



O Mary, at the foot of the cross on Calvary your son commended us to your maternal care. More than ever before, we need you maternal protection and care in these times of uncertainty and fear. Shield us in your blue mantle from the snares of the devil that we may, in your protection, always walk in the light of your son.



## **OUR LADY OF PERPETUAL HELP**

or my mother, who died three years ago at the age of 85, participating in the Our Lady of Perpetual Help novena for nine consecutive weeks was the most important tool and final weapon for the purpose of overcoming difficulties and problems in life. Financial difficulties, unemployment issues, finding suitable life partners for her daughters or whatever be the problem, she fervently depended on it. It is said that I was very naughty during my childhood, and she had to resort to the novena twice to tame me! I happened to attend a Charismatic retreat at the age of 18, when I was in the first year of my college studies. Then I started attending prayer meetings and was gradually introduced to Jesus Youth and that is something which has significantly influenced my life for the last 36 years. My mother's novena and prayers for me, I believe, is the reason for all these blessings in my life.

Another interesting story from my childhood related to Mother Mary is this – I grew up in a rather remote village in Kerala where my house was in an isolated place. During my high school vacations, friends used to gather in the church compound for games and so on. In the evenings I had to walk back alone and I was too ashamed of sharing my fear with others. The only solution was to walk alone in the dark saying the Hail Mary, sometimes even loudly without even a break for a second. I am sure that it is Mother Mary's protection that kept me safe from all potential dangers including snake bites.

When the suggestion to have 'Mother Mary' as a cover story for Kairos Global came up first, the initial thought was whether there was any scope for writing anything new and relevant especially for young readers. But, I am sure that when you go through this issue of Kairos Global, you will definitely come across plenty of people who draw a lot of insight and inspiration from Mama Mary's life.

There are many places where Marian apparitions are happening even today including Medjugorje. (I have a few copies of a beautiful book about the experiences of people who visited Medjugorje written by Sr Emmanuel. You may have read an interview with Sr Emmanuel in the 25th issue of Kairos Global. If you are interested in getting a copy of the book, you may send me a WhatsApp message 91-9447572513. I can arrange it to be sent to you at minimum cost).

In almost all these places where Marian apparitions are happening, one regular repeated message is to REPENT and to spend more time in prayer.

In these troubled time of Covid19 pandemic, where all the countries in the world and people are facing various kinds of troubles and difficulties, there is no better thing to do than spend more time in prayer. Also, it can be a very good time to repent.

- Turkeydurt

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IN ALMOST ALL THESE PLACES WHERE MARIAN APPARITIONS ARE HAPPENING, ONE REGULAR REPEATED MESSAGE IS TO REPENT AND TO SPEND MORE TIME IN PRAYER.



## LOOK OUTFOR

- That eternal promise of Love...
- Mary and Month of May
- Teaching kids to be considerate



And Mary said, "Behold, I am the handmaid of the Lord; let it be to me according to your word." Luke 1:38



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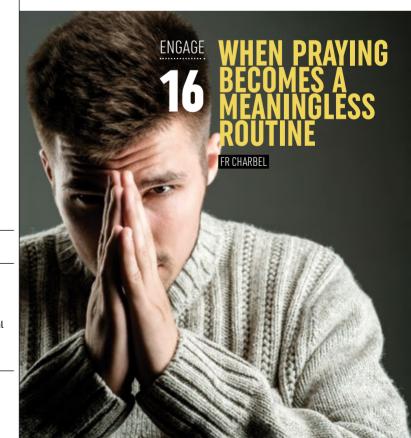
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FR.BITAJU



## Q. What is the reason we avoid saying Alleluia during Lent?

SARAH / SINGAPORE

The season of lent is marked by two distinct ▲ liturgical omissions, namely of the hymn known as 'Gloria' (Glory to God in the highest) and of the use of 'Alleluia', during the entire forty days of Lent with a few small exceptions. Let us explore the reasons behind these omissions. Firstly, the 'Gloria' reminds us of the hymn of the angels at the birth of Christ, celebrating the coming of the Messiah. During the season of Lent, the Church returns in spirit to a time of waiting for the Messiah to come and save them, as at the time of exile of the people of Israel. Unlike the Advent season where we expect the birth of Christ from the womb of Mary, Christians await the second 'birth' of Christ from the womb of sepulchre during the season of Lent. Thus the 'Gloria' which is omitted during Lent is sung only at Easter, the second 'birth' of Christ.

Secondly, the Church joins Moses and the Israelites, in the same spirit of exile as they wander through the desert for forty years. The faithful of the Church join together in saying, "How shall we sing the Lord's song in a foreign land?" (Ps 137:4), as being an exile was a time of agony and purification. The Hebrew expression 'alleluia' means 'praise the Lord' and thus it is rightly omitted during Lent.

The focus of the season of Lent is mourning over our sins which prevent us from an authentic relationship with God. We use prayer, fasting and almsgiving as a penitential means to purify us and re-establish the relation with God and each other, thus enabling us to break out in great rejoicing at Easter. For it is not only Christ's resurrection that we celebrate at Easter, but our own rebirth in the spirit. The omission of 'alleluia' from the liturgy shows the penitential nature of the season, as 'alleluia' is an expression joy. Singing 'alleluia' thus becomes a sweet and joyful experience at Easter, by abstaining from its use during the season of Lent.

It is also noteworthy that omitting 'alleluia' during Lent is a custom prevalent mostly in the Western liturgical tradition (Latin Church). In many of the Eastern liturgical traditions, 'alleluia' is used in the daily liturgical celebrations during Lent. Even in the Western liturgical tradition, 'alleluia' was used during Lent for the first 600 years. Writings of St. Augustine mentions of singing 'alleluia' all through the season of Lent. In the Latin Church, 'alleluia' came to have a particular association with the celebration of Easter, which is the most important feast of the Church year. This association of 'alleluia' with Easter gradually paved the way for the custom of purposefully omitting it from the liturgy during Lent, a kind of verbal fasting. Such a verbal fast creates a sense of anticipation and even greater joy when the familiar word of praise (alleluia) returns.



YOUCAT 83

## WHAT DOES THE "IMMACULATE CONCEPTION OF MARY" MEAN?

The Church believes that "the most Blessed Virgin Mary was, from the first moment of her conception, by a singular grace and privilege of almighty God and by virtue of the merits of Jesus Christ, Saviour of the human race, preserved immune from all stain of original sin" [Dogma of 1854] [487-492, 508]

Belief in the Immaculate Conception has existed since the beginning of the Church. The expression is misunderstood today. It is saying that God preserved Mary from original sin from the very beginning. It says nothing about the conception of Jesus in Mary's womb. By no means is it a devaluation of sexuality in Christianity, as though a husband and wife would be "stained" if they conceived a child.



Dr. Kochurani Joseph Cochin, India

## Reflect on the seven sorrows of Mary, our **Mother**

Our Lady bore sorrows with strength; it was not a false distress, but just the heart destroyed by grief. The first is the prophecy of Simeon; the second is the flight to Egypt; the third is the three days of anguish when the child Jesus was in the temple; fourth is meeting Jesus on his way to Calvary; the fifth is the death of Jesus, to see her Son crucified; the sixth is the carrying of Jesus dead body in her hands and the seventh is Jesus' burial. Christian piety follows this path of the Madonna who accompanies Jesus. She did not ask herself to be a quasi-redeemer or a co-redeemer. The Redeemer is one and this title does not double.

## Don't be afraid to let the Holy Spirit purify your heart

It is the Holy Spirit who leads us away from our sins and towards purity of heart. This is a decisive maturity. The noblest battle is against the inner deceptions that generate our sins. We see in the sixth beatitude, blessed are the pure in heart, for they will see God. The pure of heart live in the presence of the Lord, preserving in the heart what is worthy of the relationship with Him. This

inner purification implies the recognition of that part of the heart which is under the influence of evil, in order to learn the art of always allowing oneself to be taught and led by the Holy Spirit. And so, through this path of the heart, we come to see God.

## Trust in the mercy and justice of God

Everyone is in debt to God's mercy. Mercy is the very heart of God. God precedes us and forgives us first. By receiving his forgiveness, we in turn become capable of forgiving. Be like Mother Teresa during the coronavirus crisis. There are many small acts of love and kindness one can do for others without leaving the house. For example, a hot meal, a caress, a phone call... They are familiar gestures of attention to the details of everyday life that make life meaningful and that create communion and communication among us.

## Have no fear to say 'yes' to vocations

Every vocation is born of that gaze of love with which the Lord came to meet us. We will succeed in discovering and embracing our vocation once we open our hearts in gratitude and perceive the passage of God in our lives. The vocational discernment is not simply a decision we

FOR DEACONS

We pray that deacons, faithful in their service to the Word and the poor, may be an invigorating symbol for the entire Church.

make as isolated individuals. Vocation, more than our own choice, is a response to the Lord's unmerited call. The Lord calls us because he wants to enable us, like Peter, to 'walk on water'. Every vocation brings with it responsibility to take charge of our lives and place them at the service of the Gospel.

## Amid coronavirus isolation, Catholics are united in Christ.

As many Catholics are unable

to attend Mass or gather because of the coronavirus pandemic, we are invited to rediscover the Church's spiritual communion as the Body of Christ, united in prayer. It is the time of deepening the value of the communion which unites all members of the Church. It is a union that is nourished with prayer, and also with spiritual communion in the Eucharist, a highly recommended practice when it is not possible to receive the sacrament. United with Christ we are never alone, but we form a single Body, of which He is the Head. Remember the love of Jesus has no measure.

Pope Francis says...

- ▶ Be strong in faith amid coronavirus trial.
- ▶ Showing and receiving God's mercy are central aspects of Christian life.
- ▶ The defense of life for the Church is not an ideology, it is the maternal concern of the Church.
- ▶ Christian identity is not an identity card that says 'I am a Christian,' It is discipleship.
- ▶ Most people think of the pope, not God, when they hear 'Catholic'
- ▶ To enter into the mystery is not dreaming; it is precisely 'to worship'.

B KAIROS GLOBA



## Joy in 'fun and play' — Jesus Youth needs it

"We must teach our young people to have some fun and games when they come together". This was a point of discussion in one 'First Line' gathering. But there was stiff resistance. "NO000!! Our youth are already too playful and waiting for a chance to have fun. We come together for prayer and evangelization. If our groups become places of fun, then that will kill all that spirit and we will become like any other loose youth group."

After all the debate and discussions, the group decided to take a new direction. The first line group realized that we ourselves needed training, because fun and play was not natural to our Charismatic ways or teachings. We invited a man named Tomy (from Alleppey in Kerala), a total outsider, to challenge and train us. For three days he broke the ice - all of us key people in the movement, making us run around, laugh and play and making ourselves like children that enjoy exhilarating company. It was early in 1983 and the training changed our personal lives, our approach to group gatherings and the way in which we gave our retreats and talks.

We planned a leadership training. A team from among us planned its content and dynamics, calling it "Know Yourself Program". Using a lot of fun, games, active discussion and reflection we led groups through this 4-day transforming experience. This was offered all over Kerala. Then the "Youth Camp" at Thevara in 1984, in fact an Initiation Retreat, but was entirely packed in the new wineskin of fun and play. The three hundred odd teenagers who attended it just loved it, and were radically changed. And above all the epoch making "Jesus Youth '85" was envisioned on this keystone.

And what was its impact?
Introduction of fun and play in our youth circles, especially in our trainings, brought in a lot of fresh air and joy in the movement. Consciously or otherwise our circles became youth friendly, fanatic attitudes were mellowed down; dropout rates dramatically lessened.

