND PLAY

Two of the many ways we can witness God's love and share it, is through plays and theatres. A renowned theatre, the 'Light and Sound', in Pennsylvania is a good example of how theatre can be used to teach about God's love. Their technologically advanced, stellar performances are based on the stories of the Bible and attract people from all over the world. We can also share God's love by organising and participating in plays based on the faith in our schools, churches and communities. -Jayden Martin

SPORTS

One way we can evangelise through sports is by having a charity game. Another way is to teach others how to compete in a Christian manner. Additionally, you can read a small Bible verse during half-time and pray together as team which helps build the confidence of the team. Giving glory to God for your victory is also great way to witness.

CHARITY

It is something we should all do





songs and their lyrics. In most retreats or spiritual gatherings, there is almost always a use of musical praise and worship, which is a way to make a personal connection with God. Every song and every tune is perceived differently by each individual, much like one's relation with the God. As St. Augustine wrote, "Music... [is] given by God's generosity to mortals having rational souls in order to lead them to higher things."

-Teresa Joseph

DANCE

Dancing can also be used as a tool for evangelisation. Dancers use their facial expressions and hand gestures to create a beautiful and graceful way of storytelling. With this method of storytelling, dancers can spread the word of God and be a missionary for others.

-Navya Mukkat

ART AND CRAFTS

We can spread God's word through art. The Oxford Dictionary defines art as "an expression or application of human creative skill and imagination". How can we take art and connect to God through it? We can do this by making portraits of Jesus with meanings behind them.



WHEN WE INCLUDE GOD IN EVERYTHING WE DO, WE CAN BRING MORE OF GOD INTO OUR LIVES AND EXPERIENCE HIM IN A DEEPER WAY.

For example, if someone decides to make a bookmark with a picture of Jesus on it, it could symbolise that he thinks Jesus is his saviour because he gave him the ability to read. During this time, due to the churches being closed, we might find it hard to connect to God and therefore feel farther away from him. We can fix this by relaxing and drawing a picture of Jesus and praying while making this beautiful portrait. Let us all try to make our relationship with God stronger by connecting to him through art.

-Ann Antony

EVANGELISATION BY COMMUNITY OUTREACHES

An easy way to evangelise in your community is to engage your neighbours by taking an interest in what they care about. Building common ground is easy when you participate side-by-side in community organisations, service projects, family events, block parties, yard sales etc. Common interests are one of the most powerful tools for building friendships that can enable spiritual conversations to take place. If your church is in a lower-income area, your neighbours' biggest concerns are likely to be some of their most basic needs: food, shelter, jobs, transportation, education. You can help meet some of these needs through soup kitchens, clothes closets, literacy programs, and so on. Through helping your brother or sister in need, you might be the reason they come to see the Lord.

-Joshua George

HOW CAN YOU EVANGELISE THROUGH FELLOWSHIP?

One of the most popular ways to spread God's word is through fellowship. Fellowship is when a group of people come together to do activities. For example, we can sing and play games together. But, what would it be like if we incorporated God into these activities? When we include God in everything we do, we can bring more of God into our lives and experience him in a deeper way. Although fellowship is great, it is practically impossible to do that right now due to social distancing. I have a club at school called Fellowship for Christian Athletes, where we meet every Friday to spend time together and to talk about God. I go to this club whenever I can and it's a great experience. However, we can also have fellowship with our own family at home. So during this time of Covid-19, let us try to strengthen our relationship with God and our family, through fellowship.

-Angel Thomas

EVANGELISATION AT SCHOOL

School is very important as we receive knowledge from school and we receive this because God helps us to learn. Our intelligence is a gift from our creator. We cannot achieve anything in life without God. As a true Christian, we have to proclaim the word of God and in prayer we can also offer up our personal intentions, i.e. to get good grades on tests. We are called to be holy and believe in God 100% not 99.99%. We should trust God fully because he knows what is best for us and he will provide at the right time. By doing our responsibilities as a student in the best possible way we can lead a witnessing life and bring our friends to God.

-Joel Thomas

Quiz Time



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



PART A

1. Month of the Sacred Heart
2. To whom did Jesus reveal '12 promises to those who honor the Sacred Heart'?
3. The first country consecrated to the Sacred Heart of Jesus.
4. How many days after Pentecost is the Feast of the Sacred Heart celebrated?
5. Name the encyclical by Pope Leo XIII on the consecration of the entire world to the Sacred Heart of Jesus.
6. Where in the gospel of Matthew is the following verse found? "Learn from me, for I am meek and humble of heart". (Give the chapter number and verse number)
7. Fill in the blanks : '...one of the soldiers pierced Jesus' side with a spear, bringing a sudden flow of ___ and ___ (John 19:34).

PART B

Match these books with their authors

Introduction to the Devout Life	Josemaría Escrivá
The Story of a Soul	Augustine of Hippo
Summa Theologica	Therese of Lisieux
The Interior Castle	Francis de Sales
Confessions	Mother Teresa
The Imitation of Christ	Thomas Aquinas
The Way	Teresa of Ávila
A Simple Path	Thomas à Kempis

ANSWERS TO QUIZTIME ISSUE 27

Part A

Peacemakers; Light; Pharisees; Pharisees; Two; Room; Treasure; Righteousness; Prophets; Rock

Part B

Carpenter; May 1; Patron of the Universal Church; March; Gospel of Mark; March 19; Son of David

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