## WHY FUN AND GAME FOR YOUTH?

Fr Gino's inputs during a previous training had a definite influence in changing our attitude to prayer, spirituality and mission. The abovementioned discussion was possible only in that context. In one session he was talking of the 'Masks' that we all wear. Our masks of 'Obedient daughter', 'Responsible student', 'Pious Catholic' and so on can be just an external pretension, never truly reflected on and examined by ourselves. Masks are mainly to please others, but inside us our deep yearnings and dreams may

be very different. Becoming aware of 'Me', the real and special 'me', is the first step towards becoming a genuine person and removing my masks. I can grow in prayer only in this way. When I am on my life's mission, the mission to love, and there my real me is so very important. Unfortunately, most of us think of emulating great saints and excellent examples, but seldom connecting it with the real 'me'. And eventually I don't even ask what I can and want, leading us to wear those 'masks'.

In our discussions we said, 'Isn't this what Jesus said, be like little children?' As someone said, 'If you want to see the real child, go to the playground'. And one way to kill the child that is inside every child is by not allowing him/her to play. Another comment was, 'we grown up people have fun only when we make fun of others'. Innocent fun and play are so far away from us. Even those advanced in spiritual life are good at making fun of others, but very upset, when being made fun of by others. Ability to be playful and laughing together with people around us is a beautiful way of overcoming our pride and self-righteous attitudes. Thus, we overcome the greatest hurdles in the path of holiness. St John Bosco was loved by youth and led them all to Christ in many creative ways. He used to say, "Run, jump, have all the





Young people are in search of a spirituality that is genuine and youthful. Fun and play are part of it.

Participants at a Jesus Youth football match

fun you want at the right time, but for heaven's sake, do not commit sin!"

Hear what Pope Francis says, "we must discover the depth of the person, the fundamental health, the capacity for lightheartedness, the creative capacity for play. The Book of Wisdom says that God was playful, the Wisdom of God was playful. Rediscover play as a learning experience, as an educational experience, so that education will no longer be merely information, but creativity at play. Rediscover this playful aspect which enables us to grow in creativity and in joint work." As the Pope rightly says, helping children and youth to be joyful and playful is very important, as that is an indication of a healthy inner life and that the person is growing in the path of love and right spirituality.

## HELP YOUTH TO PEEL OFF 'MASKS' AND BE TRULY JOYFUL AND PLAYFUL

"In 1991 I came across this Jesus Youth group called the Rex Band. Their

stage show was beautiful and deeply spiritual, but later when I spent the next day with the group it shocked me. They were just playful, having fun with one another". This was the words of a young Charismatic leader from Bombay who thought that spiritual people shouldn't laugh and play. But in a few days, he became a great friend and fan of these prayerful artists, because they were truly genuine and each one had a unique yet deep relationship with God. Later he shared that his deepest conversion was becoming a joyful and genuine Christian like these wonderful "Rex Banders".

Young people are in search of a spirituality that is genuine and youthful. Fun and play are part of it. When they see it, they will surely be transformed, as that is really "worshipping the Father in spirit and truth" (Jn 4:23).

## . . . . . . . . .

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

## TALK Evan one-

Evangelin Maria Rose reflects on her one-month mission exposure and the way it deepened her faith and desire to serve others.



MISSION TALK ISSUE 28 1





These 33 days gave me purpose in life, and I decided that everything I do will be for the love of God and others.

**Above:** With the Archbishop Anil Couto, Archdiocese of Delhi

**Left:** Evangelin with her parents

y name is Evangelin Maria Rose. I am a fifteen-year old girl from Adudhabi who went on a one-month mission exposure trip to Delhi on February 5, 2020. Being a Jesus Youth family, we had already been on a month long, 30-day Mission Exposure trip to Uganda, Africa in 2013. But this was my first time on my own, and as it was a choice I had taken, more than fear I was excited.

My parents entrusted me to a family that belongs to the 'Santvana Community of Disciples'. It consisted of Alexy Pallan, Shiny and their five children (their eldest son is in seminary undergoing priesthood formation). Living and experiencing daily life with a family just like mine (except for the fact that all the children are home-schooled), in doing things I never dreamt of doing and in actually finding a new purpose in small acts of service, has changed my life and touched my heart in ways I cannot now adequately express through words.

Those 33 days, in and out of villages, seeing the wonders of Delhi, living in community and experiencing different kind of lifestyles, were all blessed moments, which I share with you.

MISSION TALK KAIROS GLOBAL

At first, I was sad as I thought I was going to be alone without any gadgets or things to do, which those around me was encouraging me to do for God. I questioned myself about my decision, but afterwards, I experienced how to open my heart and set aside my pride to surrender myself to the will of God and for the happiness of others. Alexy uncle's family and the Santvana Community taught me so much in just one month, so many things which school could never teach me. All through these days, I never missed Holy Mass and I learnt to pray in adoration and do my daily prayers, not just for the sake of others but for myself and with love for God.

I began my journey to love God and myself when I started teaching the teachers of Santvana Sahara - a free education mission of Santvana community in Loni village, Uttar Pradesh. Most of them were mine or my mom's age. Along with my friend Ruth, I used to travel every day from our house to their village to teach English. That's when I realised how English - the only language I knew and loved - could both be funny and weird. We started our lessons with prayer and ended with smiles and laughter. The experience of leading something like this alone was new for me and I truly understood what real joy is, no matter the circumstances.

Later I attended a retreat and was able to make a very fruitful confession, which is when I really understood the meaning of the song 'Cotton Ball' from the Master Plan (a band from UAE) album "Sandtunes". I started having stronger faith in my loving Jesus and allowed his love to slowly work in me.

I went out onto the streets of Delhi with the Campus Ministry and Rosa, a young missionary from Santvana who is also Alexy uncle's daughter. They put on a flash mob with love songs written for Christ on Valentine's Day, which was amazing. As a teenager it was a totally different experience since that day was for God and nothing else. When I saw the young people singing and dancing fearlessly and praising the name of God, I saw power and energy flow out of them. I thoroughly enjoyed this moment and it made me determined to understand more about this amazing God and his creation. Afterwards, we went around







MISSION TALK ISSUE 28 1





I am going to let our
God decide first what
he wants me to do and I
am always ready to say
"Yes" to the Lord's call

Above: At the Mother Teresa's convent Top right: Cooking during mission Top left to bottom: During the Holi cerebration; Teaching the little children; Sharing an experience



giving food to the homeless and distributed cards containing information about Jesus Youth to total strangers. The joy and smiles I got from them when sharing this amazing God of mine – it is still impossible to explain it. I thank Rosa who took me to them and helped me overcome my shyness when meeting new people, because in the end it was worth it.

I was also thrilled to go to Mother Teresa's convent for a three-day volunteering experience. I reached there with my friends Agnes and Ruth (teen missionaries of Santvana) and was happy to help the differently-abled girls there who were all below the age of 16. Helping them and spending time with them made me realise how effortless it is to be happy and made me reflect on how I sometimes spent all my energy trying to find something to be sad about. Even with all their physical and mental difficulties, they still laughed and smiled through everything. I thank and appreciate Mother Teresa's sisters for their selfless and loving care to these orphaned girls. During my time there, I had the opportunity to meet a beautiful and amazing orphan girl called Kajal. When I told her that I was leaving, the way she looked at me really broke my heart and as I left I knew this wouldn't be my last time coming here.

Soon the next task was living with the Sahara teachers in the slums of Burari village, Delhi to learn how to live in a poor community so different from mine. I was living in a teacher's house and visited girls who dropped out of school to teach them stitching, and other children who couldn't go to school but

were attending Santvana Sahara's free tuition centres to learn. I realised that they were doing a great thing for these underprivileged kids. We also visited the rag pickers' houses and taught kids action songs. We had food from different houses in the village and had an amazing dinner from one of the rag picker's houses. I have only three words to describe it: "It was delicious". There, I overcame my fear of street dogs because all the streets were full of them. I came to love street food and I started to smile more. I also understood the value of things I had never appreciated before. Leaving Delhi in a splash of Holi colours celebrated with all the community members was a beautiful way to end my mission trip.

These 33 days gave me purpose in life, and I decided that everything I do will be for the love of God and others. I finally understood that having a big family and being part of a big community not only brings out the light in others but also brings out the goodness and the love of God which we have in us for each other.

This mission trip is continuing to influence me in profound ways. I used to be arrogant but now I am able to be more understanding and listen to people, which makes life simpler and less complicated. Before, I used to doubt God, but now I am a strong believer in His plans and I feel a peace of mind and happiness, more than I have ever felt in the past 15 years. I came back with a clear mind and gratitude towards Jesus. I love my family and thank Jesus for giving me such a blessed family and for allowing me to have lots of dreams for the future. I have the desire to do something for the needy and understand the need to do more in my life. I am going to let our God decide first what he wants me to do and I am always ready to say "Yes" to the Lord's call.

I want to give special thanks to Rev. Father Dheeraj Sabu IMS; the Spiritual director of Santvana, Alexy Pallan and family and the entire Santvana community. Even though I missed my gadgets back home it was totally worth it as I realised how these material things won't suffice the longing I have in me to experience the full love of God. Amen.

ENGAGE

# DYING WEARE

Anil Israel ponders on how each of us can live the Easter life that Christ has won for us

he joy of Easter is the joy of new life. The hope of Easter is the hope in life after death. The good news is "Jesus is risen!" (Mt 28:6). Christ is alive and as adopted children of God, we too are invited to participate in this joy. The joy of being in His presence for all eternity.

ENGAGE

However, this promise of abundant life comes with a price tag. To follow in the footsteps of the Master, we need to do our part of the walking – we need to walk His way. Though salvation has been won for us, we still must do our part of the doing – imitate Him. It's all about 'denying ourselves, taking up our cross daily and following Him' (Mt 16:24) We need to do our part of the loving – our unique part in His mystical body, the Church.

"This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!" (2Cor 5:17). Like St. Paul, we too are called to profess, "it is no longer I who live, but it is Christ who lives in me" (Gal 2:20). "He must increase; I must decrease" (Jn 3:30) so that there is less of me and more of Him, until there is only all of Him and none of me.

"Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit." (Jn 12:24) For the new shoot to spring forth, the seed needs to abandon itself. It needs to give up its old self to be able to acquire the new self. A shedding of our old way of living is a prerequisite to embrace the new life in Christ. The old me needs to be put to an end, for the new me to adorn His radiance. The desires of the flesh need to give way to the desires of the spirit.

"Whoever sows to please their flesh, from the flesh will reap destruction; whoever sows to please the Spirit, from the Spirit will reap eternal life." (Gal 6:8) Scripture further vehemently emphasises, "You do not belong to yourselves but to God" (1Cor 6:19). We are repeatedly reminded to radically reorient our lives – to live the life of a Christian. If we remove 'Christ' from 'Christian', we are left with 'ian' meaning 'I am nothing' – without Christ I am nothing. We need to reprioritize and start living a Christ-centred life.

Only when we realize that we have been created to participate in the divine life, will we be able to make concrete attempts to turn back to God and turn our back to the world. Only then can we start focussing on the eternal – on the 'things above' (Col 3:2) and 'count as rubbish' (Phil 3:8) everything else that distances us from

Him. Only then can we start the process of 'dying to ourselves' and living exclusively for Him. Only then can we start considering giving up our 'former way of life' 'corrupted by its deceitful desires' (Eph 4:22) and start embracing the new life in Christ. Only then can we choose to 'put on the new man' (Col 3:10) and start growing into His image and likeness.

This calls for a lot of unlearning and a lot of new learning. I need to consciously tell myself, I have been created to know Him, to love Him and to serve Him. This is one of the first things we learnt at Catechism and it got buried under the heap of knowledge of academic pursuits. I need to start living the life of childlike faith, abandoning myself to the loving arms of Papa God, trusting in His ever-faithful promises and letting Him take control of my

# FOR THE WILL OF GOD WILL NOT TAKE US TO WHERE HIS GRACE CANNOT SUSTAIN US

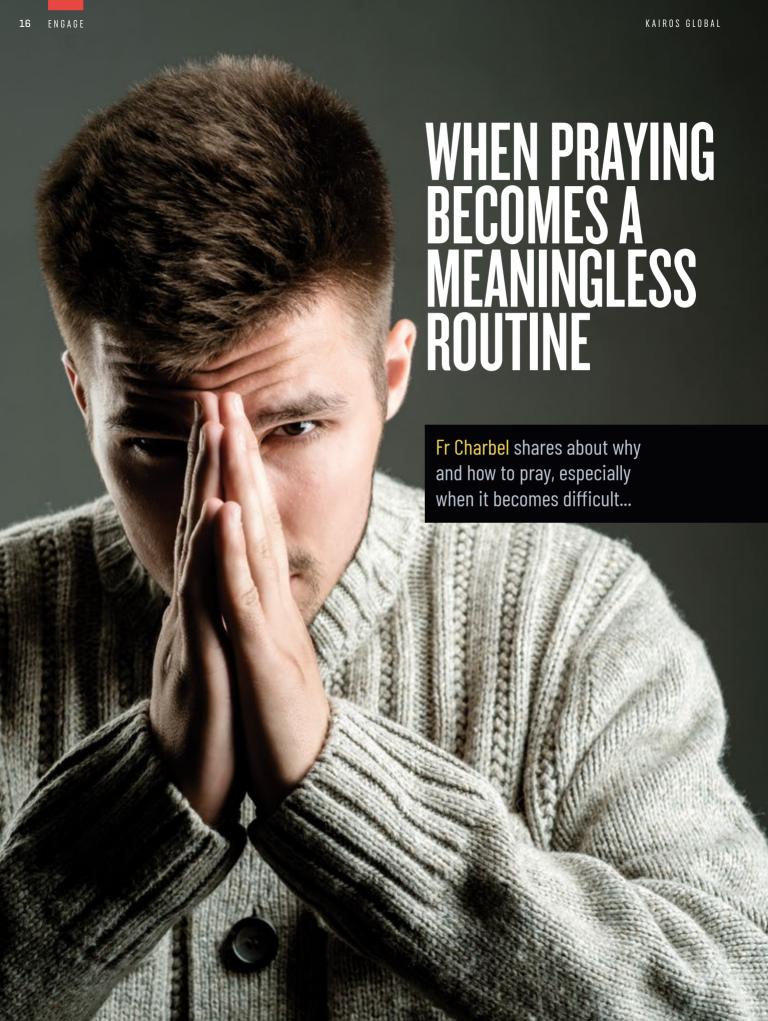
life. It's all about letting go and letting Him in. All the complex human logic that we have been desperately clinging on to for so long, we need to just let go. We only need to cling to the most holy name of Jesus, trustfully surrendering everything, believing that He who brought us to it, will surely help us see it through. For the Will of God will not take us to where His grace cannot sustain us.

Dying to self is all about living my life for His glory and not for my story. Dying to self is all about being love personified – being the face of His mercy – 24x7. Loving is all about forgiving, even when it seems the hardest – seventy times seven. Loving is all about the giving of our time, talents, material and spiritual gifts, not counting the cost – expecting nothing in return.

It is putting on the apron of humility to serve others willingly, focussing not on one's own interests but on those of others. It's all about shifting our thought patterns from self-centeredness to other centeredness – growing more in terms of selflessness. It's all about growing more in silence, enduring wrongs patiently and being content with all that comes our way whether we deserved it or not. Jesus set us an example enduring silently, when he was hit and spat upon, just like "a lamb that is led to the slaughter, as a sheep before its shearers" (Isa. 5:7).

'I want to be like Jesus' ought to be the unceasing song rising from our hearts. 'I want to live for Jesus' ought to be the reason behind all that we do or say. 'I want to die-to-self for Jesus' is perhaps the surest way to share eternity with Him. Truly, "it is in dying to self that we are born to eternal life." (St. Francis of Assisi)





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## Not a question of duty but a question of truth

Why do we pray? This question comes up one day or another with the temptation to give up, maybe when the pressure of other occupations grows greater and the faith more lukewarm. According to St. Teresa of Avila, prayer demands two things: desire and perseverance (because the desire is not always felt). Prayer is not only a duty. It is a question of truth, of remembering who we are -creatures and beloved children of God- and remembering that he is with us, that we are never alone. Pope Francis, contrasting the attitude of King Herod (who does not really adore God) and the Magi (who do adore) said on the feast of the Epiphany of the Lord this year: "When we do not worship God, we end up worshiping ourselves. So too, the Christian life, when it fails to worship the Lord, can become a discreet way of affirming ourselves and our own abilities: Christians who do not know how to worship, who do not know how to pray by worshiping. This is a grave risk: we use God instead of serving him".1 Adoring God is to kneel down in front of him, acknowledging joyfully and freely our complete dependence on him, as his beloved children.

## Prayer is not compulsory, it is necessary.

In one of the prayers during the Holy Mass we say: "for, although you have no need of our praise, yet our thanksgiving is itself your gift, since our praises add nothing to your greatness, but profit us for salvation, through Christ our Lord"2. God does not need our advices on what he has to do. He is all-knowing and all-powerful. But we need to pray in order to let him change our lives and our hearts. He can do everything without us, but he chose to make us his cooperators for our own salvation and the salvation of others. We need to pray, even if we do not feel this need. One famous Dominican preacher titled one of his books "Adoration or despair" 3. This is the real alternative: either I find the only true hope in God who is my creator, my loving Father and my saviour; or I find only short-sighted and disappointing "hopes" leading to despair.

## ACCORDING TO ST. TERESA OF AVILA, PRAYER DEMANDS TWO THINGS: DESIRE AND PERSEVERANCE. IT IS NOT ONLY A DUTY, BUT A QUESTION OF TRUTH

## How to pray beyond routine and duty?

Prayer is a dialogue and it is meeting God. This happens in the darkness of faith and usually does not bring any feelings or an extraordinary sensory experience. These may or may not happen at the beginning of our spiritual journey; but they usually do not last. St. John of the Cross explains that there is a real temptation in giving too much importance to them, because the only path to a real union with God is faith. Prayer demands accepting and choosing the path of faith, this path which leads to developing a real personal relationship with God. Pope Francis continues in his homily that "once we worship, we come to realise that faith is not simply a set of fine doctrines, but a relationship with a living person whom we are called to love. It is in encountering Iesus face to face that we come to see him as he is. Through worship, we discover that the Christian life is a love story with God, where what really matters is not our fine ideas, but our ability to make him the centre of our lives, as lovers do with those whom they love. This is what the Church ought to be, a worshipper in love with Jesus her spouse." 4 We sometimes hear the objection, "how can you call prayer a dialogue? It is a monologue: I speak to God but I do not hear any answer". Here comes the relation between prayer and the Word of God contained in the Holy Scripture. To be alive in our prayer, we need to listen to God speaking to us in the Bible, to listen to Jesus speaking to us in the gospel. For this we need to give time to silence in our life, to a silent listening of what God has to tell us. We are sometimes too talkative in prayer. We also need to take time for a prayerful reading of the Bible, begging the Holy Spirit to help us open our minds and hearts to God's word.

## "We do not know how to pray"

According to St. Paul, in Romans 8, "the Holy Spirit comes to our help because we do not know how to pray as we ought". In our prayer life, we are always children, beginners. There is never a moment when we can say: "now I know" or "now I can do it by myself, I am qualified." There are no degrees and diplomas in prayer. The point is to become more and more like "little children"; that is to accept more dependency on God's grace, while doing our best to open our hearts to this grace and to cooperate with it. Let us call on the Holy Spirit humbly. He is the Paraclete, the one who comes to our help if we call him. "If you who are evil are able to give good things to your children, how much more your heavenly Father will give the Holy Spirit to those who ask Him" (Matthew 7:11). Mary is the perfect example of this docility to the Spirit and littleness in front of God. When prayer becomes difficult, let us ask Mother Mary to play for us the same part she played at Cana; presenting our poverty to Jesus; "they have no wine" and directing us to "do whatever He tells [us]."

- 1. http://www.vatican.va/content/francesco/en/homilies/2020/documents/papa-francesco\_20200106\_omelia-epifania.html
- 2. Common preface IV, Roman Missal
- 3. Marie Dominique Molinie, Adoration ou desespoir.
- http://www.vatican.va/content/francesco/en/ homilies/2020/documents/papa-francesco\_20200106\_ omelia-epifania.html



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

Pondicherry, India. He goes around preaching retreats and actively supporting youth and young families, especially with marriage issues and discerning vocation.

ENCOUNTER

# That eternal promise of Love...

Osheen Joy takes a walk down the memory lane, reminiscing on how the faithful Lord has led her through struggles, always beckoning her into the bosom of his Love

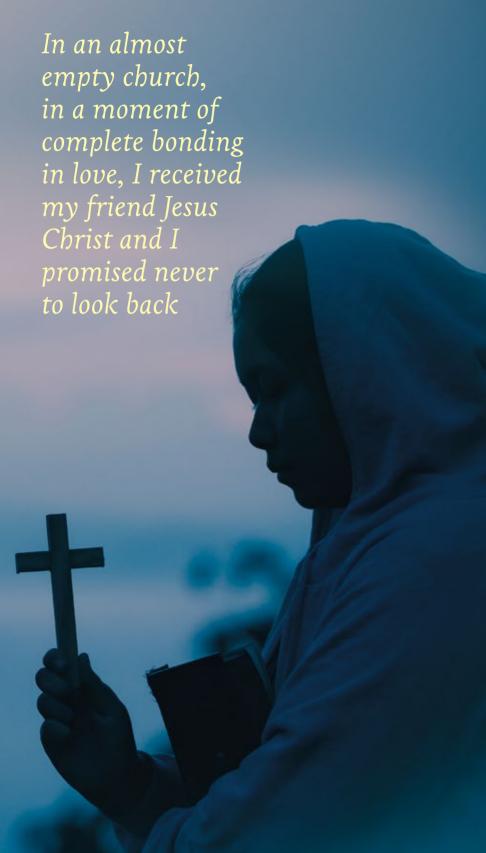
remember the day I met you, I was at that tender age where one is still learning to stay afloat the changing waves of the ocean called life. My family was in a difficult situation, our lives had turned upside down with my brother lying in an almost vegetative state – my worried mother running around like a mad woman behind doctors trying to make sense of the rare disease that her son, on whom she had put such high hopes was suffering from, and my father who was broken and shattered that he couldn't even muster the courage to pick up the broken pieces, because for him the battle was already lost.

I clearly remember that day – I was 10 maybe – attending that holy mass which was part of the daily routine in any convent boarding school. It wasn't so bad for me because I wasn't suffering even an ounce of what my brother or parents were – far away in the confines of the boarding school, I wouldn't and couldn't know the extent of what they were going through. Yet I remember – of the constant fear of losing my only sibling, of missing my parents, of crying behind closed doors, of the lingering feeling of loneliness, surrounded by bad bullies and good friends alike.

I remember that day clearly, while I was in line to receive the Holy Eucharist, the choir sang the Malayalam song 'onnu vilichal...' (If you would call...), the line 'onnu thalarnaal avan ente karam pidikyum' (He supports me when I am weary and weak), struck me and I asked you, why don't you pick up my brother who has fallen? And I felt this peace, everything within me went silent, no words. Over the span of the next few months, in the midst of ongoing struggles I learned to lean on you, for nothing else around me made any sense to a 10 year old, but you alone. After many ups and downs, after hearing from the doctors that there was no hope for my brother, our prayers were answered and he was brought back from the doorsteps of death, by grace. As my parents began to accept this tragedy as a reality, our faith was made strong, and we grew strong as a family. Medical science had lost hope for his future, but we as a family hadn't, because as my mother would say, our hope is in the living God, not on mere things in creation, but on the creator.

I remember the day we met again, but it's a bit hazy now. Our friendship grew and it became a solid covenant on the day of my communion – another emotional day, because unlike the kids of my age at that time, mine was not a pompous affair. A big church with a few family members; there was no choir – I sang all the songs myself because back then I thought I had no other option, but later I realized I was singing with you beside me, holding me so close that those shattered pieces which were glued together may not break again. "It's okay, I'm here, that's all you need", Christ talking to me, how beautiful, how precious! In an almost empty church, in a moment of complete bonding in love, I received my friend Jesus Christ and I promised never to look back. Oh, what pure bliss!

Over the years, over many ups and downs, I met you again many times, in many forms. I had not forgotten my promise, but by now it was not a priority. Faith was there, however actions spoke otherwise, moving along with the secular waves of the world, where everything



was acceptable, as long as one is a good human being, but was that enough? My relationship with Christ was reduced to a demand and supply system. Whenever I was in distress, I turned to him and once I was out of that distress, Christ gently fades away as other things in life took centre stage.

Then, by chance or providence, I happened to attend Angelos in June 2019, a Nurse's conference organized by Jesus youth UK. On 23rd June 2019, the last day of Angelos, as the JY elders went around placing their hands over each participant and praying for them during the final praise and worship, I had a very intimate Christ experience. The Fire of the Holy Spirit felt like a burning flame of love inside me, I could not stop the tears running down my face, tears of joy - the promise I made many years ago now renewed, past transgressions forgotten. I am a new creation in Christ and never have I been so certain in my life as I was that day as to what I am called to do, my purpose in life. All the pieces of my life where falling into place and my life replayed in front of my eyes, as in a flashback and I could see Christ beside me in all those broken moments of my life, in times of success and failures alike. In that one moment everything made absolute sense, my conviction crystal clear.

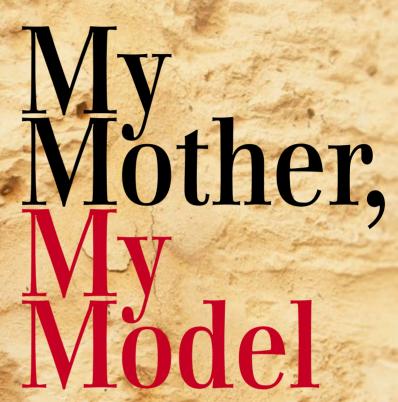
Like the lyrics of the worship song, the world behind me, the cross before me, no turning back, no turning back, I have decided to be a Christ follower and Jesus Youth. To win souls for him through love, to call others to experience this unconditional and eternal love of Christ that never gives up on us even when we constantly deny him; he waits with open arms, because we are way too precious for him and he can't afford to lose us. Praise be to God in Jesus Christ.



Osheen Joy is a nurse from Portsmouth, UK. She is actively involved in coordinating the activities

of the Nurses ministry in the UK

IN FOCUS



Della Clare John shares her journey of deepening her relationship with Mother Mary, reflecting on the qualities of our Lady that has influenced her the most

and Ethics lesson, I remember sharing an input in class that ended with me referring to, 'Mother Mary'. This automatically evoked a response of sniggering and muttered comments of, 'Mother? You mean Mary?' Growing up, in school, I was used to being surrounded by either non-believers or Christians from other denominations, with very few Catholics, so it was quite common to receive complete dismissal or an opposition to Mother Mary. This however, was something I could never understand; how could anyone not love a woman so pure, so beautiful and so

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full of love? As I matured in my faith, I grew more in reverence and love for Our Lady who, in turn, taught me how to love and be more like her Son. Here are a few things that I learnt from her:

## Complete and total resignation to the will of God

We know that under Jewish law, a woman bearing a child outside of marriage was at risk of being stoned to death. Let us now imagine the state of a young girl in her early teenage years being asked to risk her life to be the mother of God. It is almost unimaginable. Her response, 'May it be done to me according to thy word', were not mere words but she brought them to fruition in each one of her actions, from the Annunciation until her Assumption. Her focus, not being what she wanted or hoped to achieve, or her response based on foresight of what was to come, but through her being, she manifested total self resignation – she was a living example of trusting in the Lord. An example I aspire to imitate in all walks of my life. Would this teenager have ever imagined that her little yes would, as Pope St. John Paul II says, have "allowed the central salvific events for all humanity to be realised in her and through her."

## Urgency to respond to the call of God

'Mary arose and went with haste into the hill country' Luke 1:39.

There are two elements to this that we can learn from; her determination to serve her elderly cousin Elizabeth and her urgency to respond to God's call. Filled with the Spirit, and filled with joy, it appears that Mother Mary wanted to immediately share this with those she loved. Secondly, sensing Elizabeth's need, not considering herself and her situation, she put herself at the service of her cousin. Mother Mary's example has led me to ask myself: do I strive to share Christ, whom I have received, to those around me? And do I seek to be self-giving and serve those in need? It challenges me to ponder on the priorities in my life. Is sharing the love of Christ with others my prime concern? And am I able to do it with a pure, self-denying love that Our Lady embodied all her life?

## To be the perfect disciple

The biggest complaint I hear against Mother Mary is that she takes the focus away from Jesus. We know the path to holiness is dying to oneself. Then how can this woman who gave a total gift of herself to God teach us anything other than how to love him through her life? The Gospels tell us of how she always led others to Christ and at the wedding feast of Cana she speaks to the disciples, but also to us, when she says 'do whatever he tells you' (John 2:5). Here she calls us to

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go to him, imitate him and become like him. It was our Lady who knew Jesus the most and she wants us, her children, to be transformed into his likeness, and as stated by St. Louis De Montfort, to become other Christs. Here, I see a mother that longs to teach us how to die to ourselves and to make us perfect disciples of her son, in the same way she helped the apostles at Pentecost.

## She 'kept all these things in her heart' (Luke 2:19)

As she gave birth to her son in the stable, as panic arose when she could not find her son amongst a large crowd, as she saw many speak ill against him and plot to arrest him and finally as she stood

at the foot of the cross on which her beloved Son was nailed; she pondered all these things in her heart. She treasured the memories of the child whom she carried for 9 months, the Son of God, in her heart.

I imagine Our Mother, even at the point her heart was breaking, choosing not to complain, protest or become despondent, nor relying on the words or comforts of those around her, but moving ahead with confidence, put her life completely in the hands of God. In a culture of complaint and in times of suffering, our Lady teaches me to walk without grumbling, and when things get difficult, carries me to the foot of his cross where, as he promises, we receive a ceaseless source of strength.

To conclude, St Louis De Montfort beautifully states that a relationship with our Mother can be compared to two artists: the first who made a statue through weeks of chiselling and hard labour, and another who made the same statue with a mould. Mother Mary is the mould that forms us quickly and perfectly. So let us 'behold our mother' and allow her to love us and lead us to her son.



**Della Clare John**, a teacher of Religious Education at the Secondary School level, lives in the UK with her parents and brother. She is

also a member of the Jesus Youth International Council.





has been a long-standing custom to view May as the month of Mary, with May traditionally seen as the month for new growth and the beginning of summer.

God himself taught us veneration of Our Lady when he sent an angel to ask her consent for the incarnation. The angel spoke her praise and also instructs us to tell of her grace. This practice of honouring Our Lady goes back 700 years in history. This month is characterised by the use of Marian hymns and beautiful flowers which brings nature into our lives. There are many practical ways to honour Mary as listed below.

Pope Paul VI wrote a beautiful encyclical on the Month of May in which he describes how the faithful reserve this month to honour Mary in a special way: "For this is the month during which Christians, in their churches and their homes, offer the Virgin Mother more fervent and loving acts of homage and veneration; and it is the month in which a greater abundance of God's merciful gifts comes down to us from our Mother's throne".

May is the special time to let our petitions fly to Our Lady—especially for the needs of the Church and the whole human race—that most urgently require her intercession. Our Lady is the Queen of Heaven and Earth and, at the same time, our mother. The month of May teaches us to love Mary Most Holy for the glory she rightly possesses and for all that she represents in the plans of Divine Providence.

## **Praying the Rosary**

Rosary is our most powerful weapon and this is one of the best times to pray together as a family.

## **May Altar**

Since May is Mary's month, the May altar revolves around Mother Mary. Setting up an altar is as simple as placing a statue of Mary in the corner of the room and bringing in some flowers to place at the foot of the statue. Of course, you can make it as creative as you want and including children in this, by letting children bring wild or potted flowers, is a beautiful way to foster in them a love towards Our Lady.

## **May Crowning**

Crowning a statue of Mary and processions in her honour are very popular in parishes in Britain and in the USA. May crowning involves putting a statue of Mary on a pedestal, singing some Marian hymns and placing a crown of flowers on her head. This little shrine can be kept going through the month of May with fresh flowers. Laying flowers before Mary's statue is deeply embedded in Christian tradition and can be done along with hymn 'O Mary we crown thee with blossoms today...' Some Catholic brides also used to

lay their wedding bouquets at the feet of Our Lady after their wedding ceremony to pray for a blessing on their marriage.

## Mary's garden

Mary's garden is a garden filled with flowers and trees named in honour of Mary and her son Jesus. This reminds us to experience God's creation and invites prayer and contemplation. As you plant your garden, you can ponder on the many flowers and plants that evolved from various Marian names and characteristics. Flowers are linked to Mary in Christianity in many ways, either through Marian names or various legends from the middle ages. Early Christians believed that fragrant herbs and flowers reflected May's spiritual sweetness and soothing and healing herbs reflected her heavenly mercy, while bitter and sour herbs mirrored her bitter sorrows.

Below are examples of a few flowers with their scientific and Marian names:

Rose - (Rosa) Mystical Rose Baby's breath - (Gypsophila) Our Lady's veil Lavender (Lavendula) Flight into Egypt Calendula (Calendula Officinalis) Mary's bud English Daisy (Bellis Perennis) Mary-Love

Marigold - Mary's gold.

Rosemary is a perennial herb with a pungent taste which is used in various soups and marinades. Mary's association with this herb comes from the flight to Egypt. Legend states that on their journey, the Holy Family rested under a Rosemary bush and Mary spread her cloak on it to dry. For this humble service, the plant was named Rosemary and God blessed this plant with delicate blossoms in a heavenly blue colour. This is also considered as a symbol of remembrance and fidelity (From the book of Our Lady's garlands).

## **Pilgrimages**

Another way to honour Mother Mary in this month is by visiting a Marian shrine. If this is not practical at this moment, a recollection of a previous pilgrimage will be a wonderful way to honour Our Lady. Some shrines offer devotions this month which might fit in your schedule.

"The devotions we practice in honour of the glorious Virgin Mary, however trifling they be, are very pleasing to her divine Son, and He rewards them with eternal glory." - St. Teresa of Avila.



Vinitha Mary Joby lives in Manchester, UK with husband Joby Mundackal and four children.

## Mary mother y

Raifiel Cyril shares with us her personal journey of falling in and out of Marian devotion and how God gently guided her back home

household. And like any 'good' catholic household. And like any 'good' catholic household we prayed (more like recited) the rosary every single day at 8:30 pm except Sunday. Our family prayer consisted of the Rosary followed by Bible reading and ended with a song. Of course the usual novenas were added based on the time of the year. 10 children though we were, I don't recall anyone questioning this time and yet hardly anyone seemed to enjoy it. We raced through the prayers at breakneck speed. Every now and then my mum would add a new prayer that needed to be added to the routine. And we would race through those as well. And finally the 'ordeal' would be over and we could eat. I do not recall having felt any connection to Mother Mary during this half an hour.

I grew up into a sceptical vet seeking adult, desirous of the truth about God and religion. After a powerful encounter with Christ, I fell right into line with the Church. I prayed the rosary without question and felt engulfed in grace, with my feet a little above the ground. However, after a few years of intense study of the Word and deepening my relationship with Christ I found myself unsure of Mother Mary's importance. The fact that I was working in an organization comprising of protestant believers who radically lived out their faith without a relationship with the Mother did not help. Even though I took every opportunity to stand up for the Catholic Church, after all that was where I met Christ, seeds of confusion were being sowed in my heart. Questions like, 'if I have Jesus (Who is the joy of my life) and the Spirit (my dear Friend) and the Father (Who loves me immensely) then why do I need anyone else?' Another question was that if Jesus thought His Mother had such an important role to play, why didn't He tell us explicitly? On the contrary when told about His Mother and brothers waiting, He said that whoever obeyed the will of his Father were His mother and brothers. From being confused, I eventually became convinced, that giving so much importance to Mother



Mary could not possibly be God's will. And because I was so intent on not doing anything that wasn't His will, I brought my devotion to Mary to a grinding halt.

My return to Mother Mary was not a sudden encounter as with Christ. It was a very slow process, spanning several years. I knew that something was missing. So, I remember talking to an elder and asking her what difference Mother Mary made in her life. She answered that Mary may not be the centre of our faith like Christ, but She just made her life simpler and so wanted Mother Mary with her. A lot more people, testimonies, books and chats with the Lord later, I started coming to terms with the fact that I had made a mistake. It was foolishness to overlook traditions that had been passed on just because I couldn't find the exact verse in the Bible for it. It has taken me a while to swallow my pride and say, 'if Popes after Popes have endorsed it why am I questioning it?'

In all those years I used to feel that Mother Mary had taken the Holy Spirit's place in the church. So, when I heard some years later about Mother Mary's position as the spouse of the Holy Spirit it all came together for me. See, the whole issue I was having with giving so much importance to Mother Mary was that she was human. And, this was also why it disturbed me when people prayed the rosary during Mass or Adoration. I couldn't help but think why the need to focus on Mother Mary so much when Jesus was right in front of them? However recently while sitting in Church for Mass I thought to myself,

'Of course, Mother Mary can be here! If I, an absolute nobody am welcome here. If my family and friends are allowed to be here, of course Jesus' Mother can be here interceding for us. How silly I've been, feeling angry about the unimportance of humans, while I have been gladly enjoying the very same benefit. Our awesome God is an incredibly generous God. He is an inexplicably inclusive God. He walks with, talks with and abides with us humans. Instead of appearing in the sky screaming 'Repent', He allowed another human, Mary, to carry Him for nine months and bring Him up along with her husband Joseph as the Way. If God chose and appointed her with the greatest honour any human could ever have then what was I thinking?

But I still kept putting it off as I thought I could. But the Lord kept leading me gently back to her. I started doing the Rosary again but having been out of practice for so long it was so hard. I would slack off and then I would be reminded again until it slowly became a habit. Then in June of last year I was at a bookstore with my husband and he asked me if I wanted any book for my birthday. My eyes fell on the bestselling book on Marian consecration called, '33 days to Morning Glory'. I could hardly believe it myself that I was actually considering it. With as much of a straight face I could muster, I pointed it out.

I started the journey in July last year to end with the Feast of the Assumption on 15th August. No fireworks happened. But let me put it this way. One by one, the knots began to untie in my life. I became pregnant for the first time in 10 years; relationships went through tremendous healing and many more, which continue. I didn't know what I was missing when I was missing it. I know now. I have begun to love the Ark of the Covenant, the Gate of Heaven, the Refuge of Sinners, the Comforter of the Afflicted, Mary 'my' mother.



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# TEACHING KIDS TO BE CONSIDERATE

Dr Annilyn Sebastian shares her thoughts about raising considerate children by modelling good behaviour and encouraging responsibility in children

e have recently been witnessing numerous accounts of selfless service, especially by healthcare workers given the COVID 19 pandemic. Lots of people have been putting away their own needs, risking their own lives, and working tirelessly, to save other people's lives. Empathy, compassion and going out of our way to help others are godly characters that we all need to be consciously making an effort to build. For some of us, these qualities come naturally. But, for most it doesn't. I was hoping to share a few insights on how we as parents can help develop these attributes in our kids.

Whatever doesn't come naturally has to be trained. Training requires setting up a habit. And, setting up a habit requires persistence.

In our family, with nine kids, 'survival

of the fittest' is the natural order of things. Unless someone stands up and asserts for something, it is very easy to get pushed aside. Most of the time our kids get along very well with each other, but, everyone likes to make sure that their personal comforts are secure first before attending to siblings. There is also rarely a day that sibling rivalry doesn't lift its head, as well as the comparison factor: 'He got two pieces, so I need two.' Or, 'He got a bigger piece', etc.

So what can we do to teach our kids consideration for others? Since this is a quality any good Christian should have.

Firstly, our kids need to understand their value as God's unique creation, and the dignity that accompanies. They need to learn that all people are created in the image of God and are equally valued in God's eyes. So, just because someone has a better house, better education, is smart,

or looks better, it doesn't make him or her superior to the person next to you. Every person has his or her own dignity!

Our kids need to embrace the fact that they are in no way better than the kid who may seem less fortunate or less smarter than they are.

A sad fact in many families however is that, it is us parents, who tend to show favouritism to the better-looking or smarter child. We need to understand that this can be greatly demeaning to the self-esteem of the less favourite child and so we should refrain ourselves from showing any such favouritism.

We need to teach our kids to serve others with a humble heart. In this egocentric culture, it is very hard for even the older generation to really come out of their comfort zones and help those in need. When we parents, start genuinely showing interest in another's welfare, we

AMILIA KAIROS GLOBAL

## Whatever doesn't come naturally has to be trained. Training requires setting up a habit. And, setting up a habit requires persistence.



become considerate, and by looking upon us as role models, our kids will embrace the same.

Most parents have a tendency to overprotect their kids, as they don't want them to fail. But kids need to fail within safe boundaries. They need to learn to own up their mistakes. Only then can they bounce back when they fail in the real world. When parents empathize too much and try to divert the blame from their kids by intervening and rectifying an action for them, they could be bringing up children who might become very selfcentred with a feeling of entitlement to be rescued all the time. But by allowing our kids to work out their own problems, we can help bring up children who will be resilient and self confident.

Another reason kids tend to be selfcentred is their lack for nothing. Most parents tend to overindulge their kids with everything they want or ask for. They feel that it is their duty to provide everything the kids ask for. However, we should be able to distinguish between 'wants' and 'needs'. As parents, we have a responsibility to provide for their needs. But providing for every 'want' is means to spoil them, teaching them to be selfish. More than stuff, what kids need from us is our time and presence. Stuff will provide them with temporary happiness, which will fade in no time. But our presence and all the positive impacts it can make, will last a lifetime.

In our house, we try our best to teach our kids to be considerate of others, but there has been lot of times when the advice has fallen on deaf ears. So we constantly keep reminding, as persistence is key.

Some examples from our house are: some of our kids always running away from the scene of an accident not caused by them, without bothering to check if the person involved is ok. Although not done on purpose, we still insist that they say sorry and ask them to try and help out with whatever that is needed. For few of our kids, trying to console a crying baby doesn't come naturally. So, if the baby is crying, we encourage them to see what's needed and do it accordingly. When kids spill milk and just leave it on the counter, I encourage them to clean it up by themselves first. If they leave snack wrappers lying around after eating, I call them back and tell them to put it in the recycle bin. Instead of bailing them out by doing these things for them, I encourage them to do it themselves so that they gradually learn to take responsibility for their actions. If there is a fight over the same toy, we have the kids put the toy away until they can share without hurting each other's feelings. We ask them to step into the other person's shoes and see how they would feel. While serving lunch, sometimes all the kids rush to get the food first, pushing others aside. I usually insist the youngest are served first and

that the oldest ones ensure the younger ones go first. I also encourage them to let the other person have the bigger or better piece. But for this I usually have to bribe them by asking "Who wants some more treasures in heaven?", and then it usually goes well.

This all is capped off with personal prayer and teaching to pray for others. Through personal prayer, they learn to understand their own dignity as a child of God. By praying for others, they learn to step into the other person's shoes, understand their needs, empathize with them and lift them up to God.

Apart from their personal prayer time, family prayer and other devotions during the day, we have recently been blessed to add in an extra hour of prayer/devotions dedicated just for the COVID 19 pandemic: the victims, families, helpers etc, with the additional time we have been having every day staying at home.

## Some actionable tips to teach kids to be considerate are:

- 1) Model good behaviour and genuine concern for others. Kids pick up very fast whatever parents do. We should demonstrate good role-modelling.
- 2) Encourage kids to play cooperatively.

  Through cooperative play, they build teamspirit and look out for each other.
- 3) Have them apologize where needed. Even if they didn't do something purposely, they should make it a point to say sorry, and see if something needs to be done from their side.
- 4) Whenever they see someone in distress, have them check out what that person needs and trying to console them.
- 5) Teach them to let others go first.
- 6) Have them try to clean up their own messes, instead of just leaving it for others.
- 7) Develop a habit of personal prayer and praying for others.

By teaching to be considerate of others, we are teaching our children to be good Christians, by teaching to serve.



**Dr Annilyn Sebastian,** an MD Pathologist by profession, is currently a stay-at-home mom.

She lives in Houston, USA, with her husband Dr Anup Skaria and nine children. They homeschool their children.

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

ESSONS FROM MINISTRY

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.



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. Call/ WhatsApp @ 6238105775 Mail: circulations@kairos.global



EXPERIENCE ISSUE 28 31

are living in such unprecedented times. A virus which sprang forth thousands of miles across us, has literally "transformed" our lives and routines in unexpected ways.

A few weeks before the pandemic, as I was getting ready for Mass, I had half a mind not to go. But something kept pushing me towards the Eucharist. While I was thankful for that "grace," a part of me wasn't. I wanted to "give-in" to my lethargy. Just then, a thought crossed my mind; "Will there be a time when there's no Mass? No way! How can there be no Mass? It's impossible." And I told myself, since I took the sacraments for granted, I need to be put in a place where I'm denied it, then I might learn to appreciate it. And, now, I do.

Soon, the COVID-19 hit the US soil and when I heard Masses were being suspended to prevent the spread of the virus, I wasn't anxious. We still had adorations. Within a week, adorations were closed. Suddenly, a mélange of emotions went through me; I was scared, about what would happen to us. I was angry, at our priests who were forced to close everything thereby denying us the Lord. I was upset. Thankfully, every parish immediately set up online Sacraments. It's an irony that I, who considered TV Masses as fake, am now attending them daily. Now, I see more vividly the desire of someone who cannot attend the Eucharistic celebration physically.

What followed was a rigid lockdown. We couldn't meet anyone and could go out only for grocery or walks. However, ever since the quarantine began, my husband and I have been reading more, praying together in community and individually more than usual. We were convinced that, this was something given to us for a purpose. Even when there was so much death and sorrow around us, there was a particular joy that kept us at

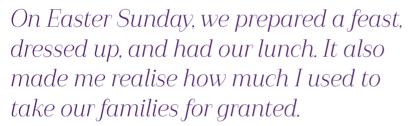


Nothing was normal; nothing was mundane. Every second was lived to be present

peace. We saw fear and anxiety building up around us. Yet, in that darkness we sensed something great was at work. The daily readings of those days felt particularly meaningful because I became more attentive. My soul was thirsty and every drop was taken in with gratitude.

The Holy Week was intense. On Palm Sunday, we attended online Mass carrying a branch of leaf and later put it up on our doorpost. Lifting up our branches we sang "Hosanna." It felt odd not to be with a community to sing Hosannas. And before that on Saturday, as per the Eastern tradition, we made "Kozhukatta," which is a steamed rice ball with coconut and jaggery filling. For the first time, I felt the need to respect the traditions.





Though it was online, Easter Tridium has never been so memorable. For Maundy Thursday, we were asked to wash each other's feet in commemoration of Christ washing the feet of his disciples. On Good Friday, we listened to the Way of the cross. There was newness in the prayers and the songs. Each word, each song, each prayer had such depth and richness, it stirred my heart, and I was lost in its beauty. It moved my heart in a way I have never felt before, and I was thankful to the Lord who died for me. I longed to know Him, to have a more personal and intimate relation with Him.

For the first time, I attended the Easter Vigil. And watched in awe the meaning of lighting the Paschal candle. We switched off the lights in our apartment and when the Paschal candle was lighted, my three-year-old daughter went around and switched on the lights. During Gloria, she helped her father to remove the cloth that covered the cross. All these simple yet profound gestures brought more meaning to a once mundane annual liturgy. I also made a mental note to attend the Easter Vigil Masses in the coming years.

On Easter Sunday, we prepared a feast, dressed up, and had our lunch. It also made me realise how much I used to take our families for granted. Since we have a big family, a regular weekend dinner will have close to 15 people. For special occasions it can double with friends and extended families attending. Usually, I complain about the long array of appetizers and main course dishes, and getting back home late and tired.





But this year, I was longing for the company. There's no joy in cooking a feast and not being able to share it.

I doubt whether we ever had such a meaningful Lenten season and Easter Tridium, and I doubt if we ever have one in the future. This Easter will definitely go down in history as one of the most memorable and meaningful one. Nothing was normal; nothing was mundane. Every second was lived to be present. Every word was soaked up to quench a thirsty soul. And everything reminded of the love of a father who gave his only son to be sacrificed for me. Corona virus has done something which I haven't felt all my life; it made me want to love Christ in a more fervent way.



Ammu Zachariah lives in Maryland, USA with her husband and two children. Ammu was a

12th batch fulltimer and is currently part of the Kairos Global Editorial Council.

## Read Kairos Global online at

eng.kairos.global







CULTURE OF LIFE

KAIROS GLOBAL

Sruthi Jimeesh recollects an experience she had many years back, of the tragic yet hope filled story of a newborn baby, lovingly called Rosemol

You are mine...

"Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!" Isaiah 49:15

ore than 10 years back, a newborn named Rosemol earned this promise of God by Isaiah, through her suffering.

It was during the 4th year of my nursing studies (at a college near Bangalore in India) that she came into my life. She had just been born, but since the couple had had 3 elder daughters and were hoping for and expecting a baby boy, they were heartbroken to know that the newborn was a girl! Her father then decided to abandon her at the hospital itself to die. He did not even want to see her face, and as for her mother – who knows what was going through the woman's mind – she never had the chance to feed her newborn even once. As they were preparing to leave the hospital a few hours after the delivery, I ran after them pleading and begging them to take their baby as well home. They wouldn't look, they wouldn't respond – they left, their newborn consigned to die in a dirty basin at the hospital.

Not knowing what to do, I called up the then Prolife ministry members, who gave me the courage and support to fight for the baby. Empowered by their support, myself and a few of our Jesus Youth friends met with the hospital director, asking for us to be allowed to take guardianship for the newborn so that she could be given medical care. By the grace of God, he agreed and moved the baby to the neo-natal ICU. Yet, the 4-5 hours she had spent in the cold basin without any care was taking its toll on her tender body.

As I spend time outside the NICU praying and pleading with God for her, I experienced for the first time in my life the love of a parent for his/her child, as my heart was filled with motherly love for this little girl whom I had just met. I dreamed of her – going to school, growing up, of a future filled with hope, as we offered up rosaries and prayers for her.

By evening though, her condition had worsened and because of the limited facilities at our hospital, the director asked us to take her to St John's Medical College hospital in Bangalore to provide better medical care. So there we were, on an ambulance traveling to St John's with a newborn connected to an oxygen mask in my arms. As she lay in my arms, I gave her an emergency baptism, giving her the name Rosemol. About an hour into the journey, the already much-endured body of Rosemol made a final struggle, before falling asleep for the last time. When we reached St. John's, they confirmed that she was already dead.

I dreamed of her – going to school, growing up, of a future filled with hope, as we offered up rosaries and prayers for her.

Having experienced the joy of motherhood a few hours earlier, I now experienced the pain of bereavement to the fullest. For a long time, I was overcome by a terrible sense of sadness and loss, but as time passed I came to accept it as the will of God, our heavenly father. As a group we then started praying for the intercession of Rosemol in heaven.

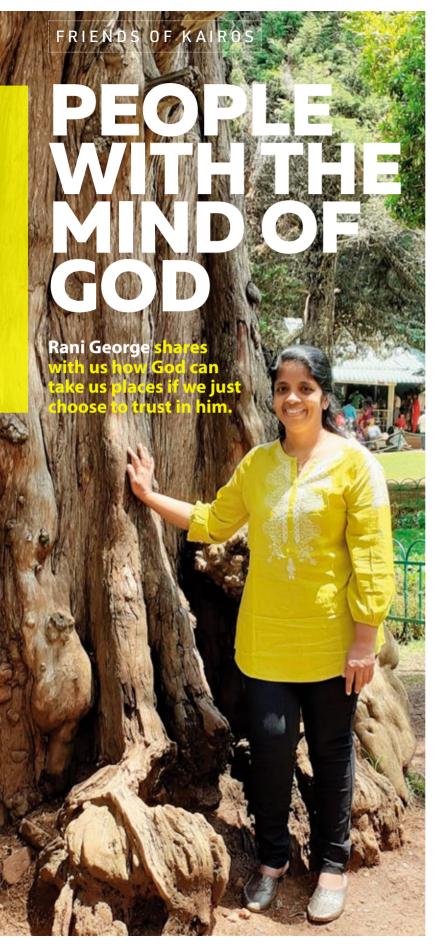
A couple of years later, while attending a retreat and being prayed over, the elder mentioned that he saw the vision of a little angel praying over me. Initially I told him that I didn't know of any little children that were in God's presence from my family, but then I remembered Rosemol. It was only a day that I was a mother to her, yet I realized how much she valued that motherly care! I started sharing about Rosemol to our Jesus Youth friends as well as in retreats and other groups.

The greatest miracle was yet to come and it happened after the birth of our son – Antony. Even while he was as little as 2 or 3 months old, when he cried my mom would seek the intercession of Rosemol and ask Rosemol to come and play with Antony, her brother. And every time this happened, we were amazed at how miraculously Antony would suddenly stop crying, look heavenward and start smiling. Now Antony has a sister in heaven, all because of what the Lord did more than 10 years back.

Although the little girl Rosemol was alive only for a few hours, Jesus had a plan for her life and I have seen and experienced this plan – and through me many others have also come to know about it. Praise be to Jesus.



**Sruthi Jimeesh** is a nurse living in Ludwigshafen, Germany with her husband Jimeesh and son Antony.



uring the past many days, I have been witnessing the miraculous leading of our Lord in the financial matters of Kairos. I have been realizing and experiencing how taking up responsibilities and being committed to fulfilling them, were precious in the eyes of the Lord.

I've been a Jesus Youth since 1988 and was a fulltimer from 1992-93. Until my marriage in 1998, I was actively involved in the Bangalore Jesus Youth and had many a time taken responsibilities of the financial aspects of many Jesus Youth programs. However after my marriage, since George, my husband is very disciplined with handling finances, I haven't had to worry about finance managing at home. In 2013, we had to relocate to Kochi from Coimbatore, and this got me wondering how I would continue with my Jesus Youth activities there.

It was during that time that I received a call from Chackochan Njavallil, the Chief Editor of Kairos Global, asking me if I could spare some time to handle the financial matters of the magazine. I was happy, because I was seeking in prayer ways to work for Jesus from home. Since I was previously employed, my time was divided between office and Jesus Youth. But now, I had a deep desire to commit myself fully for the Lords ministry. The phone call helped me to make a decision, and I decided to help Kairos on a trial basis because I also felt the love of God urging me to take it up. More than a feeling, it was an experience, of God, walking with me. The word "I can do all things through Him who strengthens me" (Philippians 4:13) strengthened me during this time.

To be honest, I didn't have a clear idea on how to begin. So, I started off by calling up my friends and talking to them about Kairos. Everything seemed easy and interesting initially, but the challenge came when the floods hit Kerala. The Kairos office was flooded and damaged, but thankfully we were able to get back on our feet, thanks to the financial contributions by many kind-hearted people. This increased our faith and hope. The relationships that I had built during my years in the movement also became great sources of blessings for me. When I realised the interest and concern people had for the magazine, my love for Kairos also grew. Therefore, instead of doing it on a trial basis, I decided to take up the financial matters of Kairos with more determination and focus. "If we live by the Spirit, let us also be guided by the Spirit" (Gal 5:25).

Kairos magazines are now being distributed in around 30 countries across the world. It is truly a joy to know that the Word of God is being proclaimed in many countries through the magazine. But I believe that there is a greater scope for the magazine to be used as a great tool of evangelization in many more countries. But for this, Kairos needs your whole-

FRIENDS OF KAIROS ISSUE 28 3

hearted support. I pray and believe that many more of you will come forward to support Kairos in the coming months. I remember a supporter of Kairos once sharing, "I was talking to a friend today about setting apart my tithe for Kairos. There have been times, when I've given my tithes with no money in my bank account for home grocery. But I firmly believe that God will hold me and provide for all my needs".

A strong belief and faith will see the grace of God, like manna in the desert and water from the rock. Even at times, when large amounts of money were needed urgently, I have realized that instead of relying on our own strength, giving the Lord full control over the matter and trusting Him completely, is the best way. At times when it was hard to make payments, certain people's attitude and commitment was really heartfelt, and that

too from people whom I have not met even once.

I am absolutely sure about one thing. There are a lot of people who love Kairos more than their personal needs and are kind-hearted to support during difficult times without much calculations - people who are committed to the Lord, and to HIS people. I have learned lots of beautiful lessons from them. They have helped to develop a great love and commitment for Kairos ministry in my heart and that helps me to continue my mission even during hard times. I believe that these are 'The people with the mind of God'.

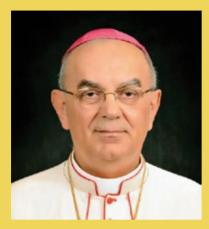
Rani George lives in Cochin, India with husband George and two children. She supports Kairos as Operations & Finance Manager



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

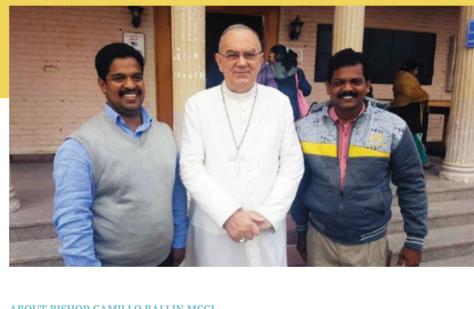


KAIROS GLOBAL 38



# OBITUARY

Bishop Camillo Ballin, MCCI





# ABOUT BISHOP CAMILLO BALLIN MCCI

Bishop Camillo Ballan was born on June 24, 1944, in Fontaniva, Padua, Italy. He was ordained a priest of the Comboni Missionaries of the Heart of Jesus on March 30, 1969 at Castelleto sul Garda, Verona.

His Holiness Pope Benedict XVI appointed Monsignor Ballin as (Fourth) Vicar Apostolic of Kuwait and assigned to him the Titular See of Arna. He joined the Vicariate on August 2, 2005. He was consecrated Bishop by His Eminence Crescenzio Cardinal Sepe at the Holy Family Cathedral, Kuwait City on September 2, 2005.

On May 31, 2011, His Lordship Bishop Camillo Ballin became the first Apostolic Vicar of Northern Arabia covering the territories of Kuwait, Bahrain, Qatar and Saudi Arabia. His proficiency in Arabic helped him to establish good relations with the leaders of the Arab states and become a strong leader of the Catholic Church in the Gulf region.

Bishop Camillo was called to his eternal abode on April 12, 2020 Easter Sunday. He was undergoing treatment in Rome since the last two months following diagnosis with cancer.



Bishop Camillo Ballin with Jesus Youth on various occasions



# **OUR BELOVED BISHOP**

As an eminent personality living a simple and humble life, our beloved Bishop Camillo Ballin set a great example of how a missionary should be. He had a vision for spreading the Good News to everyone; in particular, it was his greatest priority to bring the inhabitants of this desert land to the kingdom of God.

Jesus Youth in Kuwait flourished under his guidance and how the movement in Kuwait is today, owes a great deal to the support received from our loving Bishop. He gave all the Jesus Youth in the country, a spirit of awareness and responsibility and guided us like a good shepherd.

He believed in us and when speaking about Jesus Youth, he always used the term 'courage', asking us to build our courage using the six pillars that we practise. He was more like an older brother and called Jesus Youth his own team. Bishop shared his vision with us and continuously encouraged us to act - to bring "the Church to the labour camps and the labour camps to Church".

► Mahesh Peter, Jesus Youth Kuwait

BISHOP CAMILLO BALLIN: A GOOD SHEPHERD,
WHO ACCEPTED US, SUPPORTED US, GUIDED US,
CHALLENGED US, NURTURED US, TAUGHT US, HEARD
US AND ABOVE ALL LOVED US...

I, and a few Jesus Youth leaders, first met Bishop Camillo in November 2005 along with the former Bishop of Kuwait, Bishop Francis Micalef OCD. When Bishop Micalef introduced us to Bishop Camillo, he wholeheartedly blessed us and invited us to collaborate with him in the mission of the church.

In his inaugural speech for the national Jesus Youth Convention held in February 2006, Bishop Camillo said: "It is a pleasure to see so many young people gathered around Jesus. 'Jesus Youth' means 'Youth for Jesus'. Live with Jesus and be a living witness for Jesus. Jesus is your best friend. I know you all pray well. However, in addition to prayers, we have to open our hearts to others as well. I invite you to open to Jesus and to open to everyone".

I remember another meeting we had with Bishop Camillo a few years back along with Manoj Sunny. We were giving him updates about our activities, stating how Jesus Youth are active as choir members, catechism teachers, Eucharistic ministers, members of various Church committees etc. At this juncture, he interrupted our sharing, and turning to Manoj Sunny he asked, "What is the motto of Jesus Youth?" And Bishop helped him by prompting, "A missionary movement..." he quickly completed it saying, "at the service of the Church". Bishop then turned towards us and said: "I thought you were my people to carry Jesus and his Church to the most difficult places - these labour camps and other remote areas; I thought that was your mission; I can get enough people here to sing in the choir, teach catechism and to do other things; but I wanted you to be my presence in those places where no one else can go or do anything." We were deeply moved by his understanding of our call and mission in the Church as a private association.

He guided the movement with loving care and affection, not only in Kuwait but in other GCC (Gulf Cooperation Council) countries too. He was one of the first Bishops to write to the Holy See recommending Jesus Youth for pontifical approval.

He was a writer, missionary, and educator. Even though he was Italian, he was an Arabic scholar and in 2004, he published two of his many written works in Arabic: "The Ways of the Spirit" and "History of the Church". He loved everyone irrespective of their nationality, language, rite or position; regularly visiting each parish and meeting with all the communities, groups and ministries. He always listened to everyone patiently and guided them with his words of wisdom and encouragement.

► Biju Antony, Animator, Jesus Youth International Council

# Newswatch

# JESUS YOUTH INTERACTIVE SERIES

esus Youth International organised an interactive web series as part of the preparations for the Holy Week. In the current pandemic situation where people are unable to come together for prayer meetings and other ministries, this interactive series provided a much needed solace.

The first of the 3-Part interactive series was held on April 4, 2020. Neal Lozano, the acclaimed author of "Unbound" and the founder of "Heart of the Father ministries" discussed on the "5 Keys" of "Unbound".

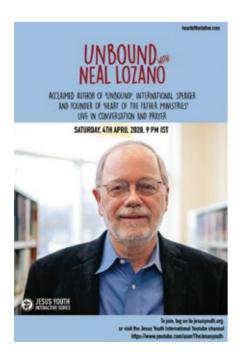
Music and prayer during the webinar was facilitated by Shelton Pinheiro, Beena Manoj, Jomy Jacob & Eby Jomy from the Rex band. Jilu Chengat & Beena Manoj shared their testimonies on how the 5 keys helped them in their lives.

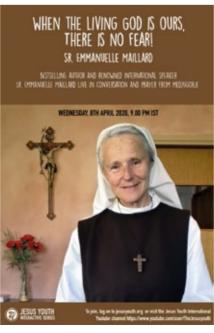
The next webinar titled "When the living God is ours, there is no fear" was held on 8th April 2020. The speaker was Sr Emmanuelle Maillard from Medugorje. Sr Emmanuelle is a renowned international speaker and a bestselling author. She is also the founder

of Children of Medjugorge, a lay missionary organisation. Hector Lewis, Rani Hector, Dan Hector & Gio Hector from Houston, USA led the prayer & music for this session. There was a good participation for the second webinar too.

The final session of the 3-part series titled "The victory of Jesus over sin, sickness and death" was held on 11th April 2020. The speaker, Dr. Mary Healy from USA is a renowned author, international speaker and a Catholic Bible Scholar. She is the chair of the theological commission of CHARIS and serves in the pontifical Bible commission, Vatican. The music for this session was composed and performed by Anjali, Anand, Amala, Amaris, Alphonsa, Ajay, Ajith, and Asha. These 8 siblings are children of Dr Manoj (Abraham Mathew) and Lovely, a Jesus Youth family from Hershey, Pennsylvania, USA.

There has been an immense positive feedback on these webinars and many have watched it later on also. These webinars are uploaded on the YouTube channel of Jesus Youth International and anyone can watch it there.





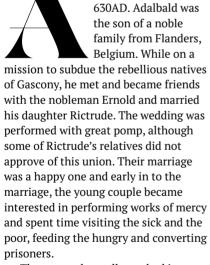


# Chandeliers FAMILY SAINTS

# 📀 Saints Adalbald and Rictrude

By Joseph Santhosh & Bijie Santhosh

# Feast: Adalbald (Feb 2) Rictrude (May 12)



dalbald and Rictrudis

got married around

They were also well matched in their desire to pursue holiness and were helped in this by their friend, the missionary Bishop (later saint) Amandus of Maastricht.

They had four children - a son and three daughters - and all four of them imitated their parents in the ways of virtue and acts of charity.

Adalbald and Rictrude had been married for sixteen years when Adelbald's business took him back to Gascony. While he was there, Rictrude's vindictive relatives, hurt from his earlier military



Like St.
Therese of
Lisieux's
family, here
we have
another
family of
saints with
5 from the
same family.

exploits, set upon him and killed him.

When news of her husband's death reached Rictrude, she was overcome with grief; she took possession of her husband's body and buried him with honour. The people acclaimed him a martyr. Rictrude retreated into prayer and family life and although many of the nobles and her family insisted that she marry again, she went instead to Bishop Amandus who gave her a veil. After her children grew up, she entered the monastery at Marchiennes where she became abbess. Accompanying their mother, her two vounger daughters Adalsind & Clotsind and her only son Mauront, left the world to join the monastery. Thus Rictrude and her three children sought holiness in religious life and all three are revered as saints today.

This is an excellent story on the impact parents' holiness can make on their children. Like St. Therese of Lisieux's family, here we have another family of saints with 5 from the same family.

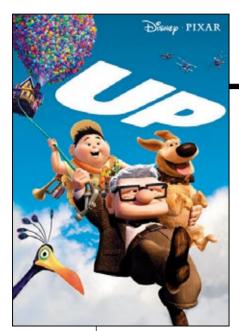
We are all called to be saints. In our journey to holiness, there is joy, pain and suffering and the call to completely abandon ourselves to God's will. If our master received such treatment for us to enjoy such joy, we must show our gratitude by giving ourselves fully to God.

For it is for your sake that I am taunted and covered in confusion:
I have become a stranger to my own brothers, a wanderer in the eyes of my mother's children – because zeal for your house is consuming me, and the taunts of those who hate you fall upon my head. Hear me, Lord, for you are kind and good. In your abundant mercy, look upon me. Psalm 69: 8-10, 16

Lord Jesus, pray for us families to live in holiness and help us to form our children to be saints. 42 KAIROS GLOBAL

# SOUNDREPLY





MOVIE **UP (2009)** 

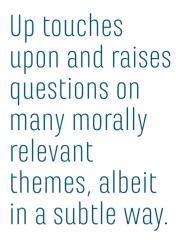
e humans, are a strange bunch – some of us live in the past, either reminiscing the glories of our younger years or stuck in its mistakes; while some others of us spent our lives for a future – the quintessential hope that one day we will achieve our dreams and be truly happy; while still others try to capture happiness by enjoying life to the fullest, yet they too fall short. The pursuit for happiness goes on unabated for humanity.

Up is an academy award winning animated movie from Pixar, written and directed by Pete Docter and arguably one of the best movies till date to have come out of Pixar Studios. Up tells the story of the life, dreams and adventures of Carl Fredrickson, a retired widower who once dreamt to be an explorer.

The movie begins in the 1930's, and the young Carl adores Charles Muntz, the famous explorer and dreams of growing up to be like Charles. At the height of his fame, Muntz

is accused of fabricating the skeleton of an exotic bird that he claims to have discovered in Paradise Falls, South America. Humiliated and stripped of his honours, Muntz leaves in his airship, vowing never to return until he is able to bring back the original bird. The 8-year-old Carl befriends a girl named Ellie in his neighbourhood, who is also a Muntz fan and they both dream of one day going to Paradise Falls. As Carl and Ellie grow up, they get married and start saving for their trip to South America. Although Ellie is heartbroken on her miscarriage and on further knowing that they could never have a baby, their love soldiers on and time races on until they are both retired. When Carl eventually buys the tickets to Paradise Falls, before he can give it to Ellie she has a fall and dies unexpectedly.

Living alone, Carl has now become an irritable old man. who stubbornly holds on to their house and memories, although all around him the landscape has been transformed by the skyscrapers of the 21st century. When he is ordered to move into a care home, Carl turns his house into an airship with thousands of helium balloons and flies to Paradise Falls, as a gift to Ellie for the dream adventure she never had. However, much to Carl's dismay, Russel, a young boy in search of his "wilderness explorer badge" becomes an accidental stowaway on the journey. Caught in a thunderstorm, they eventually reach Paradise Falls, but lands on the table-top mountain opposite Paradise Falls. As the helium



balloons have started deflating, Carl and Russel decide to walk across to Paradise Falls, pulling the still buoyant house.

On the way, Russel befriends a colourful bird whom he names Kevin and a talking dog named Dug. Yet soon, they are attacked by a group of fierce dogs, who take them to their master. To Carl's absolute delight, the master turns out to be Charles Muntz, who is still on the lookout for that mystery bird with his army of highly trained dogs. Carl soon realises that his childhood hero has turned into a monster while searching for the bird, which is in fact Kevin. The rest of the story involves how Carl, who for a long time is intent on holding onto his house and his past, realises that true meaning in life comes from helping and pouring out his life for others, and joins Russel as they fight Muntz to save Kevin.

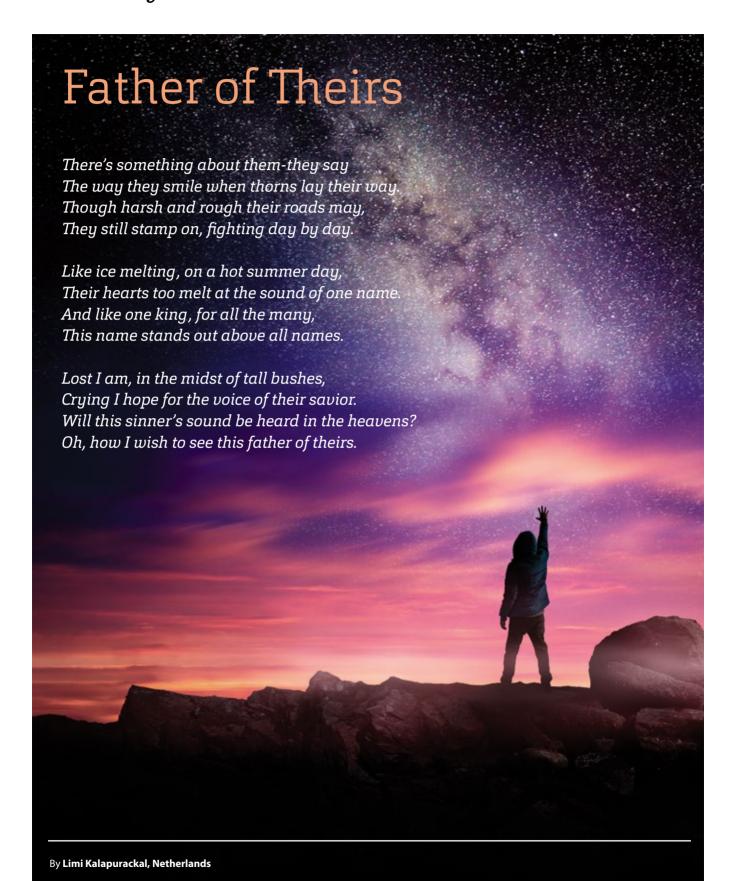
Up touches upon and raises questions on many morally relevant themes, albeit in a subtle way. The loneliness of old age as well as a society that develops at breakneck speed at the expense of its weakest members is portrayed in the life of Carl. And the tragedy of divorce in the lives of young children and the lengths Russel goes to earn back the love of his divorced dad is a poignant reminder of the state of today's families. Up is a remarkable movie that is well worth a watch for all ages.

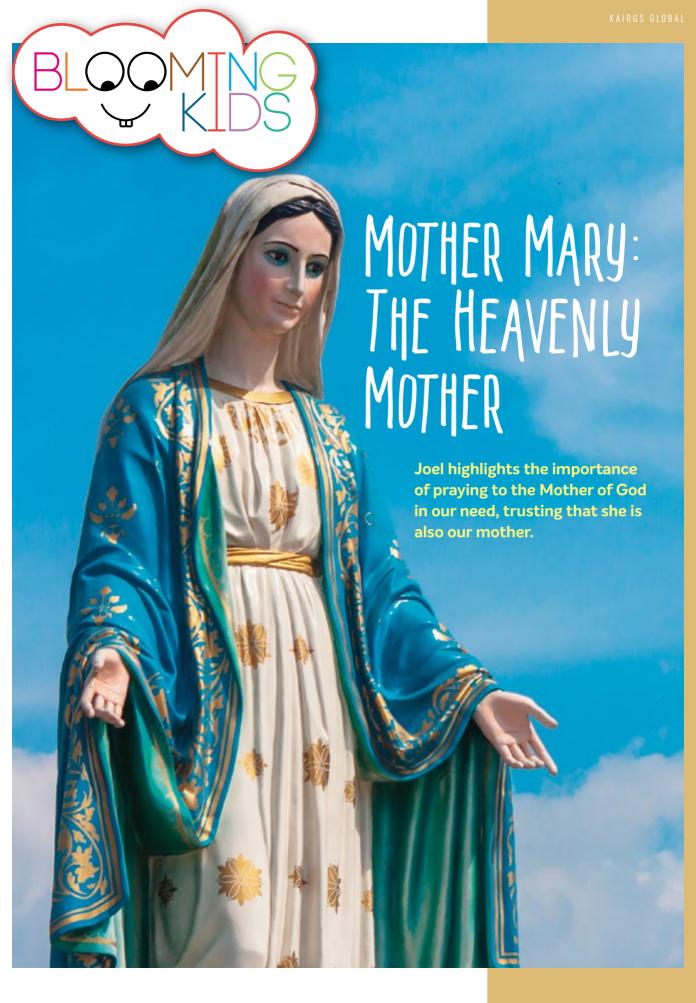


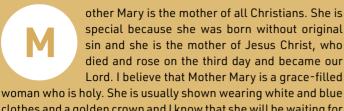
REVIEW BY Joseph Anthraper

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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clothes and a golden crown and I know that she will be waiting for me at the gates of heaven.

First of all, Mother Mary is like my actual mother, so I talk to her about my life and my day. We can tell Mother Mary anything and she will listen and try to help. I can't thank her enough for carrying Jesus Christ in her womb for nine months and for believing in God's words. Also, she crushed Satan underneath her feet, so Mother Mary is always protecting us from Satan. I ask her to pray for me always and she does.

I once did the Apostle's Creed, Hail Holy Queen, and the Memorare before my final test. She helped me on my test and I got a good grade. Mother Mary can do anything and she will help you always if you pray to her.

Secondly, we can pray to Mother Mary through the Rosary. This is a really important prayer which Mother Mary gave to us through St. Dominic. Through the mysteries, we view the life of Jesus through Mother Mary's eyes.

# MOTHER MARY IS VERY SPECIAL, AND SHE WILL HELP US DURING ALL TIMES OF OUR LIFE.

When we say "Hail Mary full of Grace, the Lord is with thee. Blessed are thou amongst women and blessed is the fruit of thy womb, Jesus", we are taking verses from the Bible where angel Gabriel and Elizabeth spoke to Mother Mary. We respond with "Holy Mary Mother of God, pray for us sinners now and at the hour of our death", asking the mother of God to pray for us. It is really powerful, and Mother Mary listens to all our prayers through the rosary. Let us make a decision to always do the rosary, all throughout our life.

Mother Mary is very special, and she will help us during all times of our life. If we pray to her, she listens. During this time of hardship all around the world with this deadly disease among us, let us pray to Mother Mary and seek her intercession to protect us from everything that is going on.



Joel Thomas is a 5th grader who lives in Houston Texas, and enjoys doing math, writing, and playing games.

- 1 In which place did Mary live?
- 2 When is the feast of the **Annunciation?**
- 3 What was the name of the angel who appeared to Mary?
- 4 How long did Mary stay with Flizabeth?
- 5 Who were Mary's parents?
- 6 When is the feast of the **Assumption?**
- 7 When do we celebrate the birthday of Mary?
- 8 What did Mary say to Jesus at the feast of Cana

## Answers to "Do You Know" Issue 26

ways but above all in fasting, prayer and almsgiving; 3 Palm Sunday; 4 St. Joseph's Feast; 5 By burning palms

kairos.global before May 31st, 2020 with your Name, Age



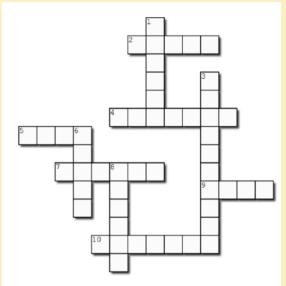
Mail your answers to *quiztime@kairos.global* before 31st May '20.
The winner will be rewarded with 1 year subscription of Kairos Global



# PART A

Match these Marian apparitions with the place/persons associated with them.

Our Lady of the Miraculous Medal Our Lady of the Golden Heart Our Lady of Lezajsk Our Lady of Fátima Our Lady of Happy Meetings Mother of the Word Our Lady of Guadalupe Rwanda Sr. Catherine Portugal Juan Diego Belgium Benoîte Rencurel Thomas Michalek



### PART B

# **Crossword - Bible charcters**

## Across

- 2. Saul tried to have him killed
- 4. Giant killed by David
- 5. Author of a gospel and the book of Revelation
- 7. Coat of many colours
- 9. Sold his birthright to Jacob
- 10. Deprived a man of all his strength by having his hair cut

# Down

- 1. Mother of Joseph and Benjamin
- 3. The oldest man who ever lived
- 6. Mother in law of Ruth
- 8. Saved her people

# **ANSWERS TO QUIZTIME ISSUE 26**

### Part A

1. Jesus Anointed at Bethany; 2. Judas Agrees to Betray Jesus; 3. Jesus Eats the Passover with His Disciples; 4. Jesus Prays in Gethsemane; 5. Jesus before the Council 6. Peter Denies Jesus; 7. The Death of Judas; 8. Jesus Sentenced to Die

### Part B

1. St. Francis of Assisi; 2. St. Damien of Molokai; 3. St. Augustine; 4. St. Thomas Aquinas; 5. St. Alphonsus Liguori 6. St. Thérèse of Lisieux; 7. St. Francis Xavier

O Mary, you shine continuously on our journey as a sign of salvation and hope. We entrust ourselves to you, Health of the Sick. At the foot of the Cross you participated in Jesus' pain, with steadfast faith.

You, Salvation of the Roman People, know what we need. We are certain that you will provide, so that, as you did at Cana of Galilee, joy and feasting might return after this moment of trial.

Help us, Mother of Divine Love, to conform ourselves to the Father's will and to do what Jesus tells us: He who took our sufferings upon Himself, and bore our sorrows to bring us, through the Cross, to the joy of the Resurrection. Amen.

We seek refuge under your protection, O Holy Mother of God. Do not despise our pleas – we who are put to the test – and deliver us from every danger, O glorious and blessed Virgin.

Pope Francis Prayer to Mary (On March 11, 2020) to protect the World during the coronavirus pandemic.